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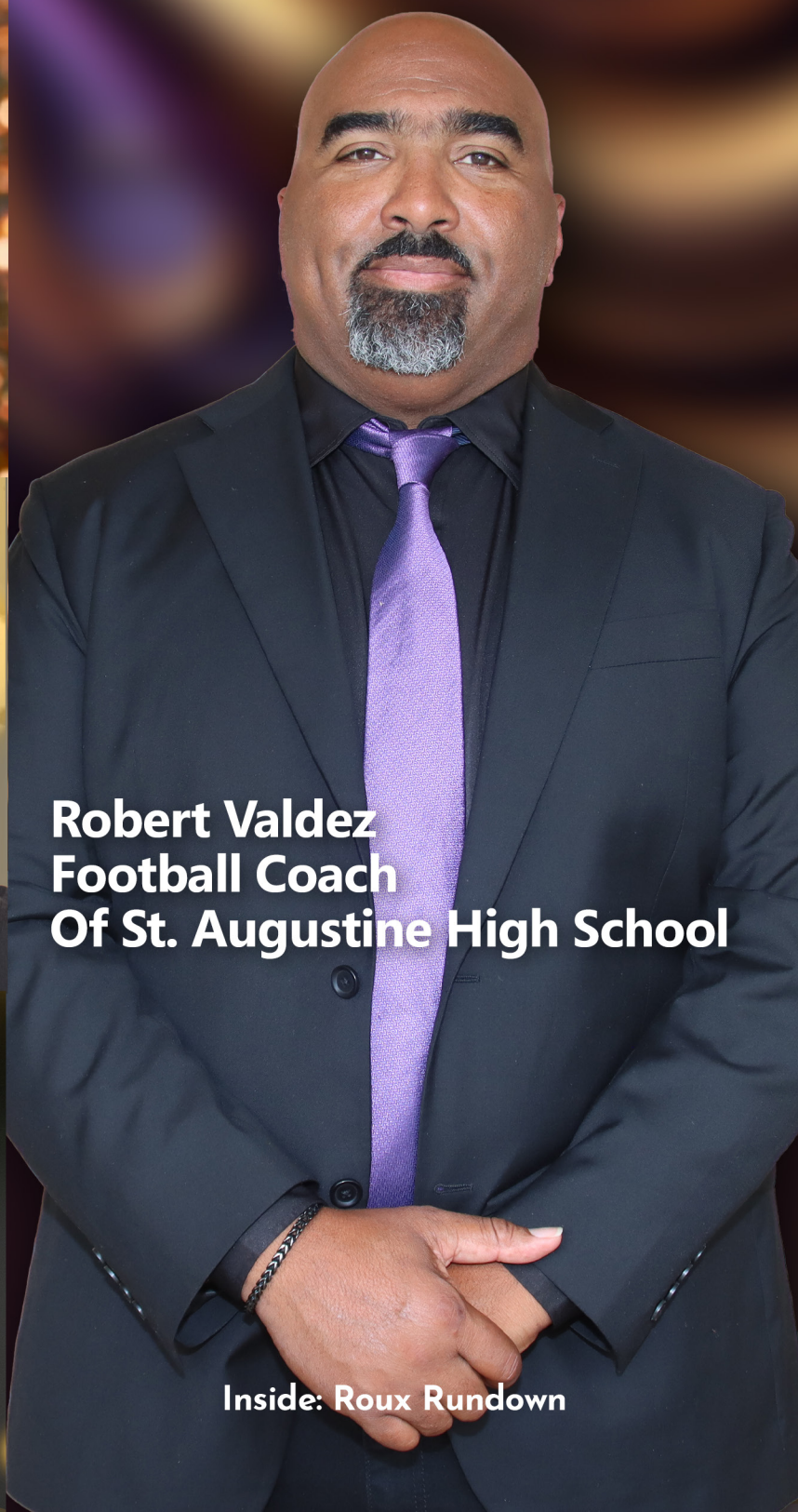
JuLā Ducre



Ricky B



Vanessa Ross



Robert Valdez
Football Coach
Of St. Augustine High School

Inside: Roux Rundown

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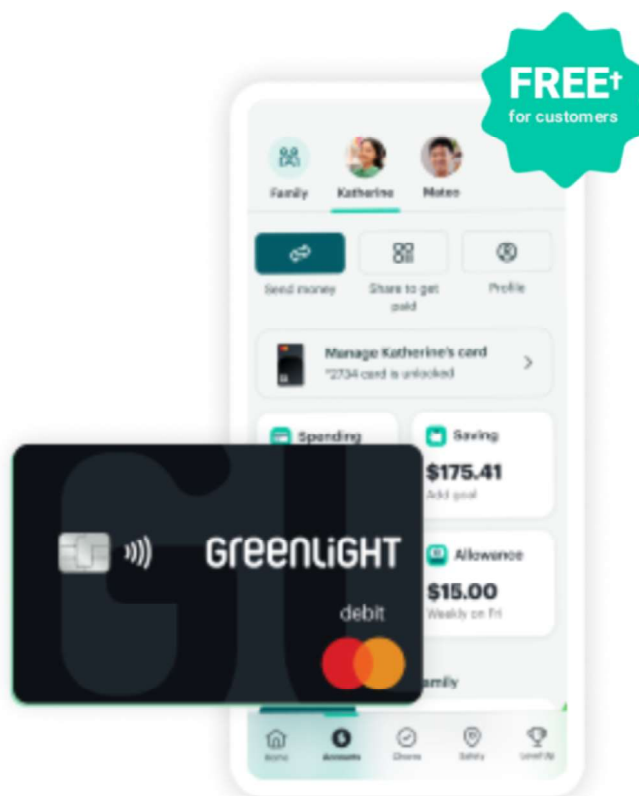
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Contents



