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A Data News Weekly Exclusive

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President Issues Gun Control Plan

What You May Have Missed



US President Barack Obama (C) signs executive orders with Vice President Joe Biden (L) and invited guests during an event unveiling a package of proposals for curbing gun violence in two decades, pressing a reluctant Congress to pass universal background checks and bans on military-style assault weapons and high-capacity ammunition magazines like the ones used in the Newtown, Conn., school shooting. Jim Watson/AFP/Getty Images

Marion Hercyl
Data News Weekly Contributor

During an emotional speech Tuesday at the White House, President Barack Obama unveiled a series of measures to cut gun violence. Chief among them, tighter rules and more enforcement on background checks of gun buyers.

But amid the news coverage, many critics ignored the nuance in his choice of words. The president referred to these measures as executive actions, not executive orders. Why? And what's the difference, anyway?

"I've never heard of 'executive action' as a special legal category," said Eric Posner, a professor at the University of Chicago Law School and expert on con-

stitutional law. "I think it's more like a layman's term for anything the executive branch does."

An executive order is a specific type of presidential action — an official, legally binding mandate passed down from the president to federal agencies under the executive branch. Executive orders are printed in the Federal Register, according to the U.S. National Archives, and they're numbered consecutively for the

On the Cover: The president is calling his new plan on gun control an executive action, not an executive order. Why?

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sake of keeping them straight.

On the other hand, an executive action is just that: any action taken by a president. This term is more of a catch-all, experts say. Executive actions can include executive orders, but they can also encompass presidential memorandums, proclamations, or any number of other ways the president directs the operations of the executive branch.

"The executive order is [one type of] action. It's a document that orders the executive branch officials to do something," said Saikrishna Prakash, a law professor at the University of Virginia who studies the separation of powers. "They're basically instructions about how he wants them to interpret federal law."

You won't find the term "executive order" in the Constitution. During the Washington era, presidents generally issued executive orders as a way to keep the public in the loop, not to direct policy, Prakash said.

Instead, the so-called "power of the pen" comes from the "vesting clause" of the Constitution,

according to Posner. It grants the president "executive power," an extremely vague term that, historically, has come to mean all the

sues, constitutional experts say it's all legal — as long as the president has authority in that policy area, and those policies are a reasonable

“An executive order is a specific type of presidential action — an official, legally binding mandate passed down from the president to federal agencies under the executive branch.”

complicated administrative actions associated with the day-to-day operations of the government.

As Republicans on Capitol Hill and the campaign trail decry President Obama for sidestepping Congress to create directives on gun control, immigration and other is-

interpretation of court precedent.

"There's certainly nothing wrong with issuing an executive order. There's nothing wrong with issuing lots of executive orders," Posner said. "It just depends on what's going on in the world and what the president needs to address."

Of course, the debate over the reach of executive power is as old as the presidency itself.

Every president — with the exception of William Henry Harrison, who died of pneumonia 32 days into his term, in 1841 — has issued an executive order, according to an analysis from the National Archives and The American Presidency Project at the University of California, Santa Barbara.

Among the most prolific with the pen: Franklin D. Roosevelt, who wrote 3,721 executive orders; Woodrow Wilson, with 1,803; and Calvin Coolidge, with 1,203.

Meanwhile, presidents like John Adams, James Madison and James Monroe issued just one throughout their presidencies, while John Quincy Adams wrote three.

U.S. President George W. Bush delivered a speech on the CIA's program hold and interrogate terrorism detainees on September 6, 2006. The Senate's 2014 Intelligence report has called many of Bush's statements into question.

George W. Bush issued 291 executive orders in office. President

Obama falls somewhere in the middle, with nearly 230 executive orders, according to the study. With one more calendar year remaining in his term, Obama is still behind recent two-termers like George W. Bush, who issued 291 executive orders, Bill Clinton; who issued 364; and Ronald Reagan, at 381.

But when it comes to executive orders, it's not only quantity that matters, constitutionality is important as well says Posner. "Just counting up executive orders, itself, is not very useful," he said.

After all, some executive orders can be trivial while others are far-reaching, Posner said. In President Obama's case, the difference between an executive action and order on gun control remains murky and in practical terms may not even matter. But that won't stop critics from trying to prove that he's overstepped his powers.

