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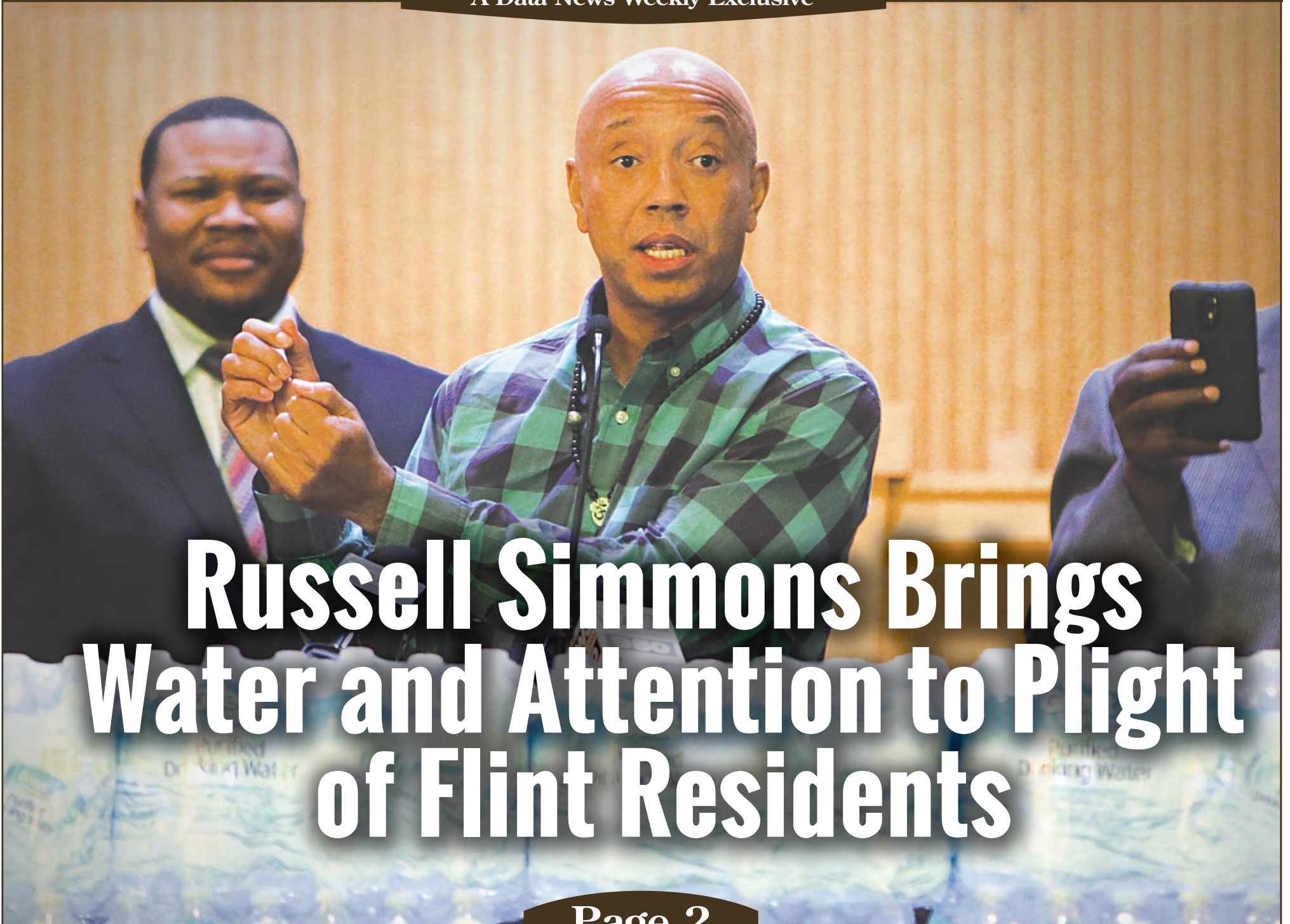
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A Data News Weekly Exclusive



# Russell Simmons Brings Water and Attention to Plight of Flint Residents

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# Russell Simmons Brings Water and Attention to Plight of Flint Residents



In this Thursday, Jan. 28, 2016 photo, Anna Rushing, left, 73, and her sister, Nancy Watson, right, 72, both of Flint, talk about their itchy, red and dry skin symptoms they believe they received from the lead in Flint water as they talk near cases of bottled water in the kitchen. (Photo Credit: Todd McInturf/The Detroit News via AP)

By Roz Edwards  
Data News Contributor  
Special to the NNPA News Wire from the  
Michigan Chronicle

When business mogul and founder of the Rush-Card, Russell Simmons, arrived in Flint early Monday morning to deliver cases of bottled water door-to-door,

he did so with a minimal amount of fanfare. Flanked by a handful of local reporters and several staff members, Simmons and his affable team carried case after case of Aquahydrate to eager and desperate residents. In total, Simmons and his team delivered 150,000 bottles of water to cardholders of the prepaid debit card, and students at Flint Southwest Academy. Simmons partnered with Sean “Diddy” Combs and

