

The Soul of New Orleans





Trailblazer Shareef Cousin

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State & Local Job Corps Celebrates 50 Years



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Cover Story

Nine Years Later... In their Own Words

By Edwin Buggage

It has been nine years since Hurricane Katrina and the breaching of the levees drowned the City of New Orleans trapping many of its citizens in what at the time seem hopeless circumstances. Many lost loved ones and the City will never be the same. Today, it continues to be in the mode of recovery as you can drive or walk through neighborhoods across the City and still see reminders of the devastation that wreaked havoc on the City nine years ago. Data News caught up with several New Orleanians that we have featured throughout the years to get their perspectives on how they feel about the City and their lives as we are close to nearly a decade to a tragedy that changed their lives forever.



Jerrelda Drummer Sanders



Vera Warren Williams

Together We Stand!

By: Jerrelda Drummer Sanders As I reflect on our City, New Orleans, prior to the devastation associated with Hurricane Katrina, I would have to say that today I see growth, resiliency, and determined spirits! As recorded in the history books, this is not the first time that our great City has had to take a step back and dust herself off...No this City has a proven ability to restore and begin anew and that is what is happening today.

Nine years has passed, and although we as individuals stand in our own place, or have our own mindset about where we are and/or where we should be; collectively, we are under construction, and moving in "A" direction. Pardon me if you will, but I have decided not take a position to see it as a positive move or a negative move. Considering, that there are so many people still dealing with the mental and/or the social aspects of the devastation. This is why I say, we are on "A" move. For or against, like it or not, we must agree that we are moving. Noting that some districts are moving faster than others. However, understanding that the aftermath of the storm affected each district differently. So our points of restoration should not be expected to be identical.

With that said, I would like to highlight a commonality that I have witness. I have not only witnessed, but I have participated in the communication taking place on the social media. A conversation amongst New Orleanians who have returned and those who are away (by choice or as a result of circumstances). I feel compelled to recognize a statement that brings warm thoughts to us as a City..."I'm So New Orleans!" While we all have our explanation of why we are "So New Orleans," I would say...

I'm so New Orleans... I bleed black and gold I'm a die-hard New Orleans Saint to the depths of my soul I'm so New Orleans That I walk to the sound of my own beat and the help of the Re-Birth Brass Band makes me light on my feet I'm so New Orleans ... like Popeyes chicken finger lickin' good Red beans and rice Monday and The Brown Derby Store in da' hood I'm so New Orleans... no other City can hold this heart of mine muddy Mississippi, lovin da boot and all the gumbo that she holds ...so New Orleans, Louisiana Laza bon tempts roulette Let the good times roll *Together we stand!*

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Cover Story

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Charles Dickerson

Charles Dickerson: Coming Home to Make a Difference

After leaving the City for nearly a dozen years I am excited about returning to make a difference. In my time away in Houston, I have been a science teacher in addition to creating several mentoring programs aimed at helping young boys and girls. In this time I can say that I have seen and experienced the triumphs and challenges of helping young people reach their full potential. As I look around at my hometown in this the beginning of the school year I can say it is incumbent upon all of us to get serious about taking a more vested interest by investing our resources into our youth.

As I drive around I see New Orleans is still rebuilding after Hurricane Katrina. I look at so many things having changed, some for the better and some for the worse. I see the changes in education that are working for better student outcomes, but this cannot be done without everybody involved. Because oftentimes what I have seen over the years that is troubling is that too much of the responsibility of raising children or imparting some of the things they need to learn at home have become the responsibility of the teacher and the schools. It is my belief that while we as educators play a crucial role in the lives of children, education starts at home.

It is parents that need to step up to the plate in under-performing schools and be more involved in their children's education process. In essence, parents are the first line of education in their child's life. It's not the teacher's or the school full responsibility to take all the blame for failing students. In this time of transformation and expanded vision for New Orleans it is necessary for all of us to work together as parents, teachers and a community to raise our children. We must remember that we as adults must be the foundation of the house that is the "new" New Orleans, helping build a better future for our kids who will eventually lead our City.

Anthony Bean: A Tale of Two Cities

In the nine years after Hurricane Katrina, I find myself in a place where I can say it is the best and worst of times for our City. I feel New Orleans is a City with great potential but needs to be steered in the right direction. In terms of the leadership in the City I am encouraged about the new direction the City is going in with the balance of power between the mayor and the city council. Although I still feel the problem of racial relations and issues of equity and opportunity are still issues the City grapples with resolving. It is my hope that we can find a way to distribute the resources that the City has in a more

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Job Corps Celebrates 50 Years of Service

Job Corps, the nation's largest job training program for young adults between the ages of 16-24, turned 50 last week and the New Orleans Job Corps Center celebrated the program's golden anniversary with a myriad of activities including: a "Showcase Job Corps" Open House; a 50k Bike Relay along the shore of Lake Pontchartrain; a Hollygrove Community Fair and a charitable activity to help bridge students to the program's next fifty years.