Articles

- 6** COVER STORY
BETWEEN LAW AND MUSIC
Julà Ducre Enjoys A Legal And Singing Career
- 12** COVER STORY
Ricky B.
Making Bounce Music and Serving the New Orleans Community
- 16** COVER STORY
BUILT IN THE TRENCHES: Coach Robert Valdez
and the Soul of Saint Augustine High School
- 22** COVER STORY
Blessed with Success:
Vanessa Ross brings joy and inspiration to helping others

Columns

- 25** The Roux Rundown
- 26** Health Talkin' with Doc Griggs

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BETWEEN LAW AND MUSIC:

JuLā DuCré Enjoys a Legal and Singing Career

By Dean M. Shapiro, Senior Editor

Her full name is Julliette C. DuCré but on a professional level - as a performing artist, businesswoman, entrepreneur and visionary - the name she goes by is JuLā DuCré. She is also a litigation paralegal and a justice of the peace on the North Shore of Lake Pontchartrain.

PHOTO COURTESY OF JULA DUCRÉ

"I have this thing I call a JU LĀISM," she explained during a recent interview. "For me it's being in complete alignment with myself and the universe for the first time in my life. I can see where I want to be and how I want to live the rest of my life. So that's my JU LĀISM, aligned and focused."

Born in New Orleans and raised on the North Shore, JuLā describes herself as "a small-town girl with deep cultural roots and a powerful artistic lineage." Being descended from Italian, French, Spanish and Native American Creole heritage – Cherokee on her mother's side, Choctaw on her father's side – JuLā takes pride in the multicultural conglomeration that shapes her identity.

JuLā's parents, John Melvin Ducre Sr. and Dianne B. Ducre, were married for almost 59 years until he passed on August 28, 2019. "My dad was the storyteller and family historian," JuLā said. "He was a hardworking and extraordinary man who influenced my work ethic. A creator and good at building things with his hands."

On her maternal grandmother's side, she notes that "Music and tradition were ever-present." Her grandmother, Lydia

Atlow Batiste, played the harmonica and banjo. Her mother was a soprano vocalist and violinist who also played the saxophone in her high school band.

"My mom once aspired to become an international performer but instead she chose family over fame," JuLā divulged. "When people asked her why, she simply answered, 'Because I loved my little children too much to leave them alone.'"

JuLā's late, older half-brother was also a gifted singer, songwriter and guitarist, adding to the family's musical heritage.

"And I, as a young girl, coming from a musical family, I love singing," JuLā said. "When I was in third grade, I knew I wanted to be a singer. My vision started with winning third place in a talent contest at Bayou LaCombe Junior High.

"I wanted to be a Diana Ross when I was a kid," JuLā continued. "The singer who I loved and who really changed me was Donna Summer. 'Last Dance.' And also Teena Marie. 'Casanova Brown.' And Chaka Kahn from Rufus. 'Sweet Thing' and 'Tell Me Something Good.' Those were my mentors."

As a career, JuLā chose to go into the legal profession, earning her B.A. Degree in Paralegal Studies from Southeastern Louisiana University. She worked in downtown New Orleans in the office of one of the city's most prestigious law firms.

"I was a litigation paralegal, involved mostly on the defense side," she explained. "I worked on insurance defense cases, malpractice, class actions and even some toxic tort cases. I loved it and I loved being a part of the voir dire process, picking juries and finding experts to give testimony. I was the go-to person. Whatever the managing partner needed, I got it done."

Among her outside interests, music and food reign supreme. She founded and manages JuLā Creole Cuisine, a catering company serving authentic French Creole and Italian foods for private and corporate events, including her own business, LeFit Creole Specialty Shop in Pearl River, Louisiana. She is also the owner of Julliette

*I have this
thing
I call a
JU LĀISM*



PHOTO BY PON DIXSON

C. Ducre Notary and Legal Services in Pearl River.

Additionally, JuLā has also opened Get BIGGAA Studios, a recording studio, opting to reserve it for special use only.

From 2010 to 2019 JuLā also served as executive producer and host of a musical talk show focusing on an independent approach to broadcasting that aimed to "make radio cool again." She interviewed many prominent recording artists from the 1950s to the present, among whom were Little Anthony, Howard Hewett of Shalamar, Ken Knox of The Chairmen of the Board, Gregory Williams of Switch and others. Her work from this era is available on platforms like YouTube and Spotify, allowing the content to reach an audience beyond the initial broadcast.

"I framed this experience as a foundational part of my professional background, which now influences my work as the owner of RTBG Radio, an internet radio station and media company, and my upcoming podcast projects for the JuLā Ducre Show," she explained.



JuLā Ducre with Gregory Williams, co-founder of Switch

As President of Big G Artists Agency LLC since 2011, JuLā continues to merge creative vision with business leadership through a boutique-style entertainment services company specializing in branding and strategic positioning. Her extensive experience in intellectual property, licensing, publishing and copyrighting further distinguishes her as both an artist and an advocate within the industry.

As a mezzo-soprano vocalist, JuLā's recording catalog includes such works as "Low Down Dirty Blues" and "Christmas 365 Days." She also released a cover of Larry Graham's 1980 Billboard Top 10 hit "One In a Million You," along with other self-written and produced music videos.

Over the years of her music career, JuLā worked alongside a number of people who were influential in helping shape that career. One of those she cited was Jay Crutti, the station manager and engineer with whom she worked at Crescent City Radio and who gave her a glowing reference when she applied for a position with another station.