Mark Wahlberg (owner of Aquahydrate) to launch a relief campaign for victims of the Flint water contamination crisis, which includes a pledge of 1,000,000 bottles of water to the people of Flint. However, the congenial mood became increasingly somber as citizen after citizen recounted horrific stories of how the contaminated water has and continues to affect their health and compromise an already frag-

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### DATA NEWS WEEKLY

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

Terry B. Jones	Contributors	Art Direction & Production
CEO/Publisher	Roz Edwards	MainorMedia.com
Edwin Buggage	Eleana Elan	Editorial Submissions
Editor	Todd McInturf	datanewseditor@bellsouth.net
Calla Victoria	Jonathan Frantz	Advertising Inquiries
Executive Assistant	Jeffrey L. Boney	datanewsad@bellsouth.net
June Hazeur	Kichea S. Burt	Distribution
Accounting	Julianne Malveaux	On The Run
	The Bookworm Sez	Courier Services

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Cover Story, Continued from previous page.

ile quality of life, and wreak havoc on children whose damaging levels of lead poisoning have been diagnosed as acutely damaging to life threatening. The prognosis is not good for the citizens of Flint.

"My heart breaks for the people of Flint, who are being deprived of the most basic of necessities — clean drinking water," said Simmons who hugged one teary resident as she shared her struggle regarding the health of her three-year-old son and one-year-old daughter.

"My three-year-old can't talk and my baby has been having (violent) seizures," said one distressed mother.

The extent of the water problem is appallingly evident. When 24-year-old Nakeyja Cade turned on her kitchen faucet to demonstrate how shamefully ineffective the state supplied faucet filters are, as supporters looked on in horror. Cade filled a small glass with tap water and placed a lead measurement device in the glass. The reading of 185 parts per billion in the filtered water sample far exceeds the 15 parts per billion action level set by the U.S. Environmental protection agency.

"This is the third filter I've put on, and I just put this one on two weeks ago, but none of them have worked," explained the distraught mother.

The lead filters distributed to residents and businesses in Flint have a National Safety Foundation International certification to treat water with up to 150 parts per billion of lead, although no amount of lead consumption is considered safe. Unfiltered water collection samples collected since late December have had readings reported as high as 4,000 parts per billion of lead contamination.

"This is environmental racism and Gov. Rick Snyder should be hauled out of here in handcuffs. This would never have happened in Beverly Hills," said an outraged Simmons, who implored that all parents have their children tested immediately for lead poisoning. "This has to do with not sending less fortunate and people of color less services. They were voters who did not vote for this governor, so they are less important to him."

At each modest home, Simmons and his small but dedicated band of workers visited to with water donations, and Simmons offered thoughtful, but provocative words of encouragement.

"I didn't know that things were this bad until two weeks ago. I just read in the New York Times yesterday that the water filters were work-



Russell Simmons, founder of Def Jam Records, was in Flint last weekend handing out water. (Photo Credit: Jonathan Frantz/NBC25 News)

ing," said an emotional Simmons.

The Def Jam co-founder and ultra-successful business magnate is using his celebrity to encourage other public figures to put their status to work by both making donations to the residents of Flint and elevating awareness of the severity of the water crisis in Flint.

"I know celebrities like Game, who donated 500,000 bottles of water and Puffy who donated a million bottles of water. Will Smith has made donations and I called Khloe Kardashian who wrote a check and tweeted about what's going on here to her 40 million followers. And more people need to know."

Simmons also chastised local corporations who operate locally, but have done little to help alleviate the nearly unbearable burden placed on the backs of residents. He challenged larger corporations and service providers to step up to the plate and do their part to bring some measure of relief to their customers, mentioning Time Warner on more than one occasion.

"You pay a cable bill and utility bills. They should respond to your needs and contribute to the relief effort," Simmons told several residents during his visit.

Following the door-to-door water dropoffs, which were later joined by renowned civil rights attorney Benjamin Crump, who represented the families of Trayvon Martin and Michael Brown, and "Real Housewives of Atlanta" star and real life attorney Phaedra Parks, Simmons and Crump discussed with residents plans to file a class action lawsuit to hold parties involved in the water poisoning disaster ac-

of is the replacement of lead pipes and infrastructure improvements.

"This is way worse than Watergate," Crump said. "People didn't die from Watergate. These are our children's lives at stake."

Both Crump and Simmons vowed to petition U.S. Attorney General Loretta Lynch to investigate which elected officials should be held responsible for the water crisis scandal.

After a brief visit to Flint Southwester Academy, where Simmons urged students to take nutrition seriously and to use critical thinking in deciding what types of food and beverages were best for counteracting some of the damage caused by unhealthy consumption, he noted that Flint was essentially a food desert, and again urged corporations to develop comprehensive plans for addressing nutritional needs in the community.

Before returning to his door-to-door delivery schedule, Simmons attended a rally at First Missionary Baptist Church where a standing room-only crowd awaited and where he was joined by a contin-

gency of pastors and congregations from Detroit, including Rev. David Bullock, Bishop Edgar Vann and Baltimore pastor Jamal Bryant.

