# The Meekly Ares

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THURSDAY, MARCH 3-9, 2022

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# New Orleans officials ease coronavirus restrictions

NEW ORLEANS — Following one of the most electric Mardi Gras celebrations in recent history, and the first one back after 2021's week-long party was shuttered by COVID-19, New Orleans officials eased coronavirus restrictions.

The city's health director, Dr. Jennifer Avegno, made the announcement Wednesday.

The indoor mask mandate will be lifted beginning at 6 a.m. Thursday. Avegno said officials will consider lifting the vaccine mandate later this month.

More than 100 plaintiffs opposed to the mandates sued Mayor LaToya Cantrell, the New Orleans Health Department, and Avegno, accusing them of violating their constitutional rights with restrictions the officials say have curbed the spread of coronavirus and the COVID-19 disease it spawns. A court hearing is scheduled to take place Thursday morning but could be rendered moot under the new guidelines.

The plaintiffs said in a statement:

"Without help from any city leaders or the Louisiana legislature, this group of Louisiana parents came together to make real change for New Orleans families. We are happy to see the mandates fall in New Orleans. far too late. We saw our local elected officials refuse to follow their own mandates and suffer no penalties, unlike the ordinary citizens who were denied access to businesses and unlike our local businesses who were fined for failure to comply. We will not forget the hypocrisy of our socalled leaders and what they have put our families through for the past two years. We celebrate this victory for our strong mama and papa bears

See **RESTRICTIONS**, on page 4

#### OTHER STORIES

- Baker Honors Black History Month: Mayor Waites Closing Remarks on 2022 Black History Month
- More oil supply could stop massive price spikes, But US producers won't fill that gap
- How Diabetes Affects Your Heart and Kidneys
- FDA Alerts the Public to Potentially Contaminated Products from Family Dollar Stores in Six States
- FDA warns against use of certain unauthorized COVID antigen tests

#### WEATHER



MON. 03/07 Thunderstorms High 80°.



Showers High 65°.

WED. 03/09

TUE. 03/08



THUR. 03/10 Partly Cloudy

High 64°.



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# Russia, Inflation take centerstage at SOTU as President briefly mentions Voting Rights



President Joe Biden delivers his first State of the Union address to a joint session of Congress at the Capitol, Tuesday, March 1, 2022, in Washington.

### The President began by addressing the elephant in the room – or at least Eastern

By Stacy M. Brown NNPA Newswire Senior National Correspondent

When President Joe Biden took the podium for the annual State of the Union Address, it marked the first time two women – Vice President Kamala Harris and House Speaker Nancy Pelosi – sat on the dais for the official address.

The President began by addressing the elephant in the room
– or at least Eastern Europe.

He declared that the West had united in tackling Russia's invasion of Ukraine, noting that America would join a host of nations in banning Russian aircraft from its airspace.

"[Russian President] Putin's war was premeditated and unprovoked. He rejected efforts



President Joe Biden, with Vice President Kamala Harris and House Speaker Nancy Pelosi, delivering his State of the Union address on Tuesday night.

at diplomacy," President Biden declared.

"He thought the West and NATO wouldn't respond. And he thought he could divide us here at home. Putin was wrong. We were ready."

In both a symbolic move and

a show of solidarity, the President entered the Joint Session of Congress escorted by Congresswoman Victoria Spartz (R-Indiana), a

Ukrainian-American.
Outside the Capitol, a host of
National Guard soldiers on high
alert were stationed to provide

extra security.

Domestically and briefly, President Biden called on the Senate to pass voting rights legislation.

"Tonight, I call on the Senate to pass the Freedom to Vote

See **\$0TU**, on page 4

### Biden planning to impose new sanctions on Russian

The Biden administration is planning to impose new sanctions on Russian oligarchs and members of their families as soon as Thursday, sources familiar with the matter said, his latest attempt to squeeze President Vladimir Putin as the invasion of Ukraine advances.

The sanctions are expected to loosely follow a list of oligarchs sanctioned by the European Union earlier this week, though won't be identical, one person said. A number of the same individuals will be sanctioned by the US.

The US package, however, will be more expansive, including travel bans and targeting family members. Biden has already applied sanctions to a number of top Russians close to the Kremlin, along with their adult children

The practice is meant to prevent individuals from funneling their assets toward relatives as a way to avoid sanctions.

President Joe Biden has vowed to go after the "ill-begotten gains" of Russian oligarchs, including their private jets, luxury apartments and yachts. The Justice Department announced a task force Wednesday comprised of various US law enforcement agencies designed to enforce sanctions against oligarchs, calling the initiative "Kleptocapture."