On Friday, Medical Office Support student Therinesha Honore led the way- delivering thirty food baskets for the poor to St. Jude Community Center, a long-time community partner of Job Corps. St. Jude will distribute the baskets to needy families in the surrounding Treme and French Quarter community. Later in the day, Medical Office Support (MOS) students delivered care baskets to the elderly residents of St. Anthony's Nursing Home in Metairie.

"It made me feel blessed that I



gave back to families and helped others this time of year, "said Ms. Honore.

New Orleans Job Corps Center Director Michael Fernandez says imparting students with a spirit of volunteerism is a vital part of the Job Corps mission. "We encourage and foster a "pay it forward" attitude with our students. It is an essential component of being a good citizen and a responsible community member."

On Wednesday, The Blood Cen-

ter conducted a blood drive during the Center's Community Fair. NOLA for Life, Excelth Healthcare, Amerigroup and Louisiana Healthcare Connections were among the participants of the event benefitting the surrounding community. Data News Weekly's own Dr. Eric Griggs closed the event by taking the "Ice Bucket Challenge" to benefit ALS.

On Tuesday, New Orleans Job Corps student and staffers commemorated the program's 50th birthday with a symbolic 50K bike relay that began at the Center's Hollygrove campus and continued through City Park and past the shore of Lake Pontchartrain. Dr. Griggs helped lead the way along with Clinical Medical Assistant (CMA) students.

"It was very fun and a scenic route," said one of the CMA student participants. "When we reached the first stop me and a classmate were in the front. It was a unique experience for me and was a great challenge."

Said another participant: "It was a very challenging course and I was determined to succeed and complete that 50K. Doc Griggs was very encouraging and he wanted me to finish strong. It was a great experience, a beautiful ride and I thought a very cool way to celebrate the Job Corps golden anniversary."

On Monday, community leaders and employer partners attended a "Showcase Job Corps" Open House that honored New Orleans Job Corps alumni including Waldolyn Patterson, who currently works at Touro Hospital and India Love, a Culinary Arts graduate and Hilton Hotel food services supervisor.

Job Corps' 50-year history is one of constant improvement and consistent success. Born in the 1960s as part of President Lyndon Johnson's "War on Poverty", Job Corps was designed to be a collaboration between public agencies and private-sector businesses and employers in helping poor and unemployed young people gain the credentials and employment skills to build a career. Fifty years later, more than 3 million jobless and undereducated youth, employers and local communities have been served or benefitted from Job Corps' comprehensive residential, academic and career preparation services.

For those between the ages of 16-24 who want more information on enrolling in the program, please contact the Outreach & Admissions Office at (504) 483-8093.

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equitable way so that it could reach the most vulnerable citizens of our City. It is in this approach that I feel we can find solutions to the many problems we have in New Orleans.

As someone involved in the arts I feel that the City is making great strides as far as the things that are going on in the movie television industry and and other things that are exposing more people to the great talent and uniqueness of the City. But while I feel this is a good thing, some of our local people are not getting access to some of those opportunities. I have spent my life working with young people and I feel that more outreach to programs like the one I run for young people, in addition to others who are doing great things are underfunded. I think it is important to look at many of these programs simply beyond the arts, within these programs it is a way to teach kids things that will be important in the future guiding them to success in their lives like focus, discipline, working with others and a host of other positive qualities that will be the tools in their toolbox that will lead them to being assets to this community.



Wilbert "Chill" Wilson

Wilbert "Chill" Wilson: Bringing People Together Under One Tent

I remember during the days of Hurricane Katrina and the levees breaching drowning our City as people stood on top of roofs and other places looking for someone to just help them. It was a time of hopelessness as people loss everything including myself who loss my home and my barbershop had nine feet of water in it. While I lost my building for a time it made me even more determined that I would make a difference and change my life and those of others in the process. So I went out on S. Claiborne and Napoleon with a tent, a generator and a set of clippers with the goal of rebuilding my life and my business and to inspire the people of my City that we would not only survive but that we could thrive. This was my goal to be someone who represented the best of our City and brings people from all backgrounds together under one tent to unify around the things we all want and that is for our City to be better than before.

In this time I have not only reopened my shop and taken it to new heights in a new location I have been able to employ others and get involved in causes that help the people of our City. I have taken part in things from education initiatives and mentoring programs, to encouraging people to donate their organs and also stopping the senseless violence in our community. And while I feel the City has many unsolved problems I believe it is up to us to come up with solutions. I think my barbershop has become a place that symbolizes what this City can become if people put their small differences aside and unite around the things we are all concerned about. In my shop every day we do this all the time. In these nine years I can say that I came from looking at nine feet of water in my shop looking for help to now where I have put myself in a position to help others and continue to inspire the people of my City to reach higher.

> Cover Story, Continued on page 11.