"Unfortunately, that's very hard to do," Posner said. "Because there's a lot of disagreement about what these statutes mean, what the Constitution requires, and what executive powers actually mean."

Chores.

A perfect moment to talk about alcohol.

An alarming number of pre-teens are drinking alcohol — which makes it urgent to find every opportunity to talk to your kids about the dangers of underage drinking. For tips on how — and when — to begin the conversation, visit:

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Famed Psychiatrist, "Isis Papers" Author Frances Cress Welsing Dead at 80

By Stacy Brown
NNPA Newswire

Dr. Frances Cress Welsing, the famed 80-year-old afro-centrist, has died.

Welsing's death was announced by close friends on social media and later confirmed by family members.

"RIP to the elder, Dr. Frances Cress Welsing, the inspiration behind 'Fear of a Black Planet,'" said Chuck D, the leader of the groundbreaking rap group, Public Enemy, whose 1990 "Fear of a Black Planet" album sold more than 1 million copies in less than two weeks and is viewed as one of the greatest and most important recordings ever.

Popular Democratic strategist Donna Brazile said Welsing died of complications from a stroke she suffered earlier in the week.

"Our great teacher and leader has transitioned into the realms of the ancestors," said designer InI Vibez. "I give thanks for all the powerful word sound and knowledge she has shared. Let us learn from the

teachings of this divine queen and move accordingly."

Welsing was admitted Thursday to MedStar Washington Medical Center in Northwest and was eventually placed on a ventilator. It is believed that the decision to remove Welsing from life support machines occurred after the arrival from Chicago of her sister, Loren Cress Love.

Born in Chicago on March 18, 1935, Welsing, a psychiatrist, is noted for her "Cress Theory of Color Confrontation," which explores the practice of White supremacy.

In 1991, she authored the book, "The Isis Papers: The Keys to the Colors," where she stated that a system is practiced by the global White minority, on both conscious and unconscious levels, to ensure their genetic survival by any means necessary.

Welsing said this system attacks people of color, particularly people of African descent, in the nine major areas of people's activity: economics, education, entertainment, labor, law, politics, religion, sex and war.



Dr. Frances Cress Welsing is noted for her "Cress Theory of Color Confrontation," which explores the practice of White supremacy. This photograph was taken during 10th Annual National Black L.U.V. Festival in Washington D.C. on September 21, 2008. (Elvert Xavier Barnes Photography/Creative Commons)

She said she believes that it is imperative that people of color, especially people of African descent, understand how the system of white supremacy works in order to dismantle it and bring true justice

to planet Earth.

Welsing appeared in the 2005 documentary, "500 Years Later," and the 2011 film, "Hidden Colors: The Untold History of People of Aboriginal, Moor, and African Descent."

Dr. Benjamin F. Chavis Jr., the president and CEO of the National Newspaper Publishers Association (NNPA), praised Welsing and her legacy.

"May God bless the living legacy and memory of freedom fighter Dr. Frances Cress Welsing. On behalf of the National Newspapers Publishers Association, we mourn the passing of our beloved sister and freedom fighter," Chavis said in a statement. "More than anyone else in the 20th and 21st centuries personified the intellect and courage to speak the truth about the pseudo ideology of white supremacy and its longstanding impact on the consciousness and lives of millions of Black people throughout the world."

"Today we all must reaffirm our determination to keep the memory and legacy of Dr. Welsing alive in all that we do to continue to advance the struggle for freedom, justice and equality. RIP, Dr. Frances Cress Welsing."

Memorial services have not yet been announced.

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How Do New Orleans Families Choose Between Public and Private Schools?

By Keith Brannon
Data News Weekly
Contributor

Low-income New Orleans families who are eligible for vouchers are more focused on public schools with strong academics than the average parent, according to a new study by the Education Research Alliance for New Orleans (ERA-New Orleans) at Tulane University.

"School vouchers programs encourage families to exit public schools for private schools," said

study Co-Author Jane Arnold Lincove, ERA-New Orleans Associate Director. "Our goal is to understand how families make those decisions."