In his reference letter, Crutti wrote, "She always produced her show with professionalism and a great talent for improvisation and keeping an interview moving along in an engaging and interactive way."

Another major influence on her was Pete Peterson, the former chief financial officer for Motown Records when they moved to Los Angeles from Detroit. As she recalled, "After he retired from Motown he founded another label and reached out to me to not



JuLā DuCré with Brondae Branch holding up a Cloud microphone T-shirt

PHOTO COURTESY OF JULĀ DUCRÉ



Al Ancar in studio at JuLā DuCré Show PHOTO COURTESY OF JULĀ DUCRÉ

only book guest artists on the show I had going on at the time, but also represent these artists as their talent booking agent."

Other endorsements started coming her way as well, as her popularity spread over the airwaves. A huge endorsement came from Rodger Cloud, the namesake head of the company that designed and manufactured top-of-the-line microphones for singers, deejays, and other public speakers. She had interviewed him twice and he called her one day and said "My team listened to our interview and they just love you."

Cloud explained to her that his company, after studying her voice, would be hand-designing a new microphone specifically tuned to her voice and she, along with Mike Kasem – son of renowned TV and radio music host Casey Kasem – would be the first recipients of the new and improved Cloud mic. She also received other products the company manufactured as well.

"This was such a great honor to have someone literally studying me, listening to the tone in my voice, and wanting to bestow such a wonderful gift upon me," JuLā proudly stated. "It was like nothing I'd ever experienced in my life and I'm telling

I framed this experience as a foundational part of my professional background, which now influences my work as the owner of RTBG Radio, an internet radio station and media company, and my upcoming podcast projects for the JuLā DuCré Show

you, I am so grateful and so humble."

Musically, JuLā describes her tastes as being "very eclectic."

"I try not to put a label or a genre on myself," JuLā explained. "I really don't define myself as being in a specific genre because I can sing many genres and that's the way I like it," she concluded.

JuLā can be followed on Facebook and Instagram.



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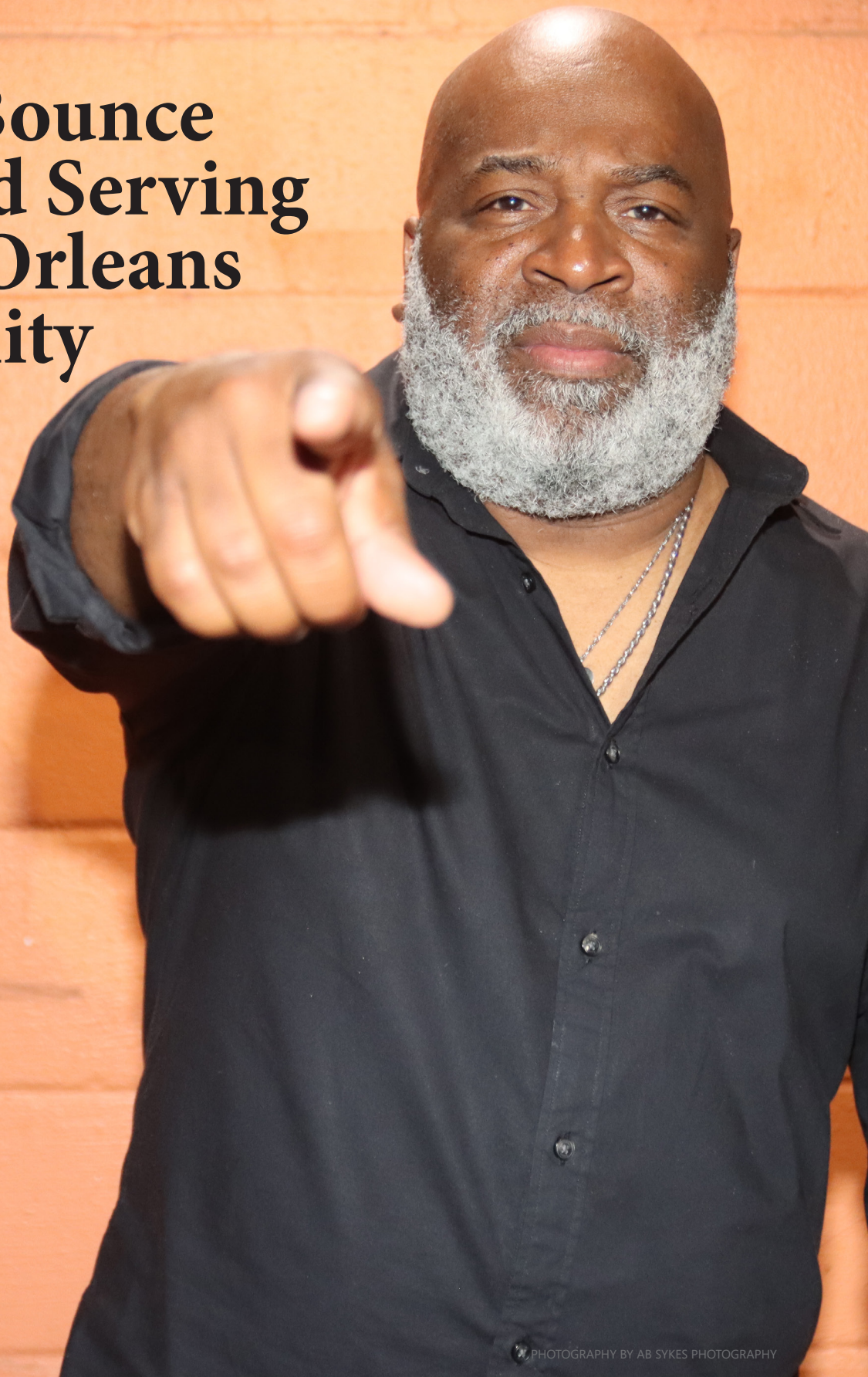
No assurance can be given that the performance objectives of a given strategy will be achieved.