Prior to departing for Detroit Metropolitan Airport, Simmons spent time with residents and fans to listen to more of their concerns, and briefly interjecting a little lighthearted fun as he hugged residents and posed for selfies with fans.

"I'm here because I have to be," Simmons said as he departed, "but I'll be back with more help."

On Tuesday, following Simmons' visit to Flint on Monday, the Federal Bureau of Investigation announced it would join the criminal investigation into Flint's water crisis, according to Gina Balaya, spokeswoman for the U.S. Attorney's Office in Detroit.

Balaya announced that federal prosecutors in Michigan are "working with a multi-agency investigation team on the Flint water contamination matter, including the FBI, the U.S. Postal Inspection Service, the EPA's Office of the Inspector General and the EPA's Criminal Investigation Division."

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# Rep. Richmond Introduces Bill to Expand USPS to Include Basic Financial Services

## Data Staff Report

Washington, DC – Rep. Richmond (LA-02) issued the following statement after reintroducing the Providing Opportunities for Savings, Transactions and Lending (POSTAL) Act – a bill that would expand access to basic financial services for millions of Americans and provide the United States Postal Service (USPS) an opportunity to generate billions of dollars in revenue:

“Currently, millions of hard-working Americans do not have access to fair and reasonable financial services,” said Rep. Richmond. “Allowing USPS to offer small-dollar loans and transactions would save work-

ing families thousands of dollars and reduce their dependency on predatory lenders. If signed into law, this legislation would provide both financial stability to the millions of unbanked Americans in this country and solidify the fiscal future of the USPS.”

The POSTAL Act would allow the United States Postal Service to offer basic financial services. Post office customers would be able to open checking accounts, deposit funds in an interest-bearing savings account, and receive small-dollar loans. The bill would also require that the Postal Service offer customers a convenient “Postal Card” that functions as a debit card and allows them to engage in in-store, mobile, and online transactions.



## NFL Player Care Foundation Signs Tulane as Screening Partner

### Data News Staff Edited Report

Tulane University School of Medicine has been named the official screening partner for the NFL Player Care Foundation's Healthy Body and Mind Screening Program, a national program, held with the support of the NFL Alumni Association, that offers free medical evaluations and mental health resources to former NFL players.

Tulane physicians and staff will be in San Francisco to conduct a two-day screening event Feb 4-5 prior to Super Bowl 50. The program offers comprehensive cardiovascular and prostate evaluations as well as mental health education to retired players. Tulane conducted a similar screening in December for more than 50 retired players at Tulane Institute of Sports Medicine.

“This is a very important program for these guys. We have found former players with significant heart disease and some with prostate cancer. This program



saves lives,” said Dr. Gregory Stewart, medical director of the NFL Player Care Foundation screenings program at Tulane. “There has been a lot of concern about concussions and brain health for athletes. While that is important, heart disease and prostate cancer are the silent killers and need to be addressed.”

The NFL Player Care Foundation hosts up to 10 screenings each year across the country in NFL

team cities and at regional events that attract large numbers of retired players such as Pro Football Hall of Fame Week and the NFL Players Association and NFL Alumni Annual Meetings. The screenings are offered as part of the NFL Player Care Foundation's research programs, which help to advance public awareness and scientific understanding of health issues that affect former NFL players.



