Bayou Classic Celebrates 40 Years
The Bayou Classic Celebrates 40 Years

By Edwin Buggage

The Classic Turns 40
The Bayou Classic, in what is now its fourth decade in the Big Easy, continues to be an important event. Showcasing the best in HBCU football, in addition to the much anticipated Battle of the Bands and halftime show, that’s always a treat, it has come a long way, growing since the initial game held in 1974 from being a football game transforming itself into a several day event and it has become akin to Essence Fest in being “Another Party With A Purpose.” Today, more than just a football game 40 years later; it is a nationally televised spectacle, showing people the greatness in the power and the traditions that is the HBCU Experience. It is five days of events featuring a parade, fan festival, a golf tournament, empowerment seminars, the highly anticipated “Battle of the Bands” with The Grambling “Marching Tigers” and the Southern “Human Jukebox” competing in...
a “Battle of the Bands” an event held the night before the game in the Superdome. And of course the big game and events for fans and plenty of parties both day and night; so the 40th Anniversary of the Bayou Classic promises to be bigger and better than ever and again show that New Orleans is a first rate destination to hold large events.

The Bayou Classic: The Other Party with a Purpose

As always, Bayou Classic draws celebrities from the world of sports, entertainment and business, medicine and many other professions that show African-American achieving success at the highest level and this year is no exception. For the big 4-0 Doug E. Fresh will be in the house performing live for the all new Bayou Classic Pre-Game Show. Also scheduled to appear is Comedian Kevin Hart and Movie Producer Will Packer. Other special guests include: the 18th United States Surgeon General Dr. Regina Benjamin, President and CEO of the US Black Chamber of Commerce Incorporated, Mr. Ron Busby Sr., Comic Steve Brown and American Idol Finalist Paris Bennett and Barnett Taylor who will perform the National Anthem on game day.

A Black Family Reunion and Recommmitting Ourselves to Being Our Very Best

In addition to showcasing HBCU’s and helping the local economy, the Bayou Classic has come to be a place where people come to reconnect with family, friends, old classmates and loved ones. “When I come to the Bayou Classic I get to see people I haven’t seen in a long time or don’t get to see every day, it is a great time to reconnect and that is something I love about coming in the City for the game, because it is more than a game it is like one big Black family reunion,” says Alger Taylor.

In post-Katrina New Orleans, the Bayou Classic as well as other events in New Orleans have come to serve as times for pilgrimage of sorts, for the many residents of the City that no longer live here. It is a time to give thanks and to say yes we have survived and continue to thrive. Just as the Bayou Classic continues, so does the everlasting, resilient spirit of African-Americans in New Orleans. Gerelda Williams, is a New Orleans native, now living in Dallas Texas since being displaced by Hurricane Katrina, but still loves her City and what the Classic has come to mean for her and many others, “I sometimes choose this time to come home because I have so many great memories of the City I love, it is a time to celebrate on so many levels, it is to celebrate HBCU’s that have been so important in our history, it is a celebration of family and getting to see the people and places and just soak up the energy of a City that’s like no other. And as the Bayou Classic has had staying power in New Orleans celebrating 40 years. I feel it is a great time to come to the City to reaffirm our commitment as a race to being our very best.”

The Black Super Bowl

“...a great rivalry between these two schools that I like to call The Black Super Bowl, for it is watched by so many people and is more than just a game, but is something that gives the audience that might not be exposed to HBCU’s a look at the great traditions and realize how viable and valuable these institutions are not just the African-American community, but to the world,” says Alger Taylor, a 1999 graduate of Southern University in Electrical Engineering. He is a native New Orleanian, presently living in Georgia and sometimes comes home to enjoy the festivities. “It is a great time for the City where people can come to party and the schools compete for who’s going to have the bragging rights and there is a great spirit of togetherness of African-Americans in an atmosphere that is positive.”