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Ricky B: Making Bounce Music and Serving the New Orleans Community

By Anita Oubre

Generations of New Orleanians were raised in the government-subsidized housing developments scattered throughout the city, most of which no longer stand. It was in these housing developments that the sounds of a distinctly New Orleans flavor of hip-hop music, known as “bounce,” are said to have emerged in the late 1980s.



PHOTOGRAPHY BY AB SYKES PHOTOGRAPHY

One of the pioneers of the bounce style was Ricky “Ricky B” Bickham, who was raised in the St. Bernard housing development. His 1994 hit record, “Shake for ya Hood,” is a New Orleans bounce classic that remains popular to this day and is widely recognized as an anthem of that era.

The song, Ricky emphasized, “spoke to the realities of what was taking place on the streets of New Orleans” at a time when the city was experiencing a record number of violent crimes. Ricky’s music has proven timeless, as it was 32 years ago, and it is still highly requested at all types of gatherings.

Since that time, Ricky has released many other singles and CDs, keeping his name and music in the public eye. He is equally as passionate about his foundation, RickyB for LYFE (Lifting Youth & Family Empowerment), where he gives back to the community by supporting loved ones of those incarcerated. The foundation assists families in making visitation possible to keep those relationships intact.

Ricky is the middle child of three sons. His mother, Barbara Bickham, was a strong, independent, and resilient woman who did her best to raise her children. “She was a single mother who worked two jobs and even attended school when we were younger, but we did not want for anything,” Ricky recalls. She was devoted to her sons

and is truly the inspiration behind their mission of giving back.

Ricky attended Edward H. Phillips for both elementary and junior high and then moved on to John McDonogh High School, where the artist known as “Ricky B” was born.

“The fellas used to freestyle in the men’s restroom, and I was a bystander, and one day Bigalow, who later became my business partner, asked me to say a little something, so I jumped in the circle and started spitting, then everybody was like, ‘you got it’ After that I started putting my penmanship to work and I’ve been writing ever since.”

In school, Ricky realized that students from all over the city attended John McDonogh, but they shared some of the same experiences. They enjoyed the marching bands, the pep rallies, and hanging out, having a good time together. They also shared the grim reality of witnessing violence on a frequent basis in their neighborhoods, which is often expressed in the lyrics of songs in the bounce genre.

As defined by Wikipedia, “Bounce is characterized by call-and-response-style party and Mardi Gras Indian chants and dance call-outs that are frequently hypersexual and controversial.” The rapid-fire lyrics are backed up by synthesized instrumentation and drumbeats and often feature backup vocalists.

“In the beginning, it wasn’t really my style of rapping,” Ricky explained. “But we had that beat, a sample of the Staple Singers’ song ‘I’ll Take You There’ with a hook, and the people loved it. It spoke to the realities of what was taking place on the streets of New Orleans,” he emphasized.

Like jazz, bounce was born in New Orleans, and Ricky is passionate about taking it to the stage. He’s performed across the Gulf Coast region, as well as in Chicago and Richmond, Virginia. “My highlight to date is performing at the New Orleans Jazz & Heritage Festival,” Ricky stated.

“I thrive in those moments,” he said. “My drive is to be an attraction to showcase the music and culture of New Orleans. Other



areas of the country need to see that our music consists of all elements – jazz, hip hop, brass, bounce, Black masking Indians, as well as classical.

Today, Ricky B is recognized by a generation of fans and is always humbled by the love he receives. Contributing to the culture and setting standards for what he believes about music is what he strives for. Selecting the right words is just as important as selecting the beat because the message can have an impact.

“I don’t think anyone who never performed would understand the courage it takes and the sacrifice that’s made to be in front of so many people, “but I love performing. I love how it feels to be in front of a mass of people, giving them what they want,” Ricky explained.

Fondly recalling the music he heard as he was growing up, he noted, “Listening to Frankie Beverly and Maze, the mood would just lighten. The same with Luther Vandross, the Jackson Five, and the Staple Singers. My mother would clean the house and have that kind of music playing.”

Ricky said, “I listened to The Sugar Hill Gang and LL Cool J, but when NWA hit the scene, a light went off, the truth about the streets, love, and hip-hop, I knew for sure I had a lane to ride in.”

Looking back on an eventful and exciting career, Ricky appreciates the opportunity



PHOTOS COURTESY OF RICKY B



Ricky & Corey Bickham

PHOTO BY TENISHA SLAUGHTER

to have performed at Lil Wayne's Lil Weezyana Fest, which takes place every summer in Champions Square to celebrate New Orleans artists.

"It was so great to see what they were doing, and I felt like I belonged on the stage that night, and over the years leading up to it, I earned my right to be there."

Discussing his foundation and the work it does, Ricky said, "It is so important for families to keep relationships intact, especially when they are incarcerated. I know firsthand how hard it is to be hours away from a loved one. My vision is for this to be



PHOTO COURTESY OF RICKY B



PHOTOS COURTESY OF RICKY B



a community mission. I'd like to purchase a van and have transportation companies involved in making this happen, but there's still work to be done."

Every year in December, his foundation, with his brothers, #barbarasboyz, set up on the corner of Sere and Gibson streets in Columbia Parc, formerly the St Bernard Project, for their holiday food giveaway. They generously provide 100 hams and turkeys, with fixings, to families so they can enjoy a nice meal during the holiday. That location was selected because it was the last place Ricky's mother lived before she passed.

