

Lighting The Road To The Future

New Orleans

Data

News Weekly

"The People's Paper"



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BMOL Black Tie Gala

Data Zone Page 6

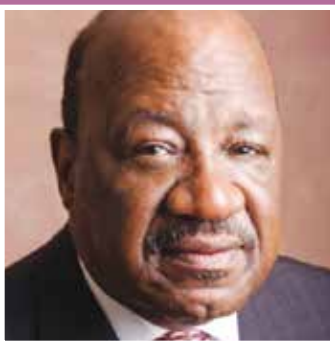
October 26 - November 1, 2013 48th Year Volume 26 www.ladatanews.com

A Data News Weekly Exclusive



Leading the Fight Against Breast Cancer

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Dr. Denise Roubion-Johnson

Educating the Community on Breast Cancer Awareness



Dr. Denise Roubion-Johnson (center) is surrounded by participants at a Breast Cancer Awareness event.

By Renee Johnson

October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take

the steps to have a plan to detect the disease in its early stages and encourage others to do the same. Breast Cancer Awareness Month (BCAM), also referred to in America as National Breast Cancer Awareness Month (NBCAM), is an Annual International

Health Campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support

to those affected by breast cancer. We have made a lot of progress but still have a long way to go and need your help! Create an Early Detection Plan and invite others to do the same. Share Beyond The Shock, our breast cancer educational resource, with

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DATA NEWS WEEKLY

P.O. Box 57347, New Orleans, LA 70157-7347 | Phone: (504) 821-7421 | Fax: (504) 821-7622
editorial: datanewseditor@bellsouth.net | advertising: datanewsad@bellsouth.net

Terry B. Jones
CEO/Publisher
Glenn Jones
VP Advertising
& Marketing
Edwin Buggage
Editor
Cheryl Mainor
Managing Editor
Calla Victoria
Executive Assistant
June Hazeur
Accounting

Contributors
Edwin Buggage
Renee Johnson
Marc Morial
Eric D. Griggs, M.D.
Glenn Summers
Bonnie Images, LLC
Art Direction & Production
MainorMedia.com
Editorial Submissions
datanewseditor@bellsouth.net
Advertising Inquiries
datanewsad@bellsouth.net

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Dr. Roubion- Johnson (pictured above) is the Clinical Director for the Louisiana Breast and Cervical Program's New Orleans site, which provides comprehensive care to women with breast problems and breast cancer.

friends and family. Host a Fund-raiser to help provide mammograms for women in need. Breast cancer is the most commonly diagnosed cancer among African-American women. An estimated 27,060 new cases of breast cancer are expected to occur among African-American women in 2013. So it is important for women to get diagnosed early, because early detection can save lives.

When it comes to educating people in the community in places such as local radio stations, barber and beauty shops, church and women's groups, or wherever she is requested to increase awareness about the importance of mammograms for the early detection of breast cancer, Dr. Denise Roubion-Johnson does it like no other. She explains using terminology that her audience can understand and relate to on why women need to pay attention to abnormalities present in their breast, which should never be ignored. She provides them with information which reflects the

consequences of not adhering to the warning signs or not getting their annual mammogram.

Dr. Johnson is the Clinical Director for the Louisiana Breast and Cervical Program's New Orleans site, which provides comprehensive care to women with breast problems and breast cancer. This program provides medical coverage for low income uninsured and underinsured women who are diagnosed through the program usually within 24 to 48 hours. This removes the barrier to care, which prevents so many women in Louisiana from seeking care when a breast problem is first detected. The funding to this program is in part from the National Breast and Cervical Cancer Prevention and Treatment Act which was signed into law in 2000 by then President Bill Clinton, which fills the gap in medical assistance for states by giving them the option of providing breast and cervical cancer treatment assistance for Medicaid eligible women who are screened through the

National Breast and Cervical Cancer Early Detection Program. Patients with free care status at Interim LSU Public Hospital (ILH) can receive a mammogram at no cost to the patient. Walk-in mammography and same day mammograms are available as well.