HBCU’s and the Tradition of Excellence

The rivalry between the two schools dates back to 1974, when the legendary Eddie Robinson coached at Grambling State University and made it into a power-house program in the Southwestern Athletic Conference. Over the years many great players came through both schools, most notably NFL Superbowl XXII MVP Quarterback and former Grambling Head Coach Doug Williams. Furthermore, there is a rich and storied history of many greats who attended HBCU’s who went on to impact the game of football. During the days of segregation, HBCU’s were the places many of the pioneers of the NFL and today many greats of the NFL have hit the gridiron and learned

Continuing he says, “This game shows the world the importance of HBCU’s and is a great recruitment tool to let people know that our schools continue to be relevant in the 21st Century and that a 40-year-tradition is still going strong.”

The Bayou Classic: The Other Party with a Purpose

As always, Bayou Classic draws celebrities from the world of sports, entertainment and business, medicine and many other professions that show African-American achieving success at the highest level and this year is no exception. For the big 4-0 Doug E. Fresh will be in the house performing live for the all new Bayou Classic Pre-Game Show. Also scheduled to appear is Comedian Kevin Hart and Movie Producer Will Packer. Other special guests include: the 18th United States Surgeon General Dr. Regina Benjamin, President and CEO of the US Black Chamber of Commerce Incorporated, Mr. Ron Busby Sr., Comic Steve Brown and American Idol Finalist Paris Bennett and Barnett Taylor who will perform the National Anthem on game day.

A Black Family Reunion and Recommmitting Ourselves to Being Our Very Best

In addition to showcasing HBCU’s and helping the local economy, the Bayou Classic has come to be a place where people come to reconnect with family, friends, old classmates and loved ones. “When I come to the Bayou Classic I get to see people I haven’t seen in a long time or don’t get to see every day, it is a great time to reconnect and that is something I love about coming in the City for the game, because it is more than a game it is like one big Black family reunion,” says Alger Taylor.

In post-Katrina New Orleans, the Bayou Classic as well as other events in New Orleans have come to serve as times for pilgrimage of sorts, for the many residents of the City that no longer live here. It is a time to give thanks and to say yes we have survived and continue to thrive. Just as the Bayou Classic continues, so does the everlasting, resilient spirit of African-Americans in New Orleans. Gerelda Williams, is a New Orleans native, now living in Dallas Texas since being displaced by Hurricane Katrina, but still loves her City and what the Classic has come to mean for her and many others, “I sometimes choose this time to come home because I have so many great memories of the City I love, it is a time to celebrate on so many levels, it is to celebrate HBCU’s that have been so important in our history, it is a celebration of family and getting to see the people and places and just soak up the energy of a City that’s like no other. And as the Bayou Classic has had staying power in New Orleans celebrating 40 years. I feel it is a great time to come to the City to reaffirm our commitment as a race to being our very best.”

The Black Super Bowl

“This is a great rivalry between these two schools that I like to call The Black Super Bowl, for it is watched by so many people and is more than just a game, but is something that gives the audience that might not be exposed to HBCU’s a look at the great traditions and realize how viable and valuable these institutions are not just the African-American community, but to the world,” says Alger Taylor, a 1999 graduate of Southern University in Electrical Engineering. He is a native New Orleanian, presently living in Georgia and sometimes comes home to enjoy the festivities. “It is a great time for the City where people can come to party and the schools compete for who’s going to have the bragging rights and there is a great spirit of togetherness of African-Americans in an atmosphere that is positive.”

HBCU’s and the Tradition of Excellence

The rivalry between the two schools dates back to 1974, when the legendary Eddie Robinson coached at Grambling State University and made it into a power-house program in the Southwestern Athletic Conference. Over the years many great players came through both schools, most notably NFL Superbowl XXII
A couple of months ago, Janelle Monae released her latest solo album entitled "Electric Lady." On one of the first singles, "Q.U.E.E.N," Ms. Monae asks the question "are we a lost generation of our people?" I had to question this myself due to the lack of young people from my generation making a difference in our community. Ms. Monae and I may have both found an answer in a local citizen, student, and role model right here in our own City of New Orleans.

