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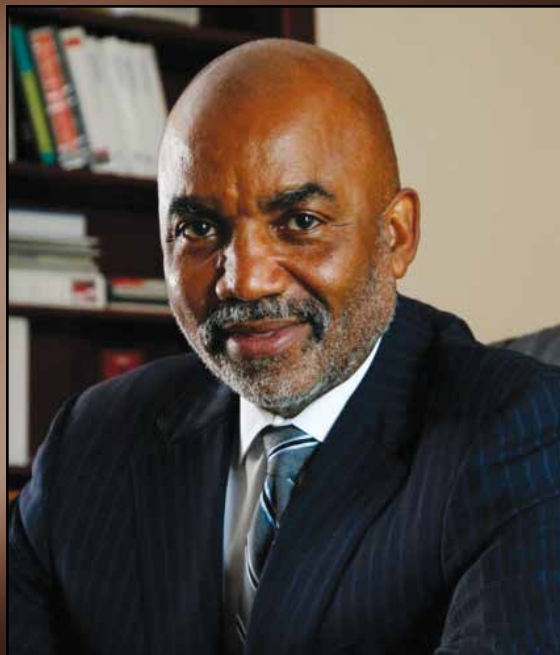
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December 8 - December 14, 2012 47th Year Volume 31 [www.ladatanews.com](http://www.ladatanews.com)

# Who Will Win?



Kiana Aaron Mitchell



James E. Gray



LaToya Cantrell

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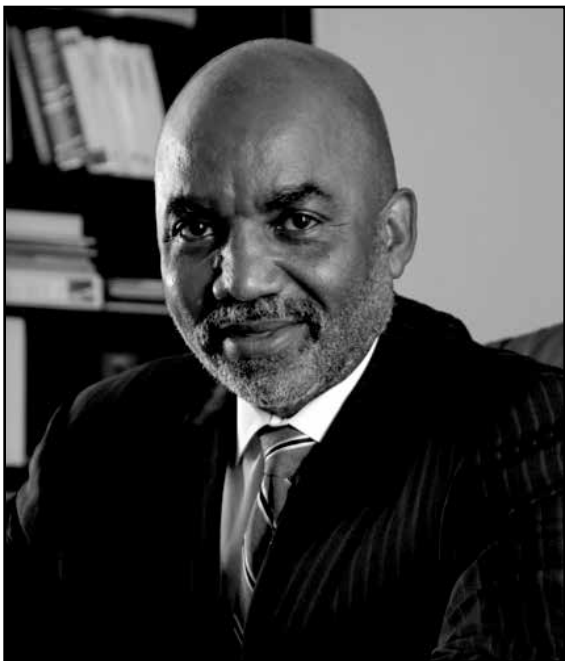
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# In it to Win

*Data News Exclusive Interviews Candidates Latoya Cantrell, James Gray and Kiana Aaron Mitchell*



Kiana Aaron Mitchell



James E. Gray



LaToya Cantrell

**By Edwin Buggage**

During the Primary Election Data News Weekly made several endorsements. Two of those were in the hotly contested races for City Council Districts “B” and “E” in which, we endorsed Latoya Cantrell and James Gray. Both of these candidates made the runoff in their respective races. And while both are out on the campaign trail making their pitch to voters, Data News Weekly caught up with both candidates to talk to them about their campaigns as we are nearing Election Day.

**Latoya Cantrell: District B Candidate**

After finishing first in the primary and winning 39% of the vote, Latoya Cantrell is feeling good about her campaign in the final days leading up to the election. As of press time she is still racking up endorsements including Eric Strachan who placed third in the primary as well as Council Members Cynthia Hedge-Morrell, Stacy Head and Kristin Gisleson Palmer in addition, to State Senators Karen Carter Peterson, Ed Murray and J.P. Morrell and also the Alliance for Good Government.

“I feel great that we placed first in the primary

and that we are putting together a coalition of people in the district that understand that we need a leader that will stand with them to solve the problems that plague our district,” says Cantrell. While she feels good about her performance in the November primary, she knows with an expected lower turnout, getting people to the polls is important, “What I think the primary showed to people was that their vote matters and we are mobilizing our base as well as building new partnerships that hopefully will lead us to victory on Election Day.”

As the leader of a neighborhood that like many is

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Cover Story, Continued from previous page.

a mix of stories success and distress, Cantrell is a proven leader that can bring her experience to uplift the entire district. Speaking of her platform she says, "I think raising the quality of life for all the people of the district is a major priority, and my approach to dealing with these issues is holistic in nature. First we must become more vigilant in our efforts to reduce blight, also one of the major problems is crime, but what we must do is create avenues for people to have opportunities through education. Also there has been neglect in the areas of social services and youth programs and these are important areas to focus on in turning around our young people."

