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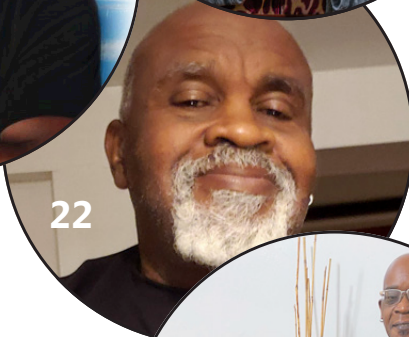


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Tommye Myrick:

A Voice for Social Justice Through Theatre

By Dean M. Shapiro



Since returning to her native New Orleans in 1990 after lengthy sojourns in Michigan and New York City, Tommye Myrick has been a busy bee, directing dozens of stage productions, winning numerous awards and working diligently to further the cause of social justice through theatre.

Emerging recently from an involuntary two-year hiatus due to pandemic-related restrictions on live performances, this widely acclaimed, and much-in-demand theatrical director is eagerly hitting the ground running with her latest venture. Over the first two weekends in February, in conjunction with Black History Month, Myrick is directing the 90-minute stage play, "Fly," written by Trey Ellis and Ricardo Khan. The play is about the World War II-era Tuskegee Airmen, the first African American pilots in the U.S. armed forces, and it makes its Louisiana premiere at the Jefferson Performing Arts Center under the auspices of the Jefferson Performing Arts Society.

"Fly" unfolds in the thought-filled memories of an aging Tuskegee Airman who reminisces about the 900-plus members of the 332nd Fighter Group of the U.S. Army Air Forces. Attending the inaugural ceremonies of President Barack Obama, he reflects on his and other airmen's experiences of racial discrimination and the injustices they faced, both in the military and upon their return to the U.S. after the war.

As Tommye explained, "When Dennis Assaf, (JPAS' artistic director) first reached out to me in the summer of 2020, he asked me to direct 'A Raisin in the Sun.' I declined. So, when he reached out to me again, in January 2021, I told him I would like to direct for JPAS and I would like to do 'Fly.' I wanted to do something that educates the public about the contributions of African Americans to the freedoms of this country."

Tommye's agreement to direct this production was contingent upon several educational presentations accompanying the run of the play. They included a panel discussion about the production and the military service of African Americans in WWII, school day performances and the unveiling of a photographic exhibit in the theater lobby called "Souls of Valor." There will also be a VIP event inviting local bigwigs and the media prior to opening night.

As Tommye explains, "All of the productions that I've done over the years have always focused on some type of a social injustice that needed a voice."

Community activism is nothing new to Tommye. She got her start with Free Southern Theatre, training under John O'Neal and Robert "Big Daddy" Costley at the age of 18. While attending Xavier University she first got bitten by the theatre bug. In a production of "The Threepenny Opera, she starred opposite Vernel Bagneris who later became famous for his New Orleans-themed musical 'One Mo' Time.' "As a matter of fact, I was his 'Sweet Lucy Brown' to his 'Mack the Knife,'" she said. "I was a music major

then. But once I got onstage it was like, 'Okay, this is where I need to be.' And so, I changed my major to theatre and never looked back."

After graduating from Xavier, she went on to earn her Master's degree at the University of Michigan in just nine months. There, while teaching at Eastern Michigan University and working on her PhD, a serious health issue derailed her from completing her doctoral dissertation. "After that I went to New York seeking fame and fortune. I found neither," she laughed.

Arriving in the Big Apple, Tommye studied acting and directing under Obie Award-winning director/producer Gene Frankel. He became her mentor. She made her New York stage debut in a one-woman show titled "Zora" and her directing debut with New Orleanian Norbert Davidson's "El-Hajj Malik" recounting the life of Malcolm X.

It was in NYC in the early '80s that Tommye was cast as Maria Mathis, the lead female role in a film titled "Cane River." The movie explored the lives of a community of free people of color who lived in the area around Natchitoches in northwestern Louisiana. Filmed on location, the movie was shelved after the death of the producer and it lay dormant for nearly 40 years. Unearthed in a storage vault in 2013, it was restored and it aired five years later on Turner Classics. It received rave reviews for its sensitive treatment of issues among the Cane River settlers regarding shades of black.

After returning home Tommye built up her academic credentials, teaching theatre at the University of New Orleans and serving as artistic director for Southern University at New Orleans. She was also assistant director for the Center for African and African American Studies at SUNO and executive director of the New Orleans African American Museum. She is also the founding director/producer of Voices in the Dark Repertory Theatre Company.

In 2000, shortly after the D-Day

Museum (now the National World War II Museum) opened, Tommye authored a letter that was published in the Times-Picayune taking issue with the museum for hosting a WWII victory commemoration parade that featured exclusively white veterans. She contacted her Black friends in the New Orleans media and called for a boycott of the museum.