Biden is scheduled to assemble his Cabinet for a meeting Thursday afternoon as Russia's invasion of Ukraine enters its second week and most of his administration is involved in the US response.

The Cabinet meeting, which is scheduled for 2 p.m. ET, is expected to focus much more heavily on foreign policy than usual, CNN has reported. The President is expected to make brief remarks at the start of the meeting on the latest developments in Ukraine.

US Secretary of State Anthony Blinken announced further actions against Russia on Monday, including barring Russian financial institutions -- such as the Russian Central Bank -- from making transactions in American dollars.

Secretary of State Antony Blinken at the State Department in Washington, DC, on February 22.

See **PLANNING**, on page 7

## Supreme Court nominee Ketanji Brown Jackson meets with top members of U.S. Senate

BY: JENNIFER SHUTT Louisiana Illuminator

WASHINGTON — U.S. Supreme Court nominee Ketanji Brown Jackson began the arduous Senate confirmation process Wednesday, meeting on Capitol Hill with four key senators.

Jackson, who would become the first Black woman on the court if confirmed, started her morning with Senate Majority Leader Chuck Schumer, a New York Democrat. Schumer said he expects Republicans will vote for Jackson, despite several expressing opposition to her nomination.

She later spoke privately with Senate Minority Leader Mitch McConnell, a Kentucky Republican; Senate Judiciary Chair Dick



Senate Judiciary Chairman Dick Durbin of Illinois with Judge Ketanji Brown Jackson, nominee for the U.S. Supreme Court, on Wednesday, March 2, 2022. (Photo by Jennifer Shutt/States Newsroom)

Durbin, an Illinois Democrat; and the panel's top Republican, Chuck Grassley of Iowa.

The Judiciary panel is scheduled to begin confirmation hearings Monday, March 21, when members of the committee and Jackson make their opening statements.

The next two days will include rounds of questions from senators before the American Bar Association and other witnesses testify on March 24.

Wednesday's meetings all started off with a small group of reporters and photojournalists rushing into the rooms to capture images of the historic nominee before staff quickly ushered them out so she could talk candidly with top lawmakers.

Schumer said after his roughly 30-minute meeting with Jackson that he believes she belongs on the court. Schumer said Jackson reminds him of Justice Stephen Breyer, whom she clerked for and would replace on the court if confirmed.

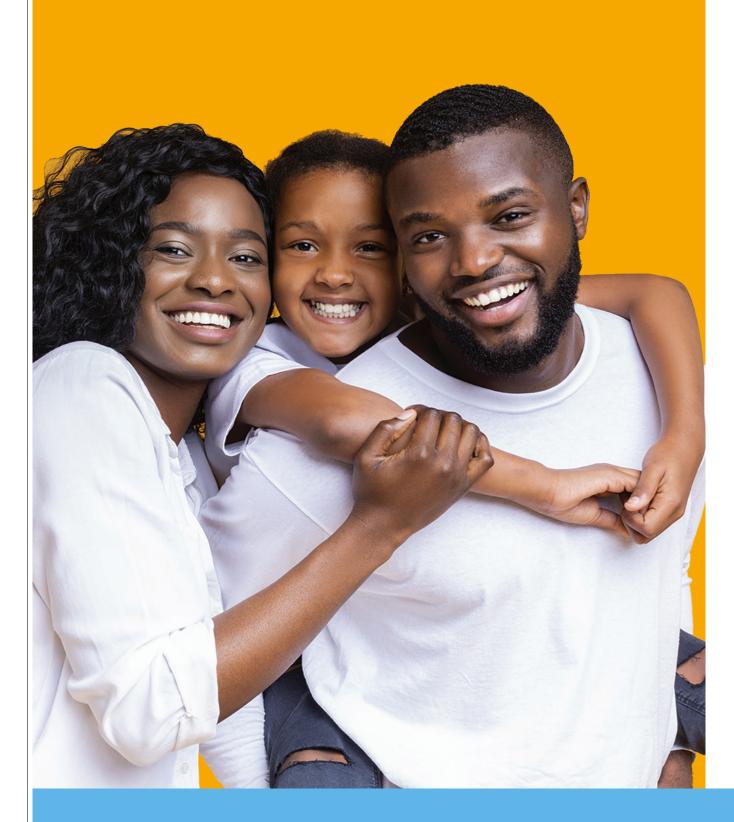
"She understands life in a very real way because of her experiences," Schumer said of both her personal life and the "breadth" of her professional experiences.

