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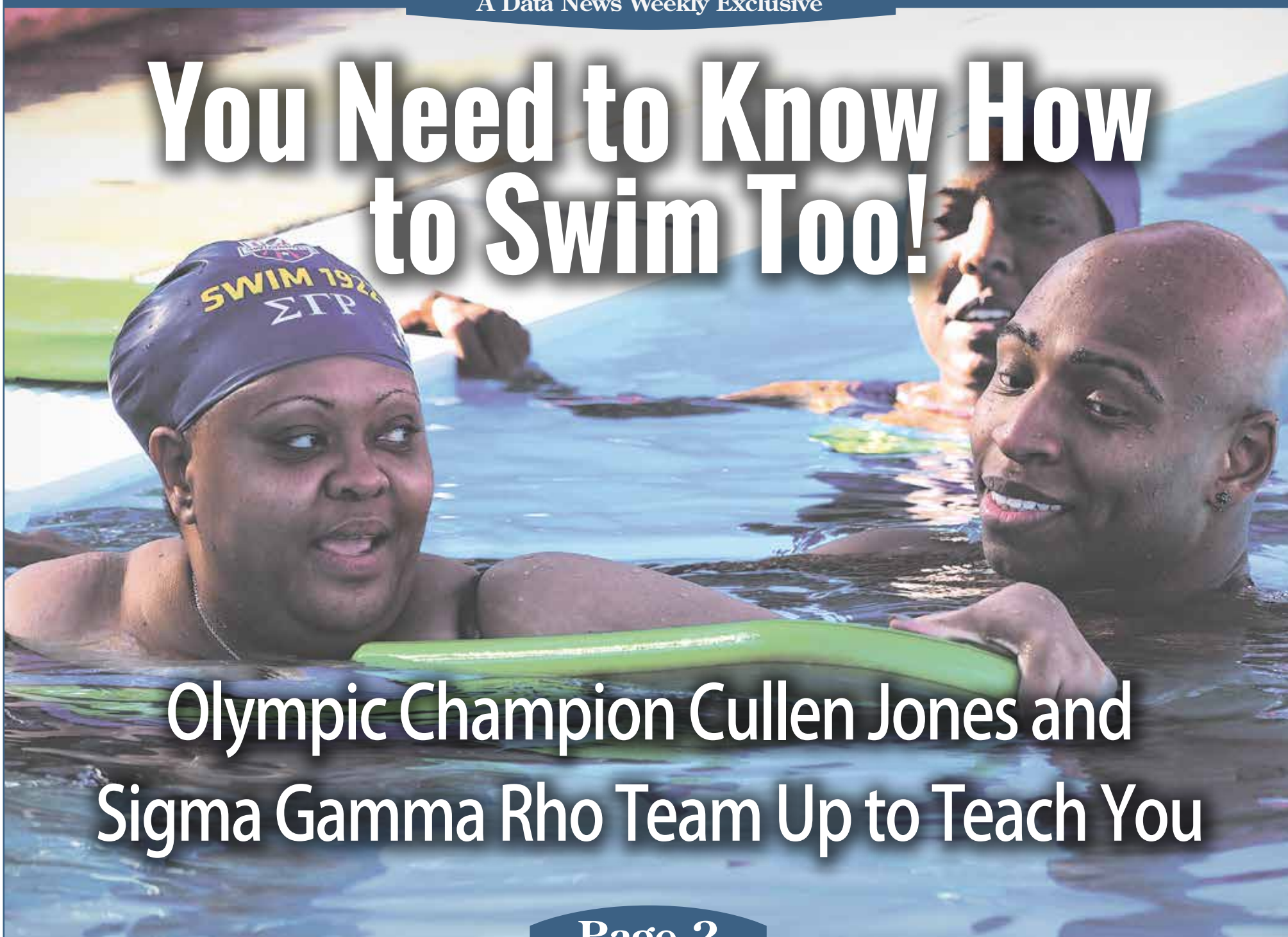
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A Data News Weekly Exclusive

You Need to Know How to Swim Too!



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African-Americans and the Importance of Knowing How to Swim

Data News Exclusive Interview with Olympic Gold Medal Swimmer Cullen Jones



Jones has partnered with Sigma Gamma Rho Sorority, Inc. and Swim USA for the Swim 1922 Program. The goal of the partnership is to increase African American participation in swimming and decrease incidents of drowning.

By Edwin Buggage
Data News Weekly Editor

Cullen Jones, Sigma Gamma Rho, Swim USA Partner to Teach Swimming and Water Safety

Today Cullen Jones is known by many a Champion Olympic Swimmer, but when he was five-years old he nearly drowned while at a Pennsylvania Waterpark

when his inner tube flipped and left him underwater for a half a minute. His young body lying unconscious as lifeguards' frantically attempt to resuscitate him. Eventually, they revived him and today he tells this as a turning point in his life and part of his story before the glory.

Experiencing this traumatic event could have left him with a fear of swimming, but his mother who nearly drowned herself trying to save him saw this as an opportunity to help him overcome his fear, thus creat-

ing the beginning of a hard-long journey to becoming a the first African-American to become an Olympic Champion Swimmer winning two silver and two gold medals.

