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New Orleans

Data

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St. Joseph's Night

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A Data News Weekly Exclusive

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Crunch Time!



The open enrollment period to sign up for health care coverage ends on March 31, 2014, and cities around the country are making every effort to answer the “last call for health care coverage .”

By Eric D. Griggs, M.D.

With time winding down to enroll in a Healthcare plan, a sense of urgency has begun to permeate the community. The open enrollment period to sign up for health care coverage ends on March 31, 2014, and cities around the country are making every effort to answer the “last call for health care coverage.” While

the scramble is on to increase enrollment, many find themselves still trying to make sense of it all. Here are a few basics to help understand the essentials of the new Patient Protection and Affordable Care Act (Law) and what it means to you as the consumer from an article entitled “Obama Care Summary”.

“Obamacare is the popular name for the Patient Protection and Affordable Care Act of 2010. Parts of

it have already affected you, someone you know and the economy overall. The most controversial part, the mandate that everyone must purchase health insurance or pay a tax, starts in 2014.

Obamacare-improved benefits you receive in eight ways.

1. It allows you to add your children up to age 26 to your health insurance plan.

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Cover Story, Continued from previous page.



President Obama addresses a crowd on the Affordable Care Act. Signing-up for an ACA plan before the deadline of March 31, will mean you will forego the tax penalty which will be assessed to those who choose not to comply with the law.

2. You won't have a co-pay for wellness or pregnancy exams.
3. Your insurance company can no longer drop you if you become sick, even if you made a mistake on your health insurance application.
4. It can't limit the coverage you receive over your lifetime.
5. If you have a child with a pre-existing condition, you no longer have to worry about losing coverage if you change your insurance. That's because the new insurance plan can no longer deny coverage to children with pre-existing conditions.
6. If you or another adult has a pre-existing condition, you will get the same protection as your child in 2014. Until then, if you get denied coverage by a new insurance company, you can get temporary health insurance coverage from the state. (Find out more about the Pre-Existing Condition Insurance Plan)
7. Insurance companies must submit justification to the states for all rate hikes. Obamacare provides funding to the states to administer this.
8. You may have received a rebate from your insurance company. Obamacare requires that they spend at least 80% of premium payments on medical services, instead of advertising and executive salaries. If they can't, the money goes back to you."

City Health Director Charlotte Parent estimated in our interview on Thursday at WBOK 1230 AM that approximately 30,000 people here in New Orleans are eligible for coverage through the Affordable Care Act. The City and the Health Department have taken proactive steps to

get people enrolled, offering enrollment assistance at City Hall between 11 AM and 1 PM on Tuesdays and Thursdays of each week in March until the closing of the open enrollment period. They have also set up assistance events at sites throughout the City. As of March 25, 2014, local enrollment has reached approximately 17,000. From their website, <http://www.nola.gov/health/healthcare-access/the-health-insurance-marketplace/>:

The Health Insurance Marketplace

The Health Insurance Marketplace is a tool to help you find insurance that is right for you at an affordable price. The Marketplace is part of the Affordable Care Act (ACA), sometimes called "Obamacare." It will help uninsured and under-insured individuals and families find all the information they need about available health plans in one place. Most people who use the Marketplace will also qualify for tax credits, which work like discounts to lower the cost of the health plan they purchase.

IMPORTANT: The deadline to sign-up is March 31st, 2014.

You can get free help from experts to sign-up and pick a plan at the following events:

March 29, 2014
New Orleans East Library
5641 Read Blvd.
10am-3pm

For more information on enrollment events, call 504.658.2545 or go to www.nola.gov/marketplace.

You can also visit the Marketplace Fact Sheet for more info.

The next open enrollment event will be held on Saturday, March 29, from 10 A.M. to 3 PM at the New

Orleans East Library (5641 Read Blvd.). The last of the health department's staff office hours for enrollment will be this Thursday from 11 a.m. to 1 p.m. on the eighth floor of City Hall (1300 Perdido St.).

For those unable to make the March 31, 2014 deadline due to technical glitches, there is still hope according to the website at Health Agents for America, (<http://www.icontact-archive.com/NRCTqX2Wsc73lgTvoTJUhUg8xxBjG3I?w=7>).

"The Obama Administration will soon issue new Obamacare guidelines allowing people to enroll in health coverage after a March 31 deadline, but only under certain circumstances, according to sources close to the administration.