The study uses data from the City's OneApp System, a centralized application for public schools. Low-income families can also use the form to apply to selected private schools that offer vouchers through the Louisiana Scholarship Program (LSP). Eleven percent of applicants ranked both voucher and public schools, indicating a willingness to

attend a public school if they don't win a voucher in the lottery. Key findings regarding these families' choices include:

- When comparing schools with similar student demographics and locations, the average family applying for a voucher will choose a private school over a public one, even if the private school's voucher recipients have lower performance on state standardized tests.
- Families strongly consider public school academics, as indicated

by state school report cards. The top public schools listed by these families have letter grades of B or C, in a setting where many schools receive D and F grades.

- Families eligible for vouchers must have incomes below 250 percent of the federal poverty rate, but they prefer public schools where fewer children are eligible for free lunch programs.
- Controlling for student characteristics and academic performance, voucher applicants are not drawn to public schools with extracurricular activities or special academic programs.

ricular activities or special academic programs.

An earlier ERA-New Orleans report found that, among all OneApp applications, families preferred schools with higher grades but also considered a wide range of other factors, including extracurricular activities and proximity. Future research by ERA-New Orleans will help explore whether New Orleans school reforms have attracted students back to public schools, and to what degree this has been offset by the State Voucher Program.

City of New Orleans Job Fair Wednesday, January 13

More than 100 Civil Service Positions Available

The New Orleans Civil Service Commission in conjunction with Council Vice President Stacy Head and District "B" Councilmember LaToya Cantrell will host a job fair at the Rosenwald Recreational Center, 1120 South Broad Street on Wednesday, January 13 from 11 a.m. to 2 p.m. The Civil Service Commission has listed more than 100 open positions throughout 14 various City departments including equipment operators, accountants, emergency medical technicians, engineers, information technology specialists, police officers, maintenance positions, entry-level jobs and other skilled trades.

"During the budget hearings, Council Vice President Head and I discovered that there were many open civil service positions," said Councilmember Cantrell. "The City



District "B" Councilmember
Cantrell

needs these jobs filled and we want to ensure that people know how to start the process, apply, and hope-

fully get hired."

"With competitive salaries and good benefits, the City of New Orleans is a great place to work," said Council Vice President Head. "Councilmember Cantrell and I were surprised to recently learn that more than 100 jobs are available today within City government for those looking for employment. Our goal is to connect local residents with these career opportunities in a convenient and supportive setting."

Civil Service Commission staffers will be at the job fair to answer any questions and assist applicants in setting up an online profile, which is required for any civil service position. Job1 and the Urban League of New Orleans will also be at the fair representing private companies that are seeking employees.



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Creating a Garden Sanctuary



By LMG Calla Victoria
Data News Weekly Contributor

Gardens can be very therapeutic, restful, meditative, and serene. If you want to create your own garden oasis, do some research first? Visit many of the public gardens as they have been designed by renowned landscape architects. Those jaunts should basically be your research. First of all, know what you are working with at home and look for those aspects in the public gardens. If you have a lot of shade in your garden than check out shade gardens.

Notice the layouts of large public garden and jot down what you like about each one. Notice how they create the sense of entry, be it a pair of tall oaks, an archway, or garden gate. Pay attention

to pathways and how most gardens are revealed to you in phases, via winding paths. Just because your back yard is on flat ground, does not mean that you cannot create a garden with several levels and a few steps.

How are your senses being affected while visiting a garden? What sounds do you hear in the garden? Other than birds, do you hear chimes, leaves rustling, water from a babbling brook, or piped in music? Do you see movement as tall specimen plants sway in the wind? What do you smell as you meander through the gardens? Have you noticed that seating areas are somewhat enclosed and cozy, and that areas are discretely divided to create garden rooms? Most gardens contain some statuary and other garden art to direct

the eye. Have you noticed that even though you are in a public garden, there is that sense of privacy and reflection? Use what you like best in public gardens to create your own restful space. Note the plant selections, and make sure to incorporate some evergreens in your garden, as it should look lush year around. Get growing and make 2016 the year of your beautiful garden!

Studies have proven that green spaces are very restorative, and if you have not already heard the term "Horticulture Therapy," it is one of the newer facets of the gardening discipline. Research indicates that hands-on gardening projects are very soothing and have shown great success when working with the mentally challenged, wounded veterans, and the

elderly. It has been proven that green spaces can lower blood pressure and accelerate healing. Now many hospitals are incorporating green spaces that can be enjoyed hands-on by patients, or visible from their hospital rooms. Just the sight of lush gardens has a restorative effect on humans. And to that end, Hospitals are enlisting the service of horticulture therapists to design green spaces at their facilities; also many vocational colleges now offer courses in horticulture therapy.