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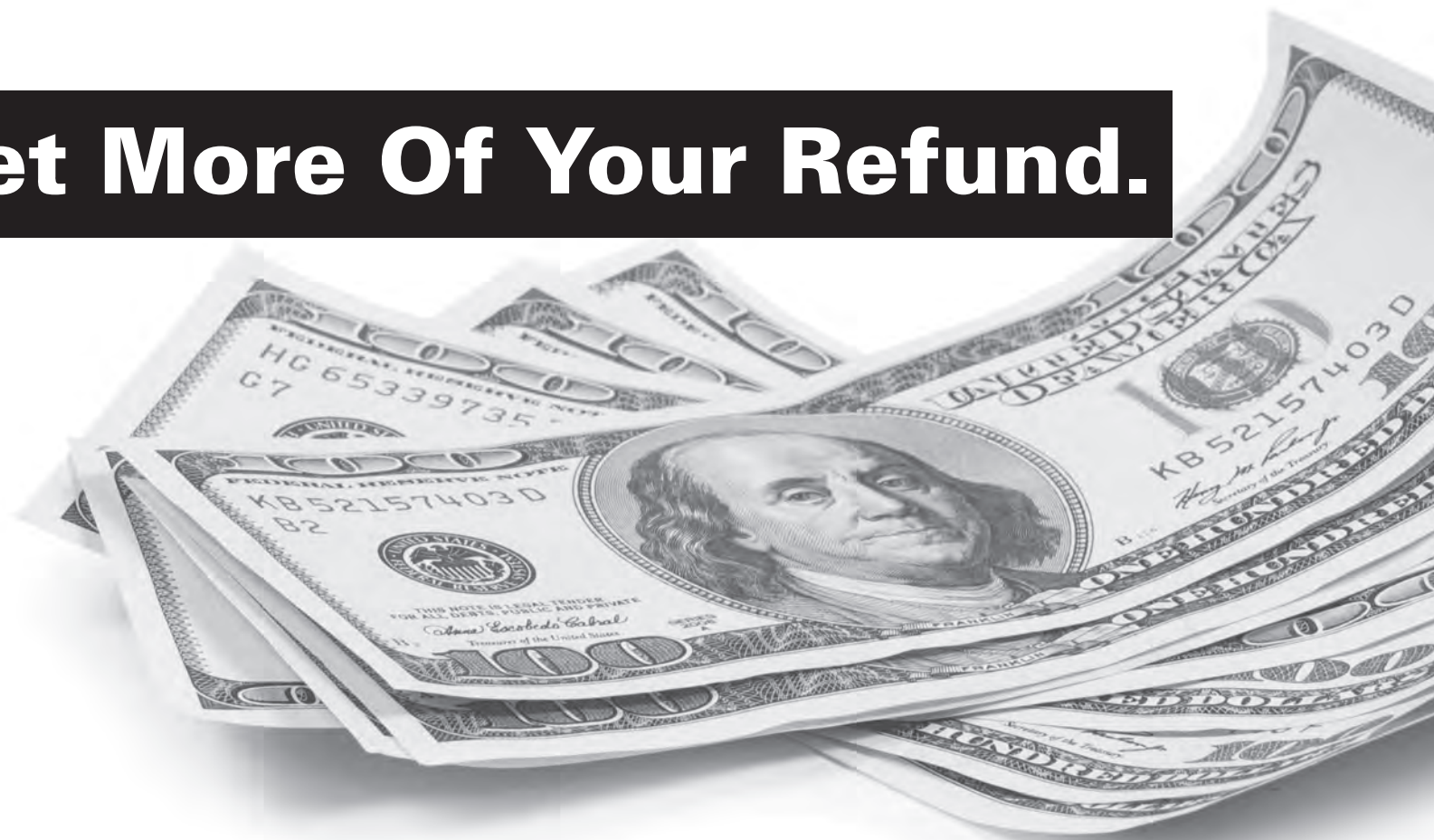
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- Social Security cards for you and everyone you claim on your returns.
- Previous years' tax returns (if you have any).
- For faster direct deposit, bring a canceled or voided check, or your bank account number and routing number.

For more information on VITA site locations and services and to find out if you qualify for EITC, visit [entergy.com/eitc](http://entergy.com/eitc) and get more of your money.

## Join us at Super Tax Day!

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Puentes LatíNOLA, 4205 Canal  
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# Shoot Ya Best Shot!

## Intergalactic Krewe of Chewbacchus Mardi Gras Parade



**Photos by Kichea S. Burt**  
Data News Weekly Contributor

The 1st and ONLY DIY Marching Super Krewe in New Orleans.

The Intergalactic Krewe of Chewbac-

chus is a Mardi Gras parade organization for the most rivalrous Star Wars Freaks, Trekkies, Whovians, Mega-Geeks, Gamers, Cosplayers, Circuit Benders, Cryptozooligists, UFO Conspiracy Theorists, Mad Scientists, and all the rest of Super

Nerdom. They also have a special place for Fantasy fandom within the Krewe under the auspices of the Mystic Krewe of P.U.E.W.C. and a contingent specifically devoted to Horror... the Krewe of the Living Dead. The Intergalactic Krewe of Chew-

bacchus puts together an amazing Carnival parade each year and rolls through the streets of New Orleans dispensing the blessings of their Sacred Drunken Wookiee to the masses. They will throw an amazing party... the CHEWBACCHANAL!

Visit [www.ladatanews.com](http://www.ladatanews.com) for more photos from these events

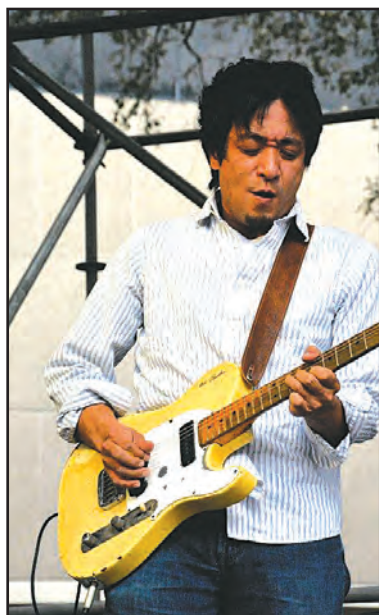


# Shoot Ya Best Shot!

## Carnival in the Square

Photos by Kichea S. Burt  
Data News Weekly  
Contributor

It's Mardi Gras, and the parades are in full swing now. Here are scenes from the Pre Parade Party in Lafayette Square along the parade route the weekend before the weekend of Mardi Gras. Of course, Data was there.



