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**Happy 100th
Birthday**

Florence Cook

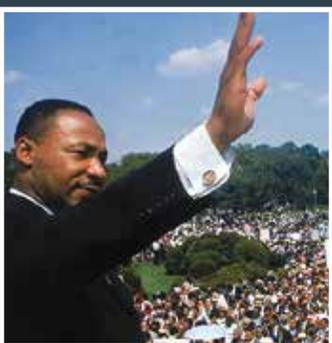
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**Pipeline
to the
People**

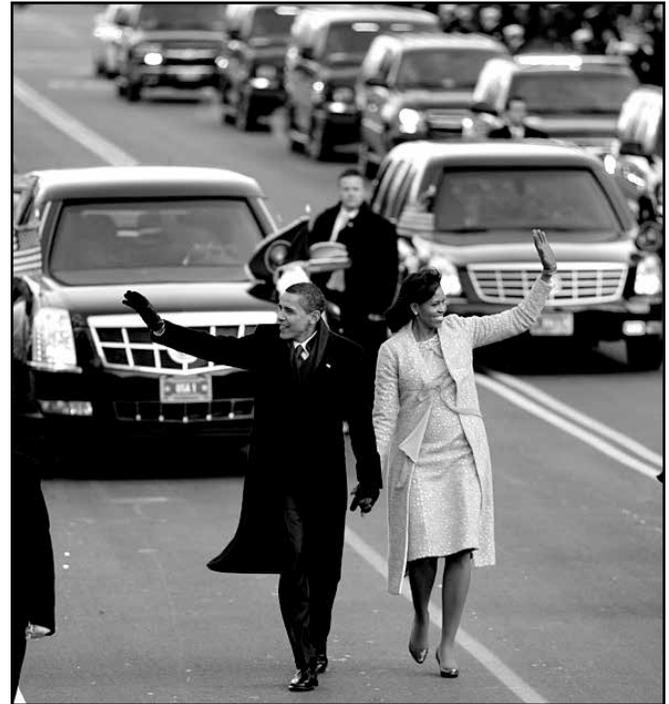


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The 2013 Inauguration of President Barack Obama



Barack Obama is sworn in by Chief Justice John Roberts as the 44th president of the United States on January 20, 2009 in Washington, DC. (Photo by Mark Wilson/Getty Images)



President Barack Obama and First Lady Michelle Obama in their historic Inaugural Parade on January 20, 2009.

Data News Staff Reporting

On Monday, January 21, 2013, President Barack Obama will take his second oath of office, as our 44th President of the United States of America. Millions of Americans are planning to take part in the festivities of this historic event. However, most of us will be planning our own celebrations right here in New Orleans, and while we celebrate Obama's second term, we also commemorate this day as the observance of the birth of Dr. Martin Luther King, Jr.

The theme of this year's inaugural, "Faith in America's Future" celebrates the perseverance and unity of America, but the 57th Inaugural also celebrates two 150th anniversaries, the Emancipation Proclamation and the capping of the Capitol dome with the Statue of Freedom.

Bands are tuning up, vocal chords are being exercised, the platform for the Inaugural is finished, and behind closed doors some key people are prac-

ticing their speeches. Activities for the event began on Thursday but this year's Inaugural will be less gala and more restrained, with only two official balls and not ten, but there are still plans to have a good time from parties to parades to concerts.

Here is a quick list of what is planned, some of which you will be able to view from the comfort of your home on CSPAN.

Thursday, January 17 – Citizen Diplomats Honored

Held in the International Hall of Flags at the U.S. Chamber of Commerce, the Sister Cities International Inaugural Gala will highlight the efforts of citizen diplomats who promote peace around the world.

Saturday, January 19 – National Day of Service
In honor of the legacy of Rev. Martin Luther King, Jr. and the National Day of Service, Americans are encouraged to participate in service events and activities in their own communities. On this day,

thousands of volunteers will assemble care kits for U.S. military service members, veterans and first responders.

Sunday, January 20 – Private Swearing in of the President

In 1933, the 20th Amendment of the Constitution established that January 20 would be the start of a Presidential term. Because Inauguration Day falls on a Sunday this year, the President will be sworn in during a small private ceremony a day before the public ceremony. President Obama will use a Bible that belongs to the family of First Lady Michelle Obama. The ceremony is open only to selected guests, friends and family.