Data News Weekly Trailblazer

he says, "In my last class of

ten, five are going to four

year colleges. One of them

that sticks out to me is a

young man name Ray-El

Perkins he attends South-

eastern, LA, he gradu-

ated from Landry-Walker

this past spring, he lost

his father and his brother

was murdered and they

had both funerals on the

same day which was Ray-

El's birthday. I think for

a young kid that is very

traumatic, his mom was

struggling and he has tried

his best to stay away from

street violence and didn't

have any male role models

for him so we stepped in

and provided some stabil-

ity for him. And I am proud

of all that he is accom-

young man he says, "Rich-

ard Brown was another

one of our kids he lives

with his mother, his father

in and out of prison and he never had a relationship

with him. And when Rich-

ard first came into the pro-

gram he didn't have any

aspirations to attend col-

Speaking of another

plished."

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Shareef Cousin

Resurrecting Hope in the Lives of Youth

by: Edwin Buggage

Cousin Shareef is someone whose name made headlines in the mid -1990's as a 16 year-old was wrongly convicted of a murder in the French Quarter and was the youngest person in the world at the time on death row. After being incarcerated for 11 years he has turned lemons into lemonade by dedicating his life to helping young people and formerly incarcerated persons obtain the tools to be successful in life. He has become a guide helping to navigate those who sometimes get loss by the traps of apathy, poverty and broken homes. "The reason I chose to reach back because I know I would not be where I am today if people didn't help me. This is giving me the opportunity to live again and for me to have gone through I understand some of the struggles some of our young people go through and feel it is my duty and purpose to help them," says Cousin.

After spending 11 years in jail for a crime he didn't commit, Shareef Cousin began a journey that would lead him to his true purpose and destiny. "After my release from prison I was 27 years old, I needed to do something to jumpstart my life after losing 11 years and Louisiana didn't have any compensation bill, no type of treatment and I had to do for myself

the best way I could. So I enrolled in Morehouse College in Atlanta and I had to put the piece of my life together the best way I could." Continuing he says, "When I came home, I knew I would get involved in helping young men and felt that it would give my life purpose and by serving others I knew everything I went through was not in vain."

In 2006 he co-founded Resurrection after Exoneration in addition to working for the Southern Center for Human Rights where he was a community organizer fighting for criminal justice reform. As he was doing his work in the community he saw there was a greater need that was not being met so he started Beacon Industries to help at-risk young men. "I decided I didn't need money to change the direction of young people's lives all I needed was the heart and a plan. Then I took it upon myself to intervene in a lot of these young men's lives and show them how to be successful in ways that are responsible." Continuing he says, "Beacon Industries helps voung Black men who are at a disadvantage and offers a curriculum called "Make a Choice" the acronym means Change How Outside Information Controls Everything, so it is designed to help change their outlook and behavior



and it includes mentoring sessions with brothers that help change their lives."

Speaking of the program he says, "It is a twelve week program and every week we go through one principle of success. For example, defining your purpose, how to develop partnerships, developing discipline also to develop and maintain a positive attitude and how to examine the way they think. We also bring in guest speakers that are successful Black men or women and connect young brothers in the program with people that are successful. This is so they can get plugged in

and network with people who are successful and access opportunities with people who can help them get to where they want to go."

He speaks highly of his program's record of success speaking of his most recent class of young men

> Joseph M. Jones **Continuing Education Fund**

lege and he needed money and he thought of joining the military, but in the course of a year Richard was accepted in the Honoree' program at Southern University at New Orleans (SUNO) and I made a pledge to mentor him until he finishes college, so now he wants to become a teacher so he can give back to other young men."

Looking back Shareef Cousin says that anybody can serve others. All it takes is the heart and the will to give back and to realize that the bank of giving is never bankrupt. "I was a 16 year-old kid on death row and I have had a few years being free as an adult and if I can influence young people and not have any excuses; because if there is anyone who could have excuses it should be me, and I have taken control of my life, my destiny and understanding that the power I was given to do anything I desired and if I can do that and change lives in the process then I have found my purpose."

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Data News Weekly Home Style

www.ladatanews.com

Swept Yards

A History of African Landscape Design

<image>

By LMG Calla Victoria

Swept Yards - A History of African Landscape Design

While watching one of my favorite gardening programs, the host visited a historic plantation/farm and commented on the "swept yard" design. Of course, being an avid gardener and hungry for knowledge I began to research exactly what was a swept yard. The concept of swept yards grew out of necessity and was the first quintessential outdoor room. Back in West Africa, especially due to the heat as well as space constraints, much of the cooking, washing of clothing, and gathering was done outside. Therefore for convenience, pest control, and safety issues our ancestors swept their yards with crude brooms made of twigs removing all grass, debris, and weeds from the areas surrounding their domiciles. If there is not grass there is no place for pesky bugs to hide. And as most of the cooking was done outdoors, if there was grass then there was the possibility of a stray cinder igniting the grass and starting a fire.

