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New Orleans

# Data

News Weekly

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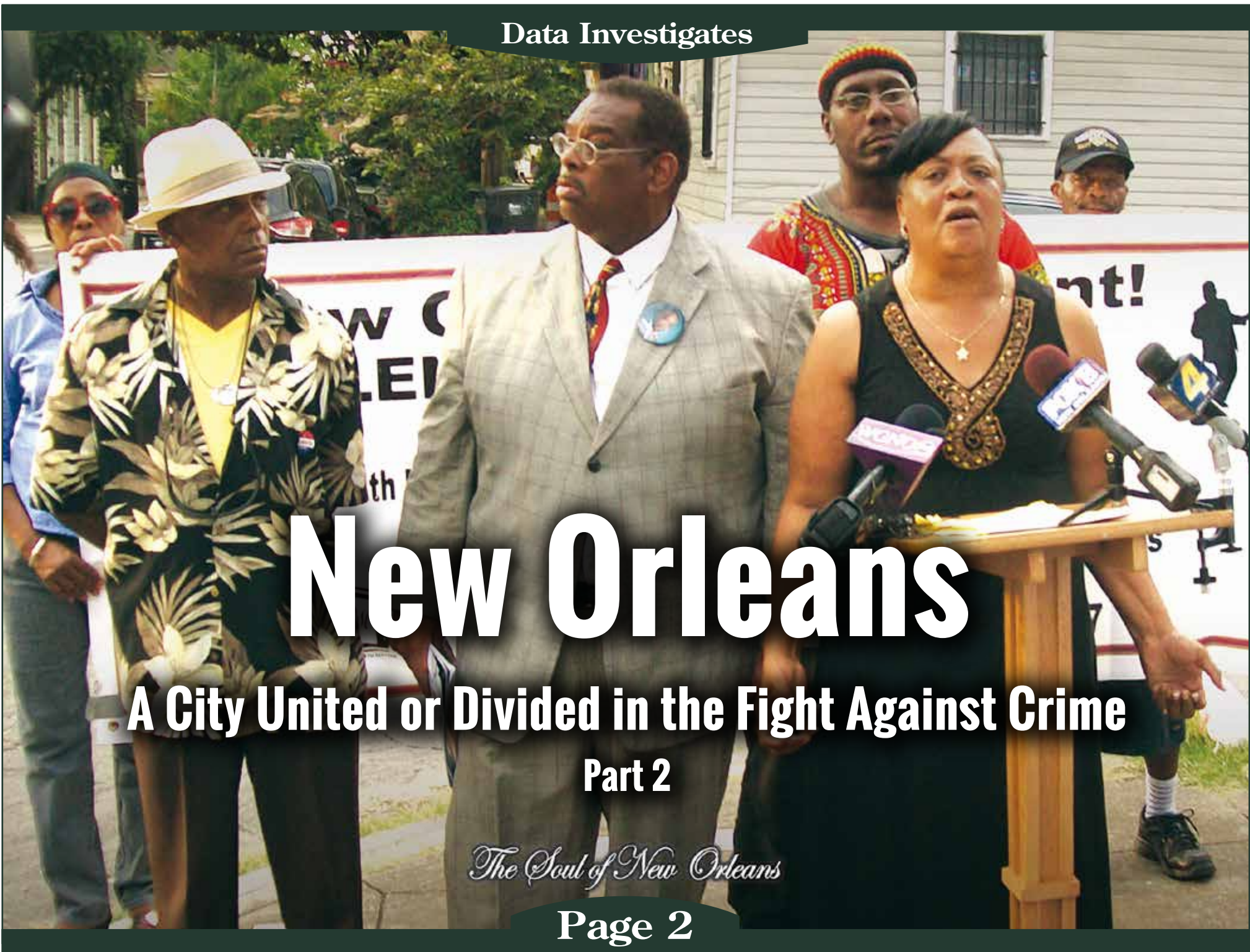
**Zulu Road Warriors**

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August 10 - August 16, 2013 48th Year Volume 15 [www.ladatanews.com](http://www.ladatanews.com)

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Data Investigates



# New Orleans

**A City United or Divided in the Fight Against Crime**

**Part 2**

*The Soul of New Orleans*

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# New Orleans

## A City United or Divided in the Fight Against Crime

### Part 2



Pastor Christiana Ford is calling for the violence and killing to stop at press conference in the Marigny.

Story and Photos by Edwin Buggage  
Editor

America’s Conversation about Race,  
Justice and Public Safety Hits New  
Orleans in Shooting of Unarmed  
Teen: Part 2

#### Stand Your Ground or a License to Kill?

“Stand Your Ground” has become three words that mean two different things depending on who you are speaking to. To one group it can mean the difference between saving the life of yourself and your loved ones from a life threatening situation. And to some others it has

come to be defined as shoot first and ask questions later. Also to some since the Zimmerman case feels it gives non-Blacks a license and legal loophole to shoot Black men. “Stand Your Ground” has become a way for some to target young Black men and in this case I feel it is a situation where it was a knee jerk reaction and the wrong action to take, also I feel that

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### DATA NEWS WEEKLY

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Cover Story, Continued from previous page.

we have to get to a point where human life is worth more than property," says Donald Chopin, a Community Activist with several organizations including VOTE, Safe Streets and the Peacekeepers. "It is time for a change in this law and an overall change in the way Black men are viewed by law enforcement and in the judicial process where we have rights that people are bound to respect and not continue to be treated unequally and as non-citizens or human beings."