Cantrell has been a leader in her neighborhood of Broadmoor, an area of the City that was slated to become green space after Hurricane Katrina devastated much of this community. Today it stands as one of the success stories after the storm. It has come a long way since being slated with a Green Dot. Today Green Dot signifies something else; it is the name of a café inside of the newly constructed Rosa F. Keller Library, one of the many projects that have impacted this community under her leadership. She says the example they've set in Broadmoor is something she wants to bring to the entire district, "I would like to take my experience in a leadership position leading the effort of rebuilding our neighborhood and replicate that by focusing on individual communities and do what we need to make them whole again, and I feel I have been a person with my boots on the ground as the best qualified candidate in this race and I ask the voters to come out and support my candidacy and together we can build a better District B."

### James Gray: District E Candidate

James Gray is a man who's spent his entire life serving others, whether it is his service to his country in the U.S. Marine Corps, or his community as a track coach giving young people tools they could use to aspire to reach higher. He is a person whose broken down racial barriers, as a graduate of Harvard Law School and the first African-American Law Professor at Louisiana State University. Throughout his life he is someone known for getting things done. And that is why he has support ranging from Mayor

Landrieu and U.S. Congressman Cedric Richmond and other elected officials to members of the clergy, several media outlets and organized labor.

"This campaign is more than James Gray, it has become a cause for the people of the district who are voting for a message of change," says Gray. Continuing he says, "This message of change is what is resonating with the voters that are why a cross section of constituencies is supporting this campaign."

District E, that comprises New Orleans East and the Lower Ninth Ward, both of which were devastated by the ravages of Hurricane Katrina, and seven years later much of district is still not fully rebuilt, as neighborhoods, infrastructure and business activity not close to pre-Katrina levels, although it is better than it was, but much work still needs to be done. "We are 41% of the City's population in District E, but we have not gotten our fair share of recovery dollars," says Gray. "But I am encouraged by some of the projects that are coming to the district such as the rebuilding of the hospital, Wal-Mart, and the rebuilding of schools." And while this rebuilding efforts will bring resources into the district Gray feels it is important that small and minority business are not excluded, "This district is about to experience an economic impact and I think it is important that African-American and small business is given a chance to participate and can benefit from the rebuilding efforts taking place in the district."

Although his opponent, State Representative Austin Badon finished first in the primary, Gray is confident and feels he is the best candidate in the race, "Given that Austin Badon went into the race with 100 percent name recognition and by virtue of that was running almost as an incumbent and was not able to get 50% of the vote says that the majority of the voters of this district is not satisfied with his performance," says Gray. "The people of this district want real change and they deserve a change candidate and I feel I am the one that is best suited to represent the district moving forward."

### Kiana Aaron Mitchell: Judge Second City Court

The race for Judge of Second City Court in Algiers will be historic, because whoever the winner is will be the first African-

American to occupy this post. In the primary election held in November, Attorney Kiana Aaron Mitchell placed first among the field of candidates. On December 8th she will face E. Teena Anderson-Trahan for whom will make history on the Westbank. "I am glad people came out to support my candidacy the first time, but I am encouraging them to stay engaged and that they need to get out and vote again and if they get to the polls then I am confident that we will be victorious on Election Day," says Mitchell.

Second City Court in Algiers is a small claims court, and Kiana Aaron-Mitchell, if elected plans to do some things that will make the process for people filing claims easier and the court more accessible. "I find that sometimes the filing fees are sometimes higher than the claims a person might make in a case, so what I would like to do is make the filing fees simpler and more affordable, also because some people have to miss work for trials held in Second City Court, I would like to open the court one Saturday a month to hear cases and also work on several initiatives I feel will help raise revenues for the court."

Kiana Aaron-Mitchell comes from a long line of those committed to serving the community; this is something that was instilled in her from a young age. "My grandmother Dolores Aaron was a Teacher and Director of The New Orleans Recreation Department (NORD), and when I was young I went along with her to many meetings and events and learned at an early age the importance of serving your community and I saw her tireless efforts to help people and to serve and I am following in that tradition."

While elections on the Eastbank of the river special interest and machine politics influence the electorate, voters in Algiers are a bit different according to Mitchell, "Voters on the Westbank are more independent in how they choose elected leaders." She says much of her success with the electorate has occurred through a mix of grassroots campaigning and using social media to connect with the voters. Our campaign has gotten this far by knocking on doors, and also using technology to help us identify voters wherever they are, but ultimately it is about touching people and we have done a good job thus far and I feel that will be the Key to our victory on Election Day."

# On the Ballot



### By Eric Connerly

New Orleanians again will be asked to go out to the polls to vote on Saturday December 8, 2012, there are several races and two propositions on the ballot.

Topping the ticket are two hotly contested City Council races. In the District B contest the winner will serve the rest of the term succeeding Stacy Head, who left the seat vacant in May after winning a Council-at-Large post. The race pits Broadmoor Community Leader Latoya Cantrell, who finished first in the primary against Juvenile Justice Advocate Dana Kaplan.