Jones story is one of inspiration and for several years he's partnered with organizations to do swimming workshops. Currently he's partnered with Sigma Gamma Rho, an African-American Sorority and Swim USA for the Swim 1922 Program with the goal of increasing participation in swimming and decrease

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drowning among African-Americans.

Recounting the story of his life and how many in his swimming classes have had similar experiences as children he says, "When I tell my story I was surprised how common my story is, and while mine ultimately is of overcoming my fear and reaching for greatness for some this does not happen. They are crippled by fear not just of swimming but other things, so they never reach their full potential and I want to help change that."

He also talks about how enthusiastic the women are and defy the myths of Black women not wanting to get in the water and messing up their hair. "It has been a lot of fun working with the ladies of Sigma Gamma Rho, we have had women, teens and young girls come out to learn how to swim and learn about water safety."

Learning to Swim is Not Just Fun; It Can Save Lives

Swimming can be something that is done for fun, but it is also something that can save lives, as witnessed during Hurricane Katrina, where some of the deaths could have been avoided if more people knew how to swim. This problem has less to do with genetics and more with the history of racial segregation where Blacks were barred from public swimming pools and beaches.

Today while many of the institutional barriers have been struck down a large number of African-Americans especially children are more prone to accidental death from drowning than any other group. A 2017 Research Study at the University of Memphis and the University of Nevada at Las Vegas discovered that 64 percent of African-American children have no, or low swimming ability compared to 45 percent of Hispanic children and 40 percent of Caucasian children.

The Swim 1922 Initiative Goal is to try to decrease that gap. Recently, Jones was in New Orleans as part of the Essence Music Festival with the ladies of Sigma Gamma Rho Sorority and Swim USA to do a swimming workshop for African-American women and girls at the University of New Orleans.

Jones is very familiar with the City and felt the workshop was very successful. "I have been here plenty of times at UNO. The women of Sigma Gamma Rho and their children also got in the water. It was a variety. There were parents who were saying if my kid can do it I can too. They would get in and it would motivate them. Kids saw their parents and vice versa, it went both ways. I hadn't taught a class like this in a long time. I was excited to see how



Cullen Jones' (pictured here) road to glory was an unlikely one, which began with his near drowning, leading to him being the first African-American to become an Olympic Champion Swimmer winning two Gold and two Silver medals.

much they learned and grew and wanted to continue to get more lessons and you can't put a price on that."

Becoming an Example of Black Excellence

Jones and his road to excellence was not an easily paved one. Sometimes the only African-American competing, he was made to feel he did not belong. But he persevered with the encouragement of his parents and coaches. Recounting these times, he says, "It was lonely at times being the only Black and then not seeing anyone who looked like you are competing at a high level. It was something that was hard for me because there was no one on television that was successful enough for me to look up to at the time. There were people who tried to discourage me saying I should be playing basketball instead of swimming and I used all that as motivation to be not just good but the best."

Today Jones is a filling that void he felt as a youngster and is inspiring the next generation not just African-American kids, but of all races, "To be in this position to be a role model for kids is a great feeling. On social media kids contact me asking how you did it I'm the only Black person on my team. I now know as I am getting older I am the person I was looking for back then in the sport; so, I take it very seriously, I show them the path that I've been on and follow so they can be successful as well."

Continuing he stresses the value of deferred gratification and hard work. "In the modern world with social media, young people



Jones is the holder of 4 Olympic medals, but today, he hands out medals to a new crop of future champions through the Swim 1922 Program.

have so much more access than we did. I tell them while they may see the gold medals, the nice car the nice house, it took a lot of work to get there. I impress upon them it doesn't happen overnight. The training I do; I am up at 5 o'clock in the morning. I tell them success is not given it takes hard work. And what I express to kids I take out the pages of "Outliers" by Malcolm Gladwell that it takes 10,000 hours

you can become an expert at something. I have done more than 10,000 hours working to become great at swimming."

Sports, Politics, Race and Patriotism

As someone who has represented the United States on the Global Stage Jones says he is the ultimate patriot and loves his country and its veterans. His views on the con-

trovery surrounding some NFL Players gives a rare glimpse of a thoughtful and measured response to something that's led many to emotional rants that leaves our nation further divided. "I actually had a friend who did a project on this and it is my understanding that Colin Kaepernick sat down for the Anthem in the beginning and then Nate Boyer, a former player for the Seattle Seahawks and green beret wrote an open letter to him and suggested he take a knee like someone in the military would take before a fallen soldier as a sign of respect."

Continuing he says further making his point, "And as someone who has been able to represent and be at the top of my game, representing my country I would never disrespect the flag. When I got my gold medal it was the most patriotic moment of my life. I sat up there and screamed the words National Anthem because I was so proud to be an America. But I did not think the kneeling is about the players intending to disrespect the flag but using this space and their visibility giving voice to police brutality and injustice and that's been loss in this discussion. How to address these problems and come up with solutions."

Inspiration, Resilience and the People of New Orleans

Jones has nothing but great things to say about the City of New Orleans and its people. "The citizens of New Orleans are extremely resilient. I have been here many times as I've come and been here for fun, been here for competitions. Every time I am here the people I meet that are from here are some of the warmest, nicest and giving people I've ever met. I will say they have been through so much and still find a way to get the most out of life. They are an inspiration to people all over the world and I would say to the people of New Orleans to never change that."

