

Lighting The Road To The Future

New Orleans

Data

News Weekly

"The People's Paper"

FREE COPY



Mannie Fresh
at the Maison

Data
Zone
Page 7

August 23 - August 29, 2014 49th Year Volume 17 www.ladatanews.com

A Data News Weekly Exclusive

Hands Up Don't Shoot



Crisis in the Village Part 2

Page 2



Newsmaker

**Chief Ronal
Serpas Retires**

Page 4

Health News

**Tips to Fight
Diabetes**



Page 11

Hands Up Don't Shoot

Crisis in the Village Part 2



Police confront protesters with barking attack dogs. Ferguson, Missouri, Aug. 10, 2014. (Source: AP Photo / Sid Hastings)

Shooting Death of Unarmed Teen Michael Brown Sparks Protests Across the Country and Raises Questions about Police Practices

By Edwin Buggage

Another Shooting of an African-American by Police Sparks Protests

For what has been nearly two weeks front pages and newscasts across the globe have been focused on the town of Ferguson, Missouri, as the shooting death

by police officer Darren Wilson of an unarmed teen, Michael Brown, has created a firestorm of criticism of the police and their dealings with the African-American community. As this is nothing new, as this is the latest of what has been a pattern of police shooting a Black man and in the search for justice and better policing practice this is something that continues to be elusive at best.

On the Cover: Men of Ferguson, Missouri marched in unison in protest over the shooting death of Michael Brown. Source: (AP Photo / Sid Hastings)

Cover Story, Continued
on next page.

INSIDE DATA	
Cover Story	2
Newsmaker	4
Home Style.	6
Data Zone	7
Commentary.	8
In the Spirit.	9
State & Local News .	10
Health News	11

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	Contributors Edwin Buggage Cornell William Brooks Coors Light Lt. J.G. Jennifer Cunningham AP Photo/Sid Hastings Cornell William Brooks The Bookworm Sez George E. Curry Melanie Manior Glenn Summers Calla Victoria James Washington	Art Direction & Production MainorMedia.com Editorial Submissions datanewseditor@bellsouth.net Advertising Inquiries datanewsad@bellsouth.net
CEO/Publisher Edwin Buggage	Editor Calla Victoria	Executive Assistant June Hazeur
Accounting		

Please call 504-309-9913 for subscription information or to obtain a back issue of the paper ONLY.
Dated material two weeks in advance. Not responsible for publishing or return of unsolicited manuscripts or photos.

Cover Story, Continued from previous page.

But the question is will this be the case that can finally create the kind of awareness and staying power that will continue beyond the Michael Brown slaying; and create institutional changes in policing practices across America? Or will this continue to be a narrative that plays out every 12 to 18 months? A Black male killed by police or in the case of George Zimmerman, a neighborhood watch captain, who took the law into his own hands in the shooting death of Trayvon Martin. While this latest shooting and the unrest that has accompanied it is disturbing and is a sad reminder that we have not moved to a post-racial nation in spite of having an African-American President and Attorney General; who have to their credit put federal resources behind getting to the bottom of what happened in Ferguson. But the larger question is after this is over; will we have answers that get us closer to solutions that we change the state of relations between the police and the Black community?

Hands Up Don't Shoot

In this case a young man, Michael Brown, had an altercation with a policeman Darren Wilson and a struggle ensued in which Brown began to flee with Officer Wilson in pursuit according to witnesses. Then Officer Wilson began to discharge his firearm, and as Brown who was unarmed was surrendering according to witnesses, Officer Wilson shot Brown six times according to an independent autopsy. Stories about what happened is still unclear, but according to James Johnson* who worked for the New Orleans Police Department for over 25 years says, "In this case the young man did not have a weapon so I don't think it looks good for the officer at this point, but all the evidence is not in and it is early in the investigation."

In the history of racial injustice the National Association for the Advancement of Colored People have been at the forefront of the fight for justice and have been instrumental in the securing of rights and access for African-Americans during its long and storied history. Danatus King is the President of the New Orleans Chapter and says that the Brown incident is one of many that the organization is dealing with hoping to put an end to police misconduct in the African-American community. "NAACP is not only

concerned about what is going on in Ferguson, but similar things that are going on around the country."

While all the evidence is not in, it is important to note that Brown and Officer Wilson had an altercation prior to the shooting and as something that is taught to many young African-American men that they have to be careful when dealing with police because a traffic stop or any routine stop can turn fatal. This is because oftentimes some of the officers come into the community with preconceived ideas about African-Americans that causes them to overreact in some instances. Dorian Francis is a community advocate and educator, he sympathizes with the Brown family for their loss, and he also feels that this case has made him rethink his role as a community advocate to go further and teach young men how to act and present themselves when encountering law enforcement, saying that it might be the thing that might save their lives.

Choosing Between Changing the State of Policing or Living in a Police State

This case has led many to question what should be the role of the police? As we have seen in the case in Ferguson they have taken on a militaristic type function. They have become occupiers of the community in a way that you would imagine in a war zone. We have to ask ourselves in this time in the 21st Century is this what we need to do to control our citizenry? Have the role of police in some communities moved away from what is their motto to "Protect and Serve" to "Militarize and Occupy?" Or has it become standard policy to treat 100 percent of the people of a particular community as criminals when only a small percentage of people actually commit crimes, and then because of these sometimes aggressive tactics it creates mistrust between the police and the community.

These are the types of things that led to what's happening in Ferguson and have been happening in cities across this country when injustice occurs particularly when something happens between someone in the Black community and the police. And as you look at the history of many of the major riots or uprisings depending on how you see it, they involved the breach between law enforcement and the

African-American community. But as we move forward what we need to ask ourselves, what should the role of the police be to foster better relations? "I feel there is a partnership between the people and the police, I feel that we need better relations. I feel that the first time I am to have an interaction with them should not be during a traffic stop or some other form of adverse situation," says Dorian Francis. "What I think is that officers should get more involved with the community and finding innovative ways to be involved with all the community whether it is through traditional means of meeting and engaging people or using social media. Maybe once a week they get out the car do a meet and greet and that could help in building a better rapport and trust with the community."