Miss Hilda Y. Lincoln - great aunt who raised Tommye



Actors Tasha Smith and Angela Bassett



Tommye receiving the "Roger Ebert Thumb's Up Award" from Chaz Ebert



Tommye with co-stars of "Cane River" - Actors Carol Sutton and Richard Romain



Actor Blair Underwood- On the Seventh Day



Actor Courtney Vance



Tommye directing actors "Nicoye Banks, Gwendolyn Foxworth, Harold Evans and Janet Shea in "Guess Who's Coming to Dinner"

The museum officials requested a meeting. After they met with her and Hiram Cooke it was agreed there would be a "Double Victory" parade honoring the Black World War II veterans and a week-long tribute of related events. Several prestigious community organizations, including the Amistad Research Center at Tulane University and the Eisenhower School of American History at the University of New Orleans came on board, as did many elected officials, dignitaries and members of the media.

Renowned actor Ozzie Davis, himself a WWII vet, was the parade's grand marshal. Several Tuskegee Airmen were present, as well as Medal of Honor recipient Vernon Baker and hundreds of other African American WWII veterans, both men

and women. The parade inspired a handful of local Black photographers, among them Jim Thorns and Liberty Bank founder Alden McDonald, to take thousands of pictures commemorating that event.

Together with Tommye, they and other contributing photographers unveiled "Souls of Valor" at the Ernest N. Morial

New Orleans Convention Center in Spring 2001. Many of those same photographs will be on display at the JPAC during the run of "Fly," Tommye proudly noted. "That was my greatest production," she added.

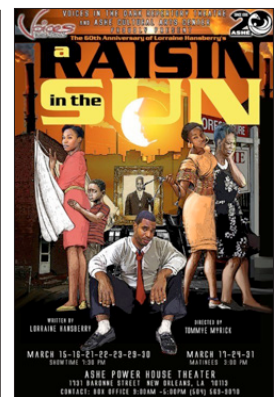
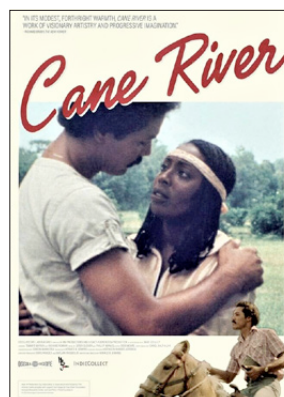
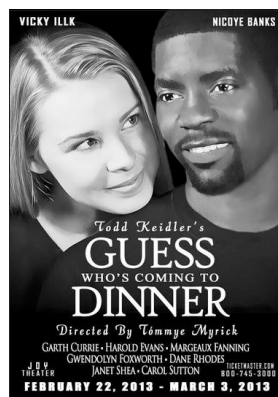
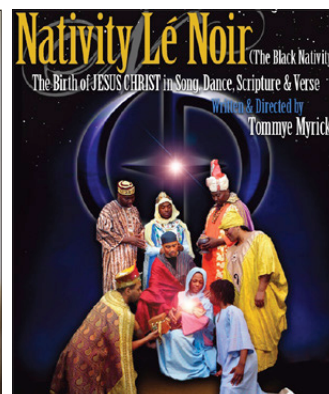
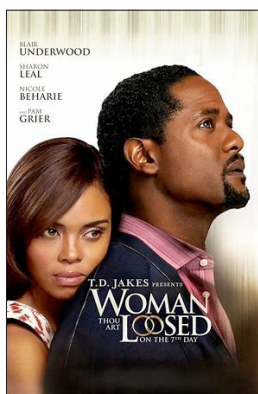
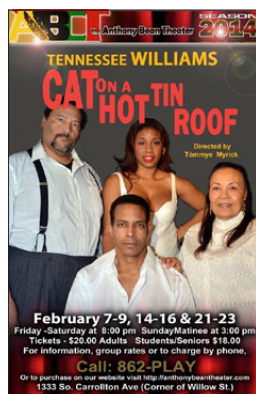
Among the many awards Tommye has won in New Orleans over the past 30-plus years, she is especially proud of the Big Easy Lifetime Achievement Award in Theatre she received in 2020. Prior to that she won Big Easy Theatre Awards in 1992 (Best Drama and Best Director) for August Wilson's "Fences" at Le Petit Theatre, and the same awards again in 1999 for Pearl Cleage's "Flyin' West" for Southern Repertory Theatre.

"How are you able to do all these things?" Tommye was asked in a previous interview in Breakthru Media magazine. The answer was - and still is - "I do only the things I love to do. I no longer feel as if there are things I have to do or things I need to do. I only do the things I want to do. That's what makes life worth living."

For information on "Fly" see ad on the following page.

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A portrait of actor Nicoye Banks, a Black man with a short beard and mustache, wearing a black V-neck shirt. He is standing with his arms crossed against a blue and white abstract background. The image is the main visual element of the page, with text overlaid on the right side.