Dr. Johnson has a unique way of relating to her patients by offering them prayer before their breast biopsy is performed and after giving them a cancer diagnosis. Watching her speak to groups of women is just amazing and while she is speaking you can hear a pin drop. She told me during this interview that this job is a blessing because she feels that she can truly make a difference in her patients' lives.

Over the years she has received several awards including Health Care Hero, American Cancer Society Spirit Award, American Cancer Society's Volunteer

of the Year and most recently two proclamations from the New Orleans City Council sponsored by Diana Bajoie for her continued efforts of educating the community. Dr. Johnson is very modest about these accolades stating "my biggest reward is having a patient come back 2 or 3 years after their diagnosis saying to me thank you for praying with me, for giving me hope and just saving my life". She said that patient care is the biggest part of her job, but she would never give up the opportunity to increase awareness on why women should get their annual mammograms and perform monthly self-breast exams, because this information could possibly save more and more lives every year.

The clinic is located at 2025 Gravier St in New Orleans on the 4th floor. For questions or information on how to come and get a mammogram call (504) 903-2452.



FACTS FOR LIFE

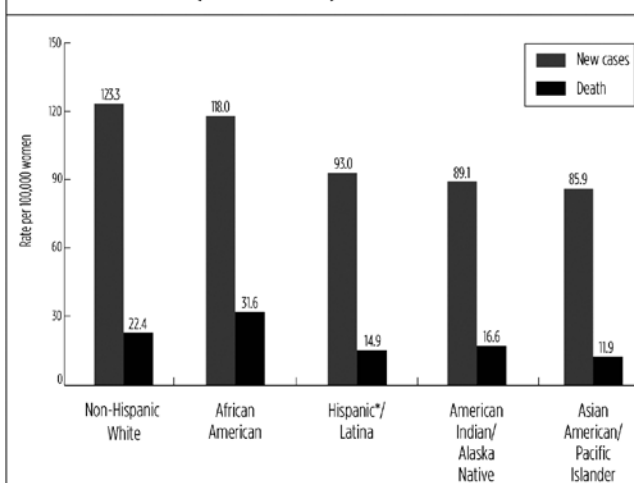
Racial & Ethnic Differences

Breast cancer differences

Aside from skin cancer, breast cancer is the most common cancer among women in the U.S. It is the most common cancer found among every racial and ethnic group.

Race is not a risk factor for breast cancer. But, the rates of getting and dying from breast cancer differ among ethnic groups.

Rates of new cases (incidence) and death (mortality) from invasive breast cancer by race and ethnicity, United States (2005-2009)



Screening may save lives

Get screened regularly. Screening and good treatment for breast cancer can lower your risk of dying. Mammograms can find breast cancer early, when survival is highest. Talk with your doctor about which screening tests are right for you.

- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.

Incidence (new cases) rates

White women have the highest breast cancer incidence rate of any racial or ethnic group. Under age 45, African American women have a higher incidence of breast cancer than white women.

African American and Hispanic/Latina women are more likely than white women to be diagnosed with later stage breast cancers. They also tend to have larger tumors than white women.

Breast cancer incidence is lower among Asian American and Pacific Islander women than for white and African American women. Asian American women who are new immigrants have lower rates of breast cancer than those who have lived in the U.S. for many years. For those born in the U.S., the risk is similar to that of white women (60 percent higher than women born in Asia).

For more information, visit www.komen.org or call Susan G. Komen's breast care helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Friday, 9 AM to 10 PM EST.



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October 19th Election Leads to November 16th Run-Off Election

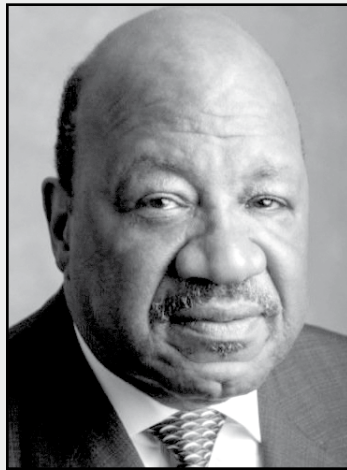
Data Staff Report

The races for New Orleans Traffic Court Division D Judge and Criminal District Court Magistrate both ended in a rather anticipated Run-Off election as no candidate in either race was able to garner the 50% of the vote needed to be declared the winner.