Some feel when the police force does not reflect the community it

serves, that it can often be fraught with problems as is the case in Ferguson and cities across America that includes New Orleans. "I think we are trying to get to 1700 officers, although I feel it is not about the quantity it is about the quality of policing that's most important. But if we are to hire more officers I feel they were to come from the community." Continuing he says this adding presence would be an asset, "Because they would be familiar faces in the community we see in their off time they would be part of the community, their children would attend local schools, or we would see them in movie theaters, or shopping or in church. If they lived in the community they would be more attuned to the things going on in the community and also it will build bonds of trust between the citizens and the police."

He also feels the need for civic

participation is important as well, because of the lack of it oftentimes people who do not vote find themselves out of the power equation even if they are in the numerical majority like in Ferguson or New Orleans. For example in their last election voter turnout was a dismal 12 percent and in New Orleans turnout is often low as well. Getting these numbers up and being civically engaged is key to turn the tides that often leads to not having any power, hence, creating an environment for injustice to prevail. "In the political makeup of Ferguson it does not reflect the makeup of the people, and that can be changed by going on and vote. That is an example of them wasting their potential power," says King.

Cover Story, Continued
on page 11.



We Bring Health Care Home To You.

Skilled Nursing
Psychiatric Nursing
Physical Therapy
Speech Therapy
Occupational Therapy
Home Health Aide Services
Social Services
Medical Supplies



Why Home Health Care Services?

Here are 3 important reasons you should consider home health care for your loved one...

- It allows the client to be in familiar surroundings while receiving care.
- It keeps physicians alert to client's status and medical conditions.
- It provides professional observation of client's conditions.

Eligibilities & Criteria

- Physician must order home care for the client who is in need.
- Client must be home-bound based upon medical conditions.
- Skilled intermittent services must be a requirement.



Anyone covered by Medicare/Medicaid and/or private insurance is eligible at NO OUT OF POCKET EXPENSE.



Office: 6960 Martin Drive, New Orleans, LA 70126 • Phone: 504.241.8823

New Orleans Police Department Superintendent Ronal Serpas Announces Retirement

Mayor Mitch Landrieu Appoints Commander Michael Harrison as Interim Superintendent

On Monday, New Orleans Police Department (NOPD) Superintendent Ronal W. Serpas, Ph. D., announced that he will be retiring after more than 30 years of public service. Serpas was hired as NOPD Superintendent in May 2010.

"I want to thank Mayor Landrieu for giving me the opportunity to come back home to New Orleans to lead the fine men and women of the NOPD," said Serpas. "This has been a great run under very difficult circumstances. When I came back in 2010, we needed dramatic changes. To-

gether with Mayor Landrieu and the brave men and women of the force, we have turned this department around and laid a strong foundation for the future."

He continued, "We began instituting the reforms of the consent decree, improved training and hiring standards, and modernized the department's facilities and equipment. Murder is down significantly. After Mayor Landrieu was re-elected, after my 34 years of service, and my decision to retire, we both recognized that it was time to hand the reigns over to new leadership in the department. I will be retiring to pursue other opportunities. As a native New Orleanian, there is nothing I am more committed to doing than ensuring the success of this department and the safety of our city, and I can assure you that I will continue



to be involved in that fight."

Mayor Landrieu thanked Serpas

for his dedication to the city and for his efforts to build a foundation for

the future for the New Orleans Police Department.

Choose AmeriHealth Caritas Louisiana for your family's health care needs.

AmeriHealth Caritas Louisiana, formerly LaCare, stands for **Care**. That's because: **Care** is the heart of our work.

We have a new name. We have a new logo. But don't look for any change to our commitment to you: our members and our community. We're the health plan that is committed to our members. And we're still the Medicaid plan that offers:

- Unlimited doctor visits.
- Free annual adult dental exam and cleaning.
- Discounted eye exams and eyeglasses.


AmeriHealth Caritas
Louisiana

www.amerihealthcaritasla.com



CARE IS THE HEART OF OUR WORK.
Choose AmeriHealth Caritas Louisiana today.

 **BAYOUHEALTH**
Your Health | Your Choice

1-855-BAYOU-4U

Judge Regina Bartholomew Announces Re-Election Campaign



Judge Regina Bartholomew launched her re-election campaign for Orleans Parish Civil District Court this week. Election day is November 4th, and qualifying runs August 20-22. First elected in 2011, Bartholomew was assigned a "domestic relations" docket and, if re-elected, would rotate off the family court

docket and onto a regular civil district court docket.

Her campaign team includes campaign manager Yvonne Mitchell-Grubb and media consultant Teddlie Stuart Media. Bartholomew has an extensive endorsement list that includes Congressman Cedric Richmond and Clerk of Civil District Court Dale Atkins.

9/11 Benefit For Homeless, Senior And Wounded Heroes

Featuring Kermit Ruffins



be hosting a 9/11 Outdoor Benefit for Homeless, Hungry, Disabled, Senior and Wounded Heroes Housing Project featuring American Jazz Trumpeter Kermit Ruffins and Speaker Vietnam with 25 Years Service Retired Navy Veteran Jerry Forstater aka "Uncle Jerry", located at 116 Byrd Lane, Hahnville, LA 70057. Suggested Donation \$25 in advance and \$35 at the event.

With veterans still being home-

less, hungry and hopeless in this economy and with our area's continued efforts to recover from veterans homeless issues, Veterans Housing Outreach Ministries (VHOM) is reaching out to our political leaders, military and civic organizers, grass root organizations, concerned citizens and families to help those veterans in need.