In the race for City Council District E, there are two candidates running to finish the term of Jon Johnson who resigned after pleading guilty to federal corruption charges. State Rep. Austin Badon who finished first in the primary is battling Attorney James Gray.

Also on the ballot is the race for Second City Court judge position in Algiers, the holder of this post handles small claims and eviction cases. The race pits Kiana Aaron-Mitchell who placed first in the primary against E. "Teena" Anderson-Trahan.

In addition to these races, voters will cast a ballot concerning the East New Orleans Neighborhood Advisory Commission Annual Fee, which is a proposed property fee in eastern New Or-

leans that would levy an annual fee of \$5 to \$10 on every residentially zoned lot in the area east of the Industrial Canal and north of the Intracoastal Waterway. If this proposition passes, the fee would be collected for four years with the proceeds benefiting the advisory commission, an umbrella group encompassing about two dozen neighborhood organizations.

There is another ballot proposition regarding a Communications District 911 Service Charge. If passed, the Orleans Parish Communications District would amend its existing 911 emergency service charges to be levied from a current fixed rate of \$1 per month to \$2 per month per exchange access line for residential service users; an increase from \$2 per month to \$3 per month per exchange access line for commercial service users; establish a fixed rate of \$1.26 cents per month per wireless commercial mobile radio service connection; establish a fixed rate of \$2 per month per residential interconnected voice over internet protocol service access line; establish a fixed rate of \$3 per month per commercial interconnected voice over internet protocol service access line equivalent. The increase in fees is meant to raise money for the communications district to improve and maintain an enhanced 911 emergency call system.

# 22% of Louisiana Youth Ages 16-24 are Not in School and Not Working

**New KIDS COUNT report shows that 129,000 young people in LA are disconnected from work & school.**

More than one out of every five Louisiana young people ages 16-24 is considered “disconnected,” meaning that they are not in school and not working. Strong connections to employment or formal training and education at this critical stage sets the stage for a young person’s future, and helps to ensure that they will gain the skills they need to compete in the 21st century workplace, according to a new KIDS COUNT® report by the Annie E. Casey Foundation.

The report finds that youth employment across the nation is at its lowest level since World War II. In Louisiana, just 41% of youth ages 16-24 were employed in 2011, down from 49% in 2000. Louisiana also has one of the highest rates of disconnected youth in the country—only West Virginia had a higher proportion of disconnected youth. The report outlines many of the challenges that young people face in getting connected

to employment or post-secondary education. In the wake of the recession, many older and more experienced workers are competing for entry-level positions that were once taken primarily by young people. While graduation rates in Louisiana have been rising in recent years, too many children still leave school before graduation, leaving them unprepared for most post-secondary education and at a high risk for unemployment and underemployment throughout their lives. In 2011, 7% of teens ages 16-19 in Louisiana were not in school and had not received a high school diploma. The report also finds that many youth face challenges beyond their immediate control, such as living in communities with few jobs or where many adults lack regular employment.

“Throughout my career, I have worked with thousands of young people, virtually all of whom wanted the same thing—a solid education and a good job at the end of that education,” said Dr. Anthony Recasner, CEO of Agenda for Children. “However, with 22% of our young people not in school and not working, we need to do more to make sure that our young people have



While graduation rates in Louisiana have been rising in recent years, too many children still leave school before graduation, leaving them unprepared for most post-secondary education and at a high risk for unemployment and underemployment throughout their lives.

multiple options for getting the post-secondary education and high-quality employment opportunities that will put them on the path to lifelong success and economic security.”

Connecting more young people to education and employment opportunities can have a positive impact on Louisiana’s economy and help to break the cycle of intergenerational poverty. One study estimated that every 16 year-old who drops out of school and is out of work, taxpayers will incur a lifetime cost of more than a quarter million

dollars. By increasing the educational and long-term career prospects for young people now, we can also reduce the number of children who grow up in poverty over the course of the next decade. Nationally, one-fifth of disconnected youth are already parents, making it particularly important to help these youth gain further their skills and education.

Disconnected youth are a diverse group, and ranges from the 16 year-old who recently dropped out of school to the 24 year-old parent who completed

high school but can’t find work. Because of this diversity, the report stresses the need to provide many different pathways to help disconnected youth get back on track. Some of the report’s major recommendations include:

Creating opportunities for youth in schools and other systems to get work experience through internships, community service, summer and part-time work.

A national youth employment strategy developed by policymakers that streamlines systems and makes financial aid, funding and other support services more accessible and flexible; encourages more businesses to hire young people; and focuses on results, not process.

Aligning resources within communities and among public and private funders to create collaborative efforts to support youth.

Exploring new ways to create jobs through social enterprises such as Goodwill and microenterprises, with the support of public and private investors.

Employer-sponsored earn-and-learn programs that foster the talent and skills that businesses require — and develop the types of employees they need.