In a WWL-TV report legal experts were quoted as saying Louisiana has a very strong "Stand Your Ground" law that could come into play in this case. In the same report it quoted a neighbor Charles Hazouri who said, "All I know is that Merritt had told his family that he had said, 'Freeze!' and it looked like the guy turned at him and had his hand on his hip. Who knows?" While Zimmerman's case and Merritt's are different in many ways, the one thing they have in common is that if this case is to go to trial it will be a question of whether he acted in self-defense against Marshall Coulter.

According to the same report by WWL-TV, when speaking of the pending trial it was stated, The police narrative in the arresting documents says, "...the victim made a thwarted move as if to reach for something." And that's when Landry fired one shot, hitting Coulter in the head. "It's really gonna boil down to whether this shooting was done in self-defense," said Loyola Law Professor Dane Ciolino. According to Ciolino, that's how Louisiana's "Stand Your Ground" law could come into play. "Louisiana has a very strong "Stand Your Ground" law, which means you have no duty whatsoever to retreat and the jury is not even permitted to consider the possibility of retreat," he said. "The way the state's laws are written, where Landry and Coulter were standing has a big impact on the case. Louisiana's laws are easier on someone who shoots an intruder trying to break into their house."

In 2006 Louisiana added "Stand Your Ground" into the already existing Castle Law which states, Louisiana's Castle Law permits the use of physical force to protect one's self and property from "forcible crimes" and the use of deadly force in situations where circumstances are sufficient "to excite the fear of a reasonable person that there would be serious danger to his own life or person if he



Marigny resident and business owner Jonathan Harris says crime is out of control in Marigny and all over the city forcing some of his friends to consider leaving because concerns about their safety.

attempted to prevent the felony without the killing." The statute has a "Stand Your Ground" clause in that it does not require victims to retreat before using force, whether they're inside their home or any other place they have a right to be.

"Stand Your Ground" is something used to promote vigilante justice, I feel this law is wrong and unfairly targets young Black men," says Sophie Ashley, a young Activist who lives in the Marigny. "Also I feel that in general in the Criminal Justice System Black lives are devalued and the young men who's the victim is placed on trial as opposed to the person who did the shooting as was the case with Zimmerman and even now where people are coming out in defense of Landry and demonizing Marshall Coulter. I am not saying that he did not do anything wrong, but I don't believe that he needed to use deadly force in this situation. And in any cases like this if the races were switched like in Zimmerman's case I believe the outcome would have been different."

### Crime Prevention is Everyone's Responsibility

The worlds that separate Merritt and Coulter came to a head on that night in a way that today Merritt according to his friends is regrettable. And as the Coulter family has to deal with a young man that is fighting for his life. Today both are living with decisions that they had to make that will change both of their lives forever. And as a community this case has brought the issue of inequality, lack of access and an understaffed overworked police department to be debated among a public who has to ask itself moving forward is



Activist Donald Chopin feels that Stand Your Ground gives non Blacks a legal loophole to target young Black Men and feels that human life is more valuable than property.

it going to be a community united or will it descend into chaos?

"This City is one that is racially divided and there is also a class divide and so many young people have no hope and lack of access to opportunities for upward mobility and turn to crime," says Andrew, a resident of the Marigny who is an Educator and Activist. "Until a time comes where the structure



Activists and Marigny residents Andrew and his friend and neighbor Sophie Ashley are concerned about "Stand Your Ground" laws being unfair and targets minorities particularly young Black males.

of the system changes and there is more of an investment in young people who are disenfranchised things will not change unfortunately. I feel it is all of our responsibility to make sure all our kids have a chance at being a success in life."

And while there are systematic societal problems, the solutions lie in the hands of the people who help shape the lives and values of young people. "I think these recent incidents should be a

wake-up call to Black parents, be involved in your child's life and know what's going on with them because if they are in the wrong place at the wrong time there may be lethal consequences," says Captain Black.

All over the City not just in the Marigny neighborhood there is a crime wave that has many citizens of all backgrounds fearing for their safety. As violent crime

Cover Story, Continued on page 9.

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## Audubon Charter School National Finalist in KaBOOM! and Children's Claritin Playground Giveaway

Voting is now open to help school win new, state of the art Imagination Playground

Audubon Charter School has been selected as one of 12 national finalists (and the only Louisiana finalist) in the Ka-BOOM! and Children's Claritin contest to win two Imagination Playgrounds.

Please vote for Audubon Charter School once per day at [www.facebook.com/Claritin](http://www.facebook.com/Claritin) through October 31 to help them win a new playground.

Please spread the word and ask friends and family to vote daily and post on your Facebook page. You must have a Facebook account to vote.



Audubon Charter School

The Imagination Playground is an innovative play system made up of big blue blocks of many unique shapes and sizes. The Imagination Playground transforms any area into a play

space that encourages learning, movement, social interaction and fun!