Veterans Housing Outreach Ministries has reached out to all

military groups, large and small community organizations, politicians, state officials and civic leaders and encouraged them to deliver and mail monetary donations for the 9/11 Jazz Benefit, encouraging a 'band of service' rooted in the idea that change starts with honoring, serving, supporting and caring.

"With our senior, disabled and wounded heroes living on the streets, under bridges and in ex-

treme temperatures reaching out to our veterans has become more important than ever," said Lisa Carey, the (VHOM) director, "We see veterans suffering everyday while continuing to live in unstable, unsanitary and unsafe environments. Anything we can do to create energy for our grassroots movement to help our most neediest vets through this difficult time is not only our responsibility, but an honor."

Local Veterans Housing Outreach Group Organizes 9/11 Jazz Benefit

On Thursday, September 11th from 9:00am until 11am, Veterans Housing Outreach Ministries will

**First
NBC**
Member FDIC



*First NBC Bank
Vice Chairman
Dr. Charles C. Teamer*

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



Find us on:
facebook®

**more photos
more stories
more data**

Fruit Trees and Vines, Edible Gardening



Edited By LMG Calla Victoria

And the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good. Genesis 1:12

Trees

It is a wonderful thing when you can go out and harvest fresh fruit from trees and vines in your own backyard. And with produce prices ever-climbing growing your own fruit is definitely a plus. Therefore edible gardening has gained a lot of interest in recent years. Now before you dash out and hit up your favorite garden center for fruit trees and such, there are few caveats to consider.

It is important to do a little research before purchasing fruit trees. Citrus trees and pineapple plants take at least two years to set fruit. Avocado trees take seven years to set fruit. In order for blueberries to grow it is necessary to have at least two blueberry bushes, the same is true for Passion Fruit vines; and to grow

apples two different apple cultivars are needed to ensure adequate pollination. With that bit of knowledge under your belt consider carefully your plant selections, if yours is a small yard perhaps growing apples may not be a good move for you because of space constraints.

The best rule of thumb with all fruit-bearing trees is to buy a tree with fruit on them, then you know that the tree has matured to the fruit-bearing phase. Case in point, back in 2007 I purchased a small lemon tree sapling. It was barely 3 feet tall but it had a lemon on it, that tree has produced and performed every single year. Then in 2008 I purchased an orange tree and mandarin tree, neither of which had fruit on them. Neither tree started bearing until 2013, just as I was about to dig them up and toss them. When you buy your citrus trees by all means also purchase the citrus fertilizer spikes. Jab one of the citrus spikes in the ground next to each tree and they fertilize your trees for an entire year. Also

never plant your fruit trees in a windy area of your yard but in a somewhat sheltered area because the fruit grows out of the blooms on your trees. If the tree is in a windy area the delicate blooms will be blown off of your tree and no blooms means no fruit.

Know that patience is a must when growing fruit as the older your tree or vine is the more fruit it will produce. The very first year that your trees set fruit the amount of your harvest will be negligible. I remember the first year that my pomegranate tree set fruit got a measly five pomegranates and they were quite small. The same was true when my fig tree first set fruit, I got a mere twenty figs and the birds got most them. Also be advised that fig trees grow very wide as well as tall. In the last couple of years I have had to invite neighbors over to help me harvest all of the figs. The same is true with my lemon, Meyer lemon, orange, and mandarin orange trees. Last year I even called the Citrus Tree Har-

vesting Company to harvest the remaining fruit so that it could be donated to First Harvest Food Bank. They harvested 23 pounds of citrus from my trees. Your fruit bearing plant material is going to yield tons more produce than you and your family can eat. You can squeeze your citrus juice into plastic containers and freeze them, or freeze the juice in ice trays, share your bounty with your friends and neighbors, or sell it. One little trick to remember is to always leave at a couple of fruit on each tree, and you will always have fruit growing

Vines

Vines take up a lot of space so prepare for that, and some sort of trellis is required to support climbing vines like grapes, or passion fruit. The perfect place to plant a climbing vine is alongside of a page wire fence. The fence serves as a support for the vine as opposed to hav-

Home Style,
Continued on page 10.

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

Connect to the Source

Data News Weekly, your one stop for what's happening in New Orleans.



ladatanews.com



WBOK 1230AM

A BAKEWELL MEDIA COMPANY

Real Talk for Real Times...

1639 Gentilly Blvd. New Orleans, LA 70119 (504)942-0106

www.wbok1230am.com

Shoot Ya Best Shot!

Coors Light Axis presents Curren\$y and Big Sean

Photos courtesy of Coors Light

Curren\$y and Big Sean were in town last week collaborating as a part of the Coors Light Axis series. For Coors Light Axis, Curren\$y and Big Sean not only record two songs together, but also put on two shows in this one pictured which was held in New Orleans and one held in New York.



Mannie Fresh at the Maison

By Melanie Mainor Photos by Glenn Summers

Red Bull Music Academy honored the career of New Orleans native and hip-hop pioneer, Mannie Fresh. Mentors, mentees, collaborators, and fans of Mannie Fresh packed into The Maison on Saturday night

to celebrate the 10th anniversary of his debut album, "The Mind of Mannie Fresh". The showcase featured artists who influence Mannie Fresh's creativity, welcoming us into "the mind" of Mannie Fresh. Trouble

Funk, New York Incorporated, and producer Drumma Boy were featured in the showcase as his influencers and artists his music has also influenced. As always Data was there!