Monday, January 21 – Second Inauguration of Barack Obama

The Swearing-in Ceremony and the inaugural address will take place on the West steps of the U.S. Capitol. President Obama will take the oath of of-

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President to Use MLK Bible for Inauguration

The Presidential Inaugural Committee announced that President Obama will take his second oath of office on the Robinson family Bible on Sunday and on the Abraham Lincoln and Martin Luther King Jr. Bibles on Monday.

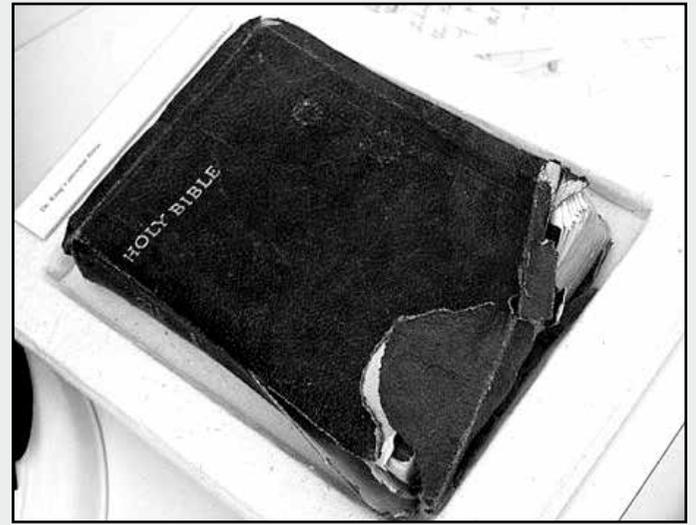
The Robinson Family Bible was selected specifically for the occasion. The bible was a gift from the First Lady's father, Fraser Robinson III, to his mother, LaVaughn Delores Robinson on Mother's Day in 1958. Mrs. Robinson was the first African-American woman manager of a Moody Bible Institute's bookstore and she used the Bible regularly.

The Lincoln Bible is part of the collections of the Library of Congress and was originally purchased by William Thomas Carroll, Clerk of the Supreme Court, for use during Lincoln's swearing-in ceremony on March 4, 1861. The Bible itself is bound in burgundy velvet with a

gold-washed white metal rim around the three outside edges of both covers, and all of its edges are heavily gilded.

The King Bible was Dr. King's "traveling bible." An avid reader who was constantly on the road, Dr. King typically traveled with a selection of books that included this Bible. It was used for inspiration and preparing sermons and speeches, including during Dr. King's time as pastor of Dexter Avenue Baptist Church in Montgomery, Alabama.

Though there is no constitutional requirement for the use of a Bible during the swearing-in, Presidents have traditionally used Bibles for the ceremony. In 2009, President Obama became the first President sworn in using the Lincoln Bible since its initial use in 1861, according to the Presidential Inaugural Committee.



President has chosen to be sworn in using Dr. Martin Luther King Jr's Bible. The King Bible was Dr. King's "traveling bible." An avid reader who was constantly on the road, Dr. King typically traveled with a selection of books that included this Bible.

rice with two bibles belonging to President Abraham Lincoln and the Rev. Dr. Martin Luther King, Jr.

Monday, January 21 — Inaugural Luncheon and Parade

Following the Swearing-in ceremony and inaugural address, the President, the Vice-President, and guests will attend the Inaugural Luncheon inside the Capitol, hosted by the Joint Congressional Committee on Inaugural Ceremonies.

The Presidential Inaugural Parade, which will include members from all branches of military, marches down Pennsylvania Avenue NW at 2 p.m.

This year President Obama announced the number of inaugural balls would be reduced to just two official parties in an effort to reduce government spending. The first official ball is the Commander-in-Chief's Ball at the Washington Convention center (Military only). The second is the Inaugural Ball, also at the Washington Convention Center.

Tuesday, January 22 — National Prayer Service

One day after the swearing-in ceremony, President Obama and Vice President Biden along with dignitaries and representatives from many faiths will attend the interfaith Inaugural National Prayer Service at the Washington National Cathedral. The service will feature prayers, readings,

and musical performances and will be streamed live at the National Cathedral's website. The tradition of the National Prayer Service began in 1933 with President Franklin Delano Roosevelt.