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

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

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Shelita's 50th Birthday Bash



Photos by Glenn Summers
Data News Weekly
Contributor

Shelita's 50th Birthday Bash was held on December 30, 2015 at Silky's Bar at 3816 Magnolia Street. She celebrated with a host of family, friends, bar clients and owners from around the New Orleans area who stopped by to wish her a fabulously fantastic 50th! Happy Birthday Shelita! Of course, Data was there!!!



The Transformative Legacy of Dr. Martin Luther King, Jr. in 2016



Benjamin F. Chavis, Jr.
NNPA Columnist

There is no debate concerning the irrefutable fact that The Reverend Dr. Martin Luther King, Jr. was one of the greatest leaders recognized, admired and affirmed by millions of people across America and throughout the world. King's activism and leadership changed America and the world, as did Mahatma Gandhi and Nelson Mandela in their respective global impacts.

As we prepare to celebrate the 87th birthday of Dr. King as part of the official federal holiday celebrations, I believe it is very important

to focus on how Dr King's legacy today is still relevant and transformative for all people who cry out for freedom, justice, equality and empowerment.

Martin Luther King, Jr. was a devoted man of faith and a committed freedom fighter for the establishment and building of "The Beloved Community." Dr. King was clear about the ultimate goal of the Civil Rights Movement. His vision went beyond changing laws and winning victories against the forces of injustice and repression. Social change for Dr. King was not an abstraction or just a dream or an unreachable goal, but it was a realistic, achievable and tangible outcome of the struggle for freedom and equality: "The Beloved Community"

In his own words, King emphasized, "The nonviolent resister must often express his protest through noncooperation or boycotts, but noncooperation and boycotts are not ends themselves; they are

merely means to awaken a sense of moral shame in the opponent. The end is redemption and reconciliation. The aftermath of nonviolence is the creation of the beloved community, while the aftermath of violence is tragic bitterness."

Today, in the bold tradition of Martin Luther King, Jr., we salute the Black Lives Matter movement. It is being led by young, gifted, talented and courageous activists, who are using nonviolent civil disobedience anew to challenge racial injustice and the wanton police violence and murders that have become too frequent against Black Americans and others.

But today we must also assert in King's transformative tradition that "All Black Lives Matter!" In other words, yes we have to stand up effectively against police brutality and prosecutorial misconduct. Yes, we urgently have to reform the criminal justice system in its totality. Yet, we must also stand up effectively

with our activism to stop the self-destructive violence and murders that too many of us perpetrate on each other in our own families and communities.

In principle and in faith, the truth is we have to be against all forms of violence and all forms of the destruction of humanity. There is no justification to take the life of another human being. It would be a gross contradiction to everything Dr. King worked and sacrificed for if we remained silent about the surge in self-destructive gun violence that prevails today in too many of our communities.

Reconciliation for Dr. King was not reconciling or compromising to leave injustice or racial bigotry in place. However reconciliation was the active and involved process that resulted in specific social transformation that inured benefits to all people. The success of the Civil Rights Movement under Dr. King's leadership not only benefited Black

America, but also the success of this movement for change provided benefits to all people.

King never suspended his faith in the God of justice and liberation. He refused to bend his principles and beliefs on the effectiveness of nonviolent social change activism and multiracial movement building. The organization of the Southern Christian Leadership Conference (SCLC) by Dr. King and other Black church leaders was a prophetic step forward that kept the Black church in America at the forefront of the battle for civil rights and human rights. King was an intellectual genius who stood on the universal theological principles of the oneness of God and the oneness of all humanity.

In my younger years, I personally worked with Dr. King, Golden Frinks and Milton Fitch in the North Carolina SCLC. I witnessed

Commentary, Continued
on page 10.

What Will You Sacrifice for Justice?