Cullen Jones story is one that could have ended with a five-year-old who drowned or was afraid to ever take a plunge into the world and aspire to greatness. That is not the case of Cullen Jones. He, his story and his accomplishments and now his contribution to giving back shows his heart of gold as he inspires those to have the courage to take a swim into the ocean of limitless possibilities.

For information on swimming classes contact:
Norddc.org/activities/aquatics or 504.658.3051
Ymcaneworleans.org/healthyliving/swim-lessons 504.568.9622

West Nile Virus Detected In Mosquitoes in Orleans Parish

The City of New Orleans Mosquito and Termite Control Board Reports Detection of West Nile Virus in Local Mosquitoes

The New Orleans Mosquito, Termite and Rodent Control Board (NOMTCB) has detected West Nile virus (WNV) in mosquitoes from Orleans Parish. At this time, no human cases of WNV have been reported. WNV cycles between wild birds and mosquitoes, and it can be transmitted to people by the bite of an infected mosquito. While the majority of people infected with WNV have no symptoms, the virus can cause serious symptoms in some people, especially those over 65 years old and those who are immunocompromised.

The NOMTCB urges residents to protect themselves from mosquito bites by limiting outdoor activities between dusk and dawn, using EPA-approved repellents and reducing the number of mosquitoes by emptying water-filled containers.

The Mosquito and Termite



active ingredients including DEET, picaridin, IR3535 or oil of lemon-eucalyptus.

When using repellent, always follow the recommendations on the product label.

For additional information regarding West Nile virus, visit the Center for Disease Control and Prevention's website: <https://www.cdc.gov/westnile/index.html>

Protecting Your Home And Yard

Eliminate standing water around your home, where mosquitoes can grow & develop.

Remove trash and clutter, dispose of discarded tires and containers that can hold water. Turn over wading pools, buckets, trash cans, children's toys or anything that could collect water.

Change water weekly in containers that cannot be removed, such as pet dishes or bird baths.

Rain barrels and other water collection devices must be screened, and collected water should be used within one week.

Aerate ornamental pools, fountains and sugar kettles, or stock them with fish.

Call 311 or email mosquitocontrol@nola.gov to report mosquito problems like illegal dumping, water leaks, stagnant water, unattended swimming pools or for an inspection.

Tires are easily filled with water by rain and collect leaf litter, providing an ideal habitat for mosquito larvae. Eliminate waste tires.

Residents can dispose of up to 4 tires each week by stacking them curbside with their household trash.

Tires in front of abandoned lots will not be collected; they must be moved in front of a residence with curbside collection.

Residents can also bring up to 4 tires to the City's Recycling Drop-off Center on the second Saturday of each month, including this Saturday (July 14), between 8 a.m. and 1 p.m. The City's Recycling Drop-off Center is located at 2829 Elysian Fields Avenue.

Report Mosquito Issues

Report mosquito issues to 311 or mosquitocontrol@nola.gov

Visit the state and city's websites for additional information.

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Control Board will continue to take proactive measures to protect residents such as applying insecticides by truck (as weather permits) and applying larvicide to prevent mosquitoes from developing. The New Orleans Health Department will continue educating residents through community outreach.

The mosquitoes that can spread WNV are called *Culex Quinquifasciatus* or the "Southern House" mosquito and can grow to adults in as little as 7 days. This makes it important for residents to evaluate yards on a weekly basis and eliminate standing water. Remove trash and clutter including discarded waste, tires, buckets, tarps and any other items that could collect water. Empty containers and change water weekly in containers that cannot be removed, such as bird baths, pet dishes and wading pools. Make sure swimming pools and fountains are operational and circulating.

SAFETY TIPS

Protecting Yourself

Reduce mosquito exposure by limiting outdoor activities between dusk and dawn.

Use air conditioning, and make sure window and door screens are in good repair to prevent mosquitoes from getting inside.

If outside for long periods of time, wear long-sleeved shirts and pants.

The CDC recommends using repellents containing EPA-registered

Restore La. Program Expands Reimbursement Assistance for Homeowners

Recently, members of the Restore Louisiana Task Force unanimously approved the resolution proposed by Gov. John Bel Edwards to expand the Restore Louisiana Homeowner Assistance Program's tiered grant reimbursement structure from 50 percent to 100 percent for all eligible homeowners.

Gov. Edwards has directed the Office of Community Development (OCD) to immediately submit an action plan for implementation of this program change to the U.S. Department of Housing and Urban Development (HUD). Upon HUD approval, the program will immediately begin working to update grant calculations and contact all affected program applicants, including those who have already executed their grant agreement. No action is needed on the part of eligible homeowners who will receive the reimbursement increase.

"We know that there are many homeowners who are using their hard-earned paychecks and savings to rebuild their homes, and this increase in reimbursement will

hopefully help them continue to recover from the devastating floods of 2016," said Gov. Edwards. "I know there are concerns about how this increase will impact those who have loans with the Small Business Association and I want to stress that it will not jeopardize any potential grant funds available in the future to homeowners affected by those loans, should HUD tell us the program no longer needs to consider declined SBA loans as a duplication of benefits."