For more information about Audubon Charter School, visit [www.auduboncharter.com](http://www.auduboncharter.com)

## Hurricane Ready Community Forum

Hosted By Urban League Of Greater New Orleans And Chevron

The Urban League of Greater New Orleans, in partnership with Chevron, will host a "Hurricane Ready" community forum on Wednesday August 14th from 5:00pm-7:00pm at 2800 Desire Parkway, NOLA 70126 (Urban League's new Head Start Center). The forum will include a panel of industry professionals including meteorologists, representatives from the Office of Homeland Security and Disaster Preparedness, and from the Louisiana Department of Insurance, as well as elected officials to speak on various issues of hurricane preparedness. Topics will include protocols for individual and household safety, city assisted evacuation, and vital insurance information among others. The community forum will be a family-friendly event with activities for the younger attendees. Also as part of the event, Hurricane Ready Kits will be distributed to those in attendance.

The first 200 will receive a \$50 Chevron gas card!

Urban League of Greater New Orleans launched Hurricane Ready in 2009 in conjunction with Chevron to increase hurricane preparedness in the region, especially in low income and under-resourced areas, and to help mitigate the impact of disasters on people and property. The objective of Hurricane Ready is to proactively prepare communities and to keep them abreast of changes in preparation and safety techniques that should be utilized during hurricane season.

WHAT: Hurricane Ready Community Outreach Forum

WHEN: Wednesday, August 14th, 2013, 5:00pm - 7:00pm

WHERE: Urban League Head Start Center, 2800 Desire Parkway, New Orleans LA 70126

For more information on Hurricane Ready please visit:

<http://www.urbanleagueneuorleans.org>

For more details about the event please contact: Lyndsey Beaulieu, ULGNO, 323.605.9504 (cell); [lyndsbj@yahoo.com](mailto:lyndsbj@yahoo.com)

# ONLY YOU CAN PREVENT WILDFIRES.

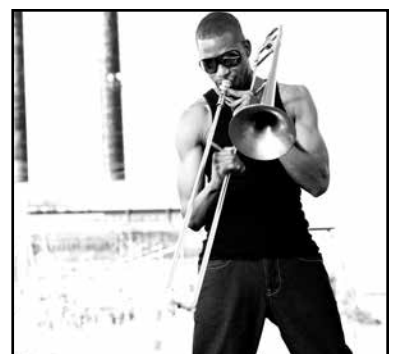


## Warren Easton to host Jazz Legends Concert

Warren Easton alumni Trombone Shorty and Nicholas Payton to headline concert honoring Pete Fountain and benefitting school

Warren Easton Charter High School will be hosting a Jazz Legends Concert honoring jazz great and Easton alumnus Pete Fountain. Featured performers include world-renowned musicians and Warren Easton alumni Nicholas Payton and Troy "Trombone Shorty" Andrews. All proceeds benefit Warren Easton's Music Programs as well as scholarships for instrumental music students.

Thursday, September 5, 2013, 8:00 p.m.



Trombone Shorty

Warren Easton Charter High School Auditorium

3019 Canal St. New Orleans, LA 70119

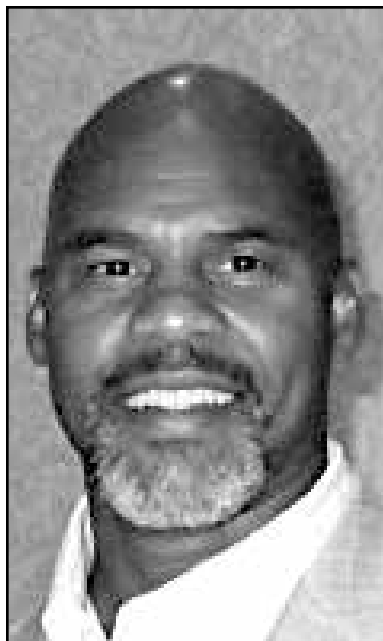
TICKET INFO:

Tickets are \$50. VIP Tickets are \$125 and include Patron party at 7pm, preferred seating for the concert and refreshments.

For more information visit <http://www.eventbrite.com/event/7581543601> or call (504) 324-7400.



# St. Augustine Announces New President



Oyd J. Craddock

The St. Augustine High School (St. Aug) Board of Directors announces Oyd J. Craddock as the new President and Chief Executive Officer.

Mr. Craddock, a 1976 graduate of St. Augustine, spent 31 years at the IBM Corporation where he held executive roles in sales, marketing and operations with multiple roles being global in scope. Mr. Craddock is a graduate of Southern Illinois University, in Carbondale, Illinois, where he received a Bachelor of Arts degree in Business Administration. He received an MBA from the A.B. Freeman Graduate School at Tulane University in New Orleans, Louisiana.

"My plan for St. Aug is three-fold," Mr. Craddock remarked. "First, we will continue to pursue excellence in every area, which is the St. Aug culture established by school founders. Second, we will ensure that curriculum standards and instruction reflect industry best practices, and prepare students for college, careers and life success in a global, highly technological

world. Third, we will unify all St. Aug stakeholders to focus on what is best for the Purple Knight students. We must assess everything we do against how it positively impacts student achievement."

During the course of his IBM career, Mr. Craddock spent thirteen years consulting school administrators and teachers on technology solutions. These solu-

tions helped to improve student learning outcomes and staff productivity.