Kristi Coleman, hailing from New Orleans East, is an admirable example of a leader of our generation. Graduate of the Historically Black College and University of Dillard University, daughter of a Director of Clinical Research and a retired school instructor, Kristi was drawn to entertain from young. As her first love, she began dancing at an early age. "It just feels natural to be in front of a crowd," she explains. With this as a contributory piece to her foundation, she began to help with Leap 4 Success while studying Mass Communications at Dillard and graduating at the top of her class. Here, the technical and behind the scenes work helped her to become a well-rounded co-host for the all access New Orleans Public School channel, but she didn't stop there.

Ms. Coleman's first true step into television came at the opportunity of hosting the television show "Our Wedding Day, Southern Style," where she gained more exposure and experience, all while staying in front of the camera. She, then, began to use her talent and accumulated knowledge for the local news station, FOX 8. While still maintaining her radio show under the alias Kristi "Sugarcookie" that can be heard Saturday mornings and Sunday afternoons on Power 102.9, Kristi noticed that the opportunity to show the world, at least the metro area, came in the form of FOX 8's official Traffic Reporter. This was a way to prove herself wrong once again. "That doesn't mean I didn't think I was going to get the position. I just like to challenge myself and see what happens."

While she thoroughly enjoys her position, and since her duration with the broadcasting network has been for duration of a little over one year altogether, I had to ask if she had any bigger plans as far as a network show or moving up the ranks. "I'm one who is focused mainly on what has to be done at the moment," which shows her full dedication and commitment to her current role. However, she didn't fail to mention that a goal of hers is to become "the female version of Ryan Seacrest" and also having the goal of becoming an entertainment reporter, geared more towards a program such as the Today Show. As I continued to ask Ms. Coleman a variety of questions, one couldn't help but notice her passion for what she does. When I asked why she exuded so much passion, along with asking where she found her prime joy in the day-to-day hassles, she explained "I love living in the moment and doing what I love. I couldn't see myself doing ANYTHING else. I've been there, tried it, and it just didn't work for me."

When mentioning the future generations to come, she simply stated, "I don't mind being a role model for young [males and] females. I actually accept it with open arms, especially for one who wants to be in the entertainment business." She also stated, when asking for advice for those young people who would like to follow in her path, that it takes hard work. There are going to be times when you feel like 'I just can't do this,' but that should give you the motivation to keep going." Also, when asked about what she would like to leave behind as a legacy, she humbly replied, "I would rather my actions display who I am than to tell you. It means more for others to recognize me and my work ethic than for me to tell you." That's what we call an "electric lady." Thank you Ms. Coleman; continue to prove yourself wrong and continue to "shock" the world.
Giving back today for a brighter tomorrow.

We believe in making the communities we serve stronger. Our goal is to contribute to the creation of a healthy, educated and productive world for us all. Through employee volunteer programs, community grants and low-income initiatives we are working to make a real and positive difference in people’s lives.

Giving back. That’s The Power of People. Learn more at entergy.com.
2013 Bayou Classic Schedule of Events

This year’s 40th Annual Bayou Classic offers a wide variety of events which are open to the public for families to enjoy. Below is a list of events, but for more information on tickets visit www.mybayouclassic.com for details. Welcome to New Orleans and to the Bayou Classic.