Attorneys Clint Smith and Steven Jupiter are slated to face off for the Nov. 16 by tallying the most votes in the crowded field of candidates for the seat of New Orleans Traffic Court Judge, Division D.

The winner of the runoff will fill the bench seat left vacant by former Judge Ronald Sholes who resigned the seat.

The court handles between \$12 million and \$14 million a year in revenue collected through fines



Commissioner Harry Cantrell



Attorney Clint Smith



Attorney Steven Jupiter

and fees. A portion of that sum heads to the city's general fund.

The Division D judgeship, a part-time position allows a sitting judge to maintain his private law

practice. The position has an annual salary of \$111,207.

Smith, a protege of the late Justice Revis Ortique Jr., had served as a temporary traffic

judge in 2011 after Judge Dennis Dannel died in office. Part of his platform is to better educate people about changing traffic laws to help reduce the number of cases

filing through the system.

Jupiter, a member of the Orleans Parish Democratic Executive Committee and brother of Civil District Court Judge Clare Jupiter, had promised to bring more equity to the bench between defendants who could afford a lawyer and those who could not.

In the race for New Orleans Criminal District Court Magistrate, Political newcomer Mark Vicknair will face long-serving Criminal District Court Commissioner Harry Cantrell in the Nov. 16 runoff to fill the seat of Magistrate Judge Gerard Hansen, who retired after 39 years on the bench.

The Magistrate Court is comprised of an elected judge and four commissioners appointed by the Criminal District Court judges.



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Harry Cantrell Election Night

Photos by Glenn Summers

Criminal Court Commissioner Harry Cantrell and family celebrated his strong showing on Election Night. Cantrell gained enough votes to garner a position on the Run -Off Ballot for Criminal District Court Magistrate Election to be held on November 16, 2013.



Commissioner Harry Cantrell and family



Data News Weekly Publisher Terry Jones congratulates Commissioner Cantrell.

Tracie Washington

Battling on the Frontlines of the Fight to Secure Justice for All

by: Edwin Buggage

Her name has become synonymous with advocacy and the fight for justice. For over 20 years Tracie Washington has maintained a general civil practice concentrated in education law, civil rights, and labor/employment law. She says her passion for fighting the righteous cause began early in life, "My mother and father were both educators, my mother Geraldine Thompson Washington, who is now deceased was a school Principal and President of Principals Association for New Orleans Public Schools Inc. (PANOPSI) and my father Dr. Louis X. Washington who is still living was a Professor of Biology at both SUNO and Dillard University, so my life was always centered around giving back."

As Hurricane Katrina changed the lives of many, thrusting them into new directions, it took Tracie on a new and more meaningful path. Post Hurricanes Katrina and Rita, Tracie's legal practice has focused on protecting the civil rights of individuals affected by these national catastrophes. Tracie has been counsel in several cases involving the rights of

New Orleans Katrina survivors as President & CEO of Louisiana Justice Institute (LJI), a non-profit human rights organization and law firm devoted to fostering social justice campaigns across Louisiana (www.LouisianaJusticeInstitute.org). LJI works within communities, amongst residents, the public sector, business, and civil society, serving as a catalyst for change through empowerment and consensus. "In these times that are changing for our City we need people who will work to empower the people of our City especially minorities and women, so through my work at LJI we have been able to assist people who often times do not have a voice. And because we have so many marginalized people in our City this work is important and must continue because the struggle for justice and fairness is an ongoing battle to ensure fairness for all citizens," Washington says of the importance of her work Post-Katrina.