The Presidential Inaugural Committee (PIC) explained that "The beginning of President Obama's second term will be marked by the acknowledgement and celebration of the role of people of faith in American life. President Obama's own faith has played an integral role in his life, his commitment to service and his presidency, and this important tradition will celebrate the values and diversity that make us strong."

The Cathedral also has a special exhibit, "Presidents at the Cathedral," chronicling the past visits of U.S. presidents over the Cathedral's 105-year history. The exhibit which opened this month is available for Cathedral visitors in the nave and on the Cathedral's website.

Tuesday, January 22 — Congress Is In Session

After the Inaugural, it will be business as usual in the Capital. According to the calendar released by Congressional Majority Eric Cantor (R-Va.), the House of Representatives will be back in session Tuesday and Wednesday with votes scheduled. Then it will take a recess until Feb. 4. The Senate did not specify when it will reconvene, although it is officially in session being at the Capitol for the Inauguration.

Live the Dream

In celebration of Martin Luther King Day.



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Florence Cook to Celebrate her 100th Birthday

Mrs. Florence L. Cook will celebrate her 100th birthday on January 31, 2013. Momma Cook, a native New Orleanian, is the wife of the late Henry Cook and is the mother of the late Roland "Cookie" Cook, Paul W. Cook, Milton K. Cook, and Juan E. Cook. Daughters Dr. Janice E. Cook, Marvalene C. Bajoie and son Murriel L. Cook reside in New Orleans.

Momma Cook, a Xavier University of New Orleans graduate, began her freshman year of college at the non-traditional age of 41 and while a single-parent raising seven children (including two sets of twins). After completing her college studies she went on to her career as an Elementary School Teacher and remained until mandatory retirement age of 70. However, she continues to nurture children and youth by serving as Vacation Bible School teacher/arts & craft specialist every summer at her home church, the historic New Zion Baptist Church.

Momma Cook stays spiritually strong, physically active, still sings in the mass choir, and trusts the Lord for everything. She loves to cook! Her specialty dishes are: file gumbo, red beans and rice, "steamed" fried chicken and bread pudding and chocolate fudge for desserts. In her spare time she enjoys watching the soaps, game shows, and working "Search Word" puzzles.



Viewer's Choice Awards Highlights

Some of the great talents from around the city and state were recently honored at the Viewer's Choice Awards, sponsored by Talk To Me New Orleans, Tipitina's and Humvee Productions and Data News Weekly was there.



The Host for the event Big Herc with DJ Captain Charles.

Photo: Larry Panna



DJ Captain Charles, TV Host Kiwana and Recording Artist Tucka.

Photo: Larry Panna



Hairstylists Jovanna and Dorian with Data News Editor Edwin Buggage and Bounce Music Legend Cheeky Blackk.

Photo: Larry Panna



Legendary recording artist Cheeky Blackk rocking the mic.

