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New Orleans

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News Weekly

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Henry Consulting and H&W Drug Store Holiday Party

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A Data News Weekly Exclusive

# New Orleans Holiday Celebrations



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Tarriona "Tank" Ball




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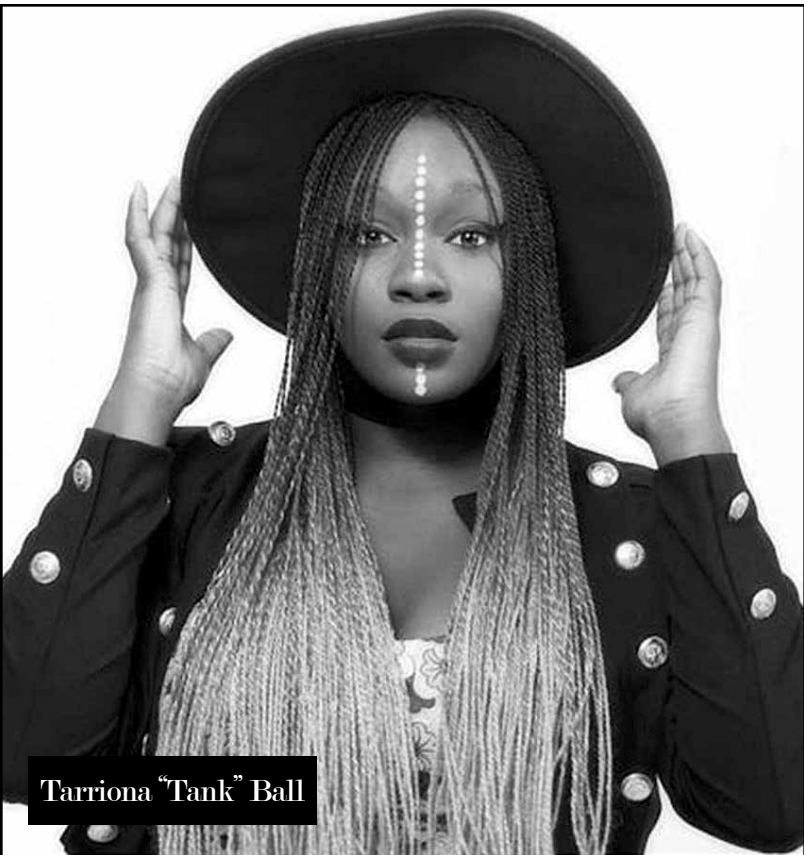
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# New Orleans Holiday Celebrations



Kermit Ruffins



Tarriona "Tank" Ball

Holiday celebrations are taking place across the City, with good time for people from all walks of life. Some of New Orleans music's best performers will be featured in these amazing events.

**Glenda Bell**  
Data News Weekly Contributor

New Orleans is a city known for celebrating life. During the Holiday Season, it is brimming with festive events during the Christmas Season. Here are some highlights to consider enjoying with friends, loved ones, and family:

**CELEBRATION IN THE OAKS**

A dazzling display of lights and holiday exhibits in City Park, running through December 30th.

**NOLA CHRISTMASFEST**

An Indoor Winter Wonderland at the Ernest N. Morial Convention Center, featuring ice skating, ice slides, and carnival rides, open from December 20th to 30th.

**MORE FOR THE HOLIDAYS: Community Events**

**POLAR EXPRESS TRAIN RIDE:** The recreation of the classic children's story on board an actual train will be available through Jan. 1st, 2025, at New Orleans

Union Passenger Terminal, 1001 Loyola Ave. in New Orleans. Passengers will receive hot chocolate and cookies, a reading of the story, Caroling and a Visit from Santa. Tickets start at \$42 and include specific departure times. [www.nolathepolarexpressride.com](http://www.nolathepolarexpressride.com).

**COMMUNITY HANUKKAH CELEBRATION:**

The celebration will take place Dec. 19th, 5:30-7:30 p.m., at the New Orleans Jewish Community Center, 5342 St. Charles Ave. in New Orleans. The event will feature The Hebrew Hammers, a local brass/funk band playing lively Hanukkah songs and more.

Cover Story, Continued on page 3.