**Bayou Classic Thanksgiving Day Parade**
- **Thursday, November 28, 2013**
- Mercedes-Benz Superdome to the French Market
- 3:30pm - 6:00pm

**Bayou Classic Golf Tournament**
- **Friday, November 29, 2013**
- Joe Bartholomew Golf Course (Pontchartrain Park)
- 9:00am (Check In: 8:00am)

**ECareer Fair & Empowerment Exchange**
- **Focusing on Health & Wellness; Focusing on Careers & Planning for the Future**
- **Friday, November 29, 2013**
- Hyatt Regency Hotel
- 10:00am - 3:00pm

**Battle of the Bands and Greek Show**
- **Friday, November 29, 2013**
- Mercedes-Benz Superdome
- 6:00pm - 10:00pm

**SSoiree Gala 2013**
- **Friday, November 29, 2013**
- Club XLIV
- 10:00pm

**Q93Hosts Fan Fest/Vendor Village**
- **Presented by COX**
- **Friday, November 29, 2013**
- Champions Square
- Noon - 6:00pm
- **Saturday, November 30, 2013**
- Champions Square
- 10:00am - 5:00pm

**Doc Griggs 2x’s Around the Dome**
- **Saturday, November 30, 2013**
- Mercedes-Benz Superdome
- 8:00am (Registration - 7:30am)

**Bayou Classic Saturday**
- **November 30, 2013**
- Mercedes-Benz Superdome
- Doors open - Noon
- Kickoff - 1:30pm

**RiverJam**
- **Presented by 100 Black Men of Metro New Orleans**
- **Saturday, November 30, 2013**
- Natchez Steamboat
- 7:00pm - 10:00pm

**Doc Griggs 2x’s Around the Dome**
- **Saturday, November 30, 2013**
- Mercedes-Benz Superdome
- 8:00am (Registration - 7:30am)

**Bayou Classic Saturday**
- **November 30, 2013**
- Mercedes-Benz Superdome
- Doors open - Noon
- Kickoff - 1:30pm

**RiverJam**
- **Presented by 100 Black Men of Metro New Orleans**
- **Saturday, November 30, 2013**
- Natchez Steamboat
- 7:00pm - 10:00pm

**SSoiree Gala 2013**
- **Friday, November 29, 2013**
- Club XLIV
- 10:00pm

**Q93Hosts Fan Fest/Vendor Village**
- **Presented by COX**
- **Friday, November 29, 2013**
- Champions Square
- Noon - 6:00pm
- **Saturday, November 30, 2013**
- Champions Square
- 10:00am - 5:00pm

For more and up-to-the-moment information on Bayou Classic Events visit ladatanews.com

---

**It’s time to Choose! JenCare Brings Better Healthcare to Seniors.**

Seniors choose JenCare because we treat patients like family!

JenCare provides outstanding primary and preventive medical care plus additional services such as:

- On-site pharmacy
- Digital x-ray and ultrasound
- On-site diagnostic testing
- Extended time with physicians
- Courtesy transportation

**MEDICARE OPEN ENROLLMENT PERIOD IS**

**October 15-December 7**

**Now Open**

- Kenner
- Mid-City
- Metairie
- West Bank

**Call TODAY to schedule a free tour!**

(855) 844-2999
JenCareMed.com

---

**WBOK 1230AM**

**Real Talk for Real Times...**

1639 Gentilly Blvd. New Orleans, LA 70119 (504)9-0108
www.wbok1230am.com
You figured you had a lock on things. Sell or steal a little something; hold for someone, “borrow” a car; gain respect. Make a little money and it'd be all good, right?

Now that lock you had... has you. You’re in prison and it’s a whole new world in there, one you’re not sure you can survive. But when you read “Letters to an Incarcerated Brother” by Hill Harper, you’ll see that you have choices.

It’s no secret that there are more people in American prisons than ever before. “In less than thirty years,” says Harper, “our prison population has mushroomed.” But though statistics show that offenders are likely to return, Harper says “there is hope and there are solutions.” This book lays them out.

When Harper was contacted by an old friend who landed in “county,” he admitted to the young man that he “didn’t know what to say.” Harper believes himself to be a problem-solver. He had no answers that time, but he quickly discovered some.