Julianne Malveaux
NNPA Columnist

Dr. Martin Luther King, Jr. once wrote, "It may be true that the law cannot make a man love me, but it can keep him from lynching me, and I think that's pretty important." Those students who are protesting campus racism need to keep that quote in mind as they assert their right to feel safe and comfortable on campus. When the protests have been well defined and include an end game, such as the University of Missouri protests that toppled a President and Chancellor, they have been effective. When protests broadly address issues like comfort, they

are less successful. And while it is satisfying to force a President (or a faculty member for that matter) to resign, the conditions of campus life will not necessarily change because there is a new leader. Structural racism is so firmly embedded in our culture that it will take years, if not decades, of focused work and commitment to eliminate it. Unfortunately, too many are less dedicated to eliminating institutional racism than they are to maintaining the status quo. Consider, for example, the rhetoric during these Republican Presidential debates. Or, consider the clumsily racist question Supreme Court Justice Antonin Scalia posed when he asked whether black students should attend "lesser schools" than schools like the University of Texas.

Student activism was one of the highlights of 2015. Without waxing nostalgic, though, I'd suggest that some of these young activists take a page from the playbook written in the late 1960s and early

1970s, when protests shut campuses down for weeks. Student protests led to curriculum review on some campuses, the development of academic departments like African American studies and Ethnic Studies, the addition of faculty of color, a commitment to enroll more students of color, and more. "Back in the day," we were far less concerned with "feeling" comfortable than with being empowered. We wanted change, and we were willing to fight for it. And, the change we wanted was tied to metrics. More scholarships, more faculty, more student admits. Not necessarily more comfort.

From my perspective discomfort is a good thing. Discomfort is a sign that something is wrong. Clearly there is much that is wrong on our campuses and in our nation. Racism is alive and well, though it shows itself in different forms than it did decades ago. The signs don't say "white" or "colored" anymore. Few "civilized" Whites use the n— word,

but expletives are hardly necessary when there is a coded language of exclusion.

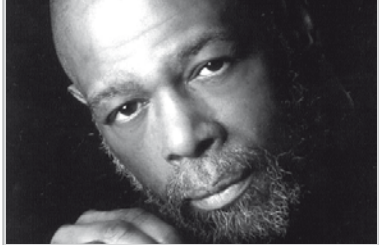
Too many of us prefer complacency to discomfort. We prefer to think that everything is fine. Too many would like to pretend that inequality and injustice are minor matters until a headline shakes us out of complacency – a young man shot 16 times while he is on his back, a young woman supposedly hanging herself in a jail cell. Then there is protest, and anger, and rage. Still, too little done to develop a sustainable attack on the racism that plagues our nation. Student activists of 2015 could learn from the sixties activists, and they can also teach "mainstream" leaders twenty-first century organizing techniques. And across generations, there must be teaching and learning about complacency and discomfort, about what change looks like, and about what people are willing to give up to get change.

This 2016 election year promises lots of conversation about justice

and change. Some political leaders will talk of "overregulation", while others will suggest that we must pass new laws. Some will suggest that affirmative action is no longer necessary, while others are clear that there remains unequal access to higher education. When questions of law are debated, I find it useful to consider Dr. King's view of law – it won't make you love me, but it will keep you from lynching me and, as he said, "that's pretty important." Dr. King described himself as a "drum major for justice," not a drum major for comfort. The campus activists who are raising critical questions are motivated by justice and cannot allow themselves to be sidelined with conversations about comfort. Comfort will always be elusive in a racist society. And that's a good thing.

Julianne Malveaux is an author and economist based in Washington, DC. Her latest book "Are We Better Off? Race, Obama and Public Policy" will be released in 2016 and is available for preorder at www.juliannealveaux.com.

God, Man's Final Frontier and Last Result



James Washington
Guest Columnist

The older I get the more convinced I am that I am going to surely fail, fail miserably as a matter of fact, in my attempt to be perfectly Christ like. We all know, or should know, this is just not going to happen. However, as we also know, it is our job to humbly and consistently keep trying and striving to emulate our Lord and Savior. There are all kinds of expressions to de-

scribe this rather unique occurrence in the Christian experience; everything from 'backsliding,' to falling off the wagon, to suffering a setback, or simply falling down. In each instance, I think the Christian's obligation is to weather the storm and reverse direction, or more aptly put, 'get back up on my feet again.' I don't know about you but one of the hardest things for me to do is to know I've blown it with regard to Christian behavior. I have maintained an un-Christian attitude for longer than I should; held onto my anger too long. Or, I've enjoyed someone else's misfortune much too much. You see when that happens, because I profess and believe the good news of the gospel, I do understand what is supposed to be inherently good and what is not. Yet I've acted or reacted outside of the

parameters of what I know is good Christian behavior. At this point I know I'm in trouble because I indeed do know better. It becomes hard and kind of embarrassing to ask God for forgiveness, when you know He knows that you do know better.