She will continue meeting privately with Democratic and Republican senators during the next few weeks as she simultaneously prepares to undergo days of questioning from the 22 lawmakers on the Judiciary Committee.









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# LOCAL & STATE

## New project plans to tackle blighted areas in north Baton Rouge

BATON ROUGE, La. - For years, homeowners have complained about empty lots becoming dumping grounds. A new plan is expected to change that.

Iris Washington has called Hollywood Street home for about 23 years. She takes pride in caring for her property even though houses around hers have been seemingly forgotten.

'Oh, I can't stand the trash because I try to keep my yard up, I try to keep my property up. I have two abandoned properties on each side of me that I have to try to pick paper up, keep clean in my yard. I have men come over, I ask them can they help me cut the lawn on each side of me, and I have to pay for that," explained Washington.

Just down Hollywood Street, it's a far cry from the glitz and glamour of its namesake. Instead, it looks more like a dump, a house that caught fire a few years ago. Tires, trash, and even an old bathtub are dumped in the yard, with the piles attracting mosquitos and rodents.

"Blighted housing is a big





For years, homeowners have complained about empty lots becoming dumping grounds. A new plan is expected to change that.

issue that most people can't tackle of their own," explained Caleb Morrow, who works with Sahene Construction.

Morrow is at the "Blight Removal Project," meeting Wednesday, March 2 to see how his company can help clean up uncared for properties.

"So, one of my major initiatives is economic growth, but what businesses wants to plant next to a burnt down house. When you do those things now, you invite drugs, crime and other things that come into those communities where those houses are...all of those blighted lots are," said EBR Metro Council Member Darryl Hurst.

Hurst is overseeing the Blight Removal Project. Its focus goes beyond cleaning abandoned residential and commercial properties, but also getting rid of forgotten cars, clearing out lots that have become dumping grounds for tires and trash and pulling overgrown weeds.

"So, I know we have a couple of contractors here that actually have businesses in District 5 which touches my heart because they have been here for a number of years,, and they want to see where they work, live, and play be a place where they can thrive,' added Hurst.

The project will use the American Rescue Fund Plan dollars to pay licensed construction companies and contractors. They must submit a bid for the junky property they want to help cleanup or in some cases tear down. Starting March 2, every Wednesday there will be another listing of blighted properties to let companies know what needs to be taken care.

Demolition bids are due this Friday, March 4.

Hurst said right now, they are focusing on nine residential and commercial properties. Then,

See **PROJECT**, on page 6



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## **Baker Honors Black History Month: Mayor Waites** Closing Remarks on 2022 Black History Month

Thank you for joining us injustice. All of as we celebrated Black History Month in 2022. Throughout this month, we have been focusing on various leaders, trendsetters, and first-generations of Black History figures. These men and women, who could have been forgotten to time, were given their proper place amongst more knowable names like W. E. B. DuBois, Dr. Martin Luther King, Jr., and Rosa Parks. They were activists, members of the Army, inventors, engineers, and much, much, more.

These individuals and many more embody the encouragement, the drive, and the motivation to strive forward in the face of adversity, of disbelief and of these historical leaders like Dr. Charles Richard Drew, Brigadier General Sherian Cadoria, or Dorothy Height, leads us to modern day leaders such as Mayor-President Sha-



ron Weston Broome, Police Chief Carl K. Dunn, or Vice President Kamala

Being represented as a people helps us to represent our voices and stories. The knowledge of our history encourages us to continue to

strive toward an equitable society, to come together and act on one accord. As I stated at the beginning of this month, "...it is imperative, now more than ever, for us to come together and continue to manifest the dream!"

Black leadership, as seen in the City of Baker, is not only something that we can be proud of it is fundamental to our collective success. The City of Baker, is in the top twenty-five most populated cities in the state of Louisiana and has the highest percentage population of Black residents. We are number one in this metric and for us have our elected leaders 100% comprised of Black men and women is a monument to our success!

The Baker Chamber of Commerce is another fine example of Black leadership in our fair city. Comprised of Black men and women who uphold the mission statement of being "the voice of the business community", their diligent work welcoming new businesses, connecting businesses with resources they need to thrive and creating celebrations for these businesses is key to shaping the future. It is said quite often "representation matters" and here we have people who know what it means to live in this city, to see what needs to be done and are actively working on growing, leading and healing our community

This is history being made right now, where we live and everyone here is a part of it.