White Cops Kill at Least 2 Blacks Each Week



George C. Curry
NNPA

Occasionally, police officers behave in such a dastardly manner that it captures international attention. There was the 1997 famous video of four White LAPD officers taking turns clubbing and kicking Rodney King nearly beyond recognition after a high-speed automobile chase. In 1999, on the opposite coast, an unarmed, 23-year-old Amadou Diallo was killed after four policemen fired 41 times into his Bronx, N.Y. apartment, striking him 19 times.

In New Orleans, Robert Davis, a retired elementary school teacher, was returning to his hometown after Hurricane Katrina in 2005 to inspect the damaged family home. He went to the French Quarters to purchase some cigarettes. Four White officers, who suspected him of public drunkenness, accused Davis of resisting arrest

and began beating him. An Associated Press producer filmed a video that showed no indication of resistance.

Timothy Thomas, 19, was shot to death in Cincinnati in 2001 by Patrolman Stephen Roach. The officer said he thought Thomas was armed – he wasn't. The shooting touched off the largest urban unrest in the U.S. since the L.A. uprising a decade earlier.

And the list doesn't stop there: Sean Bell, Oscar Grant, Frank Jude, Jonathan Ferrell, Kathryn Johnson, Kendrec McDade, Timothy Standbury, Jr., Kenneth Chamberlain and so many more.

Three more names were added to the list in the past month: Eric Garner of Staten Island, N.Y.; Ezell Ford of Los Angeles, and now Michael Brown, the 18-year-old unarmed victim in Ferguson, Mo.

Police kill African Americans more frequently than you may realize.

According to stats compiled by the U.S. Department of Justice, an unarmed African American died at the hands of an armed White police officer at the rate of nearly two per week from 2005 to 2012. Over that 8-year-period, 400 police killings were reported per year. White offi-

cers killed a Black person, on average, 96 times per year.

Of those, 18 percent of the African Americans killed were under the age of 21, compared to 8.7 percent of Whites.

As bad as those figures are, they grossly understate the problem. The FBI statistics are based on the voluntary reporting of local law enforcement jurisdictions. Currently, approximately 750 of 17,000 law enforcement agencies regularly report their figures to the FBI. That means if the ratio holds true for all 17,000 agencies, the annual 96 Black deaths at the hands of White cops could be as high 2,170 a year or almost 42 (41.73) per week – nearly six per day (5.94).

To be conservative, let's presume that the death rate for the non-reporting law enforcement agencies is only half of those now reporting. That would still be approximately three Blacks killed by a White police officer every day.

According to Officer Down Memorial Page, which catalogues the deaths of all law enforcement officials, 416 cops were deliberately killed in the line of duty from 2005 to 2012, an average of

52 a year from 2005 to 2012.

Using the most conservative data, Blacks are almost twice as likely to be killed by police as cops are likely to be murdered in the line of duty.

In most of the high-profile cases of police killing unarmed Blacks, there was no justification for the use of deadly force.

One case, Tennessee v. Garner, grew out of an incident in Memphis where a Black 8th grader was shot fleeing from a home burglary after stealing a purse. The judges said cops couldn't shoot someone simply because they were escaping.

In another case, Graham vs. Connor, the judges said police have the duty to protect the public. Therefore, it's okay to use force in apprehending violent offenders. But in the Memphis case, police would not be allowed to shoot at a non-violent offender even following the commission of a crime.

Of course, personal prejudice enters the picture long before an officer pulls his or her gun.

"When we ask police officers directly, 'Who looks criminal?,' they choose more Black faces than White faces. The more stereotypically Black a face appears, the more likely officers are to report that the

face looks criminal," according a study in Stanford's Journal of Personality and Social Psychology.

In addition, the U.S. Commission on Civil Rights found that, "most white officers (95 percent) do not believe police are more likely to use physical force against blacks and other minorities than against whites in similar situations. The majority of black and other minority officers (69.5 percent) believe persons who look like them are more likely to receive physical force from police."

But Blacks are treated differently from Whites – even when they are part of the law enforcement hierarchy.

As Attorney General Eric Holder recounted before the NAACP last year, "I was stopped by a police officer while simply running to catch a movie, at night in Georgetown, in Washington, D.C. I was at the time of that last incident a federal prosecutor."

If that can happen to Eric Holder in Washington, you know what can happen to Michael Brown in Ferguson, Mo.

George E. Curry, former editor-in-chief of Emerge magazine, is editor-in-chief of the National Newspaper Publishers Association News Service (NNPA.)

Letter To The Editor

*NAACP President Says We Can All Help Out
With Ferguson, Mo Tragedy Right Now*

Dear Editor and Data News Weekly Readers,

By now we've all seen the shocking, horrifying images and videos of the Ferguson and St. Louis County police department responses over the death of Michael Brown. It is clear they are more interested in intimidation than pursuing justice and the truth.

But our work to discover the truth about Michael Brown's death continues unabated. Our hearts ache for the Brown family, and our anger, sadness, and frustration drive us forward to ensure a full, unrestricted, unencumbered investigation by the FBI is performed, and justice is served.

If you're like me and you can't let the shooting of another young, unarmed black man by police go unanswered, here's what you can do to help right now:

If you have information on the Michael Brown shooting, share it here.

We are united with one voice in support of justice in this case, and we will not allow Michael Brown's death to be swept under the rug.

There is a disturbing lack of action and answers about the circumstances of the shooting, and we're doing something about it. The NAACP petitioned the FBI to take the case, and they are now on the ground. We are providing a safe

outlet for people with information on the case to come forward and be heard.

Stay up to date on our work on the ground.

We're working with the St. Louis County and city branches, the Missouri Youth and College Division, and the Missouri State Conference of the NAACP to get answers to some serious questions: Why was Michael Brown shot in the first place? Why has the response to potential witnesses dragged on, while the response to community gatherings has been so swift and intimidating? Stay up to date by visiting our "Justice for Michael Brown" page.

Share our "I support justice for

Michael" graphic on social media.