"We are keeping close tabs on legislation before Congress concerning the SBA loans, which HUD considers a duplication of benefits as it relates to our program," OCD Executive Director Pat Forbes said. "We also are expecting additional guidance from HUD on this issue in the near future. In the meantime, due to federal law and policy regarding the duplication, most of the homeowners who were approved for SBA loans received a zero-dollar grant award from Restore. We're still hopeful we can get relief in some form for the more than

6,000 homeowners who could get additional assistance from the program."

If HUD provides guidance indicating it will no longer consider declined SBA loans as a Duplication of Benefits (DOB), the program will contact homeowners who are positively affected and update their awards regardless of where they are in the program.

The Task Force also heard presentations concerning the FEMA Direct Housing program and the Louisiana Watershed Based Floodplain Management Council. The Council was established by Gov. Edwards earlier this year to implement a statewide floodplain management program that will mitigate future risks from frequent flooding and severe weather events.

"We know that decisions made in one part of a watershed will impact other areas of that watershed and it is critical that we rethink how we work together to ensure our state and people are safer from future floods," Edwards said.

The Task Force also received updates on the Restore Home-

owner Assistance, Rental Housing, Economic Development and Infrastructure programs. Details are as follows:

Restore Homeowner Program:

- More than 52,000 homeowners have completed and submitted the initial survey, with the survey deadline set for July 20, 2018
- More than 42,000 qualify for one of the six program phases
- Approximately 41,610 homeowners have been invited to complete the formal application, about 32,280 of whom have submitted it
- Approximately 12,800 homeowners have been offered grant awards, totaling more than \$344 million

Restore Rental Housing Programs:

- Neighborhood Landlord Rental Program: 73 contingent commitment letters have been mailed, totaling \$34.7 million for 320 units; two units have been completed and are occupied, and ten units are currently under construction,

with all other projects expected to break ground mid-August

- Multifamily Restoration Loan Fund: two rehabilitation loans have closed, totaling \$2.3 million, with three additional loans totaling \$3.3 million pending
- Piggyback Program: \$33.8 million in loans towards \$126.4 million in total project costs to create 870 units

Economic Development and Infrastructure Programs:

- Small Business Program: 218 loans have been approved, with \$26.1 million disbursed and an estimated \$11.1 million in the pipeline; the deadline for lenders to complete loan underwriting is set for August 31, 2018
- Farm Recovery Program: 957 awards have closed, with more than \$9.4 million disbursed and all remaining awards set to be disbursed by July 31, 2018
- First Responders Public Service Program: Action Plan Amendment (APA) is under review with HUD

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MIC-Amped Fundraiser

Amplifying Youth Voices

By Amari Teal
Data News Weekly
Contributor

MIC-Amped Teen Career Camp held a fundraiser on Friday evening to sponsor teens attending the Youth Leadership Summit beginning July 27, 2018. They welcomed talent from across the City into this showcase including hosts Tonya Boyd Cannon, and comedian Rude Jude. While the purpose of the showcase was for the youth to present their artistic talents, and activist work they spent the summer refining, the event also served as a beacon for the cultivation of Black Joy. Hand painted masks, and photo collages stood strongly in place of flouncy flower centerpieces. Cool colored spotlights danced along white curtains, while the phrase "IS THIS ART" flashed just above the dimly lit stage. The art of movement, and the art of sound ruled the event elegantly.

The evening consisted of performances from MIC-Amped



youth, as well as children from the New Orleans Citywide Youth Choir. A constant thread of support, and confidence was

celebrated among the perfectly stitched smiles on the youth's faces. Alphonso Jones' playful voice serenaded the room with

soft falsetto dreams reminiscent of Smokey Robinson; while Anana Ezeb, the vocal powerhouse, took hold of what little

soul remained in the room, and ran along her vocal scales faster than a toupee in a hurricane. The youth closed out the evening with a beautifully arranged rendition of Michael Jackson's song "Heal The World", fully equipped with a bounce beat as only New Orleans youth would do. This showcase celebrated New Orleans Culture, and the substantial power behind youth voices. With support from the community, youth driven leadership programs will become a movement rather than a summer luxury.

The Milne Inspiration Center (MIC) is a local non-profit organization that serves by providing youth driven, and youth focused activities in the Greater New Orleans Area. It is their vision to cultivate the voice, vision, and development of young leaders to reach their purpose filled futures. Feel free to sponsor youth through micamped.org and follow @themicamped on Instagram for upcoming fundraising events.

First Black Miss Universe Great Britain Crowned!

Data News Weekly Staff
Edited Report

Dee-Ann Kentish-Rogers made history on Saturday.

Kentish-Rogers, 25, is the first Black woman to be crowned Miss Universe Great Britain since the pageant's inception in 1952. The newly crowned beauty queen hails from Anguilla, a British territory, and will go on to represent Anguilla and the United Kingdom at the international Miss Universe competition, which will take place in the Philippines in December.