A wonderful example of sweeping yards can be seen in the mini-series Shaka Zulu, where women were seen sweeping the dirt in front of the huts as you entered the crawls. There were no lawns to be seen, just dirt. I often wondered when watching Shaka Zulu, one of my favorite movies, by the way, what exactly were the women sweeping...now I know. Also I do recall on my visit to West Africa there was no grass in the yard at the compound that I stayed in. Lawns were thought to be unnecessary and labor-intensive. The tribes were more concerned with growing crops than cutting grass. With the advent of slavery in America, West African slaves brought the concept of swept yards along with many other traditions to

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Data News Weekly Newspaper, The People's Paper, is hiring for two positions in our New Orleans Office.

can media company in New Orleans, publishing a weekly

newspaper. Additionally, its website under ladatanews.com

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Data News Weekly Data Zone

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Blazin 10 Presents "Sunset on Saturday"

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Photos by Glenn Summers

Chelon Abrahms created Blazin 10 to connect people to the hottest venues, Dj's and local artists. They recently held ad event called Sunset on Saturday that featured a Trunk Show by New Orleans Designer to the stars Kano Branon, custom rolled cigars by Cigar Factory New Orleans and a wine tasting by Second Vine Wines and Data News Weekly was there.



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

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Policing the Police



Julianne Malveaux NNPA Columnist

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Except for the Good Lord, everybody has someone or something to "check" him or her. Unfortunately, President Obama has an unresponsive Congress to check him, and Supreme Court to do the same. Elected officials are checked by voters (when they vote), and the Securities and Exchange Commission usually checks corporate crooks. Reputable media sources correct their errors and plagiarists lose their jobs. Everybody has to answer to somebody. There are consequences for everyone – except the police.

At least that's part of the story Sunil Dutta tells in an article he wrote for the Washington Post:

"If you don't want to get shot, tased, pepper-sprayed, struck with a baton or thrown to the ground, just do what I tell you. Don't argue with me, don't call me names, don't tell me that I can't stop you, don't say I'm a racist pig. Don't threaten that you'll sue me and take away my badge. Don't scream at me that you pay my salary, and don't even think of walking aggressively walking towards me. Most field stops are complete in minutes. How difficult is it cooperate for that long?"

This is the police mentality — I have the power and you don't so just shut the hell up and submit to any outrage. I have a badge and you don't, so I have the right stop you while driving because you are too black and too young to have this new car. I have a right to stop you while you are running for the bus because you might, just might, have been running from a robbery. I have the right to harass you while you are standing still, just because. I have a right to talk to you rudely and belligerently. My badge gives me the ability to violate your rights.

Dutta, who served on the LAPD for 17 years and is now a professor of homeland security, acknowledges that cops can be wrong, and suggests that those who have "a beef" – "ask for a supervisor, lodge a complaint, or contact civil rights organizations. Feel free to sue the police!" he writes.

Did he spend his LAPD years assigned to the Disneyland precinct? Given his demand that people should just shut up and put up, Bugs Bunny would be sitting in the back of a blue and white.

People of color have been gagged by the put up or shut up form of police brutality for far too long, being forced by fear to close eyes and ears to the beatings and killings of our people for any reason. Law enforcement officers moonlighted as Klan members (or is it the other way around) from the post-Reconstruction era until the end of the civil rights era. People, don't forget that. When African American southerners came west during World War II because work was plentiful, Oakland was among the cities that looked south for their new White police officers, people so adept at harassing Black people without reason that they didn't need to be trained.

One of the reasons the Black Panther Party was started was in resistance to police brutality. At one point, Panthers and others legally armed citizens with books of law, chose to help them evaluate police officers by following them as they so-called patrolled the streets.

This did not stop police harassment, but it put a spotlight on it. It didn't put enough of a spotlight for a group of rogue officers to beat and frame more than 100 people, and

> Commentary, Continued on page 9.

Differences in Black and White



George C. Curry NNPA

Public opinion polls confirm a fact that has been documented in instances ranging from the O.J. Simpson verdict to recent events in Ferguson: When it comes to race, Blacks and Whites largely view events through a different set of lenses.

Several recent polls provided yet more proof of this disheartening trend.

According to a recent New York Times/CBS News poll, more than half of Black Americans polled – 57 percent – said the killing of the unarmed, 18-year-old Michael Brown by Ferguson, Mo. Police Officer Darren Wilson on Aug. 9 was "not justified." Among Whites, 25 percent said the shooting death was unjustified. In addition, 31 percent of White Americans, and 71 percent of Blacks, said they think police are generally more likely to use deadly force against a person of color than a White person.

The performance of Gov. Jay Nixon, a Democrat, also received mixed reviews, so to speak. He mobilized the Missouri State Highway Patrol and then activated the Missouri National Guard after declaring a state of emergency and imposing a curfew. Blacks were twice as likely as Whites to say involving the National Guard only made matters worse.

Only a quarter of Blacks nationally are satisfied with Gov. Nixon's actions, while nearly half said Nixon's performance in the aftermath of the shooting was unsatisfactory. In contrast, Whites were divided: A third were satisfied and a third dissatisfied

Not surprisingly, Blacks, Obama's most loyal bloc, continue to back him by large margins.