First, he says, find mentorship. You can’t go it alone, so look for someone you want to make proud. Consider prison as a place to “make... tune-ups and adjustments” in your life, but remember that “you need to be prepared to change.”

Stay patient, even though it’s hard and even though you don’t always understand what’s to come. Sometimes, “it’s more important for you to simply understand you.” Learn to keep your mind free, even if your body is not.

Get as much education as you can: get your GED, look for college coursework that’s available to incarcerated students, and read. The time you spend in prison shouldn’t go to waste; use it to better your mind.

Stay in your children’s lives any way you can. Keep away from prison gangs and trouble; it’s only going to make things worse. Learn not to take things personally. Understand that real men do ask for help when they need it. Eliminate disrespectful words from your vocabulary, particularly in reference to women. Set goals. Learn to apologize and embrace change. Be a leader.

And do not “micro-quit.” In his introduction, Author Hill Harper lays out several goals for this book: among others, to...
AmeriHealth Mercy Becomes AmeriHealth Caritas

Company Doubles Number of Medicaid Plans, Increases Full-Risk Medicaid Membership

AmeriHealth Mercy Family of Companies, a national leader in Medicaid managed care and other health care solutions for the underserved, today announced that it has chosen AmeriHealth Caritas as its new company name. "Caritas" is Latin for "charity" and embodies the 30-year legacy of caring that AmeriHealth has established in states and communities across the country. AmeriHealth Caritas is a majority-owned subsidiary of Independence Blue Cross; Blue Cross Blue Shield of Michigan holds a minority interest.

"AmeriHealth Caritas' legacy of caring – which is captured in its new name – led to its becoming a nationally respected expert in care management in government-funded programs," said Dan Hilferty, president and chief executive officer of Independence Blue Cross, which serves 7 million people nationwide. "Consider the proof: as a result of AmeriHealth Caritas' passion for serving the hard-to-reach and chronically ill, membership increased by almost one-third in the past 15 months."

An Emerging Leader in Government-Funded Health Care

AmeriHealth Caritas' integrated, outcomes-based, compassionate approach to care has helped beneficiaries better manage their chronic illnesses while providing states with attractive solutions for providing access to quality health care for their underserved populations. As a result, more states are turning to AmeriHealth Caritas for government-funded health care solutions. Since January 2012, AmeriHealth Caritas doubled the number of states in which it serves Medicaid full-risk members to six and saw its Medicaid full-risk membership increase on an organic basis by 28 percent. Specifically, in Louisiana, the company achieved the following: LaCare in Louisiana, part of the state's Bayou Health program, began enrolling members on February 1, 2012. To date, LaCare serves more than 154,000 members in parishes throughout the state.

Said Michael A. Rashid, President and Chief Executive Officer of AmeriHealth Caritas, "Care is at the heart of our work. Our mission-focused approach to care management has helped to improve the lives of Medicaid beneficiaries living in urban and rural communities across the nation for 30 years. Our exciting new name heralds a new era of caring for our company."
Empowerment Exchange Expands Bayou Classic Health & Wellness Initiative

By Anisha V. Williams

The current national conversation on health care reform and implementation of the Affordable Care Act (ACA), commonly called “Obamacare,” creates a new opportunity for the Bayou Classic to address health issues and concerns in our community.

Decades of Thanksgiving weekend tradition in New Orleans focuses on the football rivalry between Grambling State University and Southern University. This year Bayou Classic organizers are expanding the Empowerment Exchange held on the day before the big game to include a Health and Wellness Expo. During this all-new event, attendees will be able to visit health stations with exercise demos, engage in chat sessions, and enjoy pamper stations with mini-massages and beauty bars, while receiving information on total mental and physical wellness.

A new, non-profit health insurance company, Louisiana Health Cooperative, Inc. (LAHC), will participate in the Health and Wellness Expo offering information on the ACA and answering questions relating to health care reform. LAHC offers health insurance plans to individuals, families and small businesses across the entire state. Also taking part in the inaugural expo are AARP, Walgreens, Toyota, LSU Health Sciences Center, Chiropractic Clinic of Lafayette, LA Secretary of State and Amerigroup/Ameriplan.