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# City Opens Registration For Mardi Gras 2013 Permit Lottery

**The Department of Finance, Bureau of Revenue, will hold its 2013 lottery for the Mardi Gras fixed vendor locations at 1:30 pm on Thursday, January 10, 2013 in the lobby of the Civil District Court Building.**

Traditionally, the official Carnival season consists of eleven (11) consecutive days. The 2013 parade season will be cut into two separate segments. The first week of Mardi Gras season will commence Friday, January 25 to Sunday, January 27, 2013 followed by a nine day break in parading. During this break, Mardi Gras street vending permits are not valid. Parading will resume again Wednesday, February 6, 2013 concluding at 11:59 pm Tuesday, February 12, 2013.

Citizens interested in obtaining a permit must register for the lot-



tery with the Bureau of Revenue between, Monday, December 31, 2013 and Friday, January 4, 2013. All participants must submit both a completed Official Lottery Registration Card and a sales tax deposit in the amount of \$1,000.00 in the form of a certified check or money order made payable to the

City of New Orleans.

Registration materials can be delivered in person or by mail to the Bureau of Revenue, City Hall, 1300 Perdido St., Room 1W15, New Orleans, LA 70112. Mailed registration materials must be received no later than Friday, January 4, 2013.

Only those registration materials received during the designated period will be accepted and used to prepare the official lottery entry card. Participants need not be present at the January 10th lottery. Participants not selected for a fixed location will be refunded their deposit. Lottery placements

are non-transferable.

Those citizens selected in the lottery must attend the fixed location selection process at 9 am on Saturday, January 12, 2013, at the Bureau of Revenue in City Hall, Room 1W15. Names will be called according to their placement on the lottery board. A valid ID is required. Participants unable to attend the selection process must authorize in writing, a representative to attend in their place. Representatives must also have valid picture ID. Each participant is allowed 10 minutes to select one fixed location.

Those individuals interested in obtaining Walker's Permits for this Mardi Gras season can go to the Revenue office the week of January 23rd to obtain the necessary permits. Information defining the parameters of these permits can be found on the City's website at [www.nola.gov](http://www.nola.gov).

Vendors can obtain more information through the Department of Finance, Bureau of Revenue, Application Unit, at 504-658-1666 or 504-658-1643 or 504-658-1645.

## The Hike for KaTREEna Big TREEsy Giveaway for New Orleans

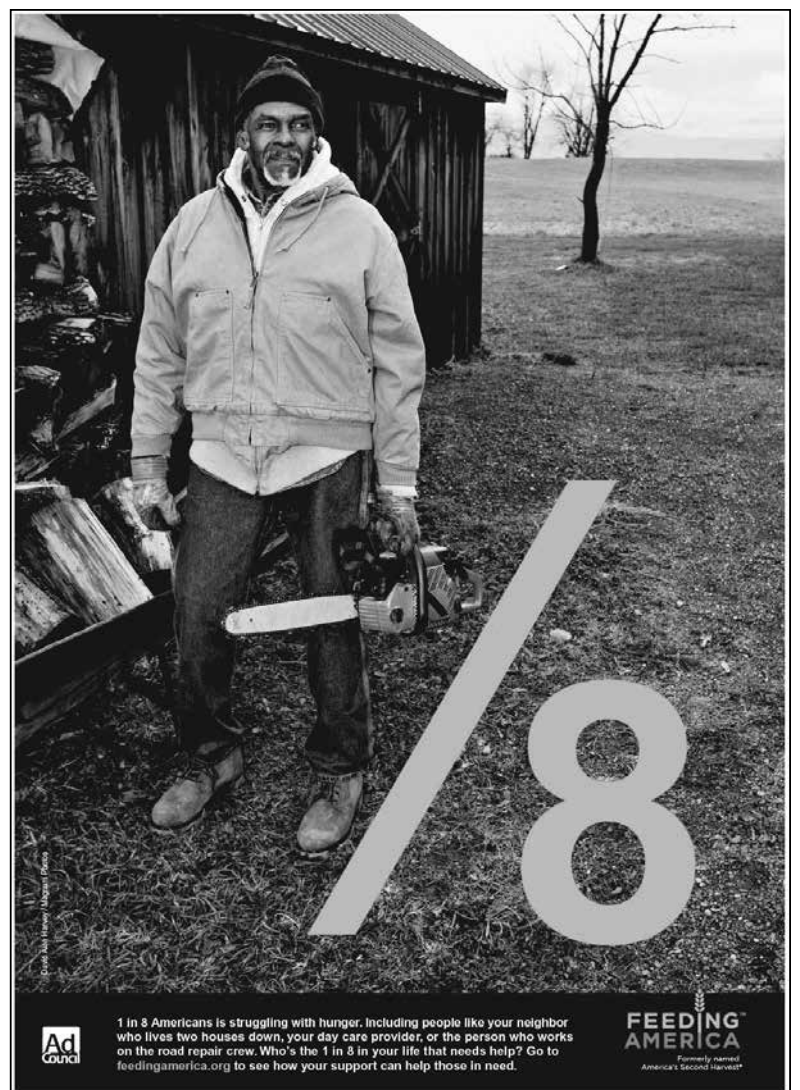
The Hike for KaTREEna partners with the City of New Orleans Department of Parks & Parkways for the third of five tree-giveaway events

One Thousand native Louisiana trees will be given out at no charge to the residents of New Orleans and Orleans Parish to help in the restoration of their community following Hurricane Isaac. This is the third event planned over the upcoming months that include four other Louisiana Parishes which are St. Bernard, St. John, St. Tammany, and Jefferson Parishes with the goal of giving away over 5,000 trees. This event will also include a seminar on proper tree planting and care provided by the City of New Orleans Department of Parks & Parkways.