The sources said the new federal guidelines for consumers in the 36 states served by the federal health insurance marketplace and its website, HealthCare.gov, would allow people to enroll after March 31 if they had tried earlier and were prevented by system problems including technical glitches.

On Friday, the Administration published in the Federal Register new regulations that would allow state-run marketplaces new flexibility in setting insurance coverage effective dates for people who sign up during special enrollment periods.

President Barack Obama's Patient Protection and Affordable Care Act requires most Americans to be enrolled in health coverage by March 31 or pay a penalty. It was not clear how much of an effort a potential applicant would have to make in order to qualify for a special enrollment period."

The time to get covered is now. The enrollment deadline is loom-

ing and the resources to enroll are abundant. If you currently are covered with Health Care Insurance, rest assured that you will continue to do so. If not, get covered. There are no excuses.

Prescription for the week: Get checked. Get fit. Get Moving! GET COVERED!!

Please visit www.nola.gov/marketplace or www.healthcare.gov for more events and enrollment information.

Need Affordable Health Insurance?



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Whether you're uninsured or just want to explore your choices, Daughters of Charity Health Centers' Enrollment Staff can help you find affordable coverage that's right for you.



Hurry, Open Enrollment ends March 31st!

Call us at (504) 212-9563 or email us at healthinsuranceinfo@dchcno.org for more information or to enroll.

Primary and Preventive Care | Women's Health | Pediatrics
Pharmacy | Dental | Eye Care | Behavioral Health
Medicaid Enrollment | Women, Infants, and Children (WIC)

City Releases 2013 “ResultsNOLA” Report

This week, Mayor Mitch Landrieu released the 2013 year-end ResultsNOLA performance report. This is the City’s twelfth comprehensive performance report.

The City issues quarterly ResultsNOLA reports that outline goals and progress towards meeting those goals. For the past three years, the reports have focused on the direct results of City government operations, primarily with

measures of timeliness, such as fire department response times, and outputs, such as potholes filled. However, the year-end report shifts focus to the big picture, end results that the City hopes to achieve, for example, fewer structure fires, improved street conditions, fewer murders, more jobs, and less blight.

“Since taking office in 2010, we have focused our resources on our top priorities. We have set goals,

tracked performance and gotten results,” Mayor Landrieu said. “Moving forward, we will continue to evaluate the data in these reports and use it to improve services for our citizens.”

With the twelfth publication, for the first time the City reports on a wide variety of citywide outcomes, like the number of fatal traffic accidents, life expectancy, commute times, median income, and

education levels. These outcome measures are supplemented by the City’s related operational measures, so that readers can assess the impact of City services on outcomes. The report examines trends to evaluate whether outcomes have improved or deteriorated over the past several years. To provide a clearer frame of reference for assessing the city’s condition, the report includes comparisons to

similar jurisdictions, such as Baton Rouge, Atlanta, and Miami. The report also includes third-party survey results on the views of New Orleans citizens on quality of life and satisfaction with City services, such as trash pickup and parks and recreation.

The report shows that City organizations met or exceeded a majority of performance targets, and nearly three-quarters of the citywide outcomes reported are positively trending. Among other highlights:

Homicides were down more than 19 percent in 2013, compared to 2012, and the number of murders was the lowest in nearly 30 years.

The City exceeded Mayor Landrieu’s goal of reducing the blight count in New Orleans by 10,000 units by 2014.

After decreasing substantially in 2011, compared to 2010, the number of fires remained relatively consistent in 2012 and 2013.

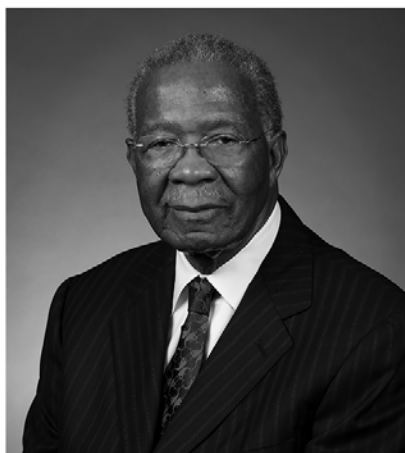
The city’s unemployment rate has steadily fallen since 2010, and was lower than the average in comparable jurisdictions in 2013.

In January 2011, Mayor Landrieu created the Office of Performance and Accountability (OPA) to implement a performance management system in which the City sets goals, tracks performance, and gets better results through data-driven management decision-making and accountability to citizens.