Friday’s expo takes place from 10:00 a.m. – 4:00 p.m. on the 2nd Floor of the Hyatt Regency and will feature more than just informational booths and activities for passers-by. Scheduled Empowerment Seminars include:

10:30 a.m. – 11:00 a.m.

11:05 a.m. – 11:50 a.m.
Career Fundamentals

11:55 a.m. – 12:55 p.m.
Health & Wealth: A Classic Mix for Today’s Boomers

1:00 p.m. – 1:30 p.m.
Building A Better World

1:35 p.m. – 2:20 p.m.
Entrepreneurship

2:25 p.m. – 3:25 p.m.
Affordable Care Act Forum (including Q&A)

Dr. Eric Griggs will host the Get Checked. Get Fit. Get Moving. seminar which he says, “will aim to meet people where they are, whether they’re healthy or unhealthy.” Griggs adds, he wants people to “get off the couch and get moving.” Another health and wellness initiative spearheaded by Griggs is the “2Xs Around the Dome” family fitness fun walk. That happens at 7:30 a.m. Saturday and will include activities to get participants moving, such as hula-hooping, second lining, and dancing.

Another part of the expo—the college fair—aims to inspire the minds of those interested in furthering their education. Historically Black Colleges and Universities from across the nation, along with several other schools will be on hand to discuss admission requirements, academic options and campus culture. Information will be available on both undergraduate and graduate programs.

The Career Expo is expected to offer employment opportunities. Valerie Huntley, organizer with New Orleans Convention Company (NOCCI) said, “we’re excited about being able to present real companies hiring for real jobs.” Job seekers should come prepared since there will be opportunities for interviews and resume reviews. Speaking overall about the Empowerment Expo, Huntley said, “this is a chance to create a memorable experience for everyone participating—whether it be the Health & Wellness Expo, College Fair or Career Fair.”

Anisha V. Williams is a Grambling State University graduate, class of 2006. She is also Communications Manager at Louisiana Health Cooperative, a non-profit, member-governed health insurance company. She can be reached via email at awilliams@myLAHC.org.

First NBC Bank recognizes that a community based financial institution grows when it has professional and caring employees. We strive every day to supply the best banking services to each of our customers.

Majority local ownership allows us to cut through red tape and make decisions quickly when responding to our customers’ financial needs. The Bank’s flexible organizational structure affords our clients access to highly skilled and empowered bankers who are valued as trusted financial partners. And because we believe in open communication with customers, we will always encourage you to discuss your financial objectives and look for ways to implement them. First NBC Bank never stopped lending even during days of market instability. We’re recognized as one of the top lending and service related banks throughout the Crescent City and the Metropolitan Area. So, if you want to work with a bank that makes client services its primary concern, you know who you can turn to—First NBC Bank.

www.firstnbcbank.com  504-566-8000

JEFFERSON PARISH

Elmwood Office
504-671-3510

Kenner Office
504-671-3540

Lapalco Office
504-671-3570

Veterans Office
504-671-3530

Transcontinental Office
504-671-3425

Terrytown Office
504-671-3550

Manhattan Office
504-252-4315

Cleary Office
504-252-4360

ORLEANS PARISH

Main Office
210 Baronne Street
504-566-8000

Mid City Office
504-252-4345

St. Charles Office
504-252-4330

Read Office
504-671-3875

Carondelet Office
504-671-3560

DeGaulle Office
504-252-4300

Lakeview Office
504-671-3520
City Passes Balanced Budget

Funds 150 New Police Officers, $65 Million in Street Repairs

The New Orleans City Council unanimously approved the passage of the City’s 2014 Capitol and General Fund budgets, totaling $247 million and $504 million respectively.