**WHEN:** Saturday, Dec. 8, 2012  
**WHEN:** 9:00 am until 12:00 noon  
**WHERE:** City of New Orleans Department of Parks & Parkways 2829 Gentilly Blvd.  
New Orleans, LA 70122

This Big TREEsy Giveaway is a program by Hike for KaTREEna, a non-profit organization whose mission is to replant over 100,000 trees lost to Hurricane Katrina, and now Hurricane Isaac. Hike for KaTREEna is a member of the 2013 New Orleans Super Bowl XLVII Host Committee's Environmental Committee. The Environmental Committee is charged with executing all environmental initiatives for Super Bowl XLVII. The trees have been generously provided by a grant from the Apache Foundation, philanthropic arm of the Apache Corporation.



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](http://feedingamerica.org) to see how your support can help those in need.

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

# Shoot Ya Best Shot!

## Maybach Music Hits The NOLA

*Photos by Polo*



For the past few years Rick Ross has been a dominant force in hip-hop, putting his stamp on rap game. Recently, he touched down in the 504 and set the stage on fire with his partners in from his Maybach Music camp and Data News Weekly was there.



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Beneficial	HFC	Wachovia Mortgage
Chase	HSBC	Washington Mutual (WaMu)
Citibank	IndyMac Mortgage Services	Wells Fargo Bank, N.A.
CitiFinancial	MetLife Bank	Wilshire Credit Corporation
CitiMortgage	National City Mortgage	
Countrywide		

If you believe foreclosure errors cost you money, you can request a free review of your mortgage foreclosure file by a neutral party. You give up nothing by requesting a review and waive no rights by accepting compensation.

**IF AN ERROR IS FOUND, YOU COULD RECEIVE A PAYMENT OR OTHER COMPENSATION THAT MAY INCLUDE REFUNDED FEES, STOPPING OF A FORECLOSURE OR PAYMENTS UP TO \$125,000 PLUS EQUITY.\***

**Visit [IndependentForeclosureReview.com](http://IndependentForeclosureReview.com) or call 1-888-952-9105 to request a review today. You must submit a Request for Review Form no later than December 31, 2012.**

Don’t pay for help to request a review. Federal bank regulators—the Board of Governors of the Federal Reserve System and the Office of the Comptroller of the Currency, a bureau of the U.S. Department of the Treasury—are directing and monitoring the review process.

For more information, go to the government websites: [occ.gov/independentforeclosurereview](http://occ.gov/independentforeclosurereview) or [federalreserve.gov/consumerinfo/independent-foreclosure-review.htm](http://federalreserve.gov/consumerinfo/independent-foreclosure-review.htm)

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](http://makinghomeaffordable.gov/get-started/housing-expert) or by calling 1-855-778-0855.

Si usted habla español, tenemos representantes que pueden asistirle en su idioma para darle información sobre la Revisión Independiente de Ejecución Hipotecaria.

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

# Tell Congress: Let Go of Partisan Politics and Support Ambassador Rice



**Melanie L. Campbell**  
President & CEO and Convener,  
Black Women's Roundtable, NCBCP

On behalf of the Black Women's Roundtable, in partnership with the legion of strong women leaders and organizations across this nation, we express our unequivocal support and respect for United Nations Ambassador Susan Rice as a leader and representative of the United States in foreign policy.

Ambassador Rice has been and continues to be a role model to all women. She has excelled throughout her career both in the public and private sector. Her commitment to international

peace and the equality of all people should be heralded, not summarily dismissed for political gain and expedience. Hence, we urge all U. S. Senators to afford Ambassador Rice the proper respect appropriate for any other Cabinet-level member of a sitting Administration.

The Black Women's Roundtable comprises an intergenerational membership of Black women civic leaders of international, national, regional and state-based organizations and institutions that works collectively to advance policies and strategic initiatives that help to improve the lives of underserved women and girls. Our members work in a wide range of social justice, civic, corporate, labor and women's organizations and we support the ability of our sisters in the public and private sector to excel in their areas of expertise.

It is within this context that we must highlight the accomplishments of Ambassador Rice,



**US Ambassador to the UN Susan Rice**

who represents a rich and important legacy of strong women leaders in foreign policy, such as former Secretaries of State Madeleine Albright and Condoleezza Rice, and current Secretary of State Hillary Clinton.