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## DATA NEWS WEEKLY

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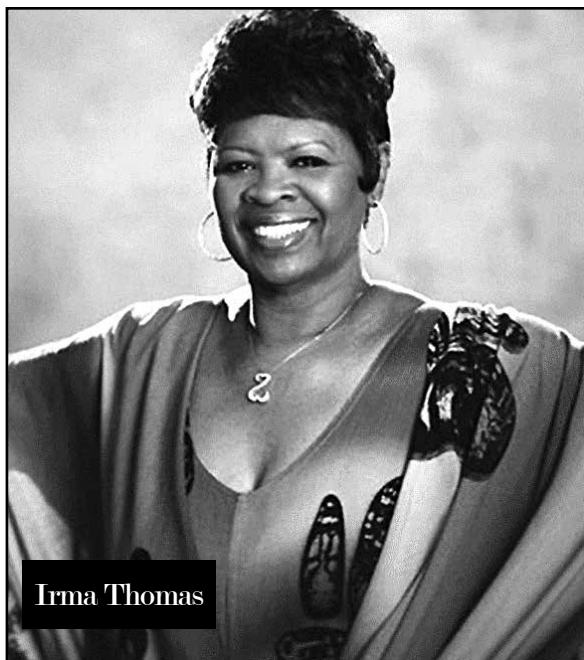
Dining includes latkes, traditional sufganiyot (jelly doughnuts) and a light vegetarian dinner. Free, but reservations are required through Eventbrite. [www.nojcc.org](http://www.nojcc.org).

**JINGLE ON THE BOULEVARD PARADE:** The event will start at noon Dec. 21st in New Orleans East. The parade will line up on Crowder Boulevard and Morrison Road, travel down Crowder to Hayne Boulevard, to Read Boulevard and on to Lake Forest Boulevard, disbanding at Lake Forest Plaza. [www.jingleontheboulevard.com](http://www.jingleontheboulevard.com).

**SANTA WITH A SECOND LINE:** The Old Algiers Main Street Corp. will host a meandering mini parade from 1 p.m. to 2 p.m. Dec. 21st. Santa will be driving a golf cart, handing out candy and trinkets, followed by the West Bank Jazz Band led by Edwin Harrison. [www.oldalgiersmainstreet.org](http://www.oldalgiersmainstreet.org).

**CULTURE AND CONCERTS**

**CATHEDRAL CONCERTS:** French Quarter Festivals, Inc. will



Irma Thomas

host a series of free holiday concerts at St. Louis Cathedral, 615 Pere Antoine Alley in New Orleans. Yusa & Mahmoud Chouki will provide global sounds from 6 p.m. to 7 p.m. Dec. 18th. The St. Louis Cathedral Christmas Concert, featuring the Cathedral Choir, will be from 5:30 p.m. to 6:30 p.m. Dec. 22nd. The New Year's Eve open-air concert near Jackson Square featur-

ing live performances by Tank and the Bangas, Bonerama and DJ RQ Away starts at 9 p.m. Dec. 31st. All concerts are free. [fqfi.org/holidays](http://fqfi.org/holidays).

**THE VICTORY BELLES RING IN THE SEASON:** The National WWII Museum's singing group, backed by the Victory Six Band, will present holiday harmonies in their 2024 Revue, run-



Casme

ning Dec. 11th -23rd. Afternoon matinees at 2 p.m. and evening performances at 7 p.m.; luncheon performances 11:45 a.m. to 2 p.m. All shows are at BB's Stage Door Canteen, 945 Magazine St. in New Orleans. Tickets start at \$22. [www.nationalww2museum.org](http://www.nationalww2museum.org).

**CAROLING WITH CASME:** Ogden Museum of Southern Art

will host the event featuring holiday carols performed by Casmé; a cash bar featuring a holiday crafted cocktail, a mini holiday market pop-up; holiday art & crafts for kids and more. Tickets are \$15 adults, \$7 children, free for museum members. [ogdenmuseum.org](http://ogdenmuseum.org).

**HOME FOR THE HOLIDAYS:** The New Orleans Center for Creative Arts' 20th Anniversary Concert will take place Dec. 21st at House of Blues New Orleans, 225 Decatur St. in New Orleans. The lineup features Irma Thomas, Rebirth Brass Band, Kermit Ruffins, John Boutte' and more. Proceeds support the NOCCA Foundation's Daniel Price Memorial Fund for Aspiring Artists. Tickets start at \$79.50 via Live Nation. Patrons' tickets start at \$170, with gold- and silver-level patrons invited to a patron party, 6:30-8 p.m. [noccafoundation.org](http://noccafoundation.org).