In addition to the ResultsNOLA report, OPA developed a series of monthly STAT programs, or data-driven performance review meetings, for key initiatives. Blight-STAT, QualityofLifeSTAT, Bottom-LineSTAT, ReqttoCheckSTAT, and CustomerServiceSTAT meetings are open to the public.

To view previous quarterly reports, STAT meeting presentations and a calendar with upcoming STAT meetings, go to www.nola.gov/opa.

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Jacqueline Fleming

Making Big Dreams Come True

by: Edwin Buggage

Jacqueline Fleming is a woman many have come to know as an Actress, sharing the screen with many of Hollywood greats including Terrence Howard, Samuel L. Jackson, Mark Wahlberg, Blair Underwood and many others. But what many do not know is that she is a person who is dedicated to giving back to the next generation. With her Jaq's Acting Studio she imparts not only acting lessons but lessons for life. "I give of my time and wisdom to my kids; I go the extra mile for them to help them realize their dreams." Continuing she says, "In some cases their parents may not have the means to pay for classes, but because of their passion I still work with them. I spend a lot of time with my students mentoring, encouraging and trying to inspire them both inside and outside of the classroom."

When some think of acting, they oftentimes don't think of what goes into it; discipline, focus, dedication, the ability to work with others, taking direction and playing your role to the best of your ability. These are many of the skills one must have to be a success in life. A point that Fleming stresses, "My acting class is more than just



about teaching kids acting; it is about preparing them for life, because many of the things they learn in my classes can be applied to other areas of their lives and can help them through their journey through life and its many challenges."

Fleming feels that en-

couragement and overcoming fear are often the key factors that separate those who succeed and those who do not. And from those who have big dreams and pursue them vs. those who settle for mediocrity. "I feel it is extremely important to get

support for whatever your goals are. It is funny that now I even have parents of some of my students wind up taking classes because it is something they've always wanted to do, but did not have the encouragement or the courage to pursue it." Continuing she says, "I feel one of the greatest obstacles people face are lack of encouragement and fear. I feel if people had only one person to tell them that they can do "it" meaning anything they were trying to pursue or felt passionate about they could overcome the fear of failure and reach their full potential."

It has been several years since Jacqueline arrived in post-Katrina New Orleans for a New Year's Eve Party, that's turned into a purposeful journey in her adopted home City. Recalling how she came to the City in 2008 to help people and stumbled into teaching acting she says, "I started volunteering at Children's Hospital with kids suffering from can-

cer and leukemia. Then a doctor at the hospital found out I was an actress and asked if could I give his daughter Taylor Ruffin private acting lessons. And she got an audition with Debbie Allen and a role on a show called My Parents, My Sister and Me and after that my phone blew up and I started my acting school. I feel really great when I see my kids book TV Shows, movies or commercials, I love to see them succeed and believe in themselves."

Sometimes people don't know the power of their words, or good works. Fleming being an abundant giver sometimes does not recognize the breadth and depth of her giving. Speaking of one of those instances she says, "I remember being in a restaurant in Atlanta, and a young girl called my name and said we had a conversation that changed her life and made her believe in herself. This is a conversation I don't remember hav-

ing, but it felt good knowing that you are making a difference. And sometimes we don't know the effect we have on people, so it is important to be conscious of what we say especially to young people because there is power in words that can sometimes make the difference between someone succeeding or failing."

Jacqueline Fleming is a woman steeped in spirituality. And feels that her relationship with God has been an important part of her life and fuels her mission to give back. "I believe we all have a purpose and a calling on our lives, and for some of us that is to give. I would say that is my calling is to be a servant giving to others and making a positive impact on their lives." Jacqueline Fleming is a phenomenal woman armed with extreme talent, beauty, brains and a sense of passion to serve others. And for her work, she is Data News Weekly's Trailblazer for the month of March 2014.

JMJ
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Continuing Education Fund



Shoot Ya Best Shot!