Our Black leadership is a reminder and an inspiration to the Black children of this community showing them that they can achieve any goal they set their eyes on. Students can hold their heads up with pride as they see a person of color in the White House, and in their local government. These Black children can gain a new sense of self as they see how far their forefathers and foremothers have come and how the leaders of the past set down the foundation for their futures. As Maya Angelou said, "If you don't know where you've come from, you don't know where you're going."

As we are thankful to all of the Black leaders, past and present, within our city and all over the world, the ones that should be remembered, taught about, and talked about that achieved goals that were once thought impossible let's do our best to remember them, let's know their names! Today and

As we look to history and our leadership, drawing upon the many examples of bravery, grace and wisdom for inspiration may we be equally as inspired as they were and are; may we be moved to serve others so we can ensure the American ideal of "all men are created equal". May we remember that we all have the same vision for this nation and ourselves of "life, liberty and the pursuit of happiness". Let's look at home as well as abroad to recognize the leadership we have and the history that is being made every day in the City of Baker and say "I still have

## **EBR School Board leaders** meeting to discuss final re-districting lines throughout the district

BATON ROUGE, La.— East Baton Rouge Parish school leaders have an important meeting Thursday, Mar. 3. They are talking through pivotal conversations about final re-districting lines throughout the district.

The East Baton Rouge Parish School Board said residents have been able to create and suggest their district lines. This

adds a layer of transparency and engagement for residents of the

One of the biggest debates was creating more districts or just leaving it at nine. Some believe adding more districts would cre-

ate better representation. A final plan will be recommended on Mar. 3, pending final approval on Mar. 17, 2022.

appearing maskless at her annual

#### **KESTRICTIONS** from page 1

and proceed more determined than ever to ensure that this will never

happen again." Cantrell was ridiculed for

Mardi Gras ball about two weeks ago. She reinstated mask mandates in early January and has said since then city officials would consider lifting the restrictions after Mardi Gras.

Act and the John Lewis Voting Rights Act," President Biden insisted. "And while you're at it, pass the Disclose Act so Americans can know who is funding our

**SOTU** from page 1

elections."

He also spelled out his goal of putting a lid on inflation.

He proposed cutting the cost of childcare, noting that those living in major cities pay as much as \$14,000 per child each year.

"Middle-class and working folks shouldn't have to pay more than 7 percent of their income to care for their young children," President Biden asserted.

"My plan would cut the cost of childcare in half for most families and help parents, including millions of women who left the workforce during the pandemic because they couldn't afford childcare," he continued.

"[My plan] also includes home-and-long-term care. More affordable housing, Pre-K for 3 and 4-year-olds. All these will lower costs for families. Nobody earning less than \$400,000 a year will pay an additional penny in taxes." The President also addressed

his historic Supreme Court nominee, D.C. Judge Ketanji Brown Jackson, urging swift confirmation.

"No matter whatever your ideology, we all know one of the most serious constitutional duties a one to serve on the United States

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Supreme Court," the President declared

"I've nominated Circuit Court of Appeals Ketanji Brown Jackson, one of our nation's top legal minds who will continue in Justice [Stephen] Breyer's legacy of excellence," he stated.

"The former top litigator in private practice, a former federal public defender, from a family of public school educators and police officers. She is a consensus builder.

"Since she has been nominated, she has received a broad range of support including the Fraternal Order of Police and former judges supported by Democrats and Republicans."

He also honored Justice Breyer, urging him to stand up and "let them see you."

Turning his attention to the pandemic, the President said cases of Covid-19 finally are falling.

"Thanks to the progress we have made this past year, Covid-19 need no longer control our lives," President Biden offered.

"I know some are talking about 'living with Covid-19.' But tonight, I say that we will never just accept living with Covid-19."

He continued: 'We're launching the 'Test to Treat' initiative so people can get tested at a pharmacy, and if they're positive, receive antiviral pills on

the spot at no cost." While Republicans will undoubtedly push back against the

See **SOTU**, on page 6





Baringer Road Park March 4 | 5:30 p.m. Plank Road Park March 18 | 5:30 p.m.

Gus Young Avenue Park March 25 | 5:30 p.m. ROLL/WALK/RUN Forest Community Park March 5 | 10 a.m.-noon

MARDI GRAS FUN RUN Perkins Road Community Park March 5 | 10 a.m.-2 p.m.

**GEAUX FISH CATFISH RODEO** Howell Community Park

March 5 | 7:30 a.m.-noon SCIENCE ACADEMY

Highland Road Park Observatory March 5 + 12 + 26 | 10 a.m.-noon

ART UNWINED: HANAMI (WATCHING BLOSSOMS) Milton J. Womack Park March 11 | 6:30-8:30 p.m.