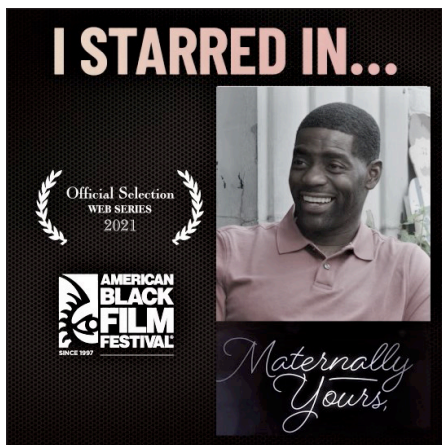
Performance “Coming Naturally” for Nicoye Banks

Local actor
racking up
starring
roles in film
and TV

By Anita Oubre

Nicoye Banks is an accomplished and dynamic actor. You may know him from his work in movies like “Invincible,” “Green Zone” or “Brooklyn’s Finest.” You may remember him from one of the three characters he has played on the

series “Law & Order.” Perhaps his work in “Queen Sugar” is cherished because of the local connection or maybe you have been captivated by his character in his latest project “Sacrifice” on BET. With 40 credits to his name, his work is notable in television, film and theatre.



Locally he co-starred in director Tommye Myrick's *Voices in the Dark* stage production of "Guess Who's Coming to Dinner" at the Joy Theater in February 2013, taking on the role of Dr. John Prentice.

Nicoye's roots in performing started in the uptown neighborhoods of New Orleans. He attended Our Lady of Lourdes and De La Salle High School where he enjoyed playing baseball and running track. It was also where he discovered his passion for the stage. In sixth grade he started competing with the speech and debate team. This is where he started to blossom and realize he had what it took as he placed in competition after competition.



"I was competing with other junior high students from *Holy Ghost* and *St. Stephen's*. I read poetry and performed in 'A Raisin in the Sun,'" said Nicoye. "The performance thing was coming naturally."

Nicoye was encouraged by the leading ladies in his life; his mother, grandmother, great-aunt and his great-grandmother. They all lived together in a typical shotgun house where rules were strictly enforced and boundaries set for Nicoye and later for his sister when she was born.

"All that I am is because of those women in my life," Nicoye noted with pride. "I definitely had a lot of attention on me because I was the only boy for a period of time. There was a lot of love and adoration and on the other hand, a lot of accountabilities. I was raised to be responsible and to take care of my belongings. There was no getting away and getting around things in this house full of women."

A natural actor in plays, Nicoye also sharpened his acting skills on the streets of New Orleans as a cultural performer. His mother, Joycelyn Davis, was involved in social aid and pleasure clubs and his

stepfather, the late Franklin "Wingie" Davis, masked Indian with the Yellow Pocahontas. These opportunities gave a young Nicoye a different type of stage where he could execute his other talents.

"I picked up the needle and thread and started with some pearl work and some sequins and that was the basis of our suits," he proudly stated. "I tell you, those were some serious good times."

Nicoye studied communications, political science and history at Loyola University. It was on the manicured lawns of the uptown campus that Nicoye played basketball and he was very active in both the Black Student Union and NAACP. "It was my 'boys to men' story. I made life-long friends at Loyola and I also realized that I didn't want to go into politics," said Nicoye.

In addition to his many gifts, he also loved to tell stories and make people laugh and cry. He discovered that he could do it through stage plays, television and film. As he explained, "Being a people person is one thing but my affinity was truly for performance, not just public speaking."

Nicoye moved to New York in 1997 to study acting at Gene Frankel Theatre in lower Manhattan. He says this is when the real work began. He was one of three students out of 29 who were selected to study with professional students who were actually working in soap operas and in off-off Broadway productions. With hard



work, consistent study and a little bit of luck, doors began to open for him.

Two weeks before completing the program, someone suggested he look into a role they thought would be perfect for him and after auditioning he secured the part. "This was a sign for me to stay in the city," he recalled, adding, "I only had enough money for the duration of the program but it was a sure sign for me to stay and pursue my career."

There have been many successes for Nicoye since those days in New York and eventually he started to make more money through his craft. Besides acting and doing some professional stunt work, he has also produced a short film and two stage plays.

Nicoye recently finished wrapping up ten episodes of "Sacrifice" starring Paula Patton, Altonio Jackson, Nelson Bonilla and Juan Antonio. He plays the assistant district attorney in the BET series about an entertainment lawyer managing the scandals of Hollywood's elite. He calls the show a "drama/thriller" and is hoping for a second season and beyond. He enjoys working with everyone involved in the project and has had a good time shooting.

"The show keeps you captivated with

twists and turns and the season definitely ended with a really good cliffhanger," said Nicoye.

Fans of Nicoye's work can also look forward to seeing him in an upcoming movie that he just completed called "The Channel" where he plays an FBI special agent. "I was very fortunate to be a part of this particular project because it was shot here in New Orleans about the Irish Channel neighborhood. I was excited about being a part of it," he said.