Walking in Rhythm

By Hiram Jones

Data News Entertainment Editor

As the Big Easy begins to wind down after an accelerating season of Mardi Gras, the heart of the City still beats loud with rhythm and blues. The Sunday following Fat Tuesday, I took an evening stroll through one of New Orleans' more popular areas, Decatur Street. Taking in consideration the volume of the days prior; logically you'd think no one in their right mind would think it was a good idea to go out for a drink, but this is New Orleans. As a native I feel I can speak for us all when saying we don't go by that logic. Though it wasn't a scene as vast as Endymion or Zulu caused, it was invigorating all the same. It was quite enough to hear the bands in each club partying; I gravitated towards which ever sounded best to me. VASO Ultra Lounge caught my attention the movement I heard was the Electric piano of their live band. I walked into a very soothing atmosphere. Dimly lit, it was balanced with dancing natives and festive tourist. In all, there was a lot of good vibes in the building so if you're looking for a spot to have a couple drinks and chill Vaso is the place for you.

I moved on to another festive spot in New Orleans' Downtown area, South Peters Street. Home to a popular night club Republic, but that's later in this article. This particular night, the evening of the Notorious B.I.G.'s unfortunate slaying, The Howlin' Wolf was holding a tribute to the late Christopher Wallace and his legacy in their Den area. It was a very homey environment, the kitchen smelled just like Big Mama's (if you have a Big Mama). In their back area is where the tribute was being held and I must say, it was a Biggie enthusiast's dream. Not too many people so you could hear every word of the classics being played, with the host singing along the whole time just in case you forgot a lyric or two.

The following Monday, I returned to South Peters Street for an event at Republic called "Industry Influence". Hosted by radio personality Wild Wayne, it was a small event thrown to showcase up and coming local talent. It was early when I first walked in, so the event seemed a little "stand-offish". Nevertheless, the venue was absolutely gorgeous and the DJ knew his tunes well. After an electrifying performance by HeartBreak Music, the crowd seemed bigger and a lot more comfortable. As the drinks flowed; performances by JR, Fatt, 4Mil, Lil Chuckee, and more made for a very eventful show.



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

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St. Joseph's Night

Photos by Polo

New Orleans is a city of many traditions and one of them is the Mardi Gras Indians "masking" on St. Joseph's night. It was a festive night of the many tribes showing their new suits, and Data News Weekly was there to catch the festivities.



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Obama Worse than George W. Bush on SBA Loans



George C. Curry
NNPA

When I interviewed Marie Johns, then the outgoing deputy secretary of the Small Business Administration, a year ago, she said the SBA does not separate figures by race, though it hopes to do so at some point.

Technically, she was correct in saying the SBA does not separate agency-wide figures by race. But the SBA's 8 (a) program figures can be broken down by race and that's where she was being disingenuous. I specifically asked her twice about the status of Black businesses under Obama and twice she was less than forthcoming.

Now, I know why: The Obama administration's record of guaranteeing loans to Black businesses is worse than it was under George W. Bush.

Yes, that was documented recently by the Wall Street Journal in its analysis of data for the fiscal year

that ended Sept. 30.

"Black borrowers received 1.7% of the \$23.09 billion in total SBA loans. The percentage is down sharply from 8.2% of overall SBA loan volume in fiscal 2008. By number of loans, black-owned small businesses got 2.3% of the federal agency's roughly 54,000 loans last year, down from 11% in 2008," the newspaper reported.

Major banks are encouraged to make SBA loans to small businesses for up to \$5 million, with the federal agency agreeing to cover as much as 85 percent of any loss.

Financial institutions share responsibility for the drop in loans to African Americans.

According to the Wall Street Journal, Bank of America made 1,400 SBA loans in fiscal 2007. For the latest fiscal year, however, that figure fell to just 247 borrowers. But the total loan amounts remain relatively unchanged, reaching \$40.2 million in 2007 to \$40.7 million for the last fiscal year.

That's part of a larger trend by banks coming out of a recession to favor larger deals over smaller ones. According to the SBA, their average loan is \$426,796, more than double the average of \$192,919 in 2005. That's problematic for African Americans because 80 percent

of the loans to fund Black business are for \$150,000 or less.

The housing market decline has also had an adverse impact on African Americans.

Of course, everyone acknowledges that the Great Recession was a drag on business, both big and small. Other ethnic groups had a hard time obtaining business loans in a depressed economy, but they are recovering at a faster rate than Blacks.

"This is the fallout from the recession and housing bust," J. Patrick Kelley, a deputy associate administrator of the SBA, told the Wall Street Journal. "The borrowers hardest hit...are the last to see a recovery come to them."

According to the SBA Office of Advocacy, Black business owners made up 49.9 percent of all minority owners in 2012. Asians made up 29.6 percent and Hispanics 10.3 percent. Overall, Blacks own 14.6 percent of U.S. businesses and women own 36 percent.