Sixty percent of African Americans said they were satisfied with the president's actions; 20 percent said they were dissatisfied. Whites were split, with 35 percent in support of President Obama and 39 percent dissatisfied.

The New York Times poll showed that 10 percent of those surveyed thought race relations have improved since Obama has been in office, 52 percent felt they are about the same as before and 35 percent said race relations have gotten worse under Obama. Of those saying things had gotten worse, 40 percent were White and 21 percent were African American.

There are many independent markers that indicate, in general, that race relations have improved over the last half century, including attitudes toward interracial marriages. Amid such progress, however, there is undeniable evidence that Blacks and Whites look at racially-tinged events from a different perspective.

A survey conducted by the Pew Research Center for the People & the Press found that 80 percent of African Americans say the shooting in the St. Louis suburb of Ferguson raises important issues about race that merit discussion. By contrast, only 37 percent of Whites – less than half the ratio of Blacks – feel that way. In addition, among Whites, 47 percent feel race is getting more attention than it deserves in the Michael Brown case. But only 18 percent of Blacks share that view.

According to the poll, 65 percent of Blacks feel police have gone too far in reacting to Michael Brown's death and 20 percent feel the response was about right. Again, Whites had a different reaction, with 33 percent saying police had gone too far and a roughly equal proportion, 32 percent saying authorities had acted properly.

More than half of all African Americans – 54 percent – reported they were following events in Ferguson very closely. Less than half of Whites –25 percent – and Latinos – 18 percent – said they were closely following the events in Missouri.

There was a political divide as well, with 68 percent of Democrats feeling the Michael Brown case raises important issues while only 22 percent of Republicans contending it raises racial issues that need to be discussed. Also, 61 percent of Republicans say the issue of race has gotten too much attention in the case; only 21 percent of Democrats support that view. The 1996 murder trial of O.J. Simpson exposed this raw divide. A CNN/USA Today Poll showed that 62 percent of African-Americans supported the jury's decision to acquit the former football star. However, only 20 percent of Whites agreed with the jury. There was a similar split in polls taken during Hank Aaron's campaign to break Babe Ruth's all-time home run record and Barry Bond overtaking Aaron.

Even on a supposedly raceneutral issue such as federal aid to victims of Hurricane Katrina, racial views were split. According to a CNN/USA Today poll, six in 10 African Americans said the federal government was slow to rescue residents of New Orleans because many of them were Black. However, only one in eight Whites concurred.

How can we narrow the racial divide when we can't even agree if there is one?

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

Ask Alma

A One-Night Stand with His Brother Attitude and Tempe

Attitude and Temper from My 3-Year-Old



Alma Data News Contributor

Alma Gill's newsroom experience spans more than 25 years, including various roles at USA Today, Newsday and the Washington Post. Email questions to: alwaysaskalma@gmail.com. Follow her on Facebook at "Ask Alma" and twitter @almaaskalma.

Dear Alma,

Ten years ago, I relocated to a new city. I wanted to meet new friends, so I joined an online dating service. One man in particular I really liked and slept with the same week. It didn't turn out the way I wanted. He didn't call me back, and that was the end of it. Now, fast forward to the present. For the past six months, I've been dating the man of my dreams. I met his family over the holidays. As soon as I saw his brother, I immediately recognized him as my online one-night stand from all those years ago. He didn't seem to remember me. Now, I don't know what to do. Should I tell his brother or keep it to myself?

Dear Name Withheld,

- Name withheld

I'm a firm believer that the truth will set you free. Or, in your case, it will let you go and forget all about you. I can just imagine, in my mind's eye, you mingling at the family soirée. You spot your old fling from across the room, almost choking on your drink, thinking, "Lawd, is that him?" ROFL. Girl, that took me back for a minute – 1982, Columbia, S.C. A similar situation happened to me. Life can be so funny. It just depends on how you look at it.

Ok, now, let's get back to the nitty of your gritty: You say you spent a minute with this guy and he didn't recognize you. Hmm, I guess that can be good and bad. Are you sure he didn't remember your voice, your smile, your laugh? Ten years is a long time, and as much as we'd like to think we all will remember every mini-hookup, sometimes, as the years go by, they fade into the darkness of our memory. Shallow but true.

Soooo...unless somebody took pictures, I wouldn't worry about it. Your relationship is still new. Take time to see where it leads. Hypothetically speaking, if you contacted his brother and had a Jezuz, Mary and JoJo moment, what's the outcome you would expect? You

need to ruminate on this. Ask yourself, is it worth the risk? Men, I think, have a stronger bond when it comes to sexual partners. You will never marry this man if he knows you've slept with his brother. That you can take to the bank.

Sometimes it's a good idea to keep secrets. For example, your favorite midnight snack. Do we really need to know you mix peanut butter in your Thanksgiving stuffing when nobody's looking? Those types of secrets should remain in your brain. Before blurting it all out, weigh the potential damage and benefits. Remember, truths hurt, and family pains can stroll the long way to forgiveness.