For me that's pretty tough. It's like stealing and having to confess to your mother, or, being caught cheating and your punishment was delivering the bad news to your mother by a note from your teacher. For those of you who have had to carry such burden, I'm sure you understand that sinking feeling as you have exhausted every excuse possible in a vain attempt to delay the inevitable. The moment of truth has come. You've got to tell Mom. Stay with me for a moment and relate this situation to having to tell God.

You know that He already knows. It is then absolutely necessary and incumbent upon me or you to stand up, 'fess' up and proceed down the only road that makes sense, with the full knowledge that you will be okay. The Lord still loves you. Getting through that whole process has always been very difficult for me because, I believe what I'm feeling is generally stupid and certainly clear about knowing better. When you're a Christian, you do know better. I don't know which is worse, knowing better or having to tell God that you knew better. The good news is, God knows what's in your heart. It is His measure of who you are and who you are in relation to Him that really matters. It's because of that, that God knows you are repentant, just like your mother knew you that you knew better because she raised

you. She also knew you were truly sorry. It remains the only basis for forgiveness.

For me it still remains an uncomfortable exercise to square my shoulders, assume the position faced down in reverent prayer and enter into the domain of my Father and reveal that kind of failure. Each time it happens, I'm reminded that God did not come to call the righteous, but the sinners of which I am one, regardless of how enlightened I might think I am. Remember this the next time you review the day and realize how much better you could have behaved.

May God bless and keep you always.

James

James A. Washington is a columnist, and publisher of Dallas Weekly Newspaper. He can be reached at jaws@dallasweekly.com.

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

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NNPA Foundation Launches “STEM Reach 2020” with Dr. Thomas Mensah

NNPA Newswire

WASHINGTON, D.C. — The National Newspaper Publishers Association Foundation (NNPAF) will harness the genius of scientist, engineer and inventor Dr. Thomas Mensah, to launch STEM Reach 2020. The program seeks to increase the percentage of Blacks and women within science, technology, engineering and math arenas by inspiring the K-12 age group to pursue education and careers in Science, Technology, Engineering and Mathematics.

A chemical engineer and fellow of the National Academy of Inventors, Dr. Mensah is an innovator in the areas of nanotechnology and fiber optics. He was awarded seven U.S. and worldwide patents

within six years. Ghanaian-born, Dr. Mensah currently serves as president of Georgia Aerospace Systems Manufacturing, Incorporated in Atlanta, Ga.

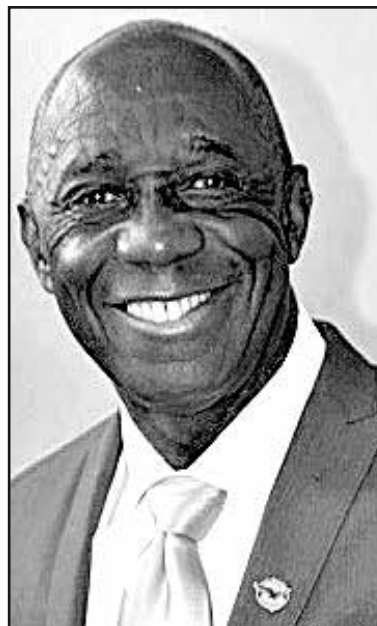
“It is exciting to support and lead the vision of the NNPA Foundation for STEM Reach 2020,” said Dr. Mensah. “This is the only newspaper association in the country that has launched a STEM initiative to reach the K-12 age group who are easily influenced by their environment.”

Mensah added: “The program will identify role models and present youth with alternative paths to success rather than what they see on television. We hope to introduce robotics and science to kids in a way that inspires them and prepares them to compete in the 21st Century.”

Also, on board as a program sponsor is the American Petroleum Institute (API), a Washington, D.C.-based trade association for the oil and gas industry.