When it comes to Black businesses, there is good news and bad news.

A Census Bureau press release, dated Feb. 8, 2011 stated:

"From 2002 to 2007, the number of black-owned businesses increased by 60.5 percent to 1.9 mil-

lion, more than triple the national rate of 18.0 percent, according to the U.S. Census Bureau's Survey of Business Owners. Over the same period, receipts generated by black-owned businesses increased 55.1 percent to \$137.5 billion.

"Black-owned businesses continued to be one of the fastest growing segments of our economy, showing rapid growth in both the number of businesses and total sales during this time period," said Census Bureau Deputy Director Thomas Mesenbourg.

Now the bad news: Of the 1.9 million Black-owned businesses, 1.8 million had no paid employees in 2007.

Because 82 percent of business startups, both large and small, require capital beyond the owners' personal assets, access to capital remains a major concern.

"Minority small business owners are disproportionately denied credit when they apply for it even after controlling for other variables such as business credit scores, personal wealth, and revenues. These findings hold true particularly for black and Hispanic business owners," according to an issue brief by the SBA.

The variation of home ownership can also be a factor.

"Home ownership may provide an important catalyst to small business growth, but it may also serve as a barrier to entry for prospective entrepreneurs," the SBA said. "For instance, business growth can bridge the wealth gap between minorities and non-minorities across gender. Among existing businesses, home ownership significantly decreases the probability of loan denials and can be critical to such growth."

According to Census data, 78.2 percent of business owners owned homes in 2012. Research shows that 72.6 percent of Whites own homes, 58.7 percent of Asians, 47.2 percent of Hispanics and 43.8 percent of Blacks.

Clearly, a number of factors contribute to whether Blacks own their own businesses. The SBA must play a stronger role in opening the doors for Blacks, not just "minorities."

George E. Curry, former editor-in-chief of Emerge magazine, is editor-in-chief of the National Newspaper Publishers Association News Service (NNPA). He is a keynote speaker, moderator, and media coach. Curry can be reached through his Web site, www.georgecurry.com. You can also follow him at www.twitter.com/currygeorge and George E. Curry Fan Page on Facebook.

A Proud Black Feminist



Julianne Malveaux
NNPA Columnist

In a world that is dominated by men, especially White men, feminism is, for me, an empowering concept. It is a movement, which

in the United States, according to Wikipedia, is aimed at "defining, establishing and defending equal social, economic and political rights for women."

It is certainly possible to argue that women have come a long way, but while we out-enroll men in college attendance, we don't out-earn them, no matter our level of education. We don't out-represent them in elected office, or even in the higher echelons of employment, such as the Fortune 500 corporations. Women are doing better than we ever did and we still have a long

way to go.

The feminist movement shows up differently in the African American community. Our nation's antipathy toward Black men suggests that men of African descent are not the same oppressors that White men are, bearing the burden of oppression themselves. At the same time, who rapes and beats and Black women. Dare I say that the oppressors of African American women are likely to be African American men? Do I dare say that sisters need to step up and raise their voices without risking the inevitable backlash

that comes from Black men? When African American women embrace the title "feminist" we are somehow seen as attacking Black men. Actually, we are simply standing up for ourselves and for our communities.

African American people can't fight the war against racism if half of the army is disabled. We can't fight for our boys and, yes, our girls unless more of us speak up, stand up, and surround our babies with tender loving care. We can't build whole and healthy communities unless the needs of both women and men are addressed. President

Obama has addressed "My Brother's Keeper. Who will be my sister's keeper?"

When African American women, and especially our young girls, see attention focused on Black men, won't they wonder, "What about me?" All of our young people are under attack, but while Black men explode into riveting headlines, Black women implode eating too much (obesity among us is nearly 50 percent), giving too much, and not taking care of self at all. Who

Commentary, Continued
on page 11.

New Orleans Native Charles Dickerson K.I.T. (Kids In Training) Program Helps Mentor Youth



By Eric Connerly

The K.I.T. Youth Program was started by New Orleans native Charles Dickerson, where he does outreach in both Houston and New Orleans. The program is designed to provide an opportunity for students to learn and build competency skills that are associated with leaders. It primarily focuses on communication, critical thinking, self-confidence, initiative/motivation, conflict management, goal set-

ting, cooperative learning and self-assessment. The K.I.T. Youth Program is impacting and enhancing both boys and girls. In addition to teaching life skills there is an academic component that focuses on Math and Science along with Character Development in addition to civic engagement and community service.