"It's really humbling and I think it's also a privilege for me to become the first Black woman who is crowned Miss Universe Great Britain," she told BuzzFeed News. "I believe that this is the direction that the pageant has been going in



for the last couple of years because Britain is a diverse nation, we are a multicultural society and it is time that that diversity is seen on a stage where other young Black girls and girls of all ethnicities can see that this



is something for everybody not just some of us."

Kentish-Rogers competed in Newport, Wales, against 40 other women from England, Northern Ireland, Scotland, Wales and British

overseas territories.

Kentish-Rogers, who was crowned Miss Anguilla last year, is also a competitive athlete, winning a silver medal in heptathlon in the Central American and Caribbean

Games and a bronze medal in the CARIFTA Games.

Before her win, Kentish-Rogers told Pageants News that she believes she is the first woman to compete in Miss Universe Great Britain with locs.

The national director for Miss Universe Great Britain, Paula Abbandonato, told BuzzFeed that she is "absolutely delighted" by Kentish-Rogers' win.

"I took over this role in 2008 and I can honestly say there is no better gift [than] having our first Black winner to celebrate 10 years in the job," she said. "Dee-Ann is a true role model for all women of all skin colours and with her dynamism off the stage, coupled with her presence on the stage, I genuinely believe Great Britain has a chance at the Miss Universe crown this year."

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

The Power of Lashes!



Delaney George
Columnist

A full face of makeup is now a thing of the past thanks to lashes.

Makeup is more complicated today than ever before. There are more steps than a little when it comes to achieving the perfect glamazon look, but luckily for you, lashes are here to solve that problem. Seen in recent social posts and celebrity media, more women are gladly rocking their bare faces as long as they have a pair of lashes to add some spark to a plain look.

From falsies, to extensions or even volume mascara, there is a lash outlet for everyone. Lashes are your new summer must-have for slaying all season long. No makeup artist or makeup products required.

For the beginning lash enthusiast, we recommend trying the most extreme mascara to enhance your own lashes. And for the more adventurous glamazon, find your local lash salon or technician to apply false or extension lashes for the perfect summer beauty face.

No matter the occasion, lashes will make the look!



Model sports a patriotic style eye makeup with attached falsies on the top and bottom lash.



Model seen wearing natural fanned lashes with a strong wing to really make the eyes "pop".



Model seen wearing dramatic style lashes, top and bottom extensions.

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Black Workers Need “Real” Not “Fake” Paid Family Leave



Melanie L. Campbell
President & CEO and Convener,
Black Women's Roundtable, NCBCP

The Black Women's Roundtable

When Dorcas, a home health aide living in New York, learned of her mother's illness, she used most of her vacation time to fly home and care for her. After a few weeks her leave was exhausted and tragically she could no longer afford to be with her mother in the final days of her illness. In the end, Dorcas was forced to take unpaid leave, and return to Florida, arriving just hours before her mother passed away.

Dorcas counts every penny and

the unpaid time resulted in a mountain of unpaid bills and financial challenges that lingered well into the following year. Dorcas weathered that storm. But she says, “it still pains me that I wasn't able to be with my mom during her last days.”

Dorcas' story is one of many shared in the Family Values@Work story collection.

Dorcas' story exemplifies a crushing dilemma that many Black women workers face every day when caring for themselves or a family member. Life shouldn't be this way but it is the reality for far too many in the United States.

On July 11, the Senate Finance Committee's Social Security, Pensions and Family Policy Subcommittee held a hearing on paid family leave that featured two very different policy options.

The “real” policy is the Family and Medical Insurance Leave (FAMILY) Act that creates a national insurance program to fund the time needed to welcome a new

baby, address one's own health issue, or the serious health issue of a family member. It also includes time for certain military families' care giving purposes.

Employees, employers and self-employed workers would fund both the benefits and the administrative costs of the program by contributing a small amount in each pay period to a self-sustaining fund.

The FAMILY Act builds on programs in California, New Jersey, and Rhode Island and with the newest programs being implemented in New York, Washington, the District of Columbia, and Massachusetts.

The “fake” paid family leave option, restricts participation to only maternity leave and diverts social security funds to pay for the program. U.S. Senators Joni Ernst (Iowa), Mike Lee (Utah) and Marco Rubio (Florida) plan to introduce legislation covering only the birth or adoption of a child.

This deeply flawed proposal will require people to borrow against

their social security accounts, delaying their retirement date or receiving a decreased retirement benefit. For most Black women, social security makes up at least half of their income stream during retirement, according to the 2014 Black Women in the United States report by the Black Women's Roundtable.

This proposal would result in even smaller social security, death or disability benefits, making the retirement security of older Black women, even more, precarious than it is currently.

Any paid family leave proposal that ignores the caregiving responsibilities that families are facing for older relatives is outdated. According to the AARP Policy Institute, each year, 40 million American adults assist loved ones with tasks of daily living.

Family members are helping with eating and bathing; household chores; and nursing tasks so people can age in place. Surprisingly, of these 40 million family caregivers,

about 25 percent are millennials, between the ages of 18 -34 years old. One in three employed millennial family caregivers earn less than \$30,000 per year - that includes nearly 30 percent of Black family caregivers.

We urge policymakers to deliver paid family leave programs that fit the times and their constituents' diverse needs. Black workers and their families need and deserve #RealPaidLeave. Our nation deserves nothing less.