Continue spreading the word that we are united with one voice in support of justice in this case, and we will not allow Michael Brown's death to be swept under the rug. Every tweet, Facebook share, and conversation moves us a step closer to justice. We're honored to have your support and help.

Thank you,

Cornell William Brooks
President and CEO
NAACP



Find us on:
facebook®

**more photos
more stories
more data**

Spiritually Speaking...



James Washington
Guest Columnist

There is a perspective in our faith that many subscribe to and it is that our challenges are an integral part of God's plan to ready us for the struggle of spreading the good news of Jesus Christ. Being challenged, having your faith tested, in some ways is a prerequisite for strengthening one's spiritual muscle. We all know how hard it is to respect the opinion of

someone who has led the so called "charmed life" or, someone who was born with the proverbial silver spoon in a cavity free mouth. It's hard, if not impossible, to listen to someone talk with certainty about things they've never seen or places they've never been. My belief is that God teaches in a manner few of us will ever truly understand. I honestly believe that when He chooses you, when it's your time, He has a unique way of communicating who's really in charge. And, if the truth be told, when God knocks on your door, you can't deny it because He won't be denied. That's right! When God is talking to you, you eventually come to know it.

My point is this. "No discipline seems pleasant at the time, but (rather) painful. Later on,

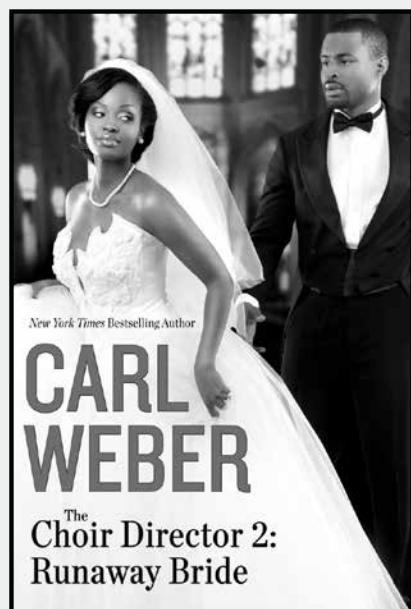
however, it produces a harvest of righteousness and peace for those who have been trained by it." Hebrews 12:11. As far as I'm concerned, we're all in training, believe it or not, to fight in God's war. Whether being forged in a fiery furnace or stuck in a tailspin of perceived despair and hopelessness, each one of us is being battle tested in anticipation that one day, we will be called to arms. This struggle, these experiences, your flaws and faults are intended to bring about wisdom; a spiritual wisdom from a spiritual perspective that I believe must be shared. It has to be. It's called testimony. Otherwise, God keeps you in a virtual classroom where life constantly gives you a new place to go to the bathroom. You haven't learned anything, so

life keeps kicking your...well, you get the picture. When you finally realize the one trying to tell you something is God, then a wondrous thing begins to happen. You listen more intently and learn more eagerly. Like the baby who discovers walking leads to the joy of running. All of a sudden, the possibilities seem endless. The mind says 'tell me more.' The spirit says 'thank you Jesus.' At that very moment, it is my belief that God let's us know we're able to withstand, overcome, rise above and win the battle of carrying the message of salvation. Christ is savior. At that moment, we also move from being in the classroom to being on the battlefield where Satan wants to keep score.

You remember those days back in school when you actu-

ally studied and were prepared for the test? Confidence oozed from you. When God has been the lesson planner, the study partner, the instructor, it doesn't matter how much Satan wants it to be a Net Flix Night. "Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love Him." James 1:12. Our job then is to recognize and represent; recognize the hell we're going through is not without purpose. The most important message of the day is to understand who (Jesus) suffered for and why. Remember..."It is your Father's good pleasure to give you the Kingdom." Luke 12:32. May God bless and keep you always.

The Choir Director 2 *Runaway Bride*



"The Choir Director 2:
Runaway Bride"
by Carl Weber
c.2014, Grand Central
\$25.00 / \$28.00 Canada
320 pages

By The Bookworm Sez

You just can't do it.

You know how it is: it's simply not possible. Call it cold feet, call it sudden aversion, spontaneous allergies, different plans, bad timing, whatever – but you just can't do it. Your feet are dug in. It ain't happenin'.

At least, not now. But, as in the new novel "The Choir Director 2: Runaway Bride" by Carl Weber, you're allowed to change your mind...

Aaron Mackie was about to marry the woman of his dreams.

Early in his life, Aaron had been a player, a bad-boy, and a prison inmate. Even now, as the talented choir director at First Jamaica Ministries in Queens, New York, he could have any woman he wanted - but he only wanted Tia. He couldn't imagine life without her.

Sitting in the car outside First Jamaica, Tia Gregory heard wedding music and knew that Aaron was waiting at the altar for her - and she told her brother to drive away. She'd thought she was doing well, that she'd dealt with memories of a brutal assault... and then she spotted one of her rapists in a bar. Devastated, she just couldn't go through with the wedding.

Ross Parker always had his boy Aaron's back. He was Aaron's best friend and manager, so supporting him after the disastrous non-wedding was a natural thing. So was keeping Jackson Young away from First Jamaica's choir director. There was something about Jackson that Ross didn't like; he was sure Jackson was a shyster, and he couldn't let anybody like that near Aaron.

As the leader of First Jamaica Ministries, Bishop TK Wilson was known for an open mind. He understood that Jackson Young wanted to manage Aaron's career, and though there was something not-quite-right about Jackson, Bishop was willing to listen – until Jackson started flirting with First Lady Monique. Bishop could not put up with that!

For years, Desiree Jones had planned on sleeping with Aaron Mackie. She dreamed of it, and now she schemed for it by lying. With Tia now out of the picture, Desiree knew she could get Aaron in her bed. He would



Carl Weber

love her. Then, he'd hate her.