Pictured: Charles Dickerson, Founder and Director of K.I.T. (Kids In Training) with girls in the program doing a community service project.

Walmart Announces Opening of Hiring Center in New Orleans East

City officials and neighborhood leaders joined Walmart this week to announce the opening of the Walmart Hiring Center in New Orleans East for the hiring of approximately 300 associates. Walmart provides associates with more opportunities for career growth and greater economic security for their families than other companies in America.

Walmart broke ground on a new store in the former Lakeland Medical Center site at the Southwest

corner of I-10 and Bullard Avenue in spring 2013. Once completed, the new store will provide jobs and access to fresh food to the New Orleans East community. The state-of-the-art store is expected to open by summer 2014.

The Walmart Hiring Center will accept applications Monday through Friday, from 8 a.m. to 5 p.m. Applicants may also apply online at <http://careers.walmart.com>.

Daughters of Charity Health Centers Extend Hours of Operation for Health Insurance Marketplace Sign-ups

Daughters of Charity Health Centers (DCHC) will offer extended office hours for individuals interested in enrolling in the Health Insurance Marketplace, the centerpiece of the Affordable Care Act. Open enrollment ends Monday, March 31.

DCHC's extended hours schedule is as follows:

Saturday, March 22 &
Saturday, March 29
8 a.m. to 2 p.m. at Daughters of
Charity Health Center - Carrollton

Monday, March 24 - Thursday,
March 27
8 a.m. to 5 p.m. at Daughters of
Charity Health Center - Bywater/

Ninth Ward AND Daughters of
Charity Health Center - New
Orleans East

Tuesday, March 25 - Thursday,
March 27
8 a.m. to 7 p.m. at Daughters of
Charity Health Center - Carrollton

Friday, March 28
8 a.m. to 5 p.m. at Daughters of
Charity Health Center - Carrollton
AND
Daughters of Charity Health Center
- New Orleans East
8 a.m. to 2 p.m. at Daughters of
Charity Health Center - Bywater/
Ninth Ward

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Publishers Charles Tisdale and M. Paul Redd Honored by Former Peers

By Jazelle Hunt
NNPA Washington
Correspondent

WASHINGTON (NNPA) – Two legendary publishers – Charles Tisdale of the Jackson Advocate in Mississippi and M. Paul Redd, Sr. of the Westchester County Press in New York – have been posthumously inducted into National Newspaper Publishers Association Foundation's Distinguished Black Publishers' Enshrinement.

They were honored here last week during Black Press Week's annual observance. The ceremony is reserved for stalwart publishers who have significantly contributed to the legacy of the Black Press.

Benjamin Todd Jealous, former executive director of the NNPA Foundation and immediate past president of the NAACP, gave remarks about each honoree.

"We're here to pay homage to two great men. What connects them is that, in many ways, they helped to revive the Black Press at a time when many people questioned if we had a future," he said.

Charles Tisdale, who continually published the Jackson Advocate despite its offices being repeatedly firebombed, was remembered for his courage. Jealous, who served as managing editor under Teasdale, recalled Tisdale's standing monthly lunch date with a former Ku Klux Klan grand wizard.

"There I was, at [Tisdale's] bedside, and in walks... this man, the former head of the Ku Klux Klan. This grand wizard sits down at his bedside and starts crying, 'This man understood me. This man listened to me,'" Jealous said. "The power of the Black Press we often refer to is voice. But [through Tisdale] I learned you cannot lead until you listen."

Tisdale's daughter, DeAnna Tisdale, accepted the commemorative plaque honoring her father, and told the story of her parents' tenacity in publishing the paper.

"Throughout the trials and tribulations we faced, not a week went by that the paper didn't go out. When we got firebombed – this last time – I was about 12. And our mom did



DeAnna Tisdale (center) with Mary Denson, chair of NNPA Foundation and Cloves Campbell, chair of NNPA (NNPA Photo by Roy Lewis).



Sandra Blackwell, succeeding publisher of the Westchester County Press, founded by inductee M. Paul Redd (NNPA Photo by Roy Lewis).

the paper in the house. She didn't leave the house almost an entire week," she said. "It takes a strong person to be a publisher. My dad was an upfront, no-holds-barred, strong person."