These events capture the unique Spirit of New Orleans during the holiday season, offering a blend of traditional and contemporary celebrations.

# ROUSES MARKETS

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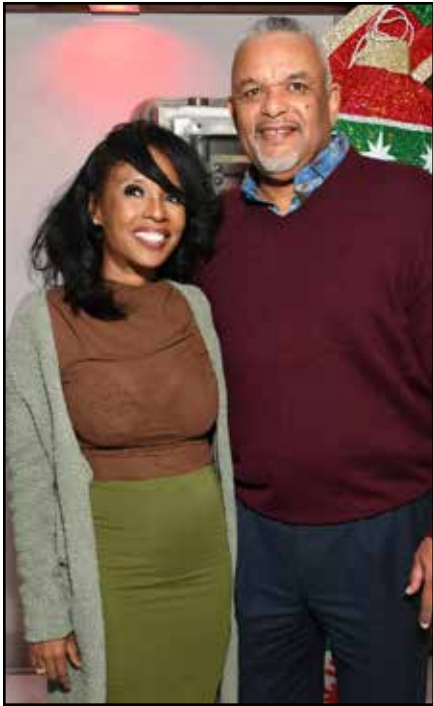
FIND MORE WAYS TO SAVE AT ROUSES



# Henry Consulting and H&W Drug Store Holiday Party

Photos by Glenn Summers

Once again, the Henry Group successfully held a Holiday Bash, with guest from all areas of the city on Saturday, December 14th, 2024, at The Vault in New Orleans. It was an event to remember and of course, Data News Weekly was there for the festivities!







# Strengthening connections in every community



Entergy New Orleans is creating stronger connections throughout our city. That commitment goes beyond the power grid. We're investing in community to strengthen every neighborhood we serve. From STEM education to cultural events and community outreach programs, Entergy employees volunteer thousands of hours every year – because this is our home, too.

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**We power life.<sup>SM</sup>**

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# Six Culturally Relevant Holiday Books to Add to Your Gift List

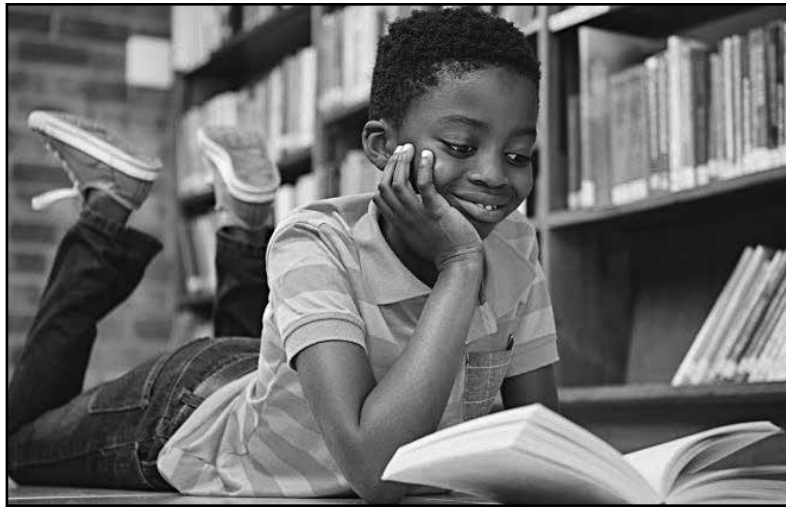
*These K-12 appropriate titles can foster a love of reading and help students return to school empowered and inspired.*

## Quintessa Williams Word In Black

The holiday season is more than just a break for Black K-12 students — it's a chance to unwind and recharge after navigating a fall semester filled with challenges. Along with the normal academic pressures, students this year dealt with the weight of book bans, efforts to censor Black history, the 2024 Presidential Election, and racist messages sent to kids after Donald Trump won.

Diving into culturally relevant reading over the holidays can be transformative for Black students. Research indicates that reading can reduce stress by 68%, surpassing other relaxation methods such as listening to music or walking. These books also celebrate Black Heritage and reinforce a positive Black Identity, providing a much-needed sense of belonging and empowerment.

So, whether you're gifting one to an individual student or an entire classroom of kids, these six books are perfect for inspiring and uplifting Black K-12 students this holiday season.