In addition to her work with LJI, Tracie is the Principal Consultant with Higher Ground Consultants, LLC (<http://www.highergroundconsultants.com/>), which works with education non-profits, community-based organizations, and private corporations to make possible community change and growth through facilitated communications, organizational development, research and evaluation. On the education front, Tracie serves as General Counsel to Friends of King, Inc. a school district within New Orleans, established by distinguished and accomplished New Orleans Educators post-Katrina. She is also an Adjunct Professor of Political Science at



Dillard University. "Being the daughter of educators I was taught at an early age that it was important, and at one time education was thought of as a valuable asset in our community and in some instances not so much today, it is about just getting the final result without putting in the work, so what I try to stress on our young is that the key to freedom is education and if you don't

have that you will be enslaved in the sense that you limit your opportunities for success."

Tracie has received numerous awards for her work and has been featured on television programs both locally and nationally as a guest speaking on issues of justice. She was named by MSNBC's TheGrio, as one of its 100 History Makers in the Making (<http://www.thegrio.com/black-history/>), and The Root, a daily online magazine published by Washington Post/Newsweek Interactive, named Tracie one of its "Twenty Leading Black Women Advocating Change." She was featured prominently in Spike Lee's documentary "If God is Willing and Da Creek Don't Rise," and Tracie has been featured on national talk shows, including MSNBC's Rachel Maddow Show, CNN Morning Edition, PBS NewsHour, and Fox Hannity

& Colmes. "I am humbled by the awards, but this is not the reason I do this work, it is about serving others that are in need, and as long as there are issues of injustice I will work to help be part of the solution," says Washington. Continuing she says, "I pay homage to so many who came before me both locally and nationally who are doing this work, so I am just a part of a rich legacy to keep the flame lit in the fight for justice flickering and just making my contribution and hopefully it inspires another generation to pick up the mantle and choose to serve others."

News Weekly is proud While many know Tracie Washington for her work as an advocate for the disenfranchised, she is a proud mother of 20 year old Jacob Matthew Washington. Data News Weekly is proud to name her our Trailblazer for the month of October 2013.

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Shoot Ya Best Shot!

Black Men of Labor 20th Anniversary Black Tie Gala

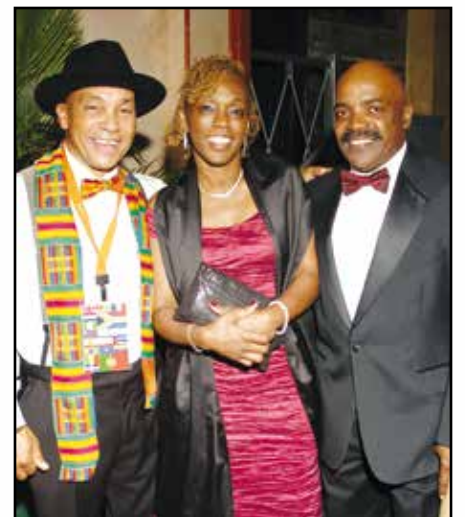
Photos by Glenn Summers

The Black Men of Labor hosted its Black Tie Gala: "From West Africa with Love" on October 18th at Generations Hall.

The Gala was the one of the many events, which also included a golf tournament and health and wellness fair, held in hon-

or of the 20th Anniversary Celebration, culminating in the Annual Black Men of Labor Parade on Sunday. The weekend was a

tremendous tribute to the history of the organization and the work of The Black Men of Labor, and of course, Data was there!



Visit www.ladatanews.com for more photos from these events

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Night Out Against Crime

Photos by Glenn Summers

The members of Pilotland Neighborhood Association, Seal's Class Act, and Zulu Social Aid and Pleasure Club along with other community organizations rallied together in the efforts to cease the violence that plagues our communities locally and nationally during the Night Out Against Crime.



Treme Cultural Festival Ladies Day Second Line

Photos courtesy of Bonnefied Images LLC
Grand Marshall Kristen Palmer with Barbara Lacen Keller, Baby Doll Ladies, Social Aid & Pleasure Clubs and female brass bands.