DeAnna, who is studying graduate-level vocal performance at the Boston Conservatory, treated the gathering to an aria titled, "Io Son L'umile Ancella" ("I Am the Humble Servant of the Creative Spirit," from

the opera, Adriana Lecouvreur).

"In this aria...she uses words as a vessel, as a means to get across the way that she feels," DeAnna explained. "And as publishers and as journalists, you do that every day. Words are power. You use those words to change things...to impact lives, to impact the future, to solidify past. And I think that this [piece] is very appropriate."

The other honoree, M. Paul

Redd was as much an advocate as he was a publisher. He was a Gold Life Member of the NAACP; board member of the Girl Scouts, the Urban League, the United Way, the American Red Cross; founder of the Black Democrats of Westchester; and president of the Westchester/Putnam Affirmative Action Program, which provided job training and placement for approximately 4,000 women and African Ameri-

cans over a seven-year span.

Most notably, Redd and his wife, Oriol Banks Redd, filed and won a housing discrimination case against New York State when they were denied an apartment in Rye, N.Y. This victory spurred a flurry of housing anti-discrimination legislation in New York, one of which became commonly known as the Redd Bill.

Redd was also revered for his column, "M. Paul Tells All," which Jealous described as "a love letter to our community," encouraging readers to take up their civic duty.

His successor, Sandra Blackwell, accepted his commemorative plaque.

"He was always looking for young people to take things on, and people gravitated toward him – he had a way of disarming people with his humor," Blackwell said, referring to Redd. "He had his column for over 40 years, so I have a memorial for him on his page at all times. I can't take him off the masthead."

The Black Press gallery is housed at Howard University. The Black Press archives are stored at the Moorland-Spingarn Research Center at Howard. After the ceremony, the publishers, NNPA Foundation board members and executives, and their guests, walked across the campus main yard to view the gallery of enshrined publishers, dating all the way back to Freedom's Journal, founded in 1827.

Other famous enshrined Black publishers include Frederick Douglass, Howard B. Woods (of the St. Louis Sentinel), and Daisy Bates (of the Arkansas State Press).

A publisher can be nominated for enshrinement after he or she has been deceased five years. If the foundation receives more than one nomination in a year, a committee of publishers chooses the awardees.

"I've spent 53 years of my life devoted to the Black Press," says Dorothy Leavell, publisher both the Chicago Crusader and the Gary Crusader and former chair of the NNPA Foundation. Her first husband is also enshrined at Howard.

She said, "It is a really great thing for us to have all of this here, and our press recognized as an important institution."

Controlling Other Health Issues Reduces Kidney Disease Risk

By Sandra Jordan
NNPA Newswire

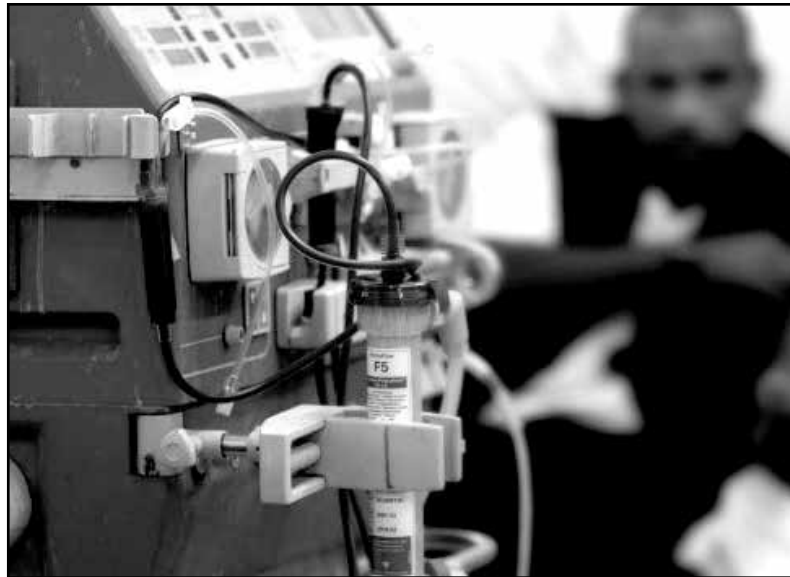
Keeping your blood pressure, blood sugar and cholesterol in check reduces the risk of developing kidney disease or kidney failure.