She couldn't wait...

If there's anything more fun to read than a twisty novel by author Carl Weber, I can't think of what it would be.

True to Weber form, "The Choir Director 2: Runaway Bride" is a multi-layered, lots-going-on tale that will keep you guessing all the way to

the surprising end - but watch it, because the explosive finale isn't the only bombshell. That's what I think is best part of this book: just when you think you've got everything figured out and you're sliding to this novel's conclusion, Weber takes an abrupt one-eighty story turn-around that will make you holler.

It can't get any better than that. While this is a semi-sequel to other Weber books, you can read it all by itself with no problems in catching up or wanting more.

Loving "The Choir Director 2: Runaway Bride"?

Yeah, you can do that.

Michaels, HANO Celebrate Resident Scholarship Recipients

Executives of The Michaels Organization, along with the Housing Authority of New Orleans (HANO) Executive Director Gregg Fortner and LaVerne Saulny of Senator Mary Landrieu's office, were among those who gathered to celebrate the achievements of six residents of The Estates community who have been awarded college scholarships from The Michaels Organization Educational Foundation. Among the recipients are several "first in their families" to attend college, an honor roll student pursuing a degree in mechanical engineering, and an enterprising young woman with her sights set on

opening her own restaurant.

The Michaels Organization Educational Foundation is a non-profit affiliate of The Michaels Development Company and Interstate Realty Management, both private sector partners with HANO on the development and management of The Estates.

The Foundation awarded more than \$17,000 in educational grants to local students in New Orleans for the 2014-2015 academic year.

"The idea of 'giving back' has been deeply embedded in our corporate culture by our founder, Michael J. Levitt," said Ava Goldman, President of Michaels Development Company, who acted

as master of ceremonies at the scholarship recognition ceremony held at Delgado Community College. "Just as we believe in the power of quality, affordable housing to transform communities, we also believe in the power of education to transform individual lives," Goldman said. "We are proud to be an organization that supports both."

The first scholarship program of its kind in the affordable housing industry, The Michaels Organization Educational Foundation has been helping many high achieving but often economically disadvantaged students pursue their dreams of higher education

for more than two decades. The grants can be used by recipients to pay tuition costs at any accredited college, university, or vocational training program in the country, and students can reapply for grants each year of their education.

"The staff and residents of the Housing Authority of New Orleans sincerely congratulate the scholarship award recipients on such an outstanding academic achievement. HANO will continue to work with the Michaels Organization Educational Foundation and other endowments to assist the future leaders of tomorrow in pursuing their dreams of higher education, while

still providing affordable housing for low to moderate income residents," HANO Executive Director Gregg Fortner said.

Scholarship students from Michaels' New Orleans communities benefit from a special gift made to the Foundation by Torti Gallas and Partners, a nationally renowned architecture firm that served as the master planner for the redevelopment of The Estates, a multi-phase, 425-unit HOPE VI community located in the Ninth Ward neighborhood of New Orleans. In 2012, Torti donated \$38,000 to the educational foundation, earmarked for future Estates resident scholars.

New Orleans Native Serves Aboard USS Gerald R. Ford

by Lt. j.g. Jennifer Cunningham
Navy Office of Community Outreach

NEWPORT NEWS, Va. – A New Orleans native and 1996 Alcee Fortier Senior High School graduate, is serving in the U.S. Navy as part of a hand-picked crew charged with bringing the Navy's newest aircraft carrier into service.

Senior Chief Karl Barnes, who enlisted 18 years ago, is an intelligence specialist aboard Pre-Commissioning Unit Gerald R. Ford (CVN 78), the first ship in its class and the successor to the Navy's Nimitz-class aircraft carriers that have been in operation for the last half century.

Barnes, the first in his immediate family to join the military and get a college degree, and the rest of the 1000-Sailor crew are slowly bringing the ship to life, a crew that will eventually grow to more than 4,500 when the ship is at sea. When complete, the aircraft carrier, powered by two nuclear reactors, will measure more than three football fields long at 1,092 feet in length and will weigh more than 100,000 tons. It will be capable of sailing at nearly 35 mph and will carry more than 75 Navy aircraft.

"Senior Chief Barnes plays a vital role in preparing our Nation's newest and most technologically advanced warship for sea," said Ford's



Commanding Officer, Capt. John F. Meier. "We have the opportunity to build this command with the ideals of our namesake and we are creating the command climate and a culture of excellence that we have always wanted. This crew is setting that standard, a standard that will last for the 50-plus year life of the ship."

As one of the sailors who will commission the ship, Barnes has the opportunity to see firsthand the innovations being incorporated into the design of the ship; from a redesigned flight deck to allow for more efficient aircraft operations to equipment that requires less maintenance.

As the crew grows and works toward the goal of joining the fleet in 2016, Barnes and other Gerald R.

Ford sailors will be accepting spaces on the ship, training to operate it and building a legacy that will last beyond their lifetimes.

Training for the crew has to come from some unique sources. There are no Navy schools for some of the new equipment, so the crew is partnering with Huntington Ingalls Newport News Shipbuilding and other vendors to master the new systems.

"This is a unique opportunity to see first-hand how the systems are installed and tested, which is an advantage that future crews won't have an opportunity to experience," said Meier. "Senior Chief Barnes and his shipmates are becoming the subject matter experts. They are working hand in hand with the Shipyard throughout the test-

ing phase and in turn teaching the Navy how to operate this new class of aircraft carriers."

Barnes said it is an exciting time to be in the Navy, helping to build a crew and a ship from scratch, something he never expected to be doing just a couple years ago. He also said he is proud of the work he is doing to help commission and man the Navy's newest aircraft carrier. As a 35-year-old with numerous responsibilities, Barnes said he is learning about himself as a leader, sailor and a person. "I've learned to be more outgoing and to have a plan for my life," said Barnes. "The Navy has provided a lot of discipline in a different areas of my day-to-day life. It's helped me to become a good citizen."