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To Be Equal

Washington Football Team Should Drop the "R" Word



Marc Morial
President and CEO
National Urban League

"At a moment when President Obama and Republican leaders remain deeply divided, this week saw them come to a bipartisan agreement on one thing: It is time for Washington's NFL team to stop using a racial slur and to finally change its name."

Oneida Indian Nation radio ad Less than two week ago, as Dallas and Washington revived their annual NFL football rivalry, they also

found themselves in the middle of an escalating fight over the name of the Washington football team. In fact, as part of its "Change the Mascot" campaign; the Oneida Indian Nation is running radio ads in Dallas and the other cities where the Washington football team is playing this year calling for D.C.'s team to drop the "R" word from its name.

This is all part of a larger

movement among civil rights organizations and political leaders from both the left and right who correctly point out that the term "Redskins" is a racial slur. Suzan Shown Harjo, a Native American woman who lives in Washington and directs the Morning Star Institute, has been leading this fight and others like it since the 1960s.

President Obama recently weighed in, saying, "If I were the

owner of the team and I knew that there was a name of my team – even if it had a storied history – that was offending a sizable group of people, I'd think about changing it." He added that he did not believe "attachment to a particular name should override the real, legitimate concerns that people have."

Team owner, Dan Snyder disagrees.

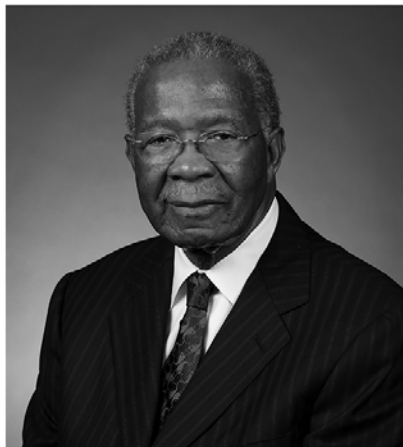
He has vowed to never change the name and in a recent letter to season ticket holders, he called the team name, "a badge of honor." Obviously not everyone agrees. The controversy has now gotten the attention of top NFL officials. NFL Commissioner Roger Goodell recently said, "If we are offending one person, we need to be listening and making sure that we're doing the right things to try to address that." And officials of the Oneida Indian Nation and the NFL are scheduled to meet next month to discuss the issue. Consistent with our commitment to equality and the dignity of every human being, the National Urban League stands with all those demanding the Washington football team stop using the R word.

Ray Halbritter, leader of the Oneida Indian Nation, recently stated his opposition this way: "Let's be clear, the R word is defined in the dictionary as an offensive term. It was the name that was used against our people when we were forced off our lands at gunpoint. So it is has a sordid history and it's time for a change." He added, "History is littered with people who have vowed never to change something – slavery, immigration, women's rights – so we think one thing that's really great about this country is when many people speak out, change can happen."

The Dallas vs. Washington football game was played on the eve of Columbus Day, another reminder of the legacy of discrimination and oppression inflicted on Native Americans. Demanding the Washington football team remove the "R" word from its name is a simple request for respect. As the Oneida Indian Nation radio ad states, "This country may be

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Affordable Care Act

Part 2

By Eric D. Griggs, M.D,
Data News Contributor

"On March 23, 2010, President Obama signed the Affordable Care Act into law, putting in place comprehensive reforms that improve access to affordable health coverage for everyone and protect consumers from abusive insurance company practices." (<http://bit.ly/1eMuU5k>)

With all of the buzz about "government shutdown" and "debt ceilings," conversations about the Affordable Care Act (aka "Obamacare") recently have been lost in the shuffle. Now that the dust has settled however, old questions remain and new ones arise. Of particular interest this week are the "glitches" in the official website, [www. Healthcare.gov](http://www.Healthcare.gov).

The President, on yesterday addressed this and others in a letter emailed out yesterday.

From the White House:

"More than just a website

On October 1st, even as the federal government was shutting down, HealthCare.gov – the new Health Insurance Marketplace where people can find and apply for affordable health insurance plans as part of Obamacare – opened for business nationwide.