**FAMILY GAME NIGHT** 

Independence Community Park March 11 + 25 | 6-8 p.m.

POP-UP + UNPLUG Forest Community Park March 12 | 11 a.m.-1 p.m.

SPRING GREEN AT THE ZOO BREC's Baton Rouge Zoo March 12 | 9:30 a.m.-4 p.m.

**ROCKIN' AT THE SWAMP** Bluebonnet Swamp Nature Center March 12 | 9 a.m.-4 p.m.

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PLUS NIGHT Highland Road Park Observatory March 12 | 7-10 p.m.

SUNSHINE SOCIAL: LEAPING LEPRECHAUNS Jefferson Highway Park Ballroom March 18 | 6-9 p.m.

SPRING ESPORTS TOURNAMENT: NBA 2K22 Red Oaks Park March 19 | noon

**CONTINUOUS EGG HUNT** 

Anna T. Jordan Community Park March 19 | 3-5 p.m. Independence Community Park

March 26 | 3-5 p.m. SATURDAY MORNING STUDIOS: SHEL SILVERSTEIN Milton J. Womack Park

Highland Road Park Observatory

March 19 | 3:30-7:30 p.m.

Highland Road Park Observatory March 19 | noon-2 p.m.

SENSORY BUNNY Zachary Community Park

March 19 | 10:30 a.m.-noon

March 25 | 6-8 p.m.

**BREC** 

Highland Road Community Park March 26 + 27 | 3 p.m.-10 a.m.



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#### GOD THE MAN FOR **EVERY WOMAN**

GAYLE YOUNG, HHP, MA, JD Laughter in Your Belly Wellness

Since 1987 Congress has designated March as "Women's History Month." The theme for this year is "Women Providing Healing, Promoting Hope."

Throughout the nation and the Word of God, it is recognized that women have played and continue to play a vital role in our history and in the world. My first history lesson about women was from the Bible. My mother was the Sr. High Sunday School teacher and a Biblical Scholar on God as a healer and promise keeper. She had more than a testimony. She desired to be so intimate with him that she was predictive of his character as a promise keeper. I was nursed on the promise that God was always the man for me.

I suffered greatly with Sickle Cell and the triumphant woman, with the issue of Blood became my Shero. She taught me to "press", never give up, and that if I spoke and declared anything it would be so. As I matured, I started kickin' it with Sarah, Abraham's wife. Here is why...

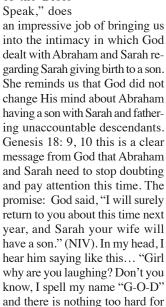
Yeah, Y'all Laughed

Sarah's unbelief taught me that you don't need evidence of what God promises you; you need faith. That God's promises are never unfulfilled or delayed His timing is impeccable. And lastly that even if you laugh at His decree, He is still the man for every

And, oh how Sarah's hatched plan with Hagar, forever instilled in the woven fabric of who I am that during a storm or the eerie calm afterward, there is nothing impossible with God and If Don't Immediately Produce What God Promises - His promises are still true.



The Au-



Dr. Gayle

Young

you did laugh." Celebrate each other, encourage others in faith rather than doubt. Affirm daily that your faith in God is unshakeable and the only laughing that we will do is to laugh with confidence at the future. Sister's I decree and declare in all things you will impact the Kingdom of

me?" In Genesis 18:15 we see that

Sarah tries to fix things with God

and says she did not laugh (doubt),

but God's response is swift, "No,

See **WOMAN**, on page 7

# RELIGION

## THE GIFT OF GOOD HEALTH

BY CREFLO DOLLAR World Changers Church International

Being healthy is something we should never take for granted. God has given us many gifts, one of which is good health. Having the right mindset about healing and wholeness is one of our responsibilities as Christians. It isn't God's will for us to be sick; realizing this puts us in a position to exercise our authority over sickness and disease.

Too many people simply accept illness and poor health as their lot in life because they don't know about how the finished works of Jesus include health and healing. However, living under grace means we have a major influence over what goes on in our bodies and minds, regardless of what the doctors may tell us. Jesus healed many people during His earthly ministry and He gave us the same authority over sickness. "Behold! I have given you authority and power to trample upon serpents and scorpions, and [physical and mental strength and ability] over all the power that the enemy [possesses]; and nothing shall in any way harm you" (Luke 10:19, AMPC). God wants us healed and whole, not just physically but also emotionally.