“I’m pleased that together with the City Council, we have put together a balanced budget that funds citizen priorities, including 150 new police officers and $65 million in street repairs,” Mayor Landrieu said. “One of the reasons this process goes so smoothly is that we host community meetings with the Council members to hear directly from the people of this city about their priorities, incorporate the Council’s input from the start, and take part in the Council’s robust public hearings on every department’s budget.”

District B Councilmember LaToya Cantrell said, “The budget process has resulted in a funded set of priorities that are essential to the future of New Orleans. I want to commend my colleagues on the Council and the representatives of the departments for working together to make our City a stronger, safer place and our government more responsive to its citizens.”

District D Councilmember Cynthia Hedge-Morrell said, “We have spent countless hours reviewing the Mayor’s proposed budget and conducted many budget hearings – all with the end goal of determining the appropriate amount of funding for our various city departments and services. We adopted a 2014 budget that will be fiscally responsible, while still addressing the needs of our citizens.”

Councilmember at Large Stacy Head said, “The budget process has been long and arduous, but I am pleased with the entire Council’s dedication to ensuring that baseline programs and services are funded. I am optimistic for our City’s future and I pledge to continue monitoring how our dollars are spent.”

In 2014, the NOPD’s $128.6 million budget will pay for five recruit classes to put 150 new police officers on the streets. The capitol budget funds 100 new police cars on top of the 100 cars funded in 2013. It also includes $5.7 million for the NOPD consent decree. Although not required by the consent decree, this budget funds body cameras for officers. These body cameras will eliminate “he said, she said” disputes and help restore public trust in the NOPD with more transparency and accountability.

Public safety is the priority in this budget with NOPD, NOFD and EMS all seeing increases over their 2013 budgets.

Recreation is a top citizen priority. In 2011, the City doubled NORDC’s budget. This year, the City prioritized NORDC again, adding nearly another $1 million on top of their 2013 budget. Blight is also a top priority. New Orleans is fixing up or tearing down blight faster than anywhere else in the country. The City has hit the Landrieu Administration’s goal of remediating 10,000 blighted properties by the end of this year. The 2014 budget invests nearly $500,000 dollars for new inspectors and title research staff to help speed up the process. The budget also funds the Sheriff’s office $31 million, including $24.1 million in general fund dollars and $6.9 million in “on behalf” payments for utilities. In keeping with recommendations from the Landrieu Administration’s jail expert, the Sheriff’s budget was increased by $2 million. These new dollars were deducted from the City’s $4.25 million fund balance.

“I am committed to building a right-sized, constitutional jail that doesn’t break the bank,” Mayor Landrieu said. “We are funding the Sheriff at the level that our jail experts recommend. Moving forward, we will work with the Court, the Federal Monitor, the Sheriff and the City Council to ultimately determine the cost of the OPP consent decree and the size of the jail.”

Book Review/Continued from page 7.

show the importance of education, to offer inspiration through example, and to explain how to “beat the odds and avoid returning” to jail.

Definitely, those goals are attained but that’s not all. Harper offers words of wisdom from influential contributors to support his ideas. There’s guidance here, help with resources, and he displays gentle patience, even deference, for his friend – but Harper’s nobody’s fool. He’s not afraid to call the man on his lies and half-truths, and he’s not afraid to show frustration. Such realism makes this one powerful book.

This isn’t just a reference for inmates, though. It’ll also be a great help for families, as well as a caution for boys who are headed for trouble. If that – or encouragement, sense, or inspiration – is what you need, “Letters to an Incarcerated Brother” has it locked up.
Prepping Your Garden for Cool Temperatures

By MG Calla Victoria
Data News Weekly Columnist

Those lucky folks in zone 9b and above who can garden year around, sometimes become lackadaisical in their efforts to build that hedge of protection around their garden for the cooler months. However a recent cold snap, where temps dropped down into the lower forties and below, can get you back on track.