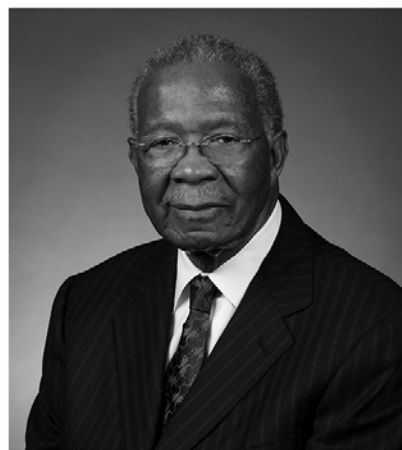
Daniel Davillier, chairman of the Board of Directors for St. Augustine High School, said that the Board and the Josephites are all excited to welcome Mr. Craddock back to St. Aug.

"As a product of St. Augustine High School, Mr. Craddock understands the high standards that

we want for all Purple Knights. Mr. Craddock's strong leadership and organizational skills will be a tremendous asset to our school," Davillier stated.

Mr. Craddock is the husband of Annette Fortuné Craddock, a 25-year educator with experience in teaching, administration and leadership. Mr. and Mrs. Craddock have two children, Koya and Oyd II.

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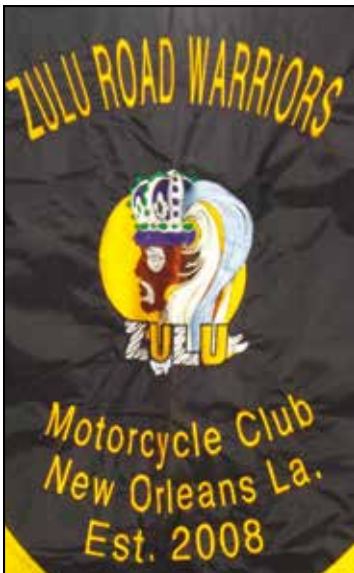
# Shoot Ya Best Shot!

## The Zulu Road Warriors Motorcycle Club Of New Orleans 3rd Annual Motorcycle Dance

Photos And Story By Valorie Bull

The Zulu Road Warriors of New Orleans presented their 3rd Annual Dance that took place at The Laborers Union Hall on Tchoupitoulas Street in New Orleans. The gathering featured Captain (Chiggy Chiggy) Charles, providing the Organization members and their guests with Jazz, Old School, and R&B until 1:00 am.

President Melvin Armour has been an active member of The Road Warriors of New Orleans since the organization began in 2008, as well as Reggie Landry (Vice-President), Chip (Road Captain), Esteves (Chaplin), and DJ Green (SGT. of Arms). Moreover, Josh Lebenc of Budweiser has been a top sponsor for The Zulu Road Warriors of New Orleans.



## Kurte Pellerin Celebrates 55th Birthday

Photos provided by KMP,LLC

Happy Birthday to Kurte Pellerin who just celebrated his 55th Birthday with friends and family last weekend. Food, music and dancing marked the occasion and Data was there!



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

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# Shoot Ya Best Shot!

## Anthony Bean Theater Summer Camp Finale

Photos by Terry Jones

The Anthony Bean Theater Summer Camp hosted it's 2013 Summer Finale. ABCT Summer Program is a Summer Theater Program and training ground for the arts; it is a safe and nurturing environment where community is emphasized, friendship valued and personal growth celebrated. ...the ideal place for the youth to learn about the arts and develop creative skills, as they discover more about themselves and their world.



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



# Enshrine Voting Right in the Constitution



By Rev. Jesse Jackson, Sr  
Founder & President, Rainbow  
PUSH Coalition

It was 48 years ago that President Lyndon Johnson signed the Voting Rights Act, announcing, "This right to vote is the basic right without which all others are meaningless. It gives people, as individuals, control over their own destinies." With Dr. Martin Luther King Jr. and Rosa Parks at his side, he pledged that the act would be enforced. No longer would anyone be excluded from exercising the right to vote because of the color of his or her skin.

This February, in his fourth State of the Union address, a newly re-elected President Obama earned fierce applause when he declared: "We must all do our part to make sure our God-given rights are protected here at home. That includes one of the most fundamental rights of a democracy: the right to vote."

Most Americans take this right for granted. Yet, as Justice Antonin Scalia emphasized in the Supreme Court's shameful decision in *Bush v. Gore*, as it cut off counting the votes in Florida in the 2000 presidential election, the U.S. Constitution contains no right to vote for American citizens. The right to vote may be "God-given" and "fundamental," as the president stated, but it is not protected in the U.S. Constitution.

Instead of a national standard, states determine the conditions of voting in federal as well as state elections. The result is a hodgepodge of conflicting and varying

laws, some very restrictive, some more open. And instead of protected and guaranteed, the right to vote is a political battleground.

A recent summary by the Brennan Center for Justice at New York University School of Law reported that in 2013 (as of May 1), 82 bills that would restrict voting rights were introduced in 31 states. Seven states had already passed restrictive laws. After the conservative five-person majority in the Supreme Court weakened the Voting Rights Act in *Shelby County v. Holder*, another flurry of restrictive legislation was introduced from Texas to North Carolina.

At the same time, seven states have passed legislation expanding access to the polls for citizens. Some have same-day registration, early voting, online voting, allow felons who have paid their penalty to regain the right to vote. Others are making registration harder, requiring voter ID that discrimi-

nates against the old and the poor, restricting early voting, and excluding for life those who have served their sentences.