Some loss of kidney function occurs naturally over time, usually after age 60. For African Americans, the leading cause of kidney disease or kidney failure is not old age; it is having high blood pressure or diabetes.

Any of the three problems can exist initially (when it is easier to treat) without any outward symptoms. In addition, all three of them can kill you.

High blood pressure causes artery damage, and the kidneys are artery-rich. Over time, uncontrolled hypertension can cause the arteries around the kidney to narrow, weaken or harden, and they will be unable to deliver enough blood to the kidney tissue. The American Heart Association said damaged arteries are unable to filter blood very well. While healthy kidneys produce a hormone to help the body regulate its blood pressure, damaged kidneys from high blood pressure are on a downhill spiral.

Diabetes causes damage to nerves and blood vessels. Those small blood vessels in the kidneys, when damaged, cause persons to retain more water and salt than nec-



essary, leading to weight gain and ankle swelling, according to the National Kidney Foundation (NKF). When the body has high levels of blood sugar, it makes the kidneys overwork and eventually filter too much blood, said the American Diabetes Association. After many years, those filters in the kidneys start to leak useful protein into the urine. The overwork can cause the kidneys' filtering ability to give out, and waste products build up in the blood, leading to kidney failure or end-stage renal disease, which can only be treated by kidney dialysis or a kidney transplant.

Living a heart-healthy lifestyle and managing diabetes can reduce or prevent the chances of develop-

ing kidney disease.

"High blood pressure is more prevalent in African Americans so it is the leading cause of kidney disease in this population," said Marie Philipneri, M.D., a nephrologist and associate professor at Saint Louis University School of Medicine.

Family medical history is also factor in kidney disease.

Philipneri suggests persons with no known risk factors should at least have their blood pressure and blood glucose checked to see if they have high blood pressure, high cholesterol or issues with kidney function.

Screening for kidney disease is straightforward.

"You do a blood test; a urinalysis

will tell us if there is any protein in the urine, blood in the urine or any abnormal sediments," Philipneri said. "We check the protein to creatinine ratio and that gives us an idea whether you have kidney disease or even late [stage] kidney disease."

Experts say normal creatinine levels range between 0.7 to 1.3 mg/dL for men and 0.6 to 1.1 mg/dL for women.

Additionally, using the class of over-the-counter medications can tax the kidneys. Long-term use of pain medications known as NSAIDs, non-steroidal anti-inflammatory drugs, which have fever and pain reducing properties, can cause chronic kidney disease. Meds in this class include common medications like ibuprofen, Motrin, Aleve and naproxen, Philipneri said. Persons with kidney disease as well as other health issues should follow their doctor's advice before using OTC medications.

"And you also need to be very careful about what supplements you take, especially the not so-well-studied drugs and supplements," Philipneri added.

The NKF has lists of herbal supplements that may be toxic to the kidneys, harmful when you have chronic kidney disease and some herbs that are known to be unsafe for everyone. Find them at <http://bit.ly/1i04HFP>.

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Commentary, Continued from page 8.

takes care of these women and reminds them that it is ok to stand up for themselves?

That's why through it all, I stand firm on my feminism. I want women to know that they are enough. I tell young women that men are like icing, and women like cake. You can have cake without icing, but not icing without cake. Nobody is kicking our brothers to the curb, and women need the affirmation that they are okay, partner or not, child or not. And that we, women, can lean on our sisters, and ourselves when other support is not there.

Of course, we are inextricably intertwined, the women and the men and the children who must support each other and live out our dreams in tandem. These dreams only

work in tandem when the dreamers consider themselves equal partners in this game called life. The same patriarchy that allows White men to oppress women shows up in a twisted form when Black men, with much less power than White men, oppress women.

During this Women's History Month, I write in the name of Maria Stewart, a sister who, in the early 19th century, spoke about women's rights and supported the anti-slavery movement. She was the first American woman who spoke to a mixed audience of men and women (according to Wiki and other Internet sources) and the first African American woman to speak about women's rights. She started her professional life as a maid, and end-

ed it in Washington, D.C. as a teacher and a matron at Freedman's Hospital. In the middle, she shook it up, earning both the respect and the ire of her colleagues.

If you stand on the shoulders of Maria Stewart, you are undergirded by this amazing feminist who took to the stage before the White Grimke sisters did. What price did she pay? How was she affected?

Even as we passionately support Black men we must, in the name of Maria Stewart, embrace and support Black women. We lift as we climb. Let's lift us all!

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

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