Nicoye enjoys showing off his hometown when filming takes place locally. "There is an elevated sense of pride and also a comfort when shooting at home. I know that the people who I am working with and around know what's at stake and we come together to put out a solid product."

Home based here in New Orleans, he and his wife Essence and their two sons enjoy all that his hometown has to offer. From fine dining to Red Bean Mondays to enjoying a day out at City Park to having a cocktail at one of the corner bars, all of these experiences and others bring a unique perspective to Nicoye. "My art and artistry have depth and structure because of my life circumstances in New Orleans,"



he proudly noted.

Giving back to his community is a huge priority for Nicoye. He is the current president of the Nkrumah Better Boys club that will be celebrating its 30-year anniversary in October 2022. Second lining is only a small fraction of what the members do. They dedicate about 150 hours of service into the community annually. They partnered with Total Community Action in 2021 to distribute toys during the holiday toy drive that was held at Ray's on the Avenue, as well as sponsored a luncheon for women and children at a local shelter. "Interacting with the children and putting smiles on their faces and joy in their hearts is what it is all about," said Nicoye.

As busy as Nicoye is, he has also enrolled at Dillard University to complete his degree requirements. With three semesters under his belt, he is enjoying blending in with the other students and is looking forward to graduation.

"I'm enjoying getting the academia side of what I do professionally. Maybe someday I will go into teaching. Now, that would be a role of a lifetime!" he concluded.



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"ANOTHER SIDE"

**Leo Nocentelli
envisions new
musical ventures
following
enthusiastic
response to
his solo CD**

**By Dean M. Shapiro
Senior Editor**

When a quarter-inch audio tape reel recorded in the early 1970s in a New Orleans studio that was believed to have been destroyed during Hurricane Katrina unexpectedly surfaced 2,000 miles away, nobody could have been more surprised than Leo Nocentelli, guitarist for the world-renowned soul/funk group, The Meters.



One of the many tapes in a group of boxes that were purchased in 2018 at a Los Angeles-area auction contained a collection of ten acoustic songs recorded by Leo and a backup group during a session at Cosimo Matassa's Jazz City studio. Leo played guitar and sang lead on all the cuts. His backup group included fellow Meters, George Porter Jr. on bass and Joseph "Zigaboo" Modeliste on drums, along with James Black also on drums, and Allen Toussaint on occasional piano. They taped nine original tunes plus a cover of Elton John's "Your Song."

The songs on the tape were slated for an album but the album was never pressed. The tape ended up at Toussaint's and Marshall Sehorn's Sea-Saint Studio where it sat in a box gathering dust. However, the discovery of this 50-year-old treasure trove of unreleased material has sparked a sensation in the music world and cast Leo into an unaccustomed role as a solo artist in his own right.

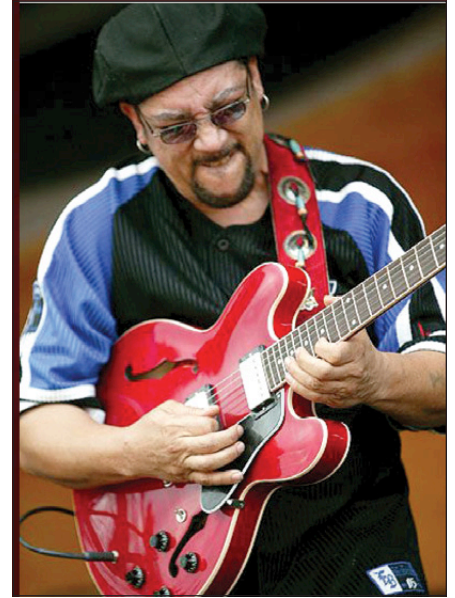
The Cinderella story behind Leo's recently released vinyl and CD recording from this half-century-old tape titled "Another Side" has been globally reported, thanks to dozens of articles in such prestigious publications as the New York Times, the (Manchester, U.K.-based) Guardian, Rolling Stone magazine and many other print media, including several in New Orleans. He has been interviewed on radio and TV and for popularly viewed podcasts as sales of the new release have spiked in recent months. Hardly a day goes by when Leo is not besieged with requests to speak about what the experience has been like for him.

So what has the experience of such a sudden, unexpected burst of additional fame been like for Leo Nocentelli? Breakthru Media magazine recently caught up with him during one of his rare free moments and asked how he is handling his recent unanticipated popularity which, he said, goes beyond the attention he received at the height of The Meters' heyday. Here is what he had to say, leading off the interview:

"Man, it's been like a whirlwind: a whirlwind that's been happening to me now, within the last three to four months. It's been a bit overwhelming and a bit challenging because I've never gone through anything like this before by myself. I went through something like this with the Meters but I had Art (Neville), George and Zig to fall back on. This here is all me. Just me. So it's really a different feeling and something that I'm not used to feeling as an individual, especially when it comes down to having a record out there as the main artist."