It's time to enshrine this fundamental right in the Constitution and secure it with federal standards. Over 10 years ago, after the *Bush v. Gore* decision, my son Jesse Jackson Jr., joined with Rep. John Conyers and others to introduce a constitutional amendment guaranteeing the right to vote. In May, Reps. Keith Ellison (D-Minn.) and Mark Pocan (D-Wis.) came together to launch the effort once more with new legislation.

It's easy to be cynical about the effort. Only 27 amendments have been added to the Constitution in our nation's history. An amendment must win a daunting two-thirds majority of both the U.S. House and Senate, and then be ratified by three-fourths of the state legislatures. (It could also be adopted in a Constitutional Convention, but no amendment

has gone that route.) This in a Congress that has a hard time assembling a majority to keep the government open.

But this is an effort that we must make. Because victory will be difficult, winning it will elevate voting rights beyond the tides of partisan politics. The current state of our election system is an international disgrace, with constrictive election rules making it hard for working and poor people to vote in many states. Citizens are now forced to mobilize to defend their voting rights from Wisconsin to North Carolina.

Now, as we mark the anniversary of the Voting Rights Act, it's time to make certain that the right to vote, the foundation of any democracy, is defined and protected in our Constitution.

Jesse L. Jackson, Sr. is founder and president of the Chicago-based Rainbow PUSH Coalition. You can keep up with his work at [www.rainbowpush.org](http://www.rainbowpush.org).

## Hip Hop Connection

# Hip Hop Turns 40



By Jineea Butler  
NNPA Columnist

It's hard to believe, but on Sunday, August 11, Hip Hop will celebrate its 40th birthday. Yes, the big 4-0. It's been for decades of creativity, invaluable efforts and love. Do you remember the doubters who said it wouldn't last? They sure missed the mark.

Looking back, the DJ has been

the most significant element in Hip Hop since its inception. Before the MC (Microphone Controller) became known as the rapper, the DJ led the way. You had DJ Kool Herc and the Herculoids, Grandmaster Flash and the Furious Five, Afrika Bambaataa and the Universal Zulu Nation; It was the DJ who controlled the stage and it was he who introduced new talent to the party people.

In the years leading up to the Hip Hop explosion, the DJ had to take a back seat to the solo artist, commercialization and new technology. Hip Hop changed all of that and to honor that change, the DJ's have banded together to reclaim their roles as Hip Hop's most powerful voice.

August 9 - 12: The Core DJ's are hosting Hip Hop's biggest

birthday party in Atlanta at the W Midtown Hotel with The Mixed Show Live 4.

What is so incredible about this event is that the Core DJ's founder, Tony Neal, and his team have mastered the art of bottling opportunity, celebrity, business, networking and fun into one high-powered weekend just about every six months in a different city.

I was first introduced to the Core DJ's in 2009 by industry veteran and marketing strategist Manny "Mad Dog" Ayala, who told me if I was serious about uniting Hip Hop's entrepreneurs, I had to see what Tony Neal and the Core DJ's were already doing. He explained that the DJ was no longer taking a back seat in Hip Hop. The DJ's realized they were and had always been the gatekeepers

to an artists' success. Instead of just playing what is in rotation, they have the power to break new music and the Core DJ's, representing the core of the country, work as one collective unit.

When I went to my first Core DJ retreat, now known as Mix Show Live, I was absolutely amazed. For the first time in my life, I saw what most thought was impossible: More than 500 progressive Hip Hop DJ's, artists and entrepreneurs in a 4-Star hotel with nothing but love and business in the air. Not that Hip Hop hadn't experienced massive gatherings that didn't end in violence, with an extra dose of negative stereotypes thrown in for good measure. No, this retreat embodied the art of uplifting, empowering and educating in its purest form.

To fully appreciate the significance of that, remember that in Hip Hop, if you go to a high-profile well-organized event, most of the executives and celebrity talent walk around with their nose stuck in the air. Not at the Core DJ's. Not only is Tony Neal highly visible and accessible to the artists seeking advancement, he makes sure all the DJ's in the Core, the panelist and the celebrity talent uphold the same honor and respect. I would never think that a man from Milwaukee could lead a charge so great, but in a candid conversation with Neal, he recalled that he thought of himself as a modern day civil rights leader.

He said that like Malcolm X,  
Hip Hop,

Continued on page 10.



# "The Sweetest Hallelujah"

Review By "The Bookworm Sez"



## "The Sweetest Hallelujah"

by Elaine Hussey  
c.2013, Harlequin  
\$15.95 / \$18.95 Canada  
346 pages

Your best friend knows everything she needs to know.

She knows your secrets, and the dreams you hold. She chases away your insecurities, your sorrows are her burdens, your joy is her triumph.

Your best friend knows your heart, and loves you better for it. And in the new book "The Sweetest Hallelujah" by Elaine Hussey, a friendship that

starts with a secret ends with a forever bond.

Dead Alice Watkins knew how to send a message to residents of Shakerag, Mississippi, on the north side of Tupelo.

When something bad was about to happen, everybody knew that Alice sent the odor of barbecue and notes from a blues harmonica around. Now, those things could be blamed on Tiny Jim's barbecue house and juke joint, it was true, but most folks knew a warning when they smelled one.

And lately, ten-year-old Billie Hughes smelled barbecue a lot.