Melanie Campbell is president/CEO, National Coalition on Black Civic Participation, convener, Black Women's Roundtable. Campbell is one of the hardest working leaders in today's Civil Rights, Women's Rights and Social Justice Movements. Campbell brings together Black women nationally and in key states to build power for black women and girls, families and communities. The Black Women's Roundtable (BWR) was established in 1983 as the women and girls empowerment arm of the National Coalition for Black Civic Participation. BWR is comprised of a diverse group of Black women civic leaders representing national, regional, state-based and international organizations and institutions.

In The Spirit

Spiritually Speaking

When the World Attacks You, Find Strength in Christ's Power



James A. Washington
NNPA News Wire
Columnist

I remember reviewing the letters of Paul in bible study. In doing so I was constantly reminded that one cannot look at Paul without really seeing Jesus' amazing handiwork.

Now you need to know that I think Paul is an awesome person when it comes to the story of his life. I haven't found a biography or autobiography of anyone in or outside of the 'good book' who comes

close to my admiration for Paul; Jesus notwithstanding.

Because the two are so closely associated with one another, I can't help but consider the impact of this tandem on human history.

Just in case someone wants to debate me on this by bringing up the lives of the 12 apostles, I have considered them as well as the prophets and I'm just one of those who is in awe of Paul. A very large part of the bible is devoted to Paul's building of the early church at a time when who you worshipped was a life and death decision. Sound familiar? See World today...

Paul himself says in his letters to the church in Corinth, there was indeed a point to his suffering and persecution and the basis for most, if not all, of what he went through was a by product of his

faith in Jesus Christ.

It's another perspective of one of my favorite scriptures. “But He said to me, “My grace is sufficient for you, for my power is made perfect in weakness. Therefore I (Paul) will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.”

That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties.

For when I am weak, then I am strong.” 2 Corinthians 12:8-10.

This kind of thinking and belief led to the eventual proliferation of the church worldwide.

It also makes the point of how the lives of so few have impacted and influenced so many in the world then, and also in the world as we know it today. Forgive me if I find this a

rather fascinating fact. Paul is who he is because of his unique one on one encounter with Christ.

That encounter changed him and ultimately the world in which we live. If that be true, then our individual encounters with Christ should also have a profound effect on us and the world in which we currently live.

It is not unusual for new Christians to come under attack by old friends. It is also not unusual for new Christians to come under the attack of the world, since it is in the world that Satan has some degree of power.

I think Paul's good news is there is a place of refuge for all of us, when this happens. He uses himself as an example to follow.

If I surrender my weaknesses to the power of Christ and subjugate

my will to that of the Lord's, then I become empowered to deal with whatever is thrown my way.

Life, the Christian life, is funny that way. It places what I have described as a bulls-eye on your back, designed to distinguish you from those non believers around you.

It, your faith, also sets you up and apart to do great things in the name of Jesus Christ, my personal Lord and Savior. I guess what I'm really saying is when the going gets extremely tough, check the human being Paul.

Like Christ, he's been through and has experienced the worst that life has to offer. But because of his belief system, he's experienced the best of God's promises. It's like a refresher course and I just wanted to let you know where

Spiritually, Continued
on page 10.

New Lilly Diabetes Helpline to Assist People Seeking Solutions to Insulin Affordability

NNPA Newswire

Starting August 1, a new dedicated helpline called the Lilly Diabetes Solution Center will assist people who need help paying for their insulin – such as those with lower incomes, the uninsured, and people in the deductible phase of their high-deductible insurance plans, Eli Lilly and Company (NYSE: LLY) announced today. A customized suite of solutions for all Lilly insulins, including for Humalog® (insulin lispro), will be used by helpline operators to find answers that best fit the personal circumstances of patients.

Among the multiple solutions being made available through the helpline are short-term and long-term options for people with immediate needs for insulin and how people with lower incomes can access Lilly insulin through free clinics. Lilly is donating Humalog and Humulin® (insulin human injection) to three relief agencies – AmeriCares, Direct Relief, and Dispensary of Hope – to supply nearly 150 free clinics across the U.S.

“We want to hear from people who have trouble paying for their insulin so that we can try to find a solution for them,” said Enrique Conterno, president of Lilly Diabetes and Lilly USA. “People with diabetes face numerous costs for their treatment including medicines, supplies and doctor visits. Our solution center can help relieve the cost burden for many people and better ensure they receive comprehensive treatment for diabetes. Our solution center will take a targeted approach to the problem by finding customized solutions for people.”

David A. Ricks, Chairman and CEO of Lilly, added: “While the current system works for many people, there are still gaps. That’s why Lilly is working with PBMs, insurance companies, advocacy groups and others to bring solutions to patients, and why we are advancing additional solutions today. Lilly and our partners share a commitment to reduce the cost of insulin at the



pharmacy counter so that everyone who needs our medicines to manage their diabetes is able to get them.”

Based on estimates from market research data, more than 400,000 people living with diabetes in the U.S. and Puerto Rico could benefit from the new solution center. Conterno said Lilly will continue to build upon these solutions with additional answers for people who need relief from high out-of-pocket costs.