“API is an ideal partner for us because they bring a wealth of experience and longevity in their industry”, said Kimberly Johnson, the executive director of the NNPA Foundation. “They understand the education and outreach efforts that are needed to achieve the desired outcomes for this program. We are happy to have Dr. Mensah and API on board.”

The National Newspaper Publishers Association (NNPA) will hold its Mid-Winter Conference in Coconut Grove, Florida on January 27-30, 2016 where the initiative will be launched during a press luncheon. Dr. Mensah will present on STEM and take questions from the media. The launch in Florida will serve as the precursor to Black Press Week, the organization’s



Dr. Mensah currently serves as president of Georgia Aerospace Systems Manufacturing, Incorporated in Atlanta, Ga. (Thomas Mensah)

conference in Washington, D.C., in March, where Dr. Mensah will

return to host students and STEM industry leaders for a STEM exposition and presentation. To support the NNPA Foundation, contact ED@nnpafoundation.org.

The National Newspaper Publishers Association Foundation’s (NNPAF) mission is to exemplify and advance the highest standards in media by influencing education, technology, health & wellness, business & economic empowerment and cultural & civic engagement.

The National Newspaper Publishers Association (NNPA) is the trade association for the more than 200

African American-owned community newspapers across the United States, delivering news, information and commentary to more than 20 million people each week. Since its founding 75 years ago, NNPA has consistently been the voice of the black community by reporting news that makes history and impacts our country.

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Commentary, Continued from page 8.

firsthand how Dr. King transformed and inspired the consciousness of people to believe and exert a grassroots power to promote social change. We could use that kind of grassroots power today to get a massive voter turnout.

Dr. King was not a “weak” leader who sought to appease or to entertain the powerful in the high places and principalities of oppression. Martin Luther King, Jr. was in complete solidarity with the poor and marginalized, but yet determined to end poverty and injustice wherever those evils were manifested.

Thus, we should also revisit Dr. King’s economic justice demands. It is my opinion that if Dr. King were alive today he would be encouraging “principled youth entrepreneurial development.”

Participating in the U.S. economy as business owners that help to financially sustain our communities should be a priority.

In his last public speech on April 3, 1968 on the night before his tragic assassination in Memphis, Tennessee, without fear Dr. King asserted, “The nation is sick; trouble is in the land, confusion all around...But I know, somehow, that only when it is dark enough can you see the stars. And I see God working in this period of the twentieth century. Something is happening in our world. The masses of people are rising up. And wherever they are assembled today, whether they are in Johannesburg, South Africa; Nairobi, Kenya; Accra, Ghana; New York City; Atlanta, Georgia; Jackson, Mississippi; or Memphis, Tennessee, the

cry is always the same: ‘We want to be free.’”

In 2016, “We want to be free!” We want an end to racial injustice and all manifestations of inequity and inequality. But we realize from the living legacy of Martin Luther King, Jr. that we all should remain vigilant and active. Let’s keep Dr. King’s transformative legacy alive and vibrant with renewed energy and support.

Dr. Benjamin F. Chavis, Jr. is the President and CEO of the National Newspaper Publishers Association (NNPA) and can be reached for national advertisement sales and partnership proposals at: dr.bchavis@nnpa.org; and for lectures and other professional consultations at: <http://drbenjaminfchavisjr.wix.com/drbcfc>.

ladatanews.com

Heart Attack Warning Signs Differ for Women

Data Staff Report

Heart disease is the leading cause of death in the United States. According to

statistics from the American Heart Association, a coronary event strikes every 25 seconds in America. And, while heart disease is often considered to be a health problem that's more prevalent among men, the truth of the matter is that more women die of heart disease each year than men—making it the number one killer among women—and claiming more lives than all forms of cancer combined.

According to the National Coalition for Women with Heart Disease, one woman dies from heart disease almost every minute in the U.S.