As you may have heard, the website launch hasn't gone nearly as smoothly as it should have. And with nearly 20 million visits to the site in the first several weeks, the problems were aggravated by the website's popularity.

But even in spite of those problems, thousands of Americans

are currently signing up and saving money. Nearly half a million Americans have already applied for health insurance through the federal and state Marketplaces. It's not hard to see why: Once people get through the door, they overwhelmingly like the benefits and cost of the products available to them – especially when compared with the discriminatory private market that was previously the only game in town.

Some of the best and brightest are now doing everything they can to fix the site as quickly as possible. People are working overtime, 24/7, and we've brought in some of the best IT experts from across the country to join the team at the federal agency responsible for running the Marketplace. And as President Obama said today, "No-

body's madder than me about the fact that the website isn't working as well as it should, which means it's going to get fixed."

It's also important to remember that the website is not the only way to enroll. You can dial the call center at **1-800-318-2596** and apply directly over the phone. Typically, it takes about 25 minutes for an individual or about 45 for a family. You can also find local "navigators" who can help you enroll in person at LocalHelp.HealthCare.gov.

Learn more about what we're doing to make the site better and enrollment easier.

The President is the first to admit that the website's problems are unacceptable. But Obamacare is more than just a website. Most Americans already have health in-

surance through their employer, Medicare, or Medicaid, and they don't need to go to the Marketplace for new coverage. Instead, the health care law provides new benefits and increased protection: Young people can stay on their parents' insurance plans until they are 26, seniors are receiving more affordable prescription medicine, and preventive care like mammograms are free.

So while there are major improvements to make on the new website, millions of Americans are already benefiting from the health care law. And we're making sure that those who don't have access to affordable health insurance today can sign up – online, on the phone, and even in person.

Health, Continued on page 11.



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City Reaches Agreement On Two Sanitation Contracts

Earlier this week, the City of New Orleans successfully reached agreements with two of its sanitation contractors, Metro Disposal and Richard's Disposal, to extend their respective solid waste collection contracts for two consecutive years which will maintain current per-unit costs through 2016.

"This agreement is a big win for our residents that will ensure continued trash and recycling services at a price the City can afford," Landrieu said. "These are examples of our continuing efforts to operate in the most cost-effective and efficient manner possible. I commend Metro and Richard's for working with our team to reach mutually agreeable terms."

District C Councilmember Kristin Gisleson Palmer, said, "Reaching agreements with Metro and Richard's Disposal for large portions of the City's waste disposal and recycling needs is

very beneficial, given the fiscal demands we will face during the upcoming budgeting cycle. Our population and demand for services continue to grow, but these expenditures are now locked in for several years. More work remains to meet the highest standards, but as chair of the City Council Sanitation Committee, I look forward to continued collaboration with the Mayor and his team to meet those standards."

Key points of the new extended contract are:

There will be no change to the per unit rate payable to Metro (\$15.99) or Richard's (\$17.99).

Richard's will be paid based on a 2011 unit count of 69,001 eligible and serviced units for the duration of the contract, despite the City's continued population growth.

Metro's payments will be based on a 2011 unit count of 61,828 eligible and serviced units through the end of 2014, despite the City's



continued population growth during that time period. The contract will provide 3% annual increases in 2015 (63,683) and 2016 (65,593) in consideration of additional projected growth in their area.

The City has issued payment adjustments to Metro and Richard's for 2011, 2012 and 2013 to cover differences in past payments.

Metro and Richard's will use NOLA 311, the City's phone

and online information service, to track and manage citizen service requests generated via NOLA 311.

District E Councilman James A. Gray II said, "While securing a great deal for the taxpayers, the City of New Orleans has also guaranteed significant economic opportunity for two of our most prestigious African American businesses. This is a teaching moment for our children: everyone

can succeed with hard work and preparation."

As a result of the current extension to the agreement, the total cost of the City's sanitation contracts from 2013-2016, for these areas, will be \$108 million.