Following are the solutions that will be made available starting August 1:

Lilly Diabetes Solution Center helpline

The helpline will be a dedicated service that identifies solutions for people who have trouble affording their insulin. The solution center helpline will be staffed with people who find options based upon the personal circumstances of the person in need – including their location, type of insurance, and income level. The goal of the helpline is to ensure each person who uses Lilly insulin is matched with the best cost solution available. The phone number will be made available on August 1.

Free clinics

Lilly is donating insulin to three relief agencies – AmeriCares, Direct Relief, and Dispensary of Hope – to eventually supply nearly 150 free clinics across the U.S. with Lilly insulin. Helpline operators will point people toward clinics that are most convenient to them and explain how to access them. Lilly

is working now with the relief agencies to identify as many clinics as possible that can adequately store and distribute insulin to people who need it. (Qualifications will differ clinic-to-clinic).

Point of sale savings

We are increasing our financial assistance for people who may need

help paying for insulin. The helpline will use a suite of solutions to find answers for people who face the highest out-of-pocket costs such as people who are uninsured and people who pay significant costs when they are in the deductible phase of their high-deductible commercial insurance plans. The solutions will be customizable based upon personal circumstances and will include options for all Lilly insulins.

Immediate Needs for Insulin

If someone has an immediate need for insulin, they will be able to call the Lilly Diabetes Solution Center to learn about immediate and longer-term options. “Our goal is to ensure everyone who needs insulin can get it,” said Mike Mason, senior vice president of Connected Care and Insulins for Lilly Diabetes.

More information on these programs, including how to access savings, will be provided on August 1. Lilly will promote the availability of these programs in a variety of ways, including through paid advertising, social media, and ongoing media outreach.

Between now and August 1, people can dial The Lilly Answers Center at (800) 545-5979.

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Busiest Part of Hurricane Season Hits Mid-August Is Your Business Prepared And Protected

Hurricane season arrived on June 1, but the busiest period is fast approaching - typically mid-August to mid-September generates the most hurricanes in the United States. Home homeowners are already pricing generators, restocking hurricane supplies and getting ready for Mother Nature's annual visits.

But what about businesses? What should they do to prepare for hurricane season - or for any disaster that could strike and potentially upend the business?

Peter J. Strauss, a captive insurance manager and author of the book *The Business Owner's Definitive Guide to Captive Insurance Companies* (www.peterjstrauss.com), says the time is now for businesses to prepare.

"A remarkable number of business owners will spend a lot of time preparing their homes, but very little time preparing their businesses," Strauss says. "Once a storm is on the radar, there is barely time to prepare your home - let alone your business."

Experts from Colorado State University - regarded as the nation's top seasonal hurricane fore-



Preparing your business in the event of a hurricane is just as important as preparing your home. Having adequate insurance, and supplies can make the difference in how quickly your business can be back up and running after a storm passes.

casters - recently predicted 2018 will have seven hurricanes among 14 named tropical storms. Both numbers are above the average of six and 12, respectively.

Strauss says some preparations a business needs to take include:

Survey its staff members to determine what their needs will be

during a storm and what they will need in order to return to work once the storm passes. The staff is the company's biggest resource, so this should be a priority.

Start stockpiling water now if you have some extra space in your business. In an emergency, the first thing most retail stores run out of is

bottled water. Also stockpile canned goods and extra food items that can remain fresh for your employees.

Take stock of all your software, hardware and data and arrange for duplication and off-site storage if necessary.

Purchase a generator and make other precautions for the inevitable

disruption of power that will happen during the storm. Come up with an alternate plan of how you will be able to continue to service customers if there is a prolonged outage of power or if there is structural damage to your place of business.

Call your insurance agent and review your policy to make sure you have all the coverage you need. Also, videotape and photograph everything in your business and store for insurance purposes.

Strauss stressed that procrastination is not your friend when it comes to hurricanes. "Once a storm is approaching, everything moves twice as fast as you think it will. Generators, water and plywood will go fast," he says. "Gas lines will get longer sooner. You can save yourself a lot of headache and worry by being prepared."

Peter J. Strauss (www.peterjstrauss.com) is an attorney, captive insurance manager and author of several books, including most recently *The Business Owner's Definitive Guide to Captive Insurance Companies*. He is the founder and managing member of The Strauss Law Firm, LLC, on Hilton Head Island, S.C., and also the founder and CEO of Hamilton Captive Management, LLC.

Spiritually/ Continued from page 8.

I go during difficult times.

You might also find some answers there. The point I'm trying to make is that in the eyes of God, one's weaknesses are welcomed opportunities for God to show up and show out.

Have you ever wondered why those who have been through so much are able to stand and witness

mightily for Christ? Reexamine the reality of God's grace and you just might get your answer.

May God bless and keep you always.

James Washington is a father, husband, Christian and writer. James is also the owner and publisher of the multimedia company The Dallas Weekly. You can follow James on Twitter at @JAWS_215.



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ICYMI

Civil Rights Groups, Democrats Oppose Trump's SCOTUS Pick

By Stacy M. Brown
NNPA Newswire Contributor

If President Donald Trump's last Supreme Court nominee Neil Gorsuch is any indication, his latest pick in Brett Kavanaugh will do the civil rights community no favors, National Urban League President Marc Morial said following the announcement of the president's high court nominee.