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# Black Love and Unity: The New Normal



**Jeffrey L. Boney**  
NNPA Columnist

If ever there was a time we needed to turn back the hands of time and return to a place where there was a strong sense of Black love and Black unity – that time is now.

I remember growing up and listening to songs like “Say it Loud – I’m Black and I’m Proud,” by the phenomenally talented and extremely gifted James Brown.

I also watched the movie, “Get on Up,” which chronicled the life and career of James Brown. In the movie, the part of the movie where he introduced the song to America

stood out to me. The power of those eight words, “Say it Loud – I’m Black and I’m Proud,” gave Black people a newfound self-confidence in 1968 that they had not had before.

The most powerful part of the movie, to me however, was when James Brown brought several Black children into the recording studio, and had those children belt out the words, “Say it Loud” over the microphones. Those Black children said those words with so much conviction and passion, that you can hear just how proud these Black children were to be Black in America when you listen to it over and over again.

That is an example of Black love and Black unity.

I also remember walking through the halls of my elementary school, and witnessing my African American male principal lead our predominately African American

student body in an empowerment chant, whereby he told every student to chant, “Black is Beautiful.”

There was something about saying the words, “Black is Beautiful” on a regular basis that was empowering to me. There was something about having someone in authority, especially a Black man serving as the principal at my school that made me feel proud to be a Black young man.

There was something about knowing that there was nothing wrong with me making that declaration for the whole world to hear, and knowing that I was special. There was something about feeling supported and protected by someone else who looked like me and who could relate to me and my experiences.

That is an example of Black love and Black unity.

Those were the days, but many of us have an outlook on life, as if we

can’t re-establish the type of Black love and Black unity we once displayed and embraced. It’s time to return to Black love and unity. Let’s refer to it as “The New Normal.”

We need to revisit this mentality amongst ourselves and watch what happens when we make the decision to reinstate something that has helped make our communities great once before – economically, socially, politically, emotionally, spiritually, etc.

It’s time for us to establish “The New Normal,” that forces us to return to a community culture that embraces Black love and Black unity on a consistent basis.

Dr. King once said, “We must learn to live together as brothers or perish together as fools.”

If it is one thing I know historically about my people, it’s that we are a strong and resilient people who know how to work together and make the most out of difficult situa-

tions. Black people are not quitters. Black people are creative. Black people know how to be resourceful.

If history has taught us anything, it’s that us working together collaboratively in love and unity is the only way that Black people are going to progress and achieve peace and equality in this country. Now there are a lot of people who choose to be the fools that Dr. King spoke of, but there is a remnant of Black people in this country whose eyes have been opened and are dedicated to rebuilding their communities through Black love and Black unity.

Dr. King also once said, “People fail to get along because they fear each other; they fear each other because they don’t know each other; they don’t know each other because they have not communicated with each other.”

As a people, we must stop hat-

**Commentary,**  
**Continued on page 9.**

# Standing on Sacred Ground



**Julianne Malveaux**  
NNPA Columnist

Three unarmed Black men encountered a group of White men walking down a dirt road in Slocum, Texas on July 29, 1910. Without warning, and with no reason, the White men opened fire on the Black men. And for two days White men simply slaughtered Black people. Eight deaths have been officially acknowledged, but historians who have studied the Slocum Massacre say that it is likely that dozens more were killed, with some saying as many were killed in Slocum as in Tulsa in 1921 (and those numbers range into the hundreds). The New York Times quoted William Black, the sheriff at

the time of the massacre:

“Men were going about killing Negroes as fast as they could find them, and so far as I was able to ascertain, without any real cause. I don’t know how many were in the mob, but there may have been 200 or 300. ... They hunted the Negroes down like sheep.”

History mostly swallowed the horror of the Slocum Massacre. Some descendants of those massacred pushed for official acknowledgement of the horror, but there have been efforts to cover up the carnage, with some in Slocum pretending that the Massacre never happened. It took more than a century, until 2011, for the Texas Legislature to formally acknowledge the massacre. A roadside marker commemorating the tragedy was just placed on January 26, 2016. A local member of the Anderson County Historical Commission opposed the marker because, “The citizens of Slocum today had absolutely nothing to do with what happened over a hundred years ago. This is a nice,

quiet community with a wonderful school system. It would be a shame to mark them as racist from now until the end of time.”

E.R. Bills, author of *The 1910 Slocum Massacre: An Act of Genocide in East Texas*, says that there are more than 16,000 historical markers in the state of Texas. “The Slocum Massacre historical marker will apparently be the first one to specifically acknowledge racial violence against African Americans.” His book meticulously documents the Slocum facts, and asserts, “Many white folks got away with murder”. Only 11 were arrested for their role in the massacre. Seven were indicted but none were prosecuted for their crimes. The eleven were only the known criminals. According to Bills, many murderers buried dead bodies on their land to perpetuate the cover up.

The Slocum historical marker stands on sacred ground. There is much other sacred ground in these United States, ground that is soaked with the blood of lynched and mur-

dered African Americans. Yet there are few markers of our nation’s historical madness. The Equal Justice Initiative, an Alabama-based organization that has documented the magnitude of our nation’s lynching history, hopes to build markers and memorials on lynching sites, much like the one in Slocum. We need these memorials to remind us of an era of racial terror, and to consider the contemporary consequences of that terror.