Another event the LYFE Foundation hosts is in May, coinciding with Mother's Day. They named it "Memories of Mothers" (MOMS) Brunch, where they serve brunch to 75 people who have lost their mothers. "It's a room full of love, old memories, and newly created ones with live entertainment and great food," Ricky explained.

In the summer, the foundation partners with local churches and other nonprofit foundations in the community for a back-to-school giveaway. Backpacks filled with school supplies are provided.

His inspiration comes from the community and what he witnesses on a daily basis. As he states, "I hear what's going on in the world and look at how it impacts

society; what makes us happy or sad, what makes us grow, what is the future going to be? There is always a positive side, and that is what I want to make songs about. Tap into me and stay tuned #onelove."

For more information on bookings, please visit: www.legendssent.com. To support or become a sponsor with The RickyB for LYFE Foundation, please email rickyb@legendssent.com. You can also follow RickyB504

on Facebook and on Instagram @Rickbeeda_mf1. Now available on all streaming platforms is "Talk Like It."



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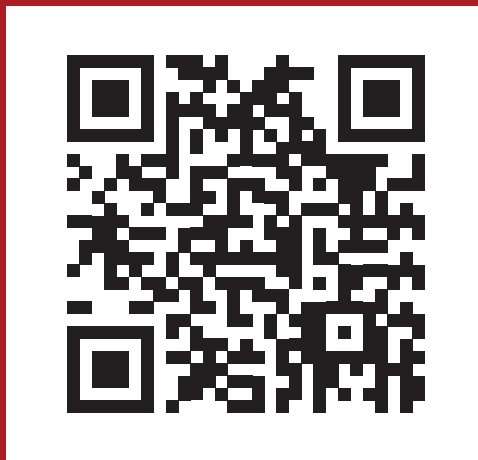
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BUILT IN THE TRENCHES: Coach Robert Valdez and the Soul of Saint Augustine High School

By Chris Fontenot



PHOTOGRAPHY BY AB SYKES PHOTOGRAPHY

In New Orleans,
high school football
is never just football.

It is culture carried
under stadium lights on
Friday nights. And, in the
Seventh Ward, between
Law and Hope Streets and

A.P. Tureaud and St. Bernard Avenues hums generations of pride,
where Saint Augustine High School still lives by a number that
feels more like identity than location.

2600 (which represents: “2600 A.P. Tureaud” to many diehards)

That number represents legacy. Discipline. Brotherhood. And
under head coach Robert Valdez, that legacy continues to grow.



PHOTOGRAPHY BY AB SYKES PHOTOGRAPHY



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When Robert Valdez accepted the role at St. Augustine in December 2023, it wasn't just a career move—it was a return to the very city that shaped him.

His journey to this moment didn't begin with headlines or championships. It began as a young man, searching for something to hold onto.

"As a youngster, I couldn't make the weight limit cut-offs for NORD football, so I could never play," Valdez recalled in a recent interview. "It was not until junior high school at Edna Karr Junior High, under the guidance of Al Ott, that I found it.

"I just loved everything about it," Valdez added.

That love only deepened at O. Perry Walker High School in Algiers on the West Bank of New Orleans, where he played offensive tackle and understood early that football could be his pathway forward. College seemed far-fetched without a scholarship, but that opportunity came through Southern University, where he became a key part of national championship football teams in 1993 and 1995.

It was there, in Baton Rouge, that something clicked for him. Coaching wasn't just an option; it was a calling.

Valdez's identity as a former offensive lineman still defines everything he does. His teams are built from the inside out – on discipline and detail. No shortcuts. No compromises. That accountability shows

up every day in practice.

That approach has followed him through a coaching career spanning more than 25 years. It began with his first head coaching job at McKinley High School in Baton Rouge, followed by West St. John High School, where he reached five semi-finals in seven years.

Stops at Scotlandville and East St. John High Schools further cemented his winning reputation,

long before his perfect 15-0 championship season at St. James High School in 2019.

Valdez's pursuit of growth didn't stop at the high school level. In 2022, former NFL head coach Hue Jackson brought him to Grambling State as an offensive line coach.

"This was a pivotal moment in my coaching career," he recalled. "It fast-forwarded the learning curve. I learned that there is a requirement to pay attention to the details."

That attention to detail now shapes everything he does at St. Augustine, from practice structure to game preparation.

After his time at Grambling, Coach Valdez was prepared to accept the head coaching position at East Ascension High School. But, shortly before making that decision, he received a second offer from St. Augustine High School.

"At the time, my dad was in New Orleans recovering from prostate cancer, and my grandson was also growing up here. "I was also smitten with St. Augustine High School's mission to provide young Black men with a top-tier education and help them become part of a tremendous legacy of brotherhood,"

Valdez said.

"This place spoke to my soul," Valdez continued, "It was a great opportunity for me to align myself with the values of the school and its mission. St. Augustine is different. It prepares our graduates to lead. So, my wife and I decided that St. Augustine High School was the best place for us."

"While most people look at the wins and losses on the football field, said Valdez. "I look at the culture that we are establishing. The culture was here. We just need to refocus on it."

Father Howard W. Byrd, S.S.J., who has spent decades shaping young men at St. Augustine, sees that culture firsthand and credits the man leading it.

"I love the character of Coach Valdez. He's a very pleasant man," Father Byrd said. "I'm a die-hard fan at the football games. I have great seats, directly on the field. I can see the school's mission playing out on the field, even when things get a little rough," he added.

Valdez's "refocus on the culture" has already produced results. In just his second year of coaching, St. Augustine returned to the state championship game at the Caesars Superdome. But the real transformation is deeper.