Obviously you're considering the effect this might have on your boyfriend and your relationship, and I do understand and commend that. But on the other hand, I'd suggest you take this deep down, underground secret and lay it to rest. If it ever surfaces, like after you're engaged or married, you say firmly and with conviction – "I don't remember that."

That's your story – now stick with it.

Dear Alma,

Help Needed! I'm a single dad. I have full custody of our 3-year old-daughter, and I need your advice. Every time I get my daughter back from her mom, I get nothing but attitude and temper tantrums. She spends every other weekend and holidays with her mom and as soon as I pick her up, my daughter starts repeating the negative words and the negative actions she has heard and seen from being with her mother. How can I stop the temper tantrums and attitude without punishing my daughter because I know it's not her fault? I used to just ignore it but lately it's getting worse.

- Kideem Lewis, Richmond, Va.

Kideem, Kideem, you know what? I like you and I know you're fine, 'cause any man who has full custody of his daughter has got to be fine in my book, LOL.

Sounds like Miss Sassy-Classy is driving you mad and you're not sure what to do about it. One things for certain: she a Baby-Sponge-Bob, soaking up every ounce of what she sees her Mama doing, and she can't help it. First and foremost, here are three things I want you to remember:

- It's just for right now, it won't last always.
- Don't worry about whose watching and don't be embarrassed by her actions.
- Don't take her actions personally, she's three, not 13 and she RE-ALLY doesn't know any better.

When she offers her color me bad attitude, bless her with kindness. Think of it as reciprocating

her fragile heart-canvas with soft, bright vibrant colors, restoring the rainbow that's inside her. You should counter every one of her negative words with a positive word. Redirect every one of her negative actions with a positive reaction, and compliment her afterwards. I know it won't be easy and it's more work than you'd care to do after a hard day's work, but welcome to parenthood. Besides, she'll only be in "renegotiated rehab" for about 24 hours. Once she's back at home with you, in her own space, reverted in her old routine, I bet it's all good.

Toddlers learn by direct imitation; that's what they do best. Remember how you imitated a big brother or super kool uncle? It's the same pattern. Cut her some slack. She misses her mother, no matter the circumstances.

I'm so glad you're aware this is not her fault. You're already way ahead of the game. When you get an extra minute, check out my sweet-pea, Jade, on Facebook under the community page "Single Parenthood.org." It's a great place for single parents to connect, share and refuel.

Allow me to remind you Kideem, as I'm sure you already know, be careful you don't say anything negative about her mother in front of her. Ever. I know they'll be times you'll need to vent. But save that for your best friend. She should always hear you speak kindly and respectfully of her mom. Those words will fill her spirit bowl and allow her confidence cup to overflow.

– Alma

Commentary, Continued from page 9.

to cost the city millions to settle lawsuits that resulted from their actions. In 2003, the Oakland Police Department agreed to reforms, but they have come so slowly that a federal judge is now supervising them. Ten years after a reform agreement, a judge has to step in? Oakland is not the only police department that is deficient, but what ties Oakland, Calif. to Ferguson, Mo. is police mentality, not just brutality.

How to stop the mentality that leads to brutality?

Require every police officer to have a body camera, and invalidate the arrests of those who do not wear one. Require every police vehicle to have a video camera. I can already hear people objecting to regulations and requirements. I can hear others saying we need to talk. Dr. Martin Luther King, Jr. said, "the law will not make you love me but it will keep you from lynching me." Talk later. Stop this madness by requiring electronic police supervision now. The police should be policed, they should have a system that checks them and protects us.

Julianne Malveaux is a D.C.- based economist and author.



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[–] Alma

Final Comprehensive Zoning Ordinance a Major Step Forward for Housing Choice for Persons with Disabilities

This week marked the beginning of public hearings for the New Orleans' City Planning Commission's final Comprehensive Zoning Ordinance (CZO) and a major step forward for persons with disabilities. The new reasonable accommodations policy ensures that all New Orleanians will be able to fully access and enjoy their housing.

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A "reasonable accommodations" policy establishes a process by which people with disabilities—or housing providers for differently abled people—can make land use and design requests to the City in order to better use and access housing.

The policy provides clear guidance for both residents and the Planning Commission and is a dramatic improvement from the burdensome and often onerous nature of the process that was in place.

"The City Planning Commission should be congratulated for its commitment to ensuring that all New Orleanians could enjoy and access their home equally, with a clear and reasonable process in place to provide fairness and opportunity," said Monika Gerhart, Policy Director at the Greater New Orleans Fair Housing Action Center.

"Not In My Backyard opposition to zoning approval for permanent supportive housing developments has curtailed New Orleans' efforts to end homelessness," said Alice Riener, Chief Legal Officer at CrescentCare, formerly known as the NO/AIDS Task Force. "By simplifying the process of granting supportive housing providers the permits to which they are legally entitled, more of CrescentCare's clients will have safe, affordable places to call home over time."