This year the association for the study of African American life and history (ASALH) has chosen Hallowed Grounds: Sites of African American Memories as their Black History Month Theme. While ASALH has not focused specifically on markers and memorials for sites of lynching and massacres, the focus location is important. They mention plantations, historic homes, and historic streets (like Beale Street in Memphis, Sweet Auburn Avenue in Atlanta, and 125 Street in Harlem) as important places to embrace and celebrate.

Many of our nation’s major cities have experienced gentrification in the past decade or so. Washington, DC is no longer Chocolate City – more like neapolitan or chocolate chip. The 125 Street of the Harlem Renaissance has diversified, as young whites with deep pockets are pushing the prices of historic brownstones into the seven or eight figure price range. No matter. The places are still sacred ground, and should be recognized as such. It is important to acknowledge these places with statues, markers, and memorials, lest we forget. Those who don’t know history are doomed to repeat it. We assert that Black Lives Matter because so many black lives were obliterated in Slocum, and because for far too long it was convenient and comfortable to forget a heinous massacre.

Julianne Malveaux is an author, economist and Founder of Economic Education. Her latest book “Are We Better Off? Race, Obama and Public Policy” is available for pre-order at [www.juliannealveaux.com](http://www.juliannealveaux.com).



# Mardi Gras Indian Queens to Ride in Krewe of Muses Parade, February 4



Queen of the Golden Blade (Photo Credit: Kichea S. Burt (C) )

## Data News Staff Edited Report

On Thursday, February 4, a group of Mardi Gras Indian Queens will join the Krewe of Muses on a special float (float #5).

The Mardi Gras Indian Queen's traditional role is to communicate the Chief's directions to the tribe to ensure the group stays together while parading. In addition to their traditional role, the Queens take on larger and more prominent leadership positions in their respective tribes and communities through a wide variety of arts, education, and nonprofit initiatives.

Krewe of Muses Captain Staci Rosenberg said, "I am beyond thrilled to announce that the Mardi Gras Indian Queens will join the Muses on a special float this year. The influential roles that they play

are an embodiment of the values we embrace as Muses. I am honored to be riding with them this year."

Mardi Gras Indian Queens riding with the Muses:

Cherice Harrison-Nelson (Honorary Muse, 2002), Maroon Queen, Guardians of the Flame

Cara Harrison Daniels, Guardians of the Flame

Herreast J. Harrison, Queen Mother Supreme, Guardians of the Flame

Michele J. Harrison, Guardians of the Flame

Veronica Henry, Third Queen, Golden Blades

Malita Thompson Martin, Guardians of the Flame

Jamilah Y. Peters-Muhammad, Ambassador Queen, Guardians of the Flame

Roslyn Johnson Smith, Guardians of the Flame

Big Queen Tonya, Big Queen, Wild Tchoupitoulas

Denice Smith, Big Queen, Monogram Hunters

Krewe of Muses

Established in 2000, the Muses organization has over 1,500 members. A centerpiece of the Krewe's vision is philanthropic activities and the incorporation of the local artistic and cultural resources of the community creating Muses Mardi Gras traditions for parade goers and carnival season enthusiasts to enjoy. The 2016 Muses parade will roll on Thursday, February 4 at 6:30 p.m. The parade will follow the extended route, beginning at the corner of Magazine St. and Jefferson Ave., proceeding down Magazine to Napoleon Ave., where it resumes the traditional St. Charles Ave. route.

## Commentary, Continued from page 8.

ing each other and showing hatred toward one another. At the heart of most issues, conflict and hate-filled actions in the Black community, is a lack of love and a lack of unity. It is time for us to start effectively communicating with one another, with a foundation of Black love and Black unity leading the way.

As a people, we must both, have a LOVE for God and once again UNITE ourselves to God.

As a people, we must both, LOVE our community and once again UNITE as a community.

As a people, we must both, LOVE our people and once again UNITE as a people.

As a people, we must both, LOVE our youth and once again UNITE to teach our youth and help bridge the gap between them and our elders.

As a people, we must both LOVE our history and once again UNITE our minds with the knowledge of our history and embracing our culture.

Once again, it is time for us to return to Black love and Black unity – that is, if we really want to see our communities return to the strength, pride and prominence it once experienced. Without Black love and Black unity, the Black race as we know it in America is doomed. Let's make a decision to make Black love and Black unity "The New Normal" right now and moving forward.

Jeffrey L. Boney serves as Associate Editor and is an award-winning journalist for the Houston Forward Times newspaper. Jeffrey is a frequent contributor on the Nancy Grace Show and has a daily radio talk show called Real Talk with Jeffrey L. Boney. He is a Next Generation Project Fellow, dynamic, international speaker, experienced entrepreneur, business development strategist and Founder/CEO of the Texas Business Alliance. If you would like to request Jeffrey as a speaker, you can reach him at [jboney1@forwardtimes.com](mailto:jboney1@forwardtimes.com).