So despite a stellar, 50-plus-year musical career during which he played guitar on hit songs by top-selling artists on major labels (Lee Dorsey, Robert Palmer, Dr. John, Labelle and many others); a career during which he comprised one-fourth of one of the world's premiere jazz/funk groups and won numerous honors including a Lifetime Achievement Award from the Grammy organization, nothing fully prepared Leo for the celebrity status he's now experiencing as a solo recording artist. In addition to being humbled and awed by it, he is also preparing to capitalize on it and move up to the next level: assembling a first-rate backup group and performing the newly discovered songs live before large gatherings.

The first of these large mainstage performances – unless a new opportunity arises before then – will be on May 5, 2022 on the Gentilly Stage at the New Orleans Jazz & Heritage Festival. He will, at that time, be



PHOTOGRAPHY BY: BIONCA FLOT SYKES | AB SYKES PHOTOGRAPHY

performing the songs on “Another Side” with the group he hopes to assemble between now and then. He will also be appearing on the Acura Stage on another JazzFest date with a different band performing the soul/funk/jazz tunes for which he is best known.

“This has all been challenging but I’m willing to face that challenge,” Leo confidently stated. “I’ve been thinking about presenting an acoustic show with acoustic players. It’s kind of in the early stages now but I might try to use some of the guys in my funk band and I’m still lining up our players. It’s another way of thinking from the normal way that I do and how I get

the players that I normally get. What I’m trying to do is organize an ensemble that’s for the long term.”

And once he gets his new acoustic band organized and acclimated, Leo has big plans for the direction in which he envisions himself and the band members going. “It’s not going to be in Joe’s Corner Bar or anything small like that,” he emphatically stated. “I want it to be top of the line when I do it. I don’t have to go through the changes of starting from the bottom. I don’t need to be doing that. I’ve done all that already and I’m trying to get away from it. I don’t want to go back and start playing those small venues because playing ‘Another Side’ is worthy of a bigger stage.”

He did, however, appear to make an exception for live performances at smaller venues where his records are being sold. These include stores like Euclid Records in the city’s Bywater neighborhood where he appeared at a live taping and record-signing event in early December, and he is in discussions

with the Louisiana Music Factory for a possible date this spring when an abundant supply of the vinyl records and CDs is anticipated.

As for a name for the new band he is assembling, “I’m going to keep it simple,” Leo responded. “Once I get the players together I’d like to say ‘Leo

Nocentelli’s Another Side.’ Or ‘Leo Nocentelli performs Another Side.’ And the players that I hire will have their names mentioned,” he added.

And so on it goes into the next chapter of the eventful life and musical career of a well-loved and multitalented native son. Reflecting on the astounding reception his new release is getting and the flood of publicity that has accompanied it, Leo’s modest answer is “I’m happy that this is happening to me. It’s a godsend. I think it’s spiritual. I think it’s something that was supposed to happen and now it’s happening at the right time. Maybe it just wasn’t supposed to happen until now even though it was recorded 50 years ago.”

So what lies ahead for a healthy, robust 75-year-old musical legend who confidently feels that some of his best years may be still to come? For one thing, there is a possibility of newer material along the acoustic lines of the work that recently and miraculously rose to the surface from a long-ago era. “You never know,” he said, adding, “If this record gets big enough and large enough I probably would.”

Then, adding another element to the mix, he hinted at possibly releasing a collection of duets on which he has master copies: collaborations with such jazz legends as George Duke, Kirk Whalum, Stanley Clarke and Harry Connick Jr., as well as pop icon Peter Gabriel. “They’re really great sounds. All these guys I mentioned gave their blessing on it. I’ve got so much material it’s unbelievable. All that has yet to be heard.”

When told at the conclusion of the interview, “You really need to start getting that good stuff out there. Time’s a wasting,” Leo laughed and replied, “If I do I’ll tell the world that Dean Shapiro told me to do that.”

Leo Nocentelli’s “Another Side” is available on CD in local record stores. Additional copies of the vinyl release on the Light in the Attic label are expected to be available in April 2022.



PHOTOGRAPHY BY: BIONCA FLOT SYKES | AB SYKES PHOTOGRAPHY

LEO NOCENTELLI

A N O T H E R S I D E



"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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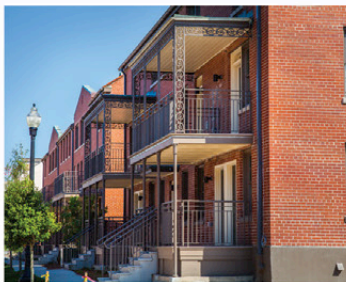


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Henry's Big City Photos

brings the New Orleans culture and flavor to friends around the world

By Anita Oubre

Back in his element since the easing of COVID-19 restrictions, New Orleans-based photographer Henry York can be seen all over town at music venues, second lines, parties and other events, visually documenting the gatherings that have started taking place again.

Since his arrival in New Orleans, photography has been his passion and his camera is his ticket into the many events that he enjoys capturing with his lens. His photographs have been published in Breakthru Media magazine and other New Orleans publications and digital media.