PHOTOGRAPHY BY AB SYKES PHOTOGRAPHY

SPORTS COVER STORY



Raina Valdez, Leah Valdez, Lorynn Valdez and Coach Robert Valdez holding Hayze Valdez | PHOTOS COURTESY OF COACH ROBERT VALDEZ

"This is not all about the W's and L's," he said. "What we do on the field is for fun. What we do in the hallways – that's to develop leaders."

The numbers support that mission, resulting in a 3.4 team GPA, 40 honor roll students, and nearly 20 National Honor Society members.

Ask senior wide receiver Ray'Quan Williams what stands out, and he doesn't hesitate to cite the football team. It's like a brotherhood."

"Coach Valdez is a good person," Williams says. "He gets us ready for the games, and he's preparing us for life. I also like oach's mental toughness," he added. "I heard he broke his nose once and put it back in place himself. That's my kind of coach."

Even the school band gets into the action. The band members' motivation emanates from Coach Valdez's energy. "We can feel him working to be his best, and it shows in the results," band member Preston Fleury continued. "It's been about fifty years since we made it to the State Finals."

For alumni like Louis Franks Holmes III, quarterback of the undefeated 1975 team, the similarities are undeniable.

"I saw that camaraderie again this past year," he said. "Coach Valdez is connecting with the players and the mission. He's brought life back to Friday night games."

Coach Valdez is the first to admit his job demands his all. That honesty reflects the intensity he brings to the playing field. That mindset defines the program. He doesn't just instruct, he models.

"I don't tell young men what to do," he said. "I try to show them."

With most of the state runner-up team returning, expectations are rising. "The future looks bright," Valdez said.

Players are ready for one more shot, and this time they intend to finish.

"We are experiencing a sort of renaissance, identifying who we are and what we represent, Valdez confidently declared."

Father Byrd says, "Coach Valdez brought us great pride this year!"

At St. Augustine, however, that identity has always been bigger than football.

It's about leadership.

It's about discipline.

It's about brotherhood.

And under a coach shaped by New Orleans, strengthened by experience, and driven by an unrelenting standard, that identity continues on as 2600 is forever rising!



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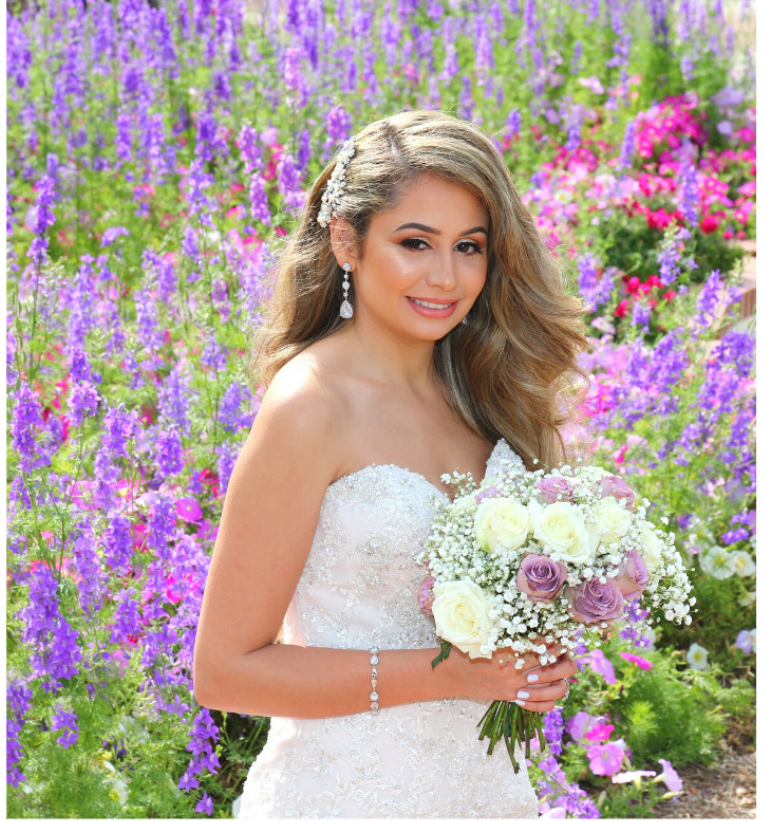
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*Blessed
with Success:*

Vanessa Ross brings joy and inspiration to helping others



PHOTO COURTESY OF VANESSA ROSS

By Anita Oubre

If there is one message that Vanessa Ross wants the world to know about her it's that every success that has been presented to her has been "a blessing and a gift from God."

"I give all the credit, glory and honor to my Lord and Savior, Jesus Christ," she proudly declared. "Spreading the gospel and doing the work of God through community service is my mission."

As an evangelist, author, motivational speaker, clothing designer and New Orleans Baby Doll, and family caregiver, Vanessa credits all of her success and endeavors to a higher power.

"I want people to know that, despite our struggles, trials, tribulations and everything else we go through, we can still make it. We can get through it. We don't have to feel down about ourselves. We have to remember that God is right there on our side," she emphasized.



Vanessa's testimony is a powerful one. When she lost her daughter Eboni to sickle-cell anemia at the tender age of 28, she knew that she would have to raise her two grandchildren who were ages four and ten at the time. They are both in their twenties now and Vanessa will attest that it was not always easy but she kept going nonetheless.

"Those kids were my lifeline," Vanessa continued. "I kept their mother's memory alive by sitting down with them and talking about her. I wanted the kids to know her favorite color. How she liked to bake muffins at 3 a.m. Little things like that. The good memories that they could hold onto for a lifetime. That was God."

It was also "the hand of God," Vanessa says, that showed her she needed to write. As a teen who attended Walter L. Cohen High School, she always had a pad and pen in her hand. She loved English classes, speech and debate and acting. Singing and dancing were also passions of hers.