Ambassador Rice's credentials are above reproach, having previously served as Special Assistant to President Bill Clinton and Senior Director for African Affairs at the National Security Council at the White House.

It is a testament to Ambassador Rice's work ethic and dedication to her craft that she became one of the youngest assistant secretaries of state in history during the Clinton Administration and ultimately became a co-recipient of the White House's 2000 Samuel Nelson Drew Memorial Award for distinguished contributions to the formation of peaceful, cooperative relationships between states.

We feel it necessary to remind the Senate of Ambassador Rice's impeccable credentials because of the failure of some to respect her role as the United States Ambassador and leader in foreign policy. While some members of the Senate have pushed back on their rush to judgment in the press regarding Ambassador Rice's prepared remarks on the attack in Benghazi, we feel that the public integrity and reputation of this brilliant woman, who serves our country with great dignity, has been unfairly and unnecessarily attacked.

Ambassador Rice's leadership in President Obama's Cabinet is commendable. It is for this reason that we, the undersigned, have come together representing women leaders from across this country to express our ardent support for Ambassador Rice in her role as ambassador to the United Nations and any other public service leadership roles she may be afforded in the future.

## African American Leaders Convened in Washington



**Marc Morial**  
President and CEO  
National Urban League

### To Be Equal

President Obama's decisive victory in this year's presidential election signaled a shift in both demographics and attitude in America. While 93 percent of African-American voters supported Obama, his victory reflected a cross-section of America, including substantial numbers of Whites and a growing number of

Hispanics and Asian Americans. African-Americans again made the difference in a number of key swing states. In fact, in hotly contested Ohio, the African-American share of the electorate rose from 11 percent four years ago to 15 percent this year, with 96 percent of African-Americans voting for Obama. Clearly, the President's small margin of victory in Ohio was determined by an increase in the Black vote.

According to Joint Center for Political and Economic Studies Senior Research Associate, David Bositis, because of similar increases among Hispanic and Asian American voters, the 2012 presidential election will be the last one where any candidate can expect to win by appealing only to White voters.

It is good news that African-

Americans, in particular, are going to the polls in increasing numbers. Our ancestors fought and died to give us that right. But this also means that the voices and concerns of African-Americans must be given the attention they deserve. That is why on the day after the election, I sent a letter to President Obama, Rep. Pelosi and Speaker Boehner, urging them to immediately get to work to address the disproportionate burden the economic downturn has placed on urban and communities of color, home to large numbers of struggling middle and working class families. Whether we are talking about jobs or education or public safety or the so-called "fiscal cliff," African-Americans have lost more than most, and stand

to lose even more if Washington fails to act.

On November 16th, I carried that message directly to the White House in a face-to-face meeting with President Obama. I was joined by Ben Jealous of the NAACP, Rev. Al Sharpton of the National Action Network, Janet Murguia of the National Council of La Raza and several others. The President was optimistic that a compromise will be reached on a budget deal. He was very firm that the election gave him the moral authority and a very strong hand to do something that is consistent with his principles and in the best interest of all Americans.

We realize this is not solely on the shoulders of President Obama. Solutions to the deep

problems we face can only be found with bi-partisan cooperation in Congress and sustained citizen action. That is why on December 3rd, the leaders of the National Action Network, NAACP and National Coalition for Black Participation and I convened with African-American organizational leaders in Washington, D.C. It was a unique opportunity to collaborate on specific goals to advance economic opportunity through jobs and education. The debate on the priorities for the next four years has already begun. We must act now if we expect to influence the outcome and shape a better future for our communities. Our voices must be at the table.