"I love going after new experiences," Henry said. "I tend to get bored easily and New Orleans is the perfect place for me to seek new adventures. At this stage in life there are no more big deals so you must do what makes you happy."

Born and raised in the New York City borough of Queens, Henry was the only child of Rose Lee and Henry Octavius York. His mother was a beautician, and his father was a mechanic. They worked tirelessly to give Henry a good life after relocating from the South and escaping the restrictions of the Jim Crow era.

"I was a loner; what you would call a latch key kid. I walked to school and spent most afternoons amusing myself while my parents worked," Henry recalled. He was born with a deformity in his hip and that

prevented him from playing organized sports. Over the years he had many operations, including a replacement implant but he still walks with a limp.

Henry went on to study accounting for which he received an associate's degree. He worked for the NYC transit authority and was responsible for processing all of the city vouchers. "It was a good gig, but it was a boring job and I longed to do something else," said Henry.

On the recommendation from an old friend, Henry applied for a position on the

transportation side of the transit authority, and he ended up as a New York City bus operator for 22 years.

Being a problem solver and someone who others could rely on resulted in Henry becoming a peer counselor soon after the 9/11 terrorist attacks in 2001. "Everyone was on edge, assuming that terrorists would go after the transportation system next," said Henry. He recalled the stress and anxiety that the bus drivers and subway workers were under during that time, fearing the possible threat of more attacks. He was part of a group effort that included psychiatrists, clergy members and doctors to address the concerns that were mounting.

But, after so many years bent over the wheel of the bus, Henry began to experience serious physical strain on his knees and back, as well as the hip deformity that had plagued him his entire life. At that point he decided to retire, and he was eager to start the next chapter of his life.

With plenty of time on his hands and a generous pension Henry decided to travel. He loved bringing a camera along and capturing the colorful new regions he was experiencing. After photographing a lovely woman on a cruise, the two exchanged numbers and began a long-distance friendship that would ultimately lead to marriage and his move to New Orleans.

Henry enjoyed exploring his new hometown and he quickly learned that it was a photographer's dream. "I moved to New Orleans knowing one person and when my marriage dissolved, I started doing volunteer work to meet people," he said.

Henry dove into the New Orleans culture by volunteering for public radio station WWOZ. He also spent time giving back to the New Orleans Jazz and Heritage Foundation and soon became a fixture at many of the festivals and city-wide events.

"I would bring my camera along with me and take photos in between my other responsibilities," Henry recalled. "The first time I saw a Mardi Gras Indian I posted it on social media and my friends



Anita & Conrad Oubre

back home in New York had never seen anything like it."

This gave birth to Henry's Big City Photos in which he brings the New Orleans culture and flavor to friends all over the world through his social media accounts. He also makes a point of sharing his photos with the artists by making copies for them and tagging them in posts.

He especially enjoys photographing the second lines that often take place on Sunday afternoons. He is usually at the start, preferring to shoot photos of the club members coming out of the door. The Sudan, Dumaine Street Gang, Tremé Sidewalk Steppers and The Lady Rollers are all his favorites because of the style and showmanship each group possesses. "The outfits and shoes are so well coordinated. The colors are always amazing and they photograph really well," he said.

Henry has even attended a few Mardi Gras balls and he keeps a tuxedo ready in his closet for the next invite. He has ridden in the Krewe of Oshun but he prefers staying on the ground and capturing all the activity through the lens of his camera.

"I'll be honest with you, at first I wasn't received too well," he confessed. "I was a

big guy with a New York accent popping up taking photos and I was called out a few times as being a culture vulture. But, once folks got to know me and realized I was not selling their photos but using them to showcase all the wonderful talent New Orleans has to offer, I began to make friends and build relationships."



Henry's Big City Photo

PHOTOS: COURTESY OF HENRY YORK



Henry insists that he is not a professional photographer and he is the first to tell you about his outdated equipment. "I rarely get paid for my photos and other photographers say I make it bad for them by not charging accordingly but I do this because I enjoy it."

Henry can be found at most live music venues hanging out backstage sipping on a Sprite and chatting it up with local celebrities. He has had the honor to photograph many luminaries including Irma Thomas, Leo Nocentelli, Cyril Neville, Dr. John, Ellis Marsalis, Rockin' Dopsie Jr. and Dr. Michael White to name a few. He has established relationships with many of the brass bands and he enjoys photographing Hot 8, Rebirth and New Birth. One of his favorite bands to listen to as well as photograph is the Honey Island Swamp Band. He has also captured images of the Andrews family, Tank and the Bangas, Kermit Ruffins and many others. "I make

a habit of capturing everyone in the group from all angles and sharing my work with them," he said.

Once a show begins, Henry takes his role very seriously. He can be seen moving at multiple angles trying to get that perfect shot. At 71, with his 6'2" frame and three pins in his hip, this is not always an easy task but he loves every minute of it. "I'm a rough, demanding and aggressive photographer but that comes from growing up in the hood. I am admired in the community and I get to enjoy all that New Orleans has to offer."