She tried not to think about it, however, even though she knew Mama was sick. That's because Billie knew something Alice didn't: if Billie could find her daddy, he'd fix everything. He was a famous musician in Memphis, and was surely rich. Billie figured he was kind of like Roy Rogers, only black.

Betty Jewel, Billie's Mama, knew her daughter idolized the father she'd never met. Billie talked all the time about finding him, but Betty Jewel knew that Saint Hughes was no good. He ruined her life and her career. The only thing he'd ever give Billie was his



last name.

Ten years after her husband, Joe, died, Cassie Malone still grieved deeply.

Not one day went by without her missing his hugs, his laughter. She couldn't bear to get rid of his clothes, or the empty crib for the babies they never had. She regretted most of all that they never had children. Three miscarriages still made her ache.

Which is maybe why the ad in the weekly paper caught her eye.

"Desperate," it said. "Dying woman seeks mother for her child."

What would make a woman do that? Cassie had to know – though lynchings and Jim Crow laws would make it dangerous to find out. So she left her well-appointed Tupelo house, and stepped right into a secret...

I loved this book, but not for the story itself - which is wonderful and a little reminiscent of a certain Oscar-winning movie, only with a twist. I loved this book, but not for the exceptionally likeable characters. No, I loved "The Sweetest Hallelujah" because of the way author Elaine Hussey has written it.

With words that will make you weep and descriptions that put you directly in the scene, Hussey tells a tale of racism, understanding, and a mother's love. There's conflict in here, and maybe a bit of controversy; some Southern hospitality, and a haint that plays a surprisingly large part in the story.

It's a beautiful novel. That's all.

If your book group is in need of a great title, give them this one: "The Sweetest Hallelujah." With that, they have everything they need to know.

## Cover Story/ Continued from page 3.

continues to be a problem and is a high priority for NOPD, much of its manpower and resources are invested in stopping violent crimes. Where in some instances property crimes may go overlooked or do not get the attention they deserve. "People need to become more involved in helping solve crimes by getting involved and work to help build better relationships with law enforcement," says Al "Brother" Mims. "That's why during the last Wednesday in August in A.L. Davis Park and throughout Central City we are doing a march called "Brothers and Badges Together" to begin to build a more solid coalition between the community and law enforcement to fight against the crime that is out of control."

### A Call for Unity: Every Life is Valuable

Pastor Christiana Ford lives in the Marigny and heads the House-

hold of Faith Non-Denominational Ministries, speaking at the podium she made a plea that the killing of young men stop, saying that they are dying too young and we must work to begin the business of saving lives and giving young people a reason to live. Part of her ministry is geared around saving young men and giving them hope. On October 5th she is having an event called "Silent the Violence" that is aimed at restoring hope and saving lives at Washington Square Park in the Marigny. "One life loss is too many, we have to stop the Black on Black killing, White on Black killing and realize that all lives are valuable and worth saving."

The lives of George Zimmerman and Trayvon Martin will be forever intersected and be part of a narrative of race and justice in our country. On the heels of that a similar yet different dialog is taking place in New Or-

leans as a result of this recent tragic event. One that centers on a City that has pockets of poverty and prosperity in close proximity and a City where the gap between the haves and the have-nots creates a wide divide of opportunities and access and of a City that is rich in culture and poor in resources as the police department is undermanned in the fight against crime. Something that sometimes leaves frustrated citizens vulnerable where they feel they may have to take the law into their own hands. On this night in July in the Faubourg Marigny these things clashed in a tragic way that now a young man who should be enjoying a carefree life and planning for his future is now fighting for his life after being shot in the head and a man who was building a life for himself and his young family is now charged with attempted murder.

The question citizens must ask

themselves is do we use this moment as a way to further divide our City or come together to realize the world is bigger than Black and White. And to realize that there are likenesses in our differences, "Every White man is not my enemy and every Black man is not my friend," says Al "Brother" Mims, "This is about all of us trying to do what's right to save the lives of our kids as well as the adults and whoever is committed to that, he or she is my comrade in this war to have a better and safe City." Nadra "Captain Black" Nezi, feels this is a great opportunity to unite the community if cool head prevail, because we all want safe streets and our City to be a better place and he feels all hands must be on deck that all must be accountable and responsible, "It's not a White thing or Black thing, it is about all of us working together trying to do the right thing to rid our City of crime regardless of what neighborhood it happens in."



# Clergy, Civil Rights Leaders Meet For Talks On 50th Anniversary of March On Washington

By Ariel Medley  
Special to the NNPA from the  
Afro-American Newspaper

Washington, DC - Civil rights leaders, activists and clergy members gathered Aug. 1 inside the historic Metropolitan African Methodist Episcopal (AME) Church (Metropolitan) on M Street in northwest Washington, D.C. to discuss a plan of action for the 50th Anniversary of the March on Washington.

Hosted by the National Action Network, the meeting served as both a briefing on the schedule of events for the August 24 remembrance of the march, and a preliminary discussion on how best to spread word of the march throughout communities nationwide.

Janaye Ingram, D.C. Bureau Chief of the National Action Network, answered questions and provided details about what participants could expect on the day of the march. Marchers will arrive and gather around the reflecting pool at the Lincoln Memorial at 8

a.m. Musical selections, prayers, and speeches will take place at 9 a.m., and the main program will begin at 10 a.m.