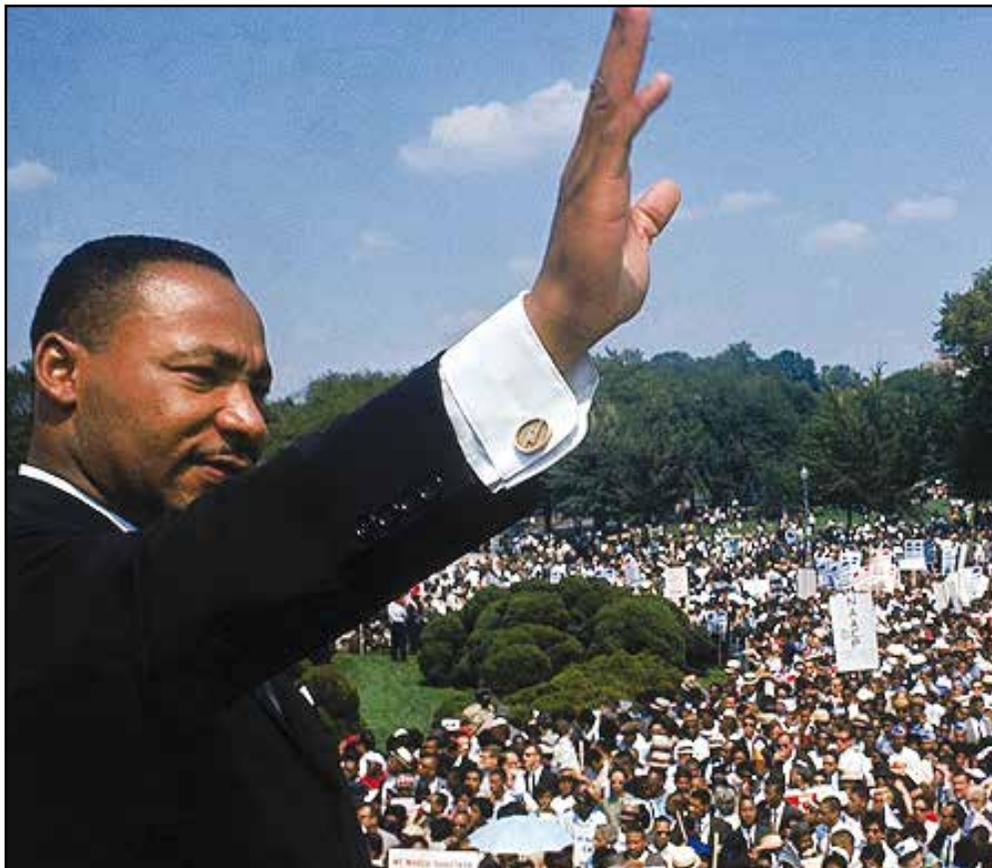
Photo: Original Buttonman



Representing the swagg of the 5-0-4 in full effect!

Photo: Original Buttonman

Obama... King... and the American Dream



By Edwin Buggage

Four years ago a nation and the world celebrated the election of Barack Obama as the first African-American President of the United States. Many stood hopeful in 2009 as he took the oath of office on MLK Day and thought that day freedom's bell had finally rung and one would be judged not by the color of their skin but by the content of their character. And as the tears of joy flowed down the cheeks of those whose hands reshaped history, many thought that the U.S. was on the road to a new day of reconciliation for its past sins against its fellow citizens. Today as we look back at the election of 2012 and the racially coded language, the sexism, homophobia and xenophobia of some in the Republican Party that came to the forefront it is evident that while we move forward there are some who still want to turn back the hands of time to this country's darkest days. But in this new century as this country

changes demographically people are more enlightened and realize the strength of a diverse nation; and that difference does not mean deficient and slowly the shackles of repression are vanishing as a new breed of leader are emerging as former disenfranchised groups paper the landscape in positions of power.

In 2008 in what was a Jack Johnson and Jackie Robinson moment in politics, the subtext had many doubting Obama's ability to occupy and handle the job as the leader of the free world because of his race. And while some will not accept nor respect anything this President does looking back we can point to many notable accomplishments in President Obama's first four years in office; saving the American auto industry, passing universal health coverage, growth in the number of jobs in the private sector, he's also been strong on defense and issues of foreign policy. And as a person he's been a steady moral compass showing the world a man who

cares about his family and hasn't been involved in any personal scandals. There has been, no Iran Contra, Watergate, or charges of perjury or impeachment hearings on Obama's watch. His record of excellence should not just be an inspiration for African-American people, but for an entire nation that is re-writing its history.

But as we celebrate, we must note what are the challenges of today for our country? Immigration reform, reasonable gun control measures, marriage equality, and improvements in the economy are just a few. And as President Obama is sworn in on both the bibles of Dr. King and Abraham Lincoln this is an important symbol for our nation moving forward. For our nation is at a crossroads, and it is important that we as a nation pursue the course with the "Better Angels of Our Nature" as Lincoln stated in his first Inaugural Address and we can make the "Dream" for a better America, that Dr. King spoke of on that

historic day in 1963 at the Lincoln Memorial.

Today as we look at our country we should beam with pride, we must stand and be amazed at what happened in these last two Presidential Election cycles. Collectively people of all shades and from various walks of life, representing the great tapestry that is the mosaic of this great America made history with the election of President Barack Obama. And this year our nation will mark the 50th Anniversary of the March on Washington and the "I Have A Dream" speech.