**Marc H. Morial**, former Mayor of New Orleans, is President and CEO of the National Urban League.

# Get Out and Vote!!!

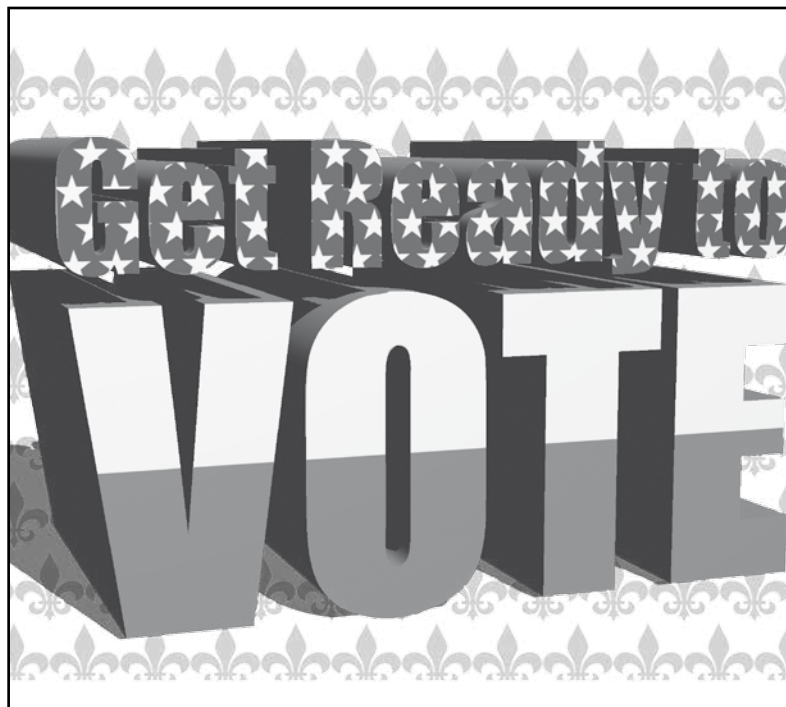


Terry B. Jones  
Publisher

It is again time to go to the polls to vote and we at Data News Weekly encourage you to go out and let your voice be heard. In November we showed that if we cast our ballots that we can make a difference and that our votes matter. We went out and voted in record numbers and re-elected President Barack Obama. And now we must forge ahead with this momentum and use our power at the polls to shape our collective destiny.

These local elections are as important if not more important because they affect what goes on in our own backyard. And I must note that we still constitute a majority of the City's population and we cannot continue to vote in low numbers then blame others for 100 percent of our problems. Moving forward we must become accountable for what we do and who we vote for as our elected leaders. And realize when we fail to choose we always lose, so get out and vote.

We have endorsed several candidates in the races that are on the ballots and they are as follows: in the race for City Council District B, we endorse Latoya Cantrell. She has proven to be an effective community leader and has the skills, knowhow, experience and passion it takes to lead District B



into the future. In the race for City Council District E, we endorse James Gray. He is a man

whose life has been centered on service. He is a man with great business savvy and

understanding of the community that we at Data News feel he will be a great representative of the District E as it poises itself for a renaissance. In the race for Judge of Second City Court we endorse Kiana Aaron Mitchell. She is a young woman, who is competent and compassionate, two qualities that are essential for someone occupying the bench. And we at Data News feel as the political landscape is changing we feel we need new blood and she is a rising star with a bright future as a leader in our City.

So as we go out to the polls this time let us not forget what we were able to make happen in November. And that yes when we participate we can make a difference. We at Data News encourage all our citizens to go out and vote, because together we can make a difference.

There isn't  
an app for this.



Live, learn, and work  
with a community overseas.  
Be a Volunteer.

peacecorps.gov

## New Orleans Public Library Hosts U.S. Poet Laureate Natasha Trethewey

The New Orleans Public Library will host a celebration of the arts with a reading and book signing with United States Poet Laureate Natasha Trethewey on Thursday, Dec. 6 at 7 p.m. at Main Library. The event is free and open to the public.

Trethewey, a Gulf Coast native, is a Pulitzer-Prize winning poet and the 19th U.S. Poet Laureate (2012-2013). Dedicated to recovering the Gulf Coast, Trethewey will share her themes of race, history, personal experiences and politics with the people of New Orleans.

Trethewey will be introduced by New Orleans local and Mount Carmel Academy student, Annie Wright. Wright has been a member of Mount Carmel Academy Literary Club for the past three years, and is serving as editor this year. She has had two poems published in Creative Communication's "A Celebration of Poets."

For more information, visit <http://neworleanspubliclibrary.org> or "Like" New Orleans Public Library on Facebook.



Natasha Trethewey

## Lake Forest Charter Students Perform at Carnegie Hall



Lake Forest Charter students Brian, Jr. and Blair Richburg are students of Irvin Mayfield's Saturday Music School at the New Orleans Jazz Institute. In celebration of the New Orleans Jazz Orchestra's 10th Anniversary, and as students, Brian and Blair were invited to perform at Carnegie Hall in New York City on October 8th, 2012. Brian is in 8th grade and Blair is in 6th grade at Lake Forest Charter School.



Top Photo: Left to right 1st row: Arianne Brister, Blair K. Richburg, and Brian K. Richburg, Jr. Top left: Sonny Bivian Lee, top right: Angelo Levene, middle: Irvin Mayfield

Bottom: American Idol finalist Haley Reinhart, Blair K. Richburg, and Brian K. Richburg, Jr.

## Jindal Voucher Program Ruled Unconstitutional



Louisiana Democratic Party reports that District Court Judge Tim Kelly has ruled that Governor Jindal's voucher program is unconstitutional. The ruling handed down this afternoon after two and one-half days of testimony and oral arguments said the diversion of Minimum Foundation Formula Program (MFP) dollars away from public schools and into the coffers of private school operators violated the constitutional provisions that created the MFP program.

## WGNO's Le Bron "LBJ" Joseph To Deliver New Orleans Job Corps Graduation Speech

WGNO-TV'S Le Bron "LBJ" Joseph – co-host of "News With a Twist" and the morning show on Old School 106.7- will deliver the commencement speech to 68 New Orleans Job Corps Center graduates, Saturday at 10:00a.m. The ceremony will take place at Loyola University's Roussell Hall and is open to friends and family members of the graduates.