"I did a two-year program in child development at UNO and, at that time, I also dabbled in poetry. I ended up getting an Associate Degree from Delgado Community College in child development," Vanessa noted.

Writing stories was not only a pastime for Vanessa but also an activity that kept

her mind at ease. She says that when she writes she is in her "comfort zone." She always keeps a notebook and pen handy because she wants to be ready to jot down any ideas that may come through. Even if she's riding in the car with someone, she stays ready.

As a published author, Vanessa has three books under her belt, the first of which is titled "A Mother's Journey Through her Daughter's Eyes Following a Higher Calling." It is a story of inspiration for her as she recollected the challenges of caring for her sick daughter.

"I wanted to share my story in the hopes



that it would help another family going through medical challenges. I wanted the readers to know that there is a God," she explained.

Her other books are "Encouraging Affirmations to Uplift, Encourage, & Strengthen: Testimonies of God's Love, Faith and Blessings" and "A Mother's Prayer-Love Letter to my Daughter."

Vanessa hopes that this collection of affirmations and powerful testimony will touch her readers' hearts and give strength to those searching for healing and hope. She also has a collection of calendars,

prayer journals, Christian-inspired apparel and other wares available on her online store. In addition, she is working on hosting an inspirational podcast aimed at helping people cope with challenges and debilitating illnesses.

When she's not writing, Vanessa enjoys being a faithful member of Believer's Temple of Faith Baptist Church. She loves her church family led by Pastor Kenneth Davis. She sings in the chorale choir under the leadership of Minister Sam Lovely and she also assists with the children's choir.

"I've been singing since I was about five years old. Mahalia Jackson was my cousin," Vanessa proudly noted. "My mom and my grandmother loved to sing. My grandfather had a quartet group. When I was coming up, there was always music in the background and singing, playing the keyboard and playing the tambourines. My parents played the drums and so I'm musically inclined. It's in my blood," she added.

As a busy member of Believer's Temple, it is in liturgical dance where Vanessa thrives.

"I was a person who loved liturgical dancing, and I would get in the mirror and just practice, never knowing what I was doing," Vanessa excitedly expressed. "And



one day I just asked God to show me and help me with this gift that he had for me.”



Liturgical dance is a form of worship that combines movement and expression to enhance the spiritual experience. Vanessa also incorporates flags into her dance. Each color of the different flags represents different scriptures and traditions. For example, the yellow flag represents faith, red represents the blood of Jesus and blue represents heaven.

“All of these amazing feelings come through my body when I am dancing and I know God is still working on me and with me. I know He has a lot more to do,” she said.

Vanessa also enjoys dancing throughout New Orleans as a member of the Le Bon Ton Baby Dolls. The Baby Doll tradition dates back to the Storyville era of the late 19th/early 20th centuries where women of color plied their trade. Vanessa enjoys the community service aspect of serving the homeless and the elderly with her doll group. They are meaningful experiences for her.

“I joined the Baby Dolls in June 2021 and I’ve always loved to dance,” she said. “As a little girl growing up, I learned about the Baby Dolls. I saw them in parades and I would say, ‘I’d love to do that.’”

“So that’s been my thing and I love what the Baby Dolls do,” Vanessa added. We serve lunches to the elderly and it gives me such a great pleasure to see them enjoying

“As a little girl growing up, I learned about the Baby Dolls. I saw them in parades and I would say, ‘I’d love to do that.’”

our Baby Dolls performances. I just love the Baby Dolls. I love what we do.”

Vanessa is also active with Covenant House, the shelter for homeless children where her other daughter, Rheneisha Robertson, is the C.E.O. “I do a sleep-out with them every year in November and it is a blessing,” she said.

“We raise money for the kids who are less fortunate,” she explained. “It helps them with their education. They have a lot of kids who are picked up off the street and Covenant House helps them make something of their lives.”

Vanessa also helps care for her 91 year-old mother who lives about ten minutes away from her.

In her spare time, Vanessa enjoys traveling with her grandchildren. They are avid cruisers. Vanessa enjoys the quiet time on board the ship where she can sneak away and have plenty of quiet time for writing. She hopes to have some songs she has written recorded in the near future.

Vanessa looks forward to publishing more of her writing and her hope is that the readers can build a better relationship with God through her testimonies and life story.

She concludes by saying, “I just believe in helping people because I know that, down the line, God is going to take care of me always, and I know I’ll be blessed. I can’t complain. No matter what the situation is, I won’t complain. I will continue to focus on the blessings.”

Vanessa Ross can be reached at
www.VanessaJRoss.com,
 on Facebook at Vanessa J Ross,
 on Instagram as Vanna_1956,
 and on You Tube: Anointed & Appointed by
 @Vanessa Dance Ministry.
 Her email is Vanessaross504@gmail.com



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MAY-JUNE 2026 EVENTS

May 15, 2026

Sharon Martin & Friends - Café Istanbul, 2372 Saint Claude Ave.

May 18, 2026

Rechell Cook - Off the Ave. 2613 Jasmine St. 70122

June 4-21, 2026

Once - Le Petite Theatre, lepetittheatre.com
616 St. Peter Street, New Orleans, LA 70116

June 6, 2026 - June 7, 2026

French Market Creole Tomato Festival
French Quarter

June 6, 2026

Sankofa Bayou Fest

6401 Florida Avenue New Orleans, LA 70117

June 10, 2026 - June 14, 2026

New Orleans Wine & Food Experience

June 13, 2026

New Orleans Pridefest

The Phoenix Bar
941 Elysian Fields Ave New Orleans, LA 70117

June 15, 2026

Sharon Martin & Friends - Café Istanbul, 2372 Saint Claude Ave.