God plainly tells us that He wants perfect health for us. "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 1:2). The enemy uses sickness to keep us from realizing our true potential. He tries to instill fear in us and suggests that maybe God's promises concerning healing don't apply to us. They do,

and we can place our full trust and confidence in them.

Jesus went to the cross and shed His blood so that we could have healing available to us when we need it. Because of what He did, there's



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ing for ourselves. Words have immense power. According to God's spiritual laws, we will have what we say; therefore, we must be mindful of what we speak. "Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof" (Proverbs 18:21). When bad news plants the seeds of doubt and fear in our minds, we fight those thoughts by opening our mouths and verbally declaring the Word of God. It's impossible for negative thoughts to hang around when we concentrate instead on confessing the Word.

All types of healing on the physical level begin at the spiritual level. We exercise godly wisdom when we accept this by faith and put it into practice. Our words bring what is in the spiritual realm into the natural realm. Agreeing with what God says always puts us in a win-win situation. "There are those who speak rashly, like the piercing of a sword, but the tongue of the wise brings healing" (Proverbs 12:18, AMPC).

We don't have to tolerate sickness or disease. As free moral agents, we can decide for ourselves what type of healing we want; our faith flips the switch. Ill health has no chance against us when we accept God's will in this area.





Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight and the sin which doth so easily beset us, and let us run with patience the race that is set before us. Hebrews 12:1

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Not forsaking the assembling of ourselves together, as the manner of some; but exhorting one another: and so much the more, as ye see the day approaching. - Hebrews 10:25

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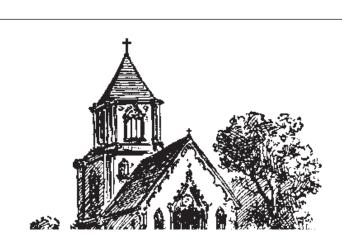
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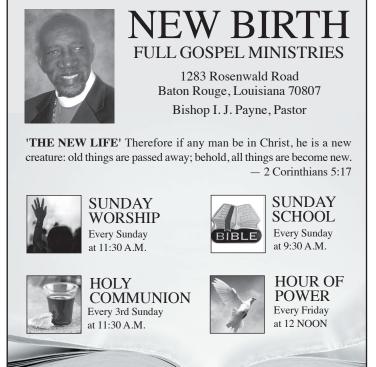
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Bible Study	Wed- @ 7:00 PM

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# BUSINESS

## More oil supply could stop massive price spikes, But US producers won't fill that gap

New York—Oil prices are soaring to seven-year highs, but don't expect US oil producers to ramp up supply.

On the face of it, it's an ideal time for US firms to cash in on high prices after Russia's invasion of Ukraine: Traders are nervous about purchasing Russian oil due to uncertainty about the situation, though those exports aren't subject to current sanctions. And other major producers like Saudi Arabia have indicated they won't fill the global supply gap.

Making more US oil could net a tidy profit for producers while lowering prices at the pump for drivers. But several issues are stopping these companies from scaling up production.

Like many industries during the pandemic, oil producers are struggling with a shortage of workers. They're also having trouble sourcing some of the equipment they would need to ramp up production, including pipes and specialized sand used in fracking to extract shale oil.

"They can't find people, and can't find equipment," said Robert McNally, president of consulting firm Rapidan Energy Group. "It's not like they're available at a premium price. They're just not available."

As a result, US oil production is just under 12 million barrels a day, 8% lower than in 2019. Experts say the industry is unlikely to get back to that pre-pandemic level this year — and that the last decade's rapid increases in US oil production, typically doubledigit percentages year-over-year, are probably a thing of the past.

Another factor likely making oil companies cautious about investing too much, too fast is 2020's oil bust. The early days of the pandemic drove oil briefly to negative pricing,



resulting in a spate of bankruptcies across the industry.

"They're more confident we don't have to worry about a bust, [but] they're not uncorking the champagne," McNally said. "2020 is still fresh in their minds....They're still

The other thing keeping US production in check: investors seem to be reluctant to invest in fossil fuel stocks. Major US oil stocks have lagged behind the broader market for most of the last two years, teaching executives a hard lesson: Use the recent windfalls to reward investors, not sink more wells.

"Oil and gas companies do not want to drill more," said Pavel Molchanov, an analyst at Raymond James. "They are under pressure from the financial community to pay more

dividends, to do more share buybacks instead of the proverbial 'drill baby drill,' which is the way they would have done things 10 years ago. Corporate strategy has fundamentally changed."