The march will begin promptly at 1 p.m. with the procession leading down Independence Avenue and ending at the Martin Luther King, Jr. Memorial. Following the procession will be a Global Freedom Festival held between 2 p.m. to 7 p.m. on the National Mall.

"There is still a lot to fight for, focus on and change," said Ingram. She emphasized the need for volunteers, calling on her audience to recruit members in their communities to fill volunteer positions on the day of the march. "We need volunteers for hospitality, for EMS, for transportation and for public relations. We especially need able-bodied men and women to help maintain order."

With the march only three weeks away, the challenges now at hand are how best to spread the word about the march. Many communities nationwide still do not know about it.

"The key is collaboration, col-

laboration, collaboration", Bob Ross, president of the Prince George's County branch of the NAACP, told the audience. He encouraged all to pass out flyers, talk to people in their communities and congregations, and to use social media sites to promote the event.

Civil justice supporter and native Washingtonian Phillip Brown, 30, spoke eloquently to audiences about the importance of reaching out to youth and including them in these discussions and events. "The youth out here want to be involved. They want to help but they don't feel connected. They need guidance and leadership from their elders. We need to not be afraid to talk to them," Brown said.

A second planning meeting at Metropolitan will be held Aug. 8 at 6:30 p.m., followed by a press conference on the steps of Metropolitan on Aug. 13 at 11 a.m. For more information on the 50th Anniversary for the March on Washington, visit <http://nationalactionnetwork.net/mow/>.

Hip Hop/  
Continued from page 8.

Martin Luther King Jr., and Jesse Jackson Sr., he feels he has been commissioned to elevate the culture of Hip Hop and fight for respect and dignity within the industry. And he has done just that. He has hosted his dedicated group of DJ's, models and conference attendees in over 10 cities, exposing everyone to new markets and towns. He enlists the most powerful industry personnel to school artists on how to succeed in the music business. He provides a platform for artist to showcase their talent to labels, decision makers and those who can further their careers.

He also lends his stage to reunite groups that have impacted the culture such as Guy, 112, Cameo. The most valiant thing

that I think he has done was to introduce the Core Legends DJ Marley Marl, Mix Master Ice, The Awesome 2 and DJ Scratch to pay homage to and educate the attendees on Hip Hop history. No one likes to admit it, but he changed the game, even if his name is not all over it. Without the Core DJ's, Smirnoff Master of the Mix on VH1 doesn't happen, the Global Spin Awards doesn't happen, countless DJ Coalitions wouldn't come together, either.

The Mix Show Live 4 should be full of surprises; he has the Cast of Love and Hip Hop Atlanta on deck, 50 Cent, radio programmers from major stations all over the country, The Queens of Hip Hop including JJ Fad, Pebble Poo and DJ Spinderella, Teddy

Riley and many more. I recommend every artist or anyone who is interested in Hip Hop to attend a Mixshow Live event. I can tell you from first-hand experience, it will change your life. Check out [coredjs.com](http://coredjs.com) to register and get the full itinerary.

Hip Hop started out in the park plugging the DJ equipment into the light post. Now, we have moved up to the W Hotels, but still doing what we love doing the most. Happy Birthday Hip Hop! Salute the DJ.

Jineea Butler, founder of the Social Services of Hip Hop and the Hip Hop Union, can be reached at [jineea@gmail.com](mailto:jineea@gmail.com) or Tweet her at @flygirladyjay

Read more: <http://www.nnpa.org/hip-hop-turns-40-by-jineea-butler/#ixzz2bD04tM4L>

# Inscription Removed from MLK Memorial

by Dorothy Rowley  
Special to the NNPA from The Washington Informer

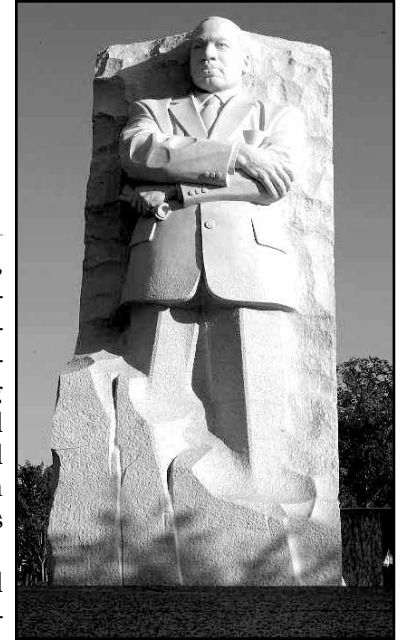
Washington, DC - A controversial inscription on the Martin Luther King Jr. Memorial on the National Mall has been removed by its sculptor.

The removal was launched after many people voiced concern about the inscription on the side of the towering figure which read, "I was a drum major for justice, peace and righteousness."

The inscription, however, is a paraphrase of comments King delivered at Atlanta's Ebenezer Baptist Church in 1968, two months before he was killed. King actually stated, "If you want to say that I was a drum major, say that I was a drum major for justice, say that I was a drum major for peace. I was a drum major for righteousness. And all of the other shallow things will not matter."

Critics, including poet and author Maya Angelou, said the shortened quote made the civil rights icon sound arrogant.

China native Lei Yixin, who was commissioned in 2007 to create the statue, announced Wednesday through an interpreter that he is working on the side of the sculpture where the inscription was carved, in preparation for a replacement quote.