Samples of Henry York's work can be seen in the umbrella room at the JAM Nola gallery and exhibit space at 2832 Royal Street in the Faubourg Marigny. He is also at the New Orleans Jazz Museum on most Tuesdays where he goes live on Facebook for those who cannot attend in person. His photos can be found online at Henry's Big City Photos or @hyork696 on Instagram.



PHOTOS: COURTESY OF HENRY YORK

2022 New Orleans Mardi Gras Parade Schedule

SATURDAY, FEBRUARY 5

Marigny
Krewe Boheme
(7 p.m. French Quarter)

SATURDAY, FEB. 12

Krewe of Nefertiti
(1 p.m. New Orleans East)
Krewe du Vieux
(6:30 p.m. French Quarter)
Krewe delusion
(7:15 p.m. French Quarter)

SUNDAY, FEB. 13

Krewe of Little Rascals
(12 p.m. Metairie)

FRIDAY, FEB. 18

Krewe of Cleopatra
(6 p.m. Uptown)
Krewe of Oshun
(6 p.m. Uptown)
Krewe of Excalibur
(6:30 p.m. Metairie)
Krewe of ALLA
(7:30 p.m. Uptown)

SATURDAY, FEB. 19

Mystic Knights of Adonis
(11:45 a.m. West Bank)
Krewe of Pontchartrain
(1 p.m. Uptown)
Knights of Nemesis
(1 p.m. Chalmette)
Krewe of Choctaw
(2 p.m. Uptown)
Krewe of Freret
(3 p.m. Uptown)
Krewe of Atlas
(4 p.m. Metairie)
Krewe of Mad Hatters
(5 p.m. Metairie)
Knights of Sparta
(5:30 p.m. Uptown)
Krewe of Kings
(5:30 p.m. Metairie)
Krewe of Athena
(6 p.m. Metairie)

Krewe of Pygmalion
(6:15 p.m. Uptown)
Krewe of Centurions
(6:30 p.m. Metairie)
Krewe of Pandora
(7 p.m. Metairie)

SUNDAY, FEB. 20

Krewe of Femme Fatal
(11 a.m. Uptown)
Krewe of Carrollton
(12 p.m. Uptown)
Krewe of King Arthur
(1 p.m. Uptown)
Mystic Krewe of Barkus
(2 p.m. French Quarter)

WEDNESDAY, FEB. 23

Mystic Krewe of Druids
(6:15 p.m. Uptown)
Mystic Krewe of Nyx
(6:45 p.m. Uptown)

THURSDAY, FEB. 24

Knights of Babylon
(5:15 p.m. Uptown)
Knights of Chaos
(6 p.m. Uptown)
Krewe of Muses
(6:45 p.m. Uptown)

FRIDAY, FEB. 25

Knights of Hermes
(5:30 p.m. Uptown)
Krewe of Selene
(6:30 p.m. Slidell)
Le Krewe D'Etat
(6:30 p.m. Uptown)
Krewe of Aphrodite
(6:30 p.m. Houma)
Krewe of Morpheus
(7 p.m. Uptown)

SATURDAY, FEB. 26

Krewe of NOMTOC
(10:45 a.m. West Bank)
Krewe of Iris
(11 a.m. Uptown)

Krewe of Tucks
(12 p.m. Uptown)
Krewe of Endymion
(4:15 p.m. Mid-City)
Krewe of Isis
(6 p.m. Kenner)
Krewe of Mardi Gras
(6 p.m. Houma)

SUNDAY, FEB. 27

Krewe of Okeanos
(11 a.m. Uptown)
Krewe Du Monde
(11 a.m. LaPlace)
Krewe of Mid-City
(11:45 a.m. Uptown)
Krewe of Thoth
(12 p.m. Uptown)
Krewe of Terreanians
(12:30 p.m. Houma)
Krewe of Cleophas
(12:30 p.m. Thibodaux)
Krewe of Bacchus
(5:15 p.m. Uptown)

MONDAY, FEB. 28

Krewe of Red Beans
(2 p.m. Marigny)
Krewe of Dead Beans
(2 p.m. Mid-City)
Krewe of Proteus
(5:15 p.m. Uptown)
Krewe of Orpheus
(6 p.m. Uptown)
Krewe of Cleopatra
(6:30 p.m. Houma)

TUESDAY, MARCH 1 MARDI GRAS

Zulu 8 a.m. Uptown
Rex 10 a.m. Uptown
Krewe of Argus 10 a.m. Metairie
Covington Lions Club 10 a.m.
Covington
Krewe of Houmas 1 p.m. Houma



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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<https://www.ncbi.nlm.nih.gov/books/NBK279544/>
<https://www.ncbi.nlm.nih.gov/pubmed/23440782>



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POWER COUPLE:

Local real estate managers Mickie & Alex Turner launch online business advice website

By Dean M. Shapiro

Buying rental property and properly managing it requires many skills, especially financial skills and people skills. It isn't for everybody - but for those who are into it and those who aspire to get into it, help is available to steer them along the path.