To that end, while companies like ExxonMobil (XOM), Chevron (CVX), Marathon (MRO) and Phillips 66 (PSX) expect to spend more on exploration and other capital spending in 2022, none of those companies expect to hit 2019 spending levels. And it will take time for them to turn that additional exploration spending into oil, Molchanov said.

"If someone starts drilling oil wells today, the increased supply might be 6 months, 12 months, even years away," he said.

When asked about production targets for 2022 during a January earnings call, ExxonMobil CEO Darren Woods responded, "The primary objectives we've had in looking at the portfolio is less about volume and volume targets and more about the quality and profitability of the barrels that we're producing."

That has become the mantra throughout the oil industry, Mol-

"Because of the industry's strong emphasis on capital discipline, reaching peak production should be realistic in 2023, but not before then," he said. "And it's never going to grow at a rapid rate ever again. The days of US oil supply growing double digits on sustainable basis, those years are

Looking ahead, the industry is

#### **SOTU** from page 4

President's address, several civil rights groups applauded him.

"As we assess the state of the union, without question, President Biden gets high marks for supporting legislation on childcare, voting rights, maternal health, abortion access, and worker's rights," said Marcela Howell, the President, and CEO of In Our Own Voice: National Black Women's Reproductive Justice Agenda.

"But the same senators who consistently block voting rights

protections also block reproductive rights protections and safety nets for working-class families. Make no mistake, the enemies of equality are determined to shut down progress at every turn," Howell stated.

She said it's time to pass the President's Build Back Better bill and protect the lives of all who live in the United States.

autonomy and ensure all people is time to pass a comprehensive voting rights bill that rejects the voter suppression tactics of the far right," Howell demanded.

"Black women are even more determined to fight for our human and civil rights. We demand the right to exercise bodily autonomy, to have the resources to raise our families with dignity and to exercise our constitutional right to vote. And nothing will stop us.'

Howell continued:

"Black women are putting "It is time to protect bodily politicians on notice; we are holding them accountable to their oath have access to abortion services. It to uphold the U.S. Constitution. It is not an easy task. We invite the country to stand and fight with us to defend human and civil rights. Join us in demanding that elected more eager to increase production

See **OIL**, on page 7

#### **PROJECT** from page 3

workers will have around five business days to get started on the project.

If you have an area you believe is blighted, you can call 311 to make a formal report.

Hurst said they have already started putting this plan into action. Just last week, Council Member Hurst DPW workers cleaned out some the garbage underneath the Bluegrass Bridge.



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## HEALTH

## **How Diabetes Affects Your Heart and Kidneys**



When you think of systems in your body that are connected, your heart and kidneys may not come to mind. And you may not connect the health of either one to diabetes. That's why you may be surprised to find out that these three components of your health are all very much intertwined.

Diabetes, specifically type 2 diabetes, increases your risk of developing heart and kidney disease. Why does this happen? Because diabetes increases the level of glucose in your bloodstream (blood sugar). If not well-controlled, high blood sugar can damage blood vessels.

Kidneys: Your kidneys filter waste and extra fluid from your blood through a series of small blood vessels. High blood sugar can damage these blood vessels. Over time, this can stop your kidneys from filtering blood as well as they should, leading to chronic kidney disease. About 1 in 3 adults with diabetes has kidney disease.

Heart: High blood sugar can damage the blood vessels that supply oxygen to your heart and brain. This can cause them to get narrow or clogged, which can lead to a heart attack or stroke. If you have diabetes, you're twice as likely to have heart disease as someone who doesn't have diabetes, according to the Centers for Disease Control and Prevention (CDC). Additionally, when your kidneys don't work well, it can put extra stress on your heart,

leading to the development of heart disease and/or high blood pressure.

people with chronic kidney disease. If you have diabetes, kidney disease and/or heart disease, here are some tips to stay healthier:

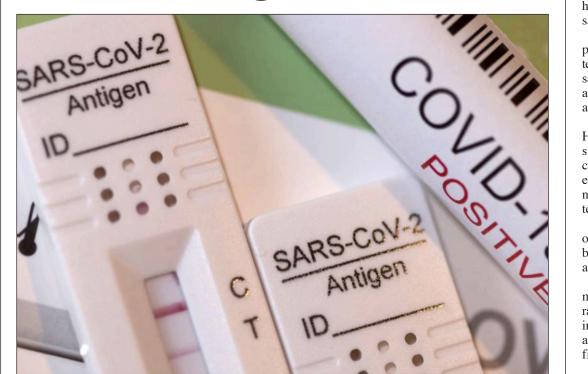
Heart disease is very common in

- Keep your blood sugar in a healthy range
- Manage your blood pressure and cholesterol
- Follow a healthy, balanced eating plan
- Exercise regularly, aiming for at least 150 minutes of moderate-intensity activity each week
- Take medications as prescribed
- Lose weight if you need to Quit smoking