June 19th

New Orleans Juneteenth Festival

Congo Square, 8355 N. Rampart St., New Orleans, LA 70116

JULY - NOVEMBER 2026 EVENTS

July 3, 2026 - July 5, 2026

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Caesars Superdome - Sugar Bowl Dr. New Orleans, LA 70112

July 10, 2026

Bastille Day Fête

Alliance Française of New Orleans
1519 Jackson Ave. New Orleans, LA 70130

July 10, 2026 - July 12, 2026

Running of the Bulls

Gallier Hall
545 St Charles Ave. New Orleans, LA 70130

July 15, 2026

Sharon Martin & Friends - Café Istanbul, 2372 Saint Claude Ave.

July 19, 2026 - July 24, 2026

Tales of the Cocktail

The Ritz-Carlton, New Orleans
921 Canal St. New Orleans, LA 70112

August 1, 2026 - August 2, 2026

Satchmo SummerFest

New Orleans Jazz Museum
400 Esplanade Ave. New Orleans, LA 70116

August 8, 2026

Red Dress Run

Crescent Park
2300 N Peters Street New Orleans, LA 70117

August 15, 2026

Sharon Martin & Friends - Café Istanbul, 2372 Saint Claude Ave.

October 2, 2026 - October 4, 2026

National Fried Chicken Festival

Lakeshore Drive, Franklin Avenue New Orleans, LA 70122

October 31, 2026 - November 1, 2026

NOLA Zydeco Fest

1701 Bayou Ln Slidell, LA 70458

November 7, 2026

Beignet Fest

New Orleans City Park

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preview Dec. 3
The Secret Garden

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2027; preview Feb. 25
The Glass Menagerie

April 30 - May 16, 2027;
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June 4 - 20, 2027;
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Health Talkin'

with



Welcome to "Health Talkin' with Doc Griggs." In conjunction with the Xavier University School of Pharmacy Health & Wellness Center, we will discuss topics that we find most relevant in our community. Our shared goal is to help you Get Checked. Get Fit. Get Moving!™

The Vitamin C Myth

By Eric D. Griggs M.D. and Melissa Gallanter

It's the cold and flu season, and sneezes are being spread around. One of the first fixes that many people lean on with the first symptoms of a cold or the flu is vitamin C supplementation, whether that means drinking a whole gallon of orange juice or taking a vitamin C supplement that provides over 1,000% of the daily recommended intake. It's easy to assume that taking 10 times more than what we're recommended would be 10 times better, but looking a little deeper into the research out there might change your mind.

Research shows that supplementing with 200 mg or more of vitamin C didn't actually reduce the risk of catching a cold. It only reduced the amount of time that individuals were at risk by 10%. This means that the cold that might have lasted 10 days, instead only lasted nine. The difference is not striking.

The nutrition concept to learn here is that there are two kinds of vitamins. There are fat-soluble vitamins and water-soluble vitamins. Water-soluble vitamins dissolve in water and pass into the blood through digestion. The body isn't able to store these vitamins, so they need to be replenished regularly through diet. Fat-soluble vitamins are absorbed, stored and transported in fat. The body stores these vitamins in

fatty tissues, the liver, and the kidneys.

Vitamin C is a water-soluble vitamin, which means that the body doesn't store it. Extra vitamin C - that is, vitamin C beyond the amount the body needs - is excreted in urine. So, consuming 100% of the daily recommended intake of vitamin C doesn't end up doing too much in the body after all.

On the other hand, overloading with larger-than-normal doses can actually cause vitamin C to accumulate and can lead to overdose symptoms including stomach upset and diarrhea, according to the research.

Getting enough vitamin C through diet is the best way to reach its recommended daily intake. For adult females, the recommended dietary allowance of vitamin C is 75 mg, and for adult males, the recommended dietary allowance is 90 mg.

Great food sources of vitamin C include bell peppers, broccoli, Brussels sprouts, strawberries, pineapple, oranges (and other citrus fruits), tomatoes, kiwi, cantaloupe, cauliflower, and kale.

References:

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"Things happen for a reason, man" — Leo Nocentelli

Light in the Attic Records is honored to announce the release of *Another Side*: a previously-unheard, early '70s solo album by Leo Nocentelli of the pioneering New Orleans funk outfit, The Meters. Backing Nocentelli is an all-star line-up of New Orleans royalty, including Allen Toussaint, James Black, and both George Porter Jr. and Zigaboo Modeliste of The Meters. A mixture of funky folk and rootsy, raw emotion (think Bill Withers and James Taylor meeting Allen Toussaint at Link Wray's Three Track Shack), this previously unreleased album shines like the sun on a spring day on the New Orleans fairgrounds.



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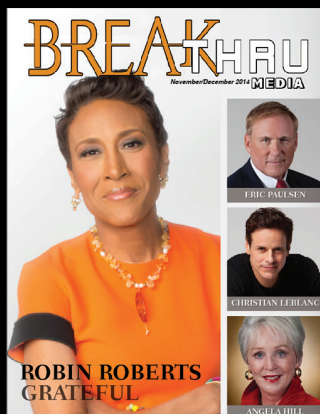
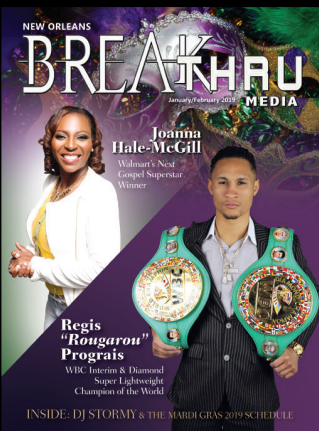
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