"Ask Mickie," a new website that is up and running to answer questions that property managers and aspiring property managers might have about the business, stands ready to help. The brainchild of a New Orleans-based power couple, Alex Turner and Laverne "Mickie" Jones-Turner, "Ask Mickie" is believed to be the first online forum of its kind in the New Orleans real estate market. It is described in its mission statement as "a service offering business confidence coaching, plus real estate consultancy, membership subscriptions and one-on-one coaching."

The "Ask Mickie" site is separate from the couple's Turner Property Group LLC's business website.

Alex and Mickie, Turner Property Group LLC's president and chief executive officer respectively, are well-qualified and well-positioned to offer "Ask Mickie" as a business service. Both of them have backgrounds in the hospitality industry and Mickie has a hospitality business management degree. They met in their native St. Louis, Missouri and have been married for 20 years and they have one son. They've been in the real estate business since their company was founded in 2009.





The Turner Property Group has licensed real estate agents and, according to their tally, they manage close to 300 residential properties in the New Orleans area and St. Louis, combined. Having arrived in New Orleans eight years ago, they have contracted, at an astounding rate, property management contracts for a portfolio valued at more than \$10 million.

Turner Property Group LLC is registered with the Louisiana Secretary of State as a woman-owned minority real estate consulting, development and management firm, based in New Orleans. A company fact sheet states that, "To our knowledge, there are no other women-owned minority firms operating in New Orleans at this level."

"One of the things we have found is that 'confidence' is a key element in running any successful business," Mickie stated. "'Ask Mickie' allows viewers, local or out-of-state, to engage in confidence coaching online where they can ask questions and get answers."

"Confidence coaching is where Mickie excels with real estate entrepreneurs who are scaling up, as well as those who are just starting in the business," Alex added.

In addition, "Ask Mickie" provides clients the opportunity to engage her as a lead speaker in real estate-related conferences. In this environment, she's live. This allows Mickie to

offer advice in a group environment, face-to-face. "This is another feature of our consulting services package," she explained.

Those who choose the consulting services – either for a single consultation or a series of consultations – can register on the site through a calendar scheduling function and set up scheduled times for those consultations. Prices are posted on the site. Consultations will take place over Zoom, or similar media, so that it can be conducted from any location worldwide.

Within the website is a subsection titled "Dear Mickie," modeled after the format of the popular, formerly syndicated "Dear Abby" advice column. This forum allows readers to ask questions about the business, to which Mickie will post her replies. These Q&A's are posted on the company's social media pages, including Instagram, Facebook, LinkedIn and the like. Names of those asking the questions can be anonymous unless they specify otherwise.

"We are really excited about this," Mickie said. "This will help our marketing and branding efforts and establish us as experts in the real estate management services arena."

Within the New Orleans community, the Turners are also committed to bettering the lives of those who want to live in affordable and desirable housing. As this interview was being conducted, Mickie had just returned from a meeting with officials at Odyssey House about a plan to place newly discharged clients in affordable housing units.

"I love what I do," Mickie enthusiastically stated. "I was talking with the director of a program at Odyssey House, brainstorming about an idea that would help individuals who are graduating from the program to find affordable housing without a big struggle. For instance, if an apartment is a thousand dollars a month, that might be too much for them to start off with. They're going to need a little help. So that's what I'm here for. I want to be able to help them get the housing they can afford."

"Along that line of thought," Alex interjected, "I'd like to add in here and – again, it speaks to Mickie's personality and her community involvement – in addition to dealing with agencies like Odyssey House, Mickie and her partner group



Turner group at work.

also deal with organizations like HANO, the New Orleans Women and Children Shelter, veterans organizations and others, trying to help people get into housing that's affordable to them."

And so this former St. Louis couple, who now call New Orleans home, attribute their success in the real estate and real estate management business to the love and respect they have for one another. This mixture of commitments allows them to share in their dedication to helping others in the field to succeed. The Turners are passionately committed to helping those in need, and particularly their adopted home city of New Orleans. At all times, but especially in these difficult times that we are going through, this level of dedication and commitment is widely needed and most gratefully appreciated.

To set up an appointment for a consultation on the "Ask Mickie" website go to www.askmickie.com and follow the directions. For other information call Turner Property Group LLC at 504-315-0114 or visit them online at www.turnerpropertygrp.com.



Mickie and Alex Turner meeting with clients.



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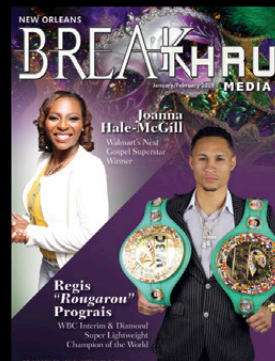
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