Who Will Win?

Data Exclusive Interviews with Candidates

Kiana Aaron Mitchell  James E. Gray  LaToya Cantrell

The Soul of New Orleans

Page 2

Newsmaker

22% of LA Kids Not In School

Page 4

Editorial

Get Out and Vote

Page 9
In it to Win
Data News Exclusive Interviews Candidates Latoya Cantrell, James Gray and Kiana Aaron Mitchell

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
a mix of stories success and dis-
tress, Cantrell is a proven leader
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 deal-
ing with these issues is holistic
in nature. First we must become
more vigilant in our efforts to
reduce blight, also one of the ma-
jor 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 year to year 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 Hur-
ricane Katrina devastated much
of this community. Today it stands
as one of the success stories after
the storm. It took a long way since
being slated with a Green Dot.
Today Green Dot signifies someth-
ing else; it is the name of a café
inside of the newly construct-
ed Rosa F. Keller Library, one
of the many projects that have
impacted this community under
her leadership. She says the ex-
ample they’ve set in Broadmoor
has support ranging from Mayor
Landrieu and U.S. Congressman
Cedric Richmond and other elect-
ed 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 vot-
ers 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 Hur-
ricane Katrina, and seven years
later much of district is still not
fully rebuilt, as neighborhoods,
infrasture and business activ-
ity 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
building 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 exclud-
ed. “This district is about to expe-
ience 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 ef-
forts,” says Gray.

Although his opponent, State
Representative Austin Badon fin-
ished 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 recogni-
tion and by virtue of that was run-
ning almost as an incumbent and
was not able to get 50% of the vote
says that the majority of the vot-
ers 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 best one suited to represent
the district moving for-
ward.”

Kiana Aaron Mitchell: Judge Second City Court

In the race for Judge Second City Court in Algiers will be his-
toric, because whoever the win-
er 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 Ander-
sen-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 en-
gaged 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 Elec-
 tion 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 acces-
sible. “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
smaller 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 sev-
eral initiatives I feel will help raise
revenues for the court.”

Kiana Aaron-Mitchell comes
from a long line of those com-
mitted to serving the commu-
nity; 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 De-
partment (NORD), and when I
was young I went along with her
and we have learned at an early age the impor-
tance of serving your community
and I saw her tireless efforts to
help people and to serve and I am
following in that tradition.”

In the race for Second City
Court judge position in Algiers,
the holder of this post
is battling Attorney James Gray.
Also on the ballot is the race for
Second City Judge position
in Algiers, the holder of this post
is battling Attorney James Gray.
In the District E race for the
council seat, the winner
will serve the rest of the term
succeeding Stacy Head, who left
the seat vacant in May after win-
ning a Council-at-Large post. The
candidates for the position are
in Algiers, the holder of this post
is battling Attorney Kiana Aaron
Mitchell, who finished first in the primary against
Juvenile Justice Advocate Dana
Kaplan.

In the race for District B, the
race pits Broadmoor Community
Leader Latoya Cantrell, who fin-
ished first in the primary against
Japanese Justice Advocate Dana
Kaplan.

In the race for District B the
winner will serve the rest of the term
succeeding Stacy Head, who left
the seat vacant in May after win-
ning a Council-at-Large post. The
candidates for the position are
in Algiers, the holder of this post
is battling Attorney Kiana Aaron
Mitchell, who finished first in the primary against
Juvenile Justice Advocate Dana
Kaplan.

In the race for District B, the
winner will serve the rest of the term
succeeding Stacy Head, who left
the seat vacant in May after win-
ning a Council-at-Large post. The
candidates for the position are
in Algiers, the holder of this post
is battling Attorney Kiana Aaron
Mitchell, who finished first in the primary against
Juvenile Justice Advocate Dana
Kaplan.
**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 nation—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 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.
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 lottery 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.

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.
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.
Was your home in the FORECLOSURE PROCESS in 2009-2010, and was your mortgage loan serviced by one of the companies listed here?

<table>
<thead>
<tr>
<th>America's Servicing Co.</th>
<th>EMC</th>
<th>PNC Mortgage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aurora Loan Services</td>
<td>EverBank/EverHome Mortgage Company</td>
<td>Sovereign Bank</td>
</tr>
<tr>
<td>BAC Home Loans Servicing</td>
<td>Financial Freedom</td>
<td>SunTrust Mortgage</td>
</tr>
<tr>
<td>Bank of America</td>
<td>GMAC Mortgage</td>
<td>U.S. Bank</td>
</tr>
<tr>
<td>Beneficial</td>
<td>HFC</td>
<td>Wachovia Mortgage</td>
</tr>
<tr>
<td>Chase</td>
<td>HSBC</td>
<td>Washington Mutual (WaMu)</td>
</tr>
<tr>
<td>Citibank</td>
<td>IndyMac Mortgage Services</td>
<td>Wells Fargo Bank, N.A.</td>
</tr>
<tr>
<td>CitiFinancial</td>
<td>MetLife Bank</td>
<td>Wilshire Credit Corporation</td>
</tr>
<tr>
<td>CitiMortgage</td>
<td>National City Mortgage</td>
<td></td>
</tr>
<tr>
<td>Countrywide</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 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 or 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 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.

Assistance is also available in over 200 languages, including: Chinese, Korean, Vietnamese, Tagalog, Hmong and Russian.

*Any payments made to you if errors in your foreclosure are found may be reported to the IRS and may have tax implications. Consult a tax advisor to discuss those implications.*

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

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 and continues to be a role model for United Nations Ambassador Susan Rice as a leader and representative of the United States in foreign policy.

African American leaders have already begun. We must act now if we expect to influence the outcome and shape a better future.

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

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 and continues to be a role model for United Nations Ambassador Susan Rice as a leader and representative of the United States in foreign policy.

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

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 Murguía 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!!!

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 armed 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.

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.

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 lifelong learning.”

The Center offers certifications in six academic trades: Culinary Arts, Carpentry, Electrical, 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.
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 tablespoon 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 entrées 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 holiday 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-caroteine, 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. “Work 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 beverage. If you choose to have an alcoholic beverage, have only one for men and two drinks per day for women.”

Can you use some extra cash? Try Avon!!! Avon is easy to sell, no experience necessary. It cost only $10.00 to start. You can become your own boss or just earn extra money. Whether you are interested in purchasing Avon products or becoming an Avon Representative yourself, I can assist you.

Call June - (504) 606-1362
I will explain everything and help you to get started.

ladatanews.com
Introducing the all-new 2013 Chevrolet Malibu. With the available Chevrolet MyLink® infotainment system and a 259-horsepower turbocharged engine. It's here, the greatest Malibu ever.