While we are not yet a perfect republic, we are moving in the right direction. Where today hands that once picked cotton, now can pick presidents; that women who were once barred from the ballot are now CEO's and Secretaries of State; and in a nation built on immigration, a country is finding some of its greatest innovations in information technology and science coming from its newest mem-

bers. And in our great City that was devastated by Hurricane Katrina many of our homes have been rebuilt by immigrants who have come to this nation seeking out a better life for themselves and their families.

One of our many challenges in the 21st Century is that we must continue to redefine who we are as a nation. Admittedly, we are all not the same but in our many we are still one. And the things that unite us are greater than the things that divide us. We are a nation that since 1776 when we declared our independence has become the greatest nation the world has ever known. We can continue to be great by embracing progress and the diversity of the people of our national and the many things all our citizens have to offer. This is our strength moving forward. And as our citizens converge on Washington D.C. to see President Obama being sworn in on MLK Day, it is the continuation of the journey to a dream fulfilled.

Mother Always Says...



Dr. Eric Griggs, MD
Data News Columnist

folk tales persist. It is important to know the facts.

Myth: "The flu is just nothing more than a 'bad cold.' "

The viruses that cause the "flu" and the common cold are two different classes of virus. The common cold is a short-lived (usually no longer than a week) respiratory illness that can be caused by hundreds of different viruses, most commonly from a group called the "rhinoviruses." The "flu" is a respiratory illness caused by a family of viruses called the Influenza viruses. It is very contagious and is spread through contact with mucous membranes, particularly those of the eyes, nose and mouth. Its severity can range from mild to severe (pneumonia), and sometimes even death. According to the Center for Disease Control, every year, the influenza virus is responsible for thousands of deaths in the United States. Whereas the common cold gen-

"Put on a hat before you go outside or you'll catch a cold..."

How many times have we heard that said before walking out the door? Whether these statements were true or not the message was always clear: "Take care of yourself and be careful out there." Here, in the heart of an epic cold and flu season, I can think of no better topic to address than one of the big myths circulating with regards to the common cold and the flu. Though the flu has been around since the time of Hippocrates (and likely before), myths and

Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual; lasts 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common; can be severe	Mild to moderate; hacking cough
Headache	Common	Rare

erally begins with a slow onset of symptoms and lasts anywhere from 3 days to 1 week, flu symptoms begin much more abruptly and are usually more severe, with symptoms of headache, fever (101.5 degrees), muscle aches, chills, soreness, cough and nasal

congestion. These symptoms often gradually improve, but feelings of fatigue and exhaustion have been known to linger for weeks.

The flu spreads in droplets that are transmitted when people cough, sneeze or talk. The drop-

lets either land directly in the mucous membranes (eye, nose, or mouth) of people nearby or on surfaces such as doorknobs or other commonly contacted objects. The contaminated surface is

Griggs/Continued on page 7.

Connecting the Past with the President



Julianne Malveaux
NNPA Columnist

riveted the nation with his "I Have A Dream" speech during the August 28 March on Washington. Many will remember that he said, "I have a dream that one day people will be judged not by the color of their skin but by the content of their character." Somehow people forget that in the same speech he said, "We have come to the nation's capital to cash a check that has been marked insufficient funds." If people said "cash the check" as often as they said "I have a dream," we'd move more quickly forward in closing the economic gaps that African American people experience.

We've been doing this 50-year thing for the past couple years, and we'll be doing it for another few. The "Greensboro Four" North Carolina A&T State University Students (with the help of Bennett College students, who are often ignored) sat in at Wool-

worth counter on February 1, 1960. The March on Washington happened 50 years ago. The Civil Rights Act was passed in 1964, and beyond that the 60s will resonate for the next few years with commemorations and anniversaries.

These celebrations are important historical moments, but who remembers? The median age of the population in the United States is about 37 years old. Many of these folks remember the civil rights moment through twice and thrice told tales. Those who are under the median age see the civil rights movement as something like a fable, something they heard about, but doesn't really matter to them. Many of these young people see themselves as "post-racial." They hang out with their peers, race notwithstanding. They have never experienced discrimination. Even when they

experience it, they are slow to embrace it. They are post-racial, whatever that means.