Barnes adds he is ready to accept the sacrifices the Navy and his country are asking him to make. This humbling reward is being a part of something much bigger than he ever expected.

Like the Nimitz-class aircraft carriers that came before it, USS Gerald R. Ford's mission is to protect and defend America on the world's oceans. When the ship deploys it will bring four-and-a-half acres of survivable, sovereign U.S. territory, increasing the Navy's strike capability and defending the country's interests in any region of the world.

The ship is scheduled to commission in spring 2016.

Home Style, Continued
from page 6.

ing to buy or build a trellis, and the vine completely covers the fence creating privacy for your yard. Watermelon vines are massive and can engulf a yard. I planted three little watermelon seeds one year and those vines took up over 1/3 of my huge 60 feet by 90 feet backyard, but it was so gratifying to look out in my yard and see watermelons everywhere. Grape vines also can be crazy but the yield is sweet!

Check out my "Gardening
Tip of the Week" @
thegardeningdiva.com

Remember, never get too busy to stop and enjoy the beautiful flowers!

subscribe



to data chatta
New Orleans in your inbox

9 Ways to Keep Diabetes Complications in Check

A healthy lifestyle, plus medication, can keep your risk of heart disease, kidney failure and amputations low

Story provided by Black Health Matters

You may have been diagnosed with type 2 diabetes, but that doesn't mean you're destined for the complications that come with the disease. If you follow these nine steps to a healthy lifestyle—and take your medication as directed—you can reduce the risk of heart disease, kidney problems, stroke, blindness and amputations.

1. Know your blood sugar levels. Those daily finger sticks may sting, but they help you and your doctor see how well your blood sugar is being controlled and make adjustments as needed to manage it better. Keep a log of dates, times and blood sugar numbers to share with your care team.



Reduce your risk of diabetes complications: Tip 2—exercise.

2. Exercise. Getting regular workouts help you control your blood pressure, weight and cholesterol. You should aim for 30 minutes of exercise at least five days a week.

3. Stick to a healthy diet. Create a meal plan (with a nutritionist) that incorporates a variety of healthy foods and spreads carbohydrates throughout the day. Keep healthy snacks (think celery and baby carrots) on hand and watch your portions.

4. Reduce stress. Studies show that long-term stress can cause your blood sugar levels to skyrocket. Learn your stress triggers and try to eliminate them. Relax at least 15 minutes each day through deep breathing, meditation, music, dancing or volunteering.

5. Get enough sleep. Too little sleep has been linked to everything from memory problems to obesity. Diabetics who get seven to eight hours of sleep seem to have better

blood sugar level control.

6. Quit smoking. Tobacco doesn't only increase your risk of some cancers; it also doubles your risk of developing heart disease and makes eye and kidney problems and nerve damage more likely.

7. Practice good oral care. Diabetes increases your chances of developing infections and gum disease, so make sure to brush your teeth twice a day and floss at least once a day.

8. Monitor your feet. Check your feet every day for cuts, blisters or red spots. Treat wounds right away and call your doctor if you see signs of infection. Wear appropriate shoes, even indoors.

9. Have regular checkups. Once a year, see your health-care team to have a flu shot, a complete physical, an eye exam and a teeth cleaning. Get your cholesterol tested and have a microalbumin and creatinine test (to look for kidney damage). Talk to your doctor about any other vaccines, such as pneumonia, hepatitis B or tetanus, you might need.

Cover Story/ Continued from page 3.

Closer to Home: NOPD Chief Serpas Retires What's Next for New Orleans?

New Orleanians were shocked with the sudden retiring of NOPD Superintendent Ronal Serpas, something that for many was unexpected. But since his reign as police chief he has been criticized by many for what they call his questionable style of leadership. Something many feel left the department in worse shape than when he inherited it. "For his performance as superintendent I would give him a 'C' at the most. I think he did a number of things to lower the morale of the department. He also has a number of things that seems to be counter-productive to recruiting new officers," says retired NOPD Officer Johnson*

As it relates to issues of police morale among the ranks of NOPD the same words are echoed by City Councilman-at-Large Jason Williams who is also on the Criminal Justice Committee, who feels that the changing of the guard is a step in the right direction, "This is the right move for our police force

and our City. Police morale is at an all-time low. Looking forward I'm excited about the appointment of Interim Chief Michael Harrison. In terms of a permanent replacement I think it is important to appoint someone who will make it a priority to build trust in all of our neighborhoods." Continuing he says, "In terms of future reforms, we must: completely adhere to the Consent Decree as mandated by the Department of Justice, complete the process of updating police policies, properly train all officers on these updated policies, overhaul their record keeping so that we get real data about crime in the City."

Danatus King has been a critic of what he's called failed policies, and feels that it doesn't matter who the chief of police is if the same flawed plans are still in place, "My criticism is of the policies and procedures of the force and that is where the emphasis has to be, because it doesn't matter who's sitting there if the same policies and procedures are followed and we don't get better police practices and the people in our community get the same treatment."

Can We All Just Get Along: The Police and the Community?

"Can We All Just Get Along," were the words spoken by Rodney King after his trial ended with the officers being acquitted after their vicious beating caught on tape still did not bring back a guilty verdict. This outrage led to an uprising fueled by the people's frustration with continuing injustice. This was the way they chose for their voices to be heard. While some question these tactics, it seemed that the Justice System was again unjust in their quest for justice. These are sometimes the results of the historical racism in the Criminal Justice System, that people feeling they have no recourse through legitimate channels to get justice. This is a sad commentary on our nation giving our many strides in so many other areas of racial relations, but in this century of new breakthroughs and the quest for fairness and justice to flow through the fingertips and become a reality for more of our citizens it is time for us to come together to solve this problem of the

police versus the African-American community, it is time to realize that we need each other.