Angelou said in an interview in 2011 shortly after the statue was publicly unveiled that omitting the word "if" in King's comments made him "look like an arrogant twit."

King "was anything but that," she said. "He was far too profound a man for that four-letter word to apply."

Meanwhile, it's costing the Memorial Found-

ation about \$800,000 for the corrective work.

Lei said he expects the work to be completed in time for the celebration of the 50th anniversary of the March on Washington, slated for Aug. 24-28.

"The difficulty is the new striations — so they won't damage the integrity of the statue itself," Lei said, adding that the new carvings are unlikely to cause any cracks in the statue.

"It's not a big problem because the striations are designed to appear on the sides," he said. "If it has some cracks, we could deal with them."

The celebration, which is being sponsored by several civil rights organizations, is expected to attract thousands of people from across the country, culminating with a commemoration of the 50th anniversary of King's "I Have A Dream" speech, which he delivered Aug. 28, 1963 on the Mall.

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# Why Are You Always Tired?

By NNPA Newswire

Are you always asking "Why am I so tired?" Are you having trouble staying awake during watching your evening TV shows? Most of us know what it's like to be tired, especially when we have a cold, flu, or some other viral infection. But when you suffer from a constant lack of energy and ongoing fatigue, it may be time to check with your doctor.

Fatigue is a lingering tiredness that is constant and limiting. With fatigue, you have unexplained, persistent, and relapsing exhaustion. It's similar to how you feel when you have the flu or have missed a lot of sleep. If you have chronic fatigue, you may wake in the morning feeling as though you've not slept. Or you may be unable to function at work or be productive at home. You may be too exhausted even to manage your daily affairs.

In most cases, there's a reason for the fatigue. Here are 9 reasons why you might be tired:

## 1. You drink too much coffee

If you rely on caffeine to get through your day, you can develop a dependence—so without it you can go into withdrawal, needing several cups of coffee or tea just to feel "normal." And the worst point of withdrawal? Right in the morning. To make matters worse, caffeine can still course through your system when you're sleeping if you've had any coffee or tea in the evening, which can interfere with normal REM sleep and leave you feeling even more tired. An easy solution is to cut back on the amount of caffeine you consume during the day and steer clear of caffeinated beverages within hours of your bedtime.

## 2. You don't eat breakfast

There's a reason that breakfast is called the most important meal



of the day, and everyone has told you not to forget it—from your doctor to your mother, to probably every teacher you've ever had. And yet so many of us still skip it on a regular basis, or just cram down a few pieces of toast before heading out the door. Take the time to fit in breakfast every morning and it will help you avoid that mid-afternoon crash.

## 3. You don't exercise

It may seem counter intuitive, but exercising produces all kinds of helpful biochemicals that ward off fatigue and help you feel upbeat the rest of the time. Think of it as positive feedback: the more energy you put in, the more you get out.

## 4. You keep poor sleep patterns

Sleepiness is not the same as fatigue (which is a general lack of energy), but one of the most common causes of feeling tired is simply not sleeping enough. In addition to too little shut-eye, keeping irregular sleeping patterns and even sleeping too much can also make you feel tired. To get back on the right track, try to get into a routine of sleeping at consistent times—while only getting as much sleep

as you really need—and you'll be surprised how much better you will feel.

## 5. You're carrying extra weight

In addition to making your bones and body bear a greater burden of weight, obesity can result in sleep apnea, which is horribly disruptive to your sleep. According to the Canadian Lung Association, individuals who suffer from sleep apnea can experience pauses in their breathing dozens—or even hundreds—of times in a single night. Sleep apnea can also potentially result in heart problems. If you are concerned about sleep apnea, be sure to speak with your doctor.

## 6. You might be pregnant

One of the first changes to your body when you're pregnant—and the most noticeable—is a sudden change to your sleeping habits and energy levels. Pregnancy has a serious impact on your body and feelings of fatigue during your first trimester are very common. If you normally stay up past midnight, then suddenly find yourself wanting to crash out at 9 pm, pregnancy could be a factor. Sleep can also be challenging for

new moms, who suddenly have to adjust to the sleep schedule of their baby.

## 7. You suffer from iron deficiency

A diet low in iron is often to blame for feeling tired—a lack of red meat in the diet of vegetarians and vegans can result in iron deficiency, but it's unfair and untrue to assume that people who cut out animal products from their diet automatically have low energy levels. People who eat meat can still suffer from low iron as well, especially if they skimp on wholesome—though sometimes unappealing—foods like spinach, organ meats, and eggs. Women in particular are prone to anemia because of menstruation, as heavy periods can easily lead to anemia in combination with a low-iron diet.

## 8. It could signal the onset of diabetes

Diabetes is reaching epidemic levels in America and extreme fatigue or lack of energy can be symptoms of the condition. However, many people who develop type 2 Diabetes will show no symptoms. It is recommended that everyone over the age of 40 have their blood sugar levels tested at least every three years as a precautionary measure.

## 9. You've started a new medication

Fatigue is one of the most common side effects of pharmaceutical medications, with anti-hypertensives, narcotics, anxiolytics and antidepressants being the most common culprits. When you first begin a new medication, give your body some time to adjust. However, if drowsiness persists for several weeks and begins to interfere with your daily life, it's time to see a doctor.

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