If some of these young people had been immersed in history, they might understand why the Black unemployment rate is twice that of the White rate. If they had books and speeches by Dr. King, who spoke of racial disparities in much of his work, they would understand the many ways the struggle continues. But popular culture suggests that when Black folks and White folks can both act extreme fools on reality shows (I think I blanked out after about a minute of "Bad Girls Club"); there is some measure of equality.

There has been a rich history and legacy of struggle and protest that has been swallowed by the notion of post-racialism in the first decades of this century. It is laudable that President Obama will use both the Bible of Dr. Martin

Luther King Jr. and that of President Abraham Lincoln, connecting the 150-year-old dots. President Obama's choice in using both Bibles in this anniversary year is a testament to his sensitivity and ability to juggle the tight-rope he must manage as both president of the United States and the first African American president of our nation.

Most folks 50 and older get it. What about those who are both younger than our nation's median age and unschooled in the nuances of history? Is our conversation about race in America stuck in some kind of time warp, where we are unable to speak cross generationally because we have extremely different memories, recollections, and knowledge about that which happened fifty years ago?

Malveaux/Continued on page 7.

Pipeline to the People

By Corey Anderson

Question: How do you feel about President Barack Obama's Inauguration swearing in and it being the same Day as Martin Luther King Day and it's meaning for America?



Darnell Guillard

"I think his second term of presidency, being sworn into office on Martin Luther King's day...I don't things happen like that just out of the blue. I think that happens for a reason. Not saying that only because he's Black or whatever, but I truly believe that it's God allowing for that to happen on that day."



Glen Almodovar

"I believe that it's a statement that's going to be felt across the United States. One being that Martin Luther King was a Civil Rights Activist and [President] Obama is in the same boat with him because he's more for the minorities than the upper class, more for the middle class; like I said and I think it's going to impact the baton more than we can believe because there's going to be more unity within the Black community I can imagine, and me being Hispanic, we're middle class also, so we're going to feel some impact also..."



Vanencia Lynch

"Obama is once again making history. He's showing the world that he was truly chosen to be OUR President."

Malveaux/ Continued from page 6.

We do our nation a disservice when we duck and dodge our racially tinged history. We have to grace and embrace the past in order to move forward with our future.

Somehow this is a message that needs to be transmitted to young people, especially in this 150th year after emancipation, this 50th year after the March on Washington, this season of embracing and celebrating our history.

Julianne Malveaux is a Washington, D.C.-based economist and writer. She is President Emerita of Bennett College for Women in Greensboro, N.C.



Griggs/ Continued from page 6.

then touched by another person who in turn touches his eyes, nose or mouth and the disease is spread.

The period of contagiousness (period where others can be infected) begins 1 day before symptoms appear and lasts 5-7 days into the disease period. Although there is no cure for the flu, antiviral treatment (i.e.-Tamiflu) has been shown to be effective in shortening the course and reducing the severity of the disease if begun within the first 48 of the appearance of symptoms.

What can be done?

The most important step to take if you suspect flu-virus infection is to go to the doctor. The earlier the medical intervention, the milder the course of the dis-

ease.

The best way to help prevent catching the flu is to get vaccinated. Contrary to popular belief, the "flu shot" DOES NOT cause the flu. EVERYONE ages 6 month and older, especially the very young and the elderly, should receive a flu vaccination (by injection or aerosolized) EACH YEAR with no exceptions. Healthy non-vaccinated people die every year from influenza virus infection. Don't become a statistic. If there are any questions or concerns as to whether or not you should receive the vaccine, ask your doctor.

Otherwise, listening to your mother's advice is key. Though catching the flu or a cold because it is cold outside may not be true, the fact that during cold and flu season proper rest, hydration and

eating well-balanced meals are crucial. The emphasis should be on REST. Allow your body adequate time to fight the day's battles. Life moves fast. Slow down and take care of yourself. Also important to remember; WASH YOUR HANDS frequently, particularly when you have been exposed to large crowds. Just because you have been taking the proper precautions does not mean that the rest of the population has followed suit.

Prescription for the Week:

Wash your hands. GET REST. Get a flu shot and always listen to your mother. Get checked. Get fit. Get moving!

For more info on Cold vs. Flu, see the chart above:

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