"Reasonable accommodations often make the difference between enabling long-time New Orleanians to remain in their homes and their neighborhoods," said Susan Meyers, Attorney at the Advocacy Center. "Allowing persons with disabilities to construct a ramp or a closer parking spot if needed to make their homes accessible is the law and it is the right thing to do. Empowering the CPC to approve reasonable accommodation requests will ensure that the law is not a dead letter."

Dillard to Celebrate 50th Anniversary of Upward Bound

Event honoring the first summer prep program set for Sept. 2

Dillard University will celebrate the 50th anniversary of its Upward Bound Program during a breakfast on Saturday, September 20 at 10 a.m. in the Student Union. Founded in 1964, Dillard's Upward Bound Program is one of 17 pilot programs in the country and is the first in Louisiana. Upward Bound is a Federal TRIO Program and was initially created as part of President Lyndon Johnson's "War on Poverty," to assist students of color and lowincome white students in attaining a college education.

The breakfast will feature graduates of Dillard's Upward Bound program as well as the first director, Ms. Adrienne Tervalon, who will be honored along with Dr. Camacia Smith-Ross, who spearheaded the program after Hurricane Katrina.

na of Dillard's Upward Bound Program and assistant to vice chancellor of student affairs/ executive dean at Delgado Community College is the keynote speaker. Prior to her position at Delgado, Cola served as Director of the Biology Resource Center at Xavier University. She also served as the first African American faculty member in Tulane University's Neuroscience Program. While at Tulane she taught the Neuroanatomy Laboratory for the Neuroscience Graduate Program and a course on the "Brain and Behavior." As a neuroanatomist, Cola has done clinical research using Magnetic Resonance Imaging (MRI) to measure regions of the brain in Alzheimer's disease (AD), stroke, and healthy controls to better understand how dysfunctions in the brain occur.

Dr. Monique G. Cola, alum-

Home Style, Continued from page 6.

America. And as European settlers were pre-occupied with growing crops and not grass, the swept yard concept was a mainstay for many many years. There is even a mention in the novel "To Kill A Mockingbird" of the Radley's having a "swept yard that was never swept." In the south, it was said that when you were expecting company you baked cake and had the yard swept! Definition of the Swept Yard:

The swept yard is a unique landscape tradition once common in the deep South: a bare dirt area denuded of any grass, kept 'clean' by sweeping with a broom made of twigs (dogwood seems to have been preferred). The hard red clay of the yard would eventually become almost stone like, though still muddy when it rained. It was not until the mid-1800s that Americans started keeping lawns. which was really a sign of wealth and status that plantation owners adopted from European royalty. At first, only the wealthy could afford the labor provided by hired staff to maintain lawns so of course, this further cemented the idea of lawn as a status symbol. As an avid gardener, I have no love for grass and I am baffled at how people spend thousands to have a beautiful lawn. My lawn is beautiful and I do absolutely nothing to it. I never water it or fertilize it and yet that St. Augustine grass looks like a lush green carpet. Many gardeners, myself included, are opting out of grass all together. Some are planting Asian jasmine ground cover to replace the grass. It is everyreen, rarely needs cutting, and when it does need a monthly trim you can run over it with a lawnmower at the highest height. Others are opting for cottage gardens where their entire outer space is planted with flowers and shrubs as opposed to grass. My sister Master Gardener Eileen Hollander did just that and happily said "I got rid of all of the grass and my lawnmower. Now the concept of a completely swept yard may be out of the question, but we can do a twist on that concept to create pathways through our gardens, as opposed to stepping stones and bricks. As a tribute to our ancestors I am going to find some way to incorporate a swept area in my garden.

Check out my "Gardening Tip of the Week" at www.thegardeningdiva.com and send me your gardening questions at sowing@thegardeningdiva.com Remember, never get too busy to stop and enjoy the beautiful flowers!

Treasury returns \$84,400 in Unclaimed Property to Lafayette Area Residents at Mall Event

The Louisiana Department of the Treasury returned \$84,400 in unclaimed money to hundreds of Lafayette area residents at an Unclaimed Property Awareness Day this weekend at Acadiana Mall, according to State Treasurer John Kennedy.

"We were able to return thousands of dollars to people in just five hours. This is why we hold Unclaimed Property Awareness Days at shopping malls. We really want to give this money back to people," said Treasurer Kennedy. The Treasury visits shopping malls across the state several times a year to increase awareness about the Unclaimed Property Program. Treasury employees are on hand to directly check whether residents have missing money. The average Unclaimed Property claim is usually around \$900, but several claims this weekend at the Acadiana Mall in Lafayette exceeded \$1,000.

"We still have \$635 million that belongs to citizens statewide. Even if you were not able to attend the unclaimed property event this past weekend, you can search for money online. It only takes a few minutes, and there are no strings," said Treasurer Kennedy.

Since 1972, the Unclaimed Property Program has returned more than \$338 million to almost 570,000 Louisiana citizens. The money includes payroll checks, old bank accounts, royalties, utility deposits, interest payments, stock certificates and life insurance proceeds. Search online at www.LATreasury.com or call 1-888-925-4127.