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# Protect Your Heart on Valentine's Day

Valentine's Day is usually filled with love, friendship and romance for millions of Americans. The nation's emergency physicians say the best way to show how much you care for your loved ones and yourself, is to get a health check-up, especially when it comes to your heart.

"Heart disease is still the leading cause of fatality in the United States for men and women, accounting for 1 in every 4 deaths," said Dr. Jay Kaplan, president of the American College of Emergency Physicians. "If you or your loved ones aren't getting a complete physical every year, stop what you're doing and schedule one now."

About 610,000 people die of heart disease in the U.S. every year, according to the CDC.

More than half of those deaths were in men.

Every year, about 735,000 Americans have a heart attack.

### FEBRUARY HEART MONTH

**7 Steps to Reduce the Risk of Heart Disease**

- Get Active
- Control Cholesterol
- Eat Healthily
- Don't Smoke
- Control Blood Pressure
- Lean Weight
- Reduce Blood Sugar

**Heart Healthy Nutrition**

- Eat at Least 5 Servings of Fruits and Vegetables a Day
- Choose Whole Grains Over Processed (Refined) Grains and Sugars
- Choose Healthy Fats (Monounsaturated & Polyunsaturated) Over Unhealthy Fats (Saturated & Trans)

**Regular Exercise**

30 Minutes of Moderate Intensity Exercise a Day

**Tobacco Control**

Cigarette Smoke Claims 443,000 Lives in the U.S. Every Year.

- Increases Risk for Heart Disease and Stroke
- Increases Risk for Blood Clot
- Decreases Ability to Exercise
- Decreases Good Cholesterol (HDL)

Sources:  
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**MediFit**

About a third of those people (210,000) have already had a heart attack in their past.

Coronary heart disease is the most common type of heart disease, killing more than 370,000 people each year.

Early action is essential when noticing the signs of a heart attack. The chances of survival increase when emergency treatment begins quickly.

Some of the major warning signs of a heart attack include:

- Chest pain or discomfort
- Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach
- Shortness of breath
- Nausea, lightheadedness, or cold sweats

Women can have different heart attack symptoms than men. Whereas men might experience chest pain first, a woman might experience other common symptoms such as shortness of breath, nausea/vomiting and back or jaw pain.

If you think you are having the symptoms of a medical emergency, call 9-1-1 immediately.

In addition to scheduling an annual check-up now, there are steps you can take immediately to improve the health of your heart. They include:

**Exercise** — Daily exercise (walking, running, cycling, aerobics, etc.)

is a proven way to strengthen your heart and overall health. You should be getting some exercise each day.

**Diet** — Fruits and vegetables are good. Foods heavy in salt are bad. Eating a healthy diet will help your heart and make you feel better. Also, carefully read the ingredients listed on food packaging to determine how much sodium is included.

**Smoking** — Take action now to quit smoking and to stay smoke free.

**Weight** — Excessive weight increases your risk of heart disease, stroke and diabetes.

**Cholesterol** — Get your cholesterol check regularly and also eat foods low in saturated fat and trans fat.

**Stress** — On top of a healthy diet and exercise, it's important to alleviate stress and get plenty of sleep and rest.

For more information on heart health, please go to [www.EmergencyCareForYou.org](http://www.EmergencyCareForYou.org)

## Why 7 Deadly Diseases Strike Blacks Most

By Eleana Elan  
Data News Weekly  
Contributor

Health care disparities heighten disease differences between African-Americans and white Americans.

Several deadly diseases strike Black Americans harder and more often than they do white Americans.

Fighting back means genetic research. It means changing the system for testing new drugs. It means improving health education. It means overcoming disparities in health care. It means investments targeted to the health of Black Americans. And the evidence so far indicates that these investments will pay health dividends not just for racial minorities, but for everyone.

Yet we're closer to the beginning of the fight than to the end. Some numbers:

- Diabetes is 60% more common in Black Americans than in white Americans. Blacks are up to 2.5 times more likely to suffer a limb

amputation and up to 5.6 times more likely to suffer kidney disease than other people with diabetes.

- African-Americans are three times more likely to die of asthma than white Americans.
- Deaths from lung scarring – sarcoidosis – are 16 times more common among Blacks than among whites.
- Despite lower tobacco exposure, Black men are 50% more likely than white men to get lung cancer.
- Strokes kill 4 times more 35- to 54-year-old Black Americans than white Americans. Blacks have nearly twice the first-time stroke risk of whites.
- Blacks develop high blood pressure earlier in life – and with much higher blood pressure levels – than whites. Nearly 42% of Black men and more than 45% of Black women aged 20 and older have high blood pressure.
- Cancer treatment is equally successful for all races. Yet Black



men have a 40% higher cancer death rate than white men. African-American women have a 20% higher cancer death rate than white women.