Morial wasn't alone, as many others joined in to call on the Senate to reject Kavanaugh, 53, who currently serves as a judge on the U.S. Court of Appeals for the District of Columbia Circuit.

Some of Kavanaugh's more controversial opinions are at the core of arguments for those who oppose his appointment.

While he hasn't expressed outright opposition to the Supreme Court's decision in *Roe v. Wade*, critics note that Kavanaugh may likely side with Trump, when he eventually votes on the issue of abortion.

In one opinion, Kavanaugh did write that the government has "permissible interests in favoring fetal life, protecting the best interests of a minor, and refraining from facilitating abortion."

In other issues that appear more germane to minority groups and communities of color, Kavanaugh has issued controversial rulings on religious liberty and the Second Amendment.

The U.S. Supreme Court is the final stop for justice in America. The Supreme Court's rulings affect all citizens, because every state must follow its decisions.

"Judge Kavanaugh has a record of ruling against affordable health care and women's reproductive rights. Particularly troubling is his record on cases involving racial and workforce discrimination," Morial said. "Seating a Supreme Court nominee with an obvious disdain for fundamental liberties will change American life as we know it."

Tom Steyer, who runs the California-based group, "Need to Impeach," has urged all his constituents to contact their senators to stop the nomination.

"Brett Kavanaugh is here for a reason. He believes presidents should be exempt from criminal prosecution and investigation while in office," Steyer said, noting Kavanaugh's previous comments about



Civil rights groups and congressional Democrats plan to oppose Brett Kavanaugh's Supreme Court nomination. Photo taken during a swearing-in ceremony for Brett Kavanaugh to the U.S. Court of Appeals for the District of Columbia in the Rose Garden of the White House. (Wikimedia Commons)

the presidency and his opposition to prosecuting a sitting president.

Kavanaugh has suggested that Congress pass a law barring sitting presidents from criminal prosecution and investigation, personal civil suits, and questioning from criminal attorneys.

He has claimed that presidents can disregard laws they consider unconstitutional, despite what courts say.

Kavanaugh, a Georgetown educated jurist, who also teaches at Harvard Law School, declared the Consumer Financial Protection Bureau unconstitutional; he also wrote that Washington D.C.'s ban on semi-automatic rifles was unconstitutional.

"He's anti-choice—just last year, he argued in favor of prohibiting an undocumented pregnant immigrant in federal custody from getting an abortion. He considers the Affordable Care Act unconstitutional," Steyer said.

Kavanaugh has also attempted to roll back President Obama's greenhouse gas regulations.

Ben Betz, the Digital Advocacy Director for the left-leaning Northwest, D.C. group "People for the American Way," said Kavanaugh is "not just your run-of-the-mill narrow-minded, elitist judge."

While Justice Kennedy, whom Kavanaugh would replace, was the high court's last "swing vote" on critical issues like women's reproductive rights and LGBTQ equal

ity, it's impossible to overstate how much is at stake with this nomination, Betz said in an email.

"We know that if Kavanaugh is confirmed that it won't be long until a woman's right to choose and the Affordable Care Act are gone," Betz said.

Lawmakers also voiced their concerns.

"Whether or not the Supreme Court enforces the spirit of the words, 'Equal Justice Under Law,' is determined by the individuals who sit on that court," said Democratic California Sen. Kamala Harris. "Brett Kavanaugh represents a fundamental threat to that promise of equality. I will oppose his nomination."

Democratic New York Sen. Kirsten Gillibrand also opposed the nomination.

"One thing already clear from his record, [Kavanaugh] can't be trusted to safeguard rights for women, workers or to end the flow of corporate money to campaigns," Gillibrand said.

After the announcement, Kavanaugh said that his judicial philosophy is straightforward.

"A judge must be independent and must interpret the law, not make the law," Kavanaugh said. "A judge must interpret statutes as written. And a judge must interpret the Constitution as written, informed by history and tradition and precedent."

In a statement about the nomination of Brett Kavanaugh, the NAACP said that the next Supreme Court justice will play an outsized role in determining whether African Americans move forward in our journey toward achieving full equality, whether we simply tread water for the next three decades, or whether we slide backward toward our former status as second-class citizens.

"Brett Kavanaugh is a dangerous ideologue whose extreme views on civil rights would solidify a far-right majority on the Supreme Court. Coming after Neil Gorsuch's appointment, a Kavanaugh confirmation would re-make the Court in President Trump's own image," the NAACP statement said. "This prospect is unacceptable to the American people, and the NAACP is ready to lead the fight of a generation."

The NAACP statement continued: "We will fight this Trump nomination with everything we've got. Our state conferences, branches and units are fully engaged to tell their Senators that our civil rights hang in the balance and that Kavanaugh must be defeated."

This article was originally published at BlackPressUSA.com.

Stacy Brown is an NNPA Newswire Contributor and co-author of "Michael Jackson: The Man Behind the Mask: An Insider's Story of the King of Pop." Follow Stacy on Twitter @stacybrownmedia.

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