## For Elementary School Students

*Thank you, Omu!* by Oge Mora: This heartwarming tale follows Omu, an elderly woman who prepares a delicious stew with an enticing aroma that travels throughout her neighborhood. As neighbors follow the scent to her door, Omu generously shares her meal with everyone — only to find her pot empty when it's time for her own dinner. In a touching turn of events, the community comes together to show their gratitude by bringing her a feast. This story illustrates

themes of generosity, community, and thankfulness, — making it ideal for Black elementary students during the holidays.

*The Nutcracker in Harlem* by T.E. McMorrow: This retelling of the classic Nutcracker Tale celebrates Black culture, jazz, music, and the magic of the holiday season. Set in 1920s Harlem, this version follows a young girl named Marie who receives a Nutcracker doll at a Christmas party. That night, she embarks on a magical journey where toys come to life, and she discovers her own voice and confidence.

## For Middle School Students:

*As Brave as You* by Jason Reynolds: Genie, 11, and his soon-to-be 14-year-old brother, Ernie, spend a summer with their grandparents in rural Virginia, away from their Brooklyn home. During their stay, they learn about their family's history, their grandfather's blindness, and what bravery truly means. This novel for middle schoolers delves into themes of family and courage and encourages reflection and personal growth during the holiday season.

*Tristan Strong Punches a Hole in the Sky*: This story follows seventh-grader Tristan Strong, who is sent to his grandparents in Alabama after losing his best friend, Eddie. While there, Tristan accidentally opens a portal to a world where African American folk heroes exist. Intertwining mythology and adventure, Tristan sets on a journey to reunite with Eddie and discover his storytelling power. This mythological fantasy is an engaging read for Black middle school students, providing them with entertainment and a deeper connection to cultural heritage.

## For High School Students:

*Parable of the Sower* by Octavia Butler: Set in a fantastical future, the novel follows Lauren Olamina, a 15-year-old Black girl who can feel others' pain as she navigates a world plagued by social and environmental collapse. She develops a new belief system called "Earthseed" and embarks on a journey to find a safe haven. The story represents resilience, community, and the power of faith, offering Black high schoolers an inspiring read during the holidays.

*The Voting Booth* by Brandy Colbert: On Election Day, two first-time Black teen voters, Marva and Duke, meet at the polling place to make their votes count. In a surprising turn of events, Duke is turned away, and together, he and Marva team up to ensure their votes count. In the midst, the two end up falling in love. This novel highlights the importance of civic engagement and youth activism — a timely story that encourages Black high school students to reflect on their role in society and the impact they can make.

## Health News

# Holiday Fun

*Healthy Tips for African Americans with Health Issues*

## Maelinda N. Turner, LCSW, MDiv Blacksourcemedia.com

The holidays are a time for joy, celebration, and delicious food. However, for African Americans with health conditions like diabetes or heart disease, it can also be a period of increased health risks. Understanding the importance of mindful eating and drinking is crucial to ensuring a happy and healthy holiday season.

## The Impact of Diabetes and Heart Disease

African Americans are disproportionately affected by diabetes and heart disease. These condi-



tions can complicate how your body handles the rich, sugary, and fatty foods commonly served during the holidays. For individu-

als with diabetes, managing blood sugar levels is critical. Consuming large amounts of sugary foods and drinks can lead to dangerous

spikes in blood glucose levels.

Heart disease, on the other hand, is exacerbated by high-fat, high-sodium diets. The traditional holiday fare, often loaded with salt and unhealthy fats, can increase blood pressure and cholesterol levels, putting additional strain on the heart.

## The Dangers of Traditional Holiday Foods

Many traditional holiday dishes can pose health risks for those with diabetes or heart disease. For example, sweet potato pie, while delicious, is often made with large amounts of sugar and butter. Similarly, mac and cheese is typically high in unhealthy fats and sodium.

Fried turkey, another holiday favorite, can be very high in fat. Consuming these foods in excess can lead to serious health complications.

## Making Health-Conscious Food Choices

To maintain your health, it's essential to make mindful food choices. Here are some strategies:

**Portion Control:** Use smaller plates to help manage portion sizes. Avoid second servings and limit high-calorie dishes.

**Healthy Alternatives:** Opt for baked or grilled dishes instead of fried ones. Incorporate more vegetables and whole grains.

Health, Continued on page 7.

# Justice Ketanji Brown Jackson, a Longtime Theater Lover, Makes her Broadway Debut



Supreme Court Justice Ketanji Brown

## Data News Staff Edited Report

Supreme Court Justice Ketanji Brown Jackson made her Broadway debut this weekend. She also made history as the first member of

the nation's highest court to grace its storied stage, according to the production that invited her.