When the mercury dips meteorologist tell us to protect our tender vegetation. So the question becomes, what is “tender vegetation” and how does one best protect it? Over the past weekend I attended a Master Gardener’s meeting and Dr. Dan Gill, Consumer Horticulturist for the LSU AgCenter, was the guest speaker and his lecture was on Cold Protection in the Landscape. As per Dr. Dan Gill’s definition, tender vegetation is plant material that is killed or severely damaged by temperatures below 52 degrees. However many tropicals like orchids and a few other tropical plants can’t survive in temperatures below 50 degrees. It is always a good idea to keep the care tags when you buy plants because the tag will always identify the plant’s hardiness limitations. Or you can keep a Planting Diary like I do recording the light and water needs, hardiness, date planted, and bloom times of all of your plants.

Now once you have identified your plant material that is considered “tender” how do you protect it? Your options are predicated on the plant’s root situation. If the plant is in the ground, mulching around the base of the plant AND covering the plant all the way down to the dirt is mandatory. You can cover your plants with either cloth sheets and blankets or plastic coverings. If you use plastic to cover your plants, know that where the plastic touches your plant the foliage will get burned; however the plant will survive. For do-it-yourselfers you can put stakes around the plants and then cover them with plastic so the stakes can hold the plastic up away from the foliage. If you choose to cover your plants with a sheet or blanket and it rains, the cloth will become heavy and can crush some of the foliage, but the plant will survive. Other alternatives include pre-fab plant covers and frost protection fabric that you can find at most garden centers or online. Also if you thoroughly water your garden well before a freeze (the ground and not the foliage), surprisingly that can help protect your plants.

After the freeze is over by all means remove the coverings from the plants, not being lazy and keeping your plants covered the entire winter; that is a sure way to kill your plants.

Plants need light to make food i.e. photosynthesis, so if the plants stay covered they will die from lack of nourishment. I know you buy products called “plant food,” which are in fact fertilizers, but plants make their own food by converting light into sugar molecules and that is how they feed themselves.

A little forethought in planning your garden will save you a lot of work when the mercury dips. Plant your tender vegetation near large trees that can serve as wind breakers, or nestle them in an inner corner where they can be protected, or next to a building where they can get some warmth and protection.

Check out my “Gardening Tips” at www.thegardeningdiva.com
Send your gardening questions to me at sowing@thegardeningdiva.com
Remember, never get too busy to stop and enjoy the beautiful flowers.

Magistrate Judge Harry Cantrell

I would like to thank the Citizens of New Orleans for having the confidence in my credentials and my years of service to the community to elect me the first African-American Magistrate Judge for the City of New Orleans. I am very grateful and I will continue to serve with integrity and honesty.

Thank you again,
Magistrate Judge Harry Cantrell
Peoples Health – rated **4 Stars** by Medicare!

What does it take to be a 4-Star plan? For Peoples Health, it takes a dedication to personalized, coordinated care for our plan members. We want our members to enjoy the best health possible.

Medicare’s Annual Enrollment Period has begun. If you have Medicare, now’s the time to consider your options. You may be able to get more benefits, better coordinated care and lower costs with a Medicare health plan from Peoples Health.

Call our Answer Line, and find out if Peoples Health is a good fit for you. Or ask for a **FREE information packet** including the official Medicare booklet published by the Social Security Administration – as well as a brief overview of Medicare Advantage and Peoples Health.

Call the Peoples Health Answer Line today. We’d like to send you a FREE information packet. There’s no obligation.

**1-800-398-5672 (TTY: 711)**
Toll-free, 6 a.m. to 11 p.m., 7 days a week

**PEOPLES HEALTH**
Your **Medicare Health** Team

www.peopleshealth.com

Peoples Health is a Medicare Advantage organization with a Medicare contract to offer HMO plans. Enrollment depends on annual Medicare contract renewal. Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next. H1961 14PH4SPA1 Accepted