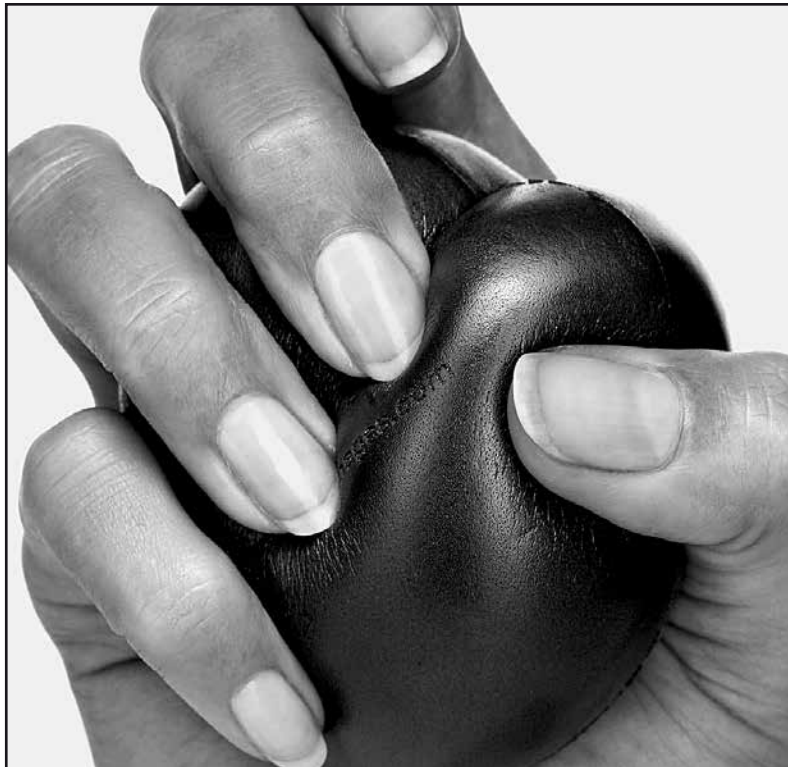
One of the challenges with heart disease—and specifically heart attacks in women—is that the symptoms can be different to those experienced by men. And, because the symptoms don't always present

themselves as classic signs of a heart attack, women are often prone to delay seeking emergency treatment and, as a result, risk great damage to their hearts.

Every second counts with a heart attack and the longer you wait to seek treatment, the worse the outcome is likely to be. That is why

it's so important for women to understand the warning signs of a heart attack and how the symptoms may differ from the classic symptoms that men tend to experience.

According to research conducted by the National Institute of Health, women very often experience physical symptoms well be-



fore they have a heart attack. Of the 515 women in the NIH study, 95 percent said they experienced new or different symptoms a month or more before the onset of their heart attack. The most commonly reported symptoms included unusual fatigue (70 percent), sleep disturbance (48 percent) and shortness of breath (42 percent).

Among the study participants, fewer than 30 percent of the women reported having any chest discomfort prior to their heart attacks and 43 percent reported no chest pain during any phase of the attack. Similar studies among men have found that between 17 and 27 percent of men do not experience chest pain during a heart attack.

Although fewer women experience chest pain during a heart attack than men, the majority of women do typically have some kind of chest discomfort, tightness or pressure during an attack. But, it's not always as severe as the kind of pain men experience and it may not be the most prominent symptom. Studies have shown that women are more likely than men to have symptoms unrelated to chest pain during a heart attack, such as:

- Neck, shoulder, jaw, upper back, arm or abdominal discomfort
- Shortness of breath or difficulty breathing
- Unusual fatigue or weakness
- Nausea or vomiting

- Sweating
- Dizziness
- Feelings of anxiety

Research has shown that heart attack symptoms vary greatly from one woman to the next. Some women may experience typical crushing chest pain, tightness or discomfort while others may have no chest pain at all, and have other symptoms such as fatigue or jaw pain.

"Given that women's heart attack symptoms are often more subtle than men's, it's vitally important that women educate themselves on the warning signs that may signal the onset of a heart attack," Lane said. "The sooner that symptoms are recognized and action is taken, the higher the likelihood of a positive outcome."

"Any woman who suspects she's having a heart attack should call 911 immediately and should take an aspirin to prevent further blood clotting,"

Lane advises. "Once at the hospital, be sure that the emergency staff take your complaints seriously and insist that an EKG and/or blood enzyme test be administered to determine if you're having a heart attack."

Although heart disease is becoming more prevalent among women of all age groups, medical experts agree that it's not unstoppable. Women can significantly reduce their odds of becoming a heart attack statistic by educating themselves on the risk factors and symptoms of heart attacks, having the information they need, and making heart-smart changes in their lives.

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