The City analyzed a number of alternatives, including rebidding the contracts in 2014 and conducting a new 2013 manual house count. The analysis showed that the projected costs of the alternatives would likely exceed the cost of the selected option—potentially by as much as \$7 million. Given current market rates, it is unlikely that the City could secure a new contract at a lower total cost than the selected option. Due to the number of outstanding cost related issues facing the City, it was fiscally prudent to have budget certainty by locking in costs through 2016.

The City's analysis was reviewed by the Office of Inspector General.

Ground Breaking of Iberville Housing Redevelopment And Choice Neighborhoods Initiative

Last standing public housing development poised for full transformation

The Housing Authority of New Orleans (HANO), and City and

State officials gathered this week to commemorate the ground breaking of the Iberville Housing Development and to launch the United

States Department of Housing and Urban Development (HUD) Choice Neighborhoods Initiative (CNI). Iberville was originally constructed in 1941 and is New Orleans' last standing conventional public housing development.

In 2011, HANO and the City of New Orleans were awarded \$30.5 million from HUD to transform the Iberville development and to revitalize the historic Tremé neighborhood as a part of CNI. New Orleans was one of five cities to receive an Implementation Grant in its inaugural round.

HUD Secretary Shaun Donovan said, "Today's groundbreaking represents another chapter in the great New Orleans comeback story. New Orleans was one of the first cities to receive a Choice Neighborhood grant, totaling roughly \$30 million dollars, to help redevelop Iberville. This program embodies the President's holistic approach that not only focuses on housing – but also the issues in the surrounding neighborhood. With this and other in-

vestments we are saying loud and clear that we believe in New Orleans, its people, and its future."

The New Orleans CNI Transformation Plan covers the one-for-one replacement of all 821 dwelling units at Iberville both on-site and in the surrounding CNI neighborhood, and the revitalization of more than 300 blocks within the boundaries of Rampart Street, Tulane Avenue, Broad Street, and St. Bernard Avenue. The full plan is estimated to cost approximately \$600 million.

Phase I and II of the onsite redevelopment plan include 227 mixed-income rental units; 81 public housing, 49 workforce and 97 market rate. Construction is estimated to be completed by early 2015. At the completion of the full project, the new community will house 880 units on-site; 304 public housing, 261 workforce, and 315 market rate homes. The plan also includes construction that began in November 2012 at the former Texaco Building located at 1501 Canal Street, which will provide

112 new housing units for elderly Iberville residents.

The Iberville Working Team (IWT), comprised of residents, HANO and City staff, developers HRI Properties and McCormack Baron Salazar, Urban Strategies, Inc. and community engagement consultants GCR and The Black Men of Labor Inc. was organized to turn Iberville into a mixed-income, mixed-use community and to revitalize the surrounding CNI neighborhood by focusing on three main components: housing, people, and neighborhood.

To date, 350 families have been relocated off-site, with the remaining to be relocated by Thanksgiving. All original Iberville families will continue to receive day-to-day case management and supportive services such as job training and placement opportunities, enrichment activities for children and youth, adult education, physical and mental health services, and other critical programs.

For more information, visit www.cnineworleans.org.

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VISA

Health, continued from page 9

Here are some of the things we've done in the meantime to make the process easier. Take a look, and pass this message along to those you know who are trying to sign up for health care:

You can now preview plans and prices available in your area without filling out the online application.

You can find out, with an improved calculator, whether your income and household size may qualify you for lower costs on your monthly premiums and out-of-pocket costs.

You can apply for coverage 4 ways: by phone, online, by mail with a paper application, or with the help of an in-person assister.

Thanks, and stay tuned for more updates."

Stay Connected

Information about potential costs and estimated premiums can be found at <https://www.healthcare.gov/find-premium-estimates/>. Here in Louisiana there are 46 different plans available at varying price points depending on income, family size and amount of subsidy (help/credit) applied to reduce the cost of monthly premium. There are 5 tiers of plans ranging from Catastrophic coverage (Accident/Health Disaster coverage only) to Platinum coverage which covers 90% of cost (Low deductible/high monthly premium). This site is



very accessible and easy to navigate. To further help, there is a live chat option with whom you can talk to a live representative about the plans.