New Orleans Job Corps Center is the largest free job training program in the country for low-income youth between the ages of 16-24. Job Corps is administered by the U.S. Department of Labor and operated by Odle Management Group.

"Graduation day didn't always seem possible to many of our students who have had to overcome

so many obstacles," said New Orleans Job Corps Center Director Michael Fernandez. "They have taught us all that you can achieve anything when you are committed and determined. Today, we celebrate sixty-eight graduates as they continue their journey of life-long learning."

The Center offers certifications in six academic trades: Culinary Arts, Carpentry, Electrical, Medical Office Support, Clinical Medical Assistant and Health Occupation Technology. Additionally, the Center features a high school diploma and GED program. Job Corps provides this free service to low-income youth in the New Orleans metro area.

For more information on enrolling in the program call (504) 484-8093.

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# Watch Out For Extra Holiday Calories

By Rick Bogren

Are you one of the many Americans who face the holiday season with some fear of gaining weight? The good news is that although many people gain weight from Thanksgiving through New Year's Day, research suggests that the gain will probably be only one pound, not five, says LSU AgCenter nutritionist Beth Reames.

The bad news is that most people likely will keep that pound during the coming year, she adds. The average weight gain for most Americans is one to two pounds a year.

"Mindful eating in moderation and a few simple strategies can help you enjoy the holidays and avoid holiday weight gain," Reames says. "These include planning time for activity, incorporating healthy recipes into your holiday meals, and not restricting yourself from enjoying your favorite holiday foods."

Reames offers these tips to help you avoid holiday weight gain:

- Be realistic. You don't have to lose weight that you don't gain. Instead of trying to lose weight over the holidays, strive to maintain your weight.

- Be selective. Think about what foods you really want to eat, which ones you will just sample and which ones you will skip.

- Don't skip breakfast. Studies show that skipping breakfast often leads to overeating later. Eat a light, nutritious snack such as soup, fruit or cereal before going to a party to help curb hunger and make better choices.

- Watch portion sizes. Three ounces lean meat, chicken or fish measure about the size of a deck



of cards or a checkbook. A teaspoon of margarine is the size of the tip of your thumb to the first joint. One-half cup of mashed potatoes is half a tennis ball.

- Avoid oversized portions by using smaller plates, bowls and glasses. Instead of a 10-inch plate, switch to an 8-inch or appetizer-sized plate, and you will automatically limit portions and eat less without feeling deprived.

- Eat foods with high water and fiber content, such as soup, fruits and vegetables. These offer a way to cut back on calories and help you feel full and satisfied.

- At holiday meals and parties, fill your plate with salad and vegetables before moving to the entrees and desserts. Enjoy a large salad before eating other holiday foods and aim to make vegetables take up half of the space on your plate.

- Don't deprive yourself of your favorites. Make it a balancing act. Use less salad dressing and go for a small slice of chocolate cream pie. Or balance your favorites

with low-calorie foods, such as vegetables with a small amount of dip or boiled shrimp with lemon.

- Eat slowly and savor each delicious bite of food. This will help prevent overeating.

- To avoid nibbling on food without thinking about it, move away from the food table after filling your plate.

- Before going back for a second serving, wait 10 minutes to see if you really are still hungry.

Reames also offers tips for hosts who may be in charge of the menu or preparing items for the meal:

- Make it healthfully delicious—and lower calorie, too.

- Substitute lower-fat ingredients for higher-fat ingredients in recipes. Using fat-free or low-fat sour cream or cream cheese in dessert recipes is a great way to enjoy holiday favorites that taste delicious but are much lower in fat and calories.

- Use fat-free, low-sodium chicken broth and skim milk in place of butter or other fat in holi-

day stuffing to keep it moist but lower in calories and fat.

- Use skim milk or evaporated skim milk when preparing mashed potatoes. Use herbs rather than salt to flavor.

- Remove fat from gravy using a fat separator or refrigerate the food overnight and skim off the hardened fat.

- Include sweet potatoes in your menus. They're a rich source of beta-carotene, the plant source of vitamin A. Bake and top them with cinnamon and nutmeg. For a little extra sweetness, add a small amount of orange or pineapple juice, or a sprinkle of artificial sweetener instead of marshmallows and sugar.

Beverages need to be considered as well as foods, Reames says. "Watch out for liquid calories. The calories in fruit juices and drinks with added sugar, sweetened coffee beverages and soft drinks can add up fast."

She also cautions that alcoholic beverages have calories and can increase your appetite. "Start with a calorie-free, non-alcoholic beverage and satisfy your thirst before having an alcoholic drink," she says. "The Dietary Guidelines for Americans defines moderate drinking as up to one drink per day for women and two drinks per day for men."

Finally, don't forget to plan time for physical activity. "Exercise helps relieve holiday stress and helps prevent weight gain," Reames says. "A moderate, daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day, playing games or going on a walking tour of decorated homes."

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