Genes definitely play a role. So does the environment in which people live, socioeconomic status – and, according to Dr. Herman Bell, D.O. Doctor of Osteopathic Medicine and author of From Hobo To D.O., "So does diet and the lack of responsibility people accept for

their own health. Both diet and the responsibility each of us accepts for health are played down."

Dr. Bell says that all humans have the same basic physiology, at first appearances and yet there are actual biological chemical differences that are important to note when necessary. However, all human beings are vulnerable to the same illnesses, and yet each individual responds to prescribed medicines for particular diseases differently. This

consideration is often played down in commercial advertisements that make small of all the possible side effects. He says, "There are unique issues that affect Black Americans making them more susceptible to specific diseases that The Race seems to have a predisposition for."

"We must recognize there are some arbitrary issues that are present in the way American MDs practice medicine and dole out health care," Bell tells the Chicago Defender. "It forces us to think very carefully about the very volatile issue of race and what race means. At the end of the day, all of us acknowledge that race is a very poor physiological construct. Race is a placeholder for something else. That something is less likely to be genetic. It is more likely to have to do with socioeconomics, political issues, which impact the diet choices and the failed acceptance of responsibility for our own health bias as well as physiologic and genetic is-

Health, Continued on page 11.



# Powering the Future

*Entergy New Orleans Breaks Ground on First Utility-Scale Solar Project*



## Data News Weekly Columnist

NEW ORLEANS - Entergy leadership hosted elected officials, community leaders, and other dignitaries today at the company's existing property in New Orleans East to break

ground on the city's first utility-scale solar property.

The 1 megawatt pilot project, which is expected to be in service by mid-2016, will be the only utility-scale solar installation in the Entergy System – and one of only a few in the country – to integrate

state-of-the-art battery-storage technology.

"This pilot project is of great value to our customers," said Charles Rice, President and CEO of Entergy New Orleans. "One of the issues with solar panels is availability on cloudy days, at

night or generating enough electricity at the right time of day when energy usage peaks. Our pilot project will evaluate the ability to store and deliver solar energy to the electricity grid when customers need it – not just when the sun is shining."

## Health, Continued from page 8.

sues that go into that same pocket. Some racial differences are more nuances. But there are issues of disparity and there are issues relative to racism that operate in a very broad context."

Like Dr. Bell, Dr. Terry Mason, Chief Operating Officer of the Cook County Health and Hospitals System says, "There is no disease that cannot be managed by diet." Both men agree that the time is ripe for Americans to come to grips with the issues that fail to connect diet to health and our sense of responsibility to our health from a preventative perspective. Obesity, diabetes, high blood pressure and more are very much associated with the socioeconomic political circumstances that affect and determine ones dietary choices. As a collective all these factors stacked impact the overall health and well being of one's health.

Dr. Herman Bell says, "We have to reeducate people to first connect

their health to diet and understand the direct correlation between diet and their well being. Then we have to teach them to accept responsibility for making the right choices that will empower them rather than contribute to the deterioration of their health. For example if People stop eating white sugar for 7 days they will see a weight loss and if they stop for 14 days the weight loss will be dramatic. If they cut down the carbs they will lose even more." Dr. Bell says that impoverished people seem to eat more sugar and carbs because it's what is available in their communities and their budget. He adds, "There are health disparities often caused by such dietary habits that are handed down generation to generation. There are things that may have more sinister origins in institutionalized racism. But we as doctors need to spend more time recognizing these disparities and addressing them – together with our patients – on a very individual level," says Dr. Bell.



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## Job Opportunity

### Freelance Writers Wanted

Data News Weekly, "The People's Paper," is looking for freelance writers to join our team print and digital team. We want to hear from you if you are a working journalist, or an aspiring journalist who has 2 years or more of newspaper or PR writing experience. We need writers who can cover New Orleans news stories, ranging from local high school sports, community events, City Hall and entertainment. Experience in print is necessary, experience in digital and social media are encouraged.

Compensation is competitive and great story ideas will be appreciated.

If you are interested, please email your resume and 3 writing samples to: [terrybjones@bellsouth.net](mailto:terrybjones@bellsouth.net) and [datanewseditor@bellsouth.net](mailto:datanewseditor@bellsouth.net).

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# MACY'S CELEBRATES BLACK HISTORY MONTH

## February 2016

Join us this February as we salute a rising icon of African American culture!

African American actors, artists and performers have been commanding the spotlight for decades, but the newest generation of trendsetters is in a class all its own.

Join us "In Conversation" with actress **JURNEE SMOLLETT-BELL** for an entertaining look at the next wave of African American cultural luminaries and taste makers! Then enjoy a special reception following the discussion where you'll get a chance to meet Jurnee and snap a photo with her!

Check out our exclusive interview and content, and find an event near you at

[macys.com/celebrate](http://macys.com/celebrate)



### Jurnee Smollett-Bell

Best known for her award-winning performance in *The Great Debaters*, and for her role on the critically acclaimed series, *Friday Night Lights*. Jurnee has appeared in numerous films and television shows, and her newest project, *Underground*, debuts on WGN America this spring!



Event subject to change or cancellation.