Get regular check-ups to monitor your diabetes, as well as your cardiovascular and kidney health

In addition to affecting your heart and kidneys, diabetes may also have an impact on other aspects of your health, including your eyes, feet and nerves. This also has to do with diabetes' effect on blood vessels. Uncontrolled diabetes can damage blood vessels in your eyes, which can result in vision problems or blindness. It can also damage nerves and limit circulation to your feet, making it harder for sores or infections to heal.

# FDA warns against use of certain unauthorized **COVID** antigen tests



Rapid SARS-CoV-2 Antigen Test kits are seen in this illustration taken, January 13, 2022. REUTERS/Dado Ruvic

The warning was issued against unauthorized versions of Celltrion USA Inc's DiaTrust COVID-19 Ag Rapid Tests, SD Biosensor Inc's STANDARD Q COVID-19 Aq Home Test, and ACON Laboratories' Flowflex SARS-CoV-2 Antigen Rapid Test.

The U.S. Food and Drug Administration (FDA) on Tuesday warned people against the use of unauthorized versions of certain COVID-19 rapid antigen tests currently being marketed in the

United States.

These tests have not been authorized, cleared or approved by the FDA for distribution or use in the United States, the health agency said, adding that they may show false results.

The warning was issued against unauthorized versions of Celltrion USA Inc's DiaTrust COVID-19 Ag Rapid Tests, SD Biosensor Inc's STANDARD Q COVID-19 Ag Home Test, and ACON Laboratories' Flowflex SARS-CoV-2 Antigen Rapid Test.

The authorized versions of the tests can continue to be used. but consumers should compare the packaging to make sure they do not buy unauthorized tests, the FDA said.

The unauthorized Acon test comes in blue packaging, SD Biosensor in a white and magenta box and Celltrion's in green and white packaging, according to the

The FDA has not received reports of injuries, adverse health consequences or death associated with the use of these unauthor-

All three companies have initiated a recall for all unauthorized tests that were distributed in the United States.

Antigen tests require a nasal or throat swab and can produce results more quickly than molecular tests, which detect genetic material in the virus. However, antigen tests are considered less accurate.

#### **PLANNING** from page 1

Secretary of State Antony Blinken at the State Department in Washington, DC, on February 22.

The US also imposed sanctions on the state-owned Russian Direct Investment Fund, calling it a "known slush fund" for Putin and his inner circle.

The aggressive moves were taken to prohibit Russia from accessing a "rainy day fund" that officials said Moscow had been expecting to rely upon during the invasion of Ukraine. Instead of using the reserves to buffer a plummeting ruble, Russia will no longer be able to access the funds it keeps in US dollars.

US President Joe Biden on Thursday unveiled another set of harsh measures against Russia, saying: "Putin chose this war."

Those sanctions include export blocks on technology, a centerpiece of Biden's approach that he said would severely limit Russia's ability to advance its military and aerospace sector.

In a statement, the White House said "this includes Russia-wide restrictions on semiconductors, telecommunication, encryption security, lasers, sensors, navigation, avionics and maritime technologies."

Washington also put sanctions on people it described as "corrupt billionaires" and their families who are close to the Kremlin.

It said it would cut off 13 major state-owned companies from raising money in the United States, including energy giant Gazprom and Sberbank, Russia's largest financial institution.

#### **WOMAN** from page 5

God and make history. Continue to share your testimony of healing and hope so that others will be inspired to trust and love God too.

#### **OIL** from page 6

than it was in the fall, said McNally, in part because they are less concerned about US government efforts to limit fossil fuel production in an effort to fight climate change.

"The Biden administration is suddenly interested in more drilling, not less," McNally said. "People are more worried about high oil prices than anything else."



## **FAÇADE & SIGNAGE** IMPROVEMENT PROGRAM



#### Façade & Signage Improvement Program

The Façade & Signage Improvement Program (FSIP) is a matching grant program designed to aid enhancements of building fronts in the Baton Rouge North Economic Development District boundaries. Once approved, BRNEDD will match (that is, pay 50%) up to \$5,000 of the owner's costs for upgrades or improvements to their business facades and signage.

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