Other important things to know about the new Healthcare Law which becomes effective on January 1, 2014 include:

- Beginning on January 1, 2014, Insurance companies can no longer deny you coverage for any reason
- If you already have an insurance plan, the new law cannot force you to change your plan. People with insurance plans in place when the Law was signed (March 23, 2010) are "grandfathered in" under the new law.
- People with Pre-existing health conditions (even those previ-

ously denied coverage) will now be able to get insurance. This became true for children under the age of 19 with pre-existing conditions in September of 2010.

- Lifetime limits on dollar amounts for medical care will no longer exist.
- Children under the age of 26 can still be covered on their parents' insurance plan.
- Insurance companies can no longer retroactively cancel your insurance plan if you get sick.
- Preventative services on new plans, enrolled in after September 2010 will be covered without co-pay or deductible. These services include, but are not limited to, blood pressure checks, cholesterol and dia-

betes tests, cancer screenings (breast, colorectal and cervical), vaccines, immunizations, flu and pneumonia shots, HIV and STD testing, screenings for healthy pregnancies, counseling on healthy lifestyle changes and regular well-child visits.

Medicare benefits will NOT be cut.

Medigap plans are not affected. (The Artists Health Insurance Resource Center www.ahirc.org)

The Patient Protection and Affordable Care Act is a law. It is a comprehensive new Healthcare Law that, through the kinks, will benefit us in the end. The open enrollment period extends from October 1, 2013 to March 31, 2014. Get informed. For more information, go to www.healthcare.gov. Other helpful sites include www.mylahc.org, www.kff.org, and www.blackhealtv.com.

Prescription for the week: Get informed and GET COVERED. And as always...Get checked. Get fit. Get MOVING!!!™

For more info, follow me on Twitter @docgriggs1 or friend me on Facebook at "Doc Griggs."

If you have a medical question, email me at: Askdocgriggs@fox8tv.net

You can also tune in to WBOK 1230 AM on Thursdays from 1-2 pm for the "Doc Griggs Show" to find out more.

Pretty Ugly Before Pretty, Pretty

A Play Featuring Mardi Gras Indian Traditions, Chants, Rituals

Friday, October 25 and
Saturday, October 26, 2013
8:00 pm
Admission: \$10.00
Ashé Cultural Arts Center
1712 Oretha Castle Haley Blvd.,
70113



Ashé Cultural Arts Center, in partnership with The Guardians of the Flame Cultural Arts Society presents the original Mardi Gras Indian theatrical production, *Pretty Ugly, Before Pretty, Pretty*. The event takes place on Friday and Saturday, October 25 and 26, 2013 at Ashé Cultural Arts Center, New Orleans.

The play centers on the inherent drama, ritual, and

protocol that occur in the days leading up to the ceremonial Mardi Gras morning debut of the group. The cast includes real-life members of the Guardians of the Flame, local theater veterans Harold X. Evans and Alfred Aubry, musicians Luther Gray, Wild Man Quintrell Johnson, and Big Chief Donald Claude, Sr.

of the 7th Ward Warriors, and Jamilah Peters-Muhammad.

Pretty Ugly Before Pretty, Pretty is loosely based on real life experiences of some of the cast members. Writers for the production include cast members and spoken word artists Gian Smith and Frederick "Hollywood" Delahoussaye."

It was conceived by Big Chief Brian Harrison Nelson and directed by John Grimsley. This exciting production will feature traditional and original chants, as well as members of the Guardians of the Flame in full Mardi Gras Indian regalia.

For more information, call 504-214-6630.

Morial, continued from page 8.

politically divided...but we should all be able to agree that racial slurs are unacceptable and they shouldn't be used to market this country's capital city. We deserve to be treated simply as what we are: Americans."

Marc H. Morial, former mayor of New Orleans, is president and CEO of the National Urban League.

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