Jackson appeared in a one-night-only walk-on role on Saturday night in the Tony-Nominated Romantic Comedy Musical &

Juliet, a modern take on Shakespeare's Tragedy that imagines what would have happened if the female protagonist survived and took control of her own life.

The show announced Jackson's performance several days in advance, writing on Instagram that the justice would also participate in a talkback with the audience afterward. Jackson also spoke about it on Saturday's Episode of NPR's Wait (add here)

"They have invited me to do a special walk-on role that I'm told they wrote for me," she said. "So I'm very excited."

Later, & Juliet posted behind-the-scenes footage on social media showing Jackson rehearsing songs and choreography, getting her hair and makeup done and trying on her Monochromatic Teal Costume featuring baggy jeans, a tunic and a corset.

It also captures the moment when a cast member brings Jackson onstage, at the Stephen Sondheim Theatre, introducing her by name as the night's "very special guest." Jackson ran onto the stage — and later took her final bows — to roars of applause.

"I did it!" Jackson exclaims at the end of the video. "I made it to Broadway."

Jackson has long been open about her "unabashed love of theater," as she called it in her 2024

Memoir Lovely One. She illustrated it further by singing a few lines from The Wiz and Schoolhouse Rock during an interview on her book tour this fall.

In the memoir, Jackson describes writing in her application to Harvard University — where she earned her undergraduate and law degrees — that "I wished to attend Harvard as I believed it might help me 'to fulfill my fantasy of becoming the first Black, female Supreme Court Justice to appear on a Broadway Stage.'"

Jackson went on to pursue theater during her time at Harvard, including performing in a production of Little Shop of Horrors (alongside frequent Wait Wait Panelist Mo Rocca). She also took a drama class in which she was once a scene partner with future Academy Award-Winner Matt Damon, as she recalled in the Wait Wait Interview.

"We did the scene, and it was some play that didn't have a whole lot of action like Waiting for Godot or something, where you're just sitting on the stage," she said. "But at the end, the professor said, 'Oh, Ketanji, you were so good. Matt, we'll talk.'" Jackson became the first Black woman to serve on the U.S. Supreme Court after she was nominated by President Biden and confirmed by the Senate in 2022.

It took just two more years to make the rest of her fantasy a reality.

## Health, Continued from page 6.

**Mindful Eating:** Eat slowly and savor your food. This can help you recognize when you're full and prevent overeating.

## Beverages Matter Too.

What you drink can be just as important as what you eat. Sugary beverages, including sodas and fruit punches, can cause rapid increases in blood sugar levels. Alcohol, often consumed in excess during the holidays, can interact with medications and affect your heart health.

## 5 Ways to Get Your Home Ready for the Holidays...Starting Now

### Staying Active

Incorporate physical activity into your holiday routine. Regular exercise can help manage weight, control blood sugar levels, and reduce stress. Simple activities like walking after meals or engaging in family-friendly sports can make a significant difference.

### Plan Ahead

Planning is key to navigating holiday meals. If you're attending a gathering, consider bringing a healthy dish to share. This ensures you have at least one nutritious option to enjoy. Communicate your dietary needs to your host beforehand to avoid any awkwardness.

### Mind Your Mental Health

The holidays can be stressful, especially when managing a chronic health condition. Stress can negatively impact both diabetes and heart disease. Practice stress-reducing activities such as meditation, deep breathing exercises, and spending quality time with loved ones.

### Community Experiences: Increased Hospital Visits

During the holidays, hospitals often see an increase in visits from African Americans with diabetes and heart disease. This spike is usually due to poor dietary choices and neglecting health management during festive celebrations. It's essential to learn from these community experiences and prioritize health to avoid emergency situations.

## DATA CLASSIFIED

Call 504-821-7421 to place your classified ad.

### Job Opportunity

## Freelance Writers Wanted

Data News Weekly, "The People's Paper," is looking for freelance writers to join our team print and digital team. We need writers who can cover New Orleans news stories, ranging from local high school sports, community events, City Hall and entertainment. Experience in print is necessary, experience in digital and social media are encouraged.

Compensation is competitive and great story ideas will be appreciated.

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

We can't wait to hear from you!

### Job Opportunity

## Administrative Assistant Wanted

Data News Weekly, "The People's Paper," is looking for an administrative assistant.

Compensation is competitive and detail orientation will be appreciated.

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

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