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Why Your Kid Shouldn't **Be Guzzling 'Energy' Drinks**

Anxiety, hypertension, elevated heart rates, interrupted sleep patterns and headaches are just some of the side effects commonly associated with energy drinks, and those problems are more pronounced in children, according to a recent **University of Miami** study.

But that's just the tip of the iceberg. These drinks have also been linked to heart palpitations, strokes and sudden death.

The term "energy" drink is an unfortunate misnomer, says food science expert Budge Collinson. They don't give your body energy; they stimulate you with brief jolts of caffeine and unregulated herbal stimulants, he says.

"Soccer moms and dads buy these 'stimulant' drinks for their kids before matches because both kids and parents want that competitive advantage," says Collinson, founder of Infusion Sciences and creator Youth Infusion, (www. drinkyouthinfusion.com), an effervescent, natural multivitamin bever-

age that helps people maintain consistent and healthy higher energy levels.

"For a few moments, you'll get that spike, but it's a short-term experience with a heavy long-term toll."

So, what are some ways kids can get a healthy energy boost? Collinson offers the following tips.

· Go for a speedy bike ride together, take a brisk walk or hold foot-races in the yard. Numerous

studies demonstrate the power of vigorous exercise in boosting energy. Exercise pumps more oxygen - pure, healthy fuel -- into the bloodstream and to the brain and muscles for a short-term energy boost. Exercising regularly will increase lung capacity, so the body will gets more oxygen on a sustained level for the long term. Exercise also releases endorphins, the body's natural feelgood chemical, which makes us

feel happy. And happy people are energized people.

• Seek nutrition from a variety of sources. As humans, we need more than 40 different vitamins and minerals to keep our bodies functioning optimally. Since there is no single food that contains them all, it is important for children and adults to eat a variety, including as many different vegetables and fruits as possible. Adding a daily multivitamin supplement with essentials such as CoQ10, arginine, theanine, resveratrol and magnesium can help ensure bodies young and old are running at top speed.

• Drink plenty of water - the natural energy drink. Even mild dehydration can leave children (and adults) feeling listless, so encourage children to make a habit of drinking plenty of water. Kids need more water than adults because they expend more energy, and they may not recognize when they're slightly thirsty. Parents, too, often don't recognize the signs of dehydration; a national survey of more than 800 parents of kids ages of one month to 10 years found that more than half feel they don't know enough about dehydration. A quick, light pinch of the skin on the child's hand or arm is an easy check. If the skin is slow to resume a smooth appearance, the child is likely at least mildly dehydrated.

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care and livable wages.

Even though an entire industry has been created and thrives in our City, called Hollywood South we still fight for crumbs from the pie. Not even a slice. Unfortunately this very lucrative industry benefits more people who are not "natives" and even with the "boot camps" the folks making all the money and taking advantage of all the "breaks" the majority of the people who live here are still "broke"! The devastation of Hurricane Katrina is still evident in every area of life in the Crescent City. The gentrification can be seen in some of the most undesirable areas of town pre Katrina... However it is our prayer that year nine symbolizes that the storm is passing over, and we will soon be able to emerge into a "new" New Orleans for those who love it the most and

Cover Story/ Continued from page 4.

Vera Warren-Williams

Our feelings nine years after Hurricane Katrina are filled with mixed emotions. We are grateful to have survived one of this nation's worst disasters. We are also disappointed that the majority of the citizens have not recovered. Many who still long to returned have been barred. As I contemplate whether Community Book Center (CBC) will "weather the storm", we reflect on where we were pre- Katrina. Just two years into our new and current location on Bayou Road we were preparing for the next decade. After 20 years in business we finally, were paying our own mortgage, instead of the landlord's. A wonderful feeling of independence and Kujichagulia (self- determination) finally realized. That all came to an abrupt halt when, we found ourselves

post- Katrina, under insured with limited support and resources. The new business opportunities which were extended to many, have not be accessible to us and other businesses like us.

We continue to struggle with rising insurance rates, property taxes and a shrinking customer base. Many of our regular customers did not and could not return.

CBC a community gathering and meeting space provides a safe space for organizers and everday people. These are just a few of the feelings expressed by our patrons.

"Katrina was just a part of the "master's plan", the new urban renewal..."

First they destroyed public housing, then they imported a new working class that became part of the rebuilding of the "new" New Orleans.

Then they put the nails in the coffin by dismantling the Orleans Parish School Board and replaced it with RSD and multiple charter school operators who got the memo that New Orleans is open for business, especially if you hail from somewhere, anywhere other than the 504!

The influx of young professionals and newly formed 501C3's that were designed and continue to benefit from the "disaster". And who really suffers? Our children, being taught by teachers who care more about paying off their student loans than the students they're paid to teach.

We are also challenged by an ever growing "homeless" population which consist of many of our citizens who suffer from mental illnesses and still don't have access to adequate healthare still proud to call it "home".

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