It is time to realize that reforms are needed to the police department and the way they police in the African-American community must change. But conversely, we must acknowledge that crime is a problem in some African-American communities, but realize that excessive force by the police is not the answer. Also it is incumbent upon the police to realize that not everyone in the community is up to no good, especially young Black men. Also community members must understand that all police are not bad. That they have a tough job to do and we must meet them half-way. We must make them realize that we want the people who prey on our community arrested, charged and convicted because we want to live in a safe and thriving community. So we must get past the mistrust and begin to discuss ways to work together and realize this is where the solutions lie.

*James Johnson is name used for officer who did not want his real name used in story.

DATA CLASSIFIED

Call 504-821-7421 to place your classified ad.

Mailboxes by Mark



You pay for the bricks or maybe you have bricks already. You provide the mailbox.

I will provide the cement, wood, mortar, nails etc. You choose or create the design. Prices vary according to the design.

Contact: Mark (504) 723-7318

AVON

The company for women \$\$\$
\$\$\$\$\$

Can you use some extra cash? Try Avon!!! Avon is easy to sell, no experience necessary. It cost only \$10.00 to start.

Become your own boss or just earn extra money. Whether you are interested in purchasing Avon products or becoming an Avon Representative yourself, I can assist you.

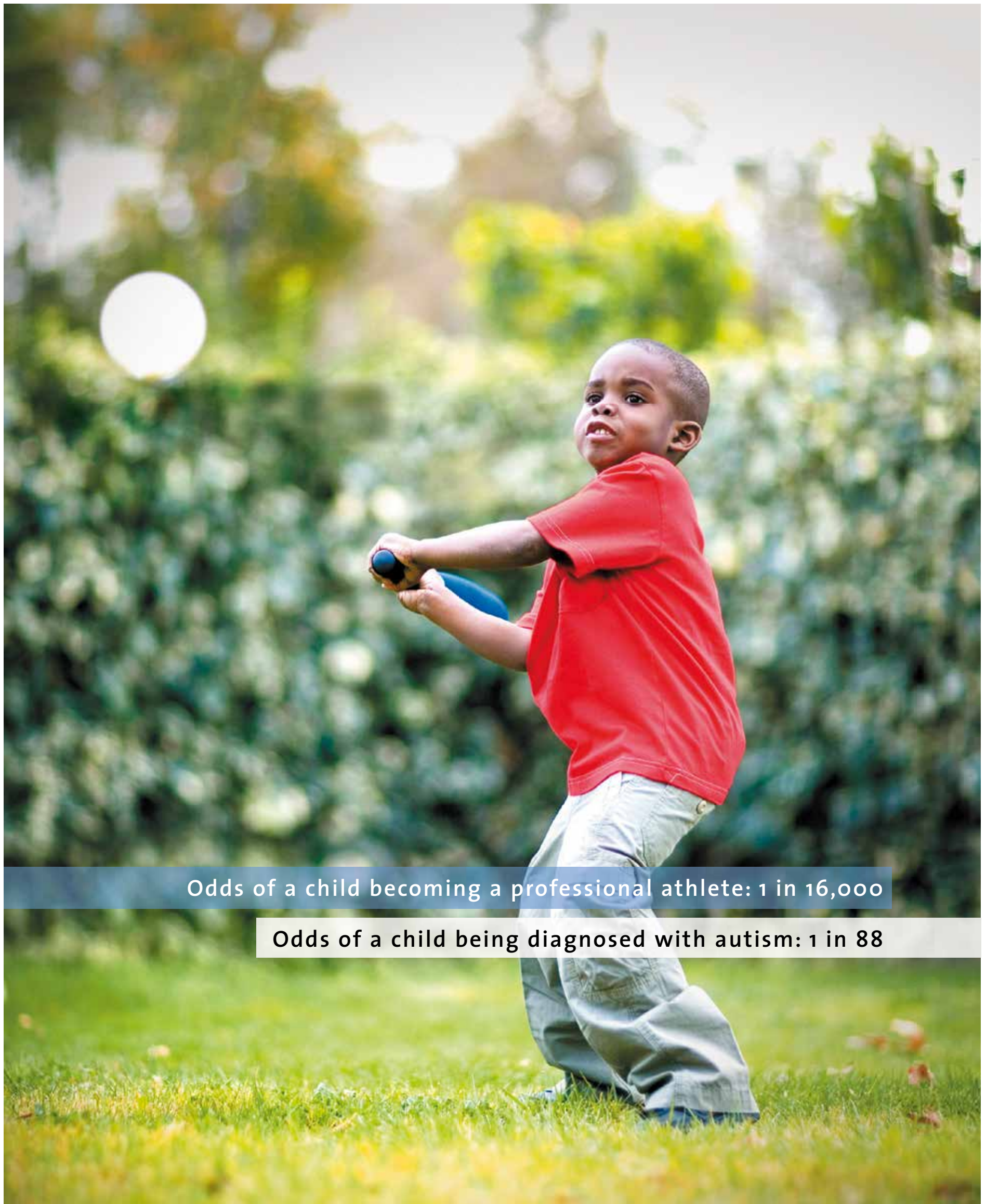
Call June - 504-606-1362
I will explain everything and help you to get started.

This space can be

yours for only \$80

Call Now!

504-821-7421



Odds of a child becoming a professional athlete: 1 in 16,000

Odds of a child being diagnosed with autism: 1 in 88



Some signs to look for:

No big smiles or other joyful expressions by 6 months.

No babbling by 12 months.

No words by 16 months.

To learn more of the signs of autism, visit autismspeaks.org



AUTISM SPEAKS™
It's time to listen.