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# The Real Views

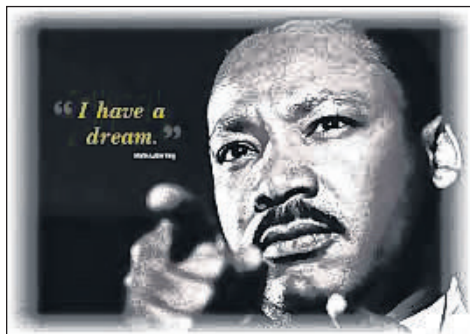


August 25, 2023 Natchitoches Parish Volume 21 Issue 7

## Influential and Notable Icons of The African American Community

**By: Latorria Freeman,**  
Publisher

The African American community's history is rich with brave individuals who have left a permanent mark on society. These inspiring people have fought for civil rights and inspired multiple generations. In this article, we will highlight six such important figures of the African American community:



**Martin Luther King Jr. -  
A Dream of Equality**

A visionary leader promoting non-violent protest, King advocated for civil rights with determination. His memorable "I Have a Dream" speech remains a symbol of hope and unity. King's peaceful approach to activism paved the way for a bright future for African Americans.

**President Barack Obama -  
"Yes We Can"**

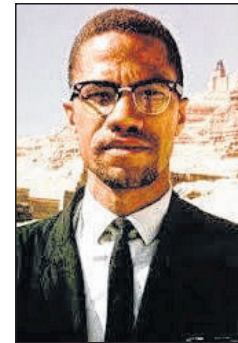
President Barack Obama broke barriers and made history upon becoming the 44th President of the United States.

His slogan, "Yes We Can," encapsulated the spirit of progress. He is known for his efforts to bridge divides, implement healthcare reform, and more.



**Malcolm X -  
Challenging Assumptions**

Malcolm X challenged conventional perceptions of race relations, and his call for Black empowerment resonated deeply with many. His transformation from a militant separatist to a global human rights advocate reflects a complex journey of evolution.



**Nelson Mandela -  
Resilience and Redemption**

Nelson Mandela's story is an example of forgiveness and reconciliation. After spending 27 years in prison, Mandela emerged as a global icon of resilience and unity. His quote, "Don't judge me by my successes, judge me by how many times I fell and got back up again," reflects his commitment to justice.

In conclusion, the African American community has been shaped by the tireless efforts of numerous iconic figures throughout history. Each of these inspiring individuals has truly created history!



**Fannie Lou Hamer -  
From Prayer to Action**

Fannie Lou Hamer is an important icon of the civil rights era. She fought against racial inequality of all kinds. Hamer's quote, "Praying all day won't get us anywhere if we don't do something," is a perfect example of her beliefs about taking action based on faith.



**Colin Powell -  
Perseverance and Optimism**

Colin Powell's journey to becoming the first Black U.S. Secretary of State signifies the American dream. His belief in resilience and optimism is showcased in his quote, "If it's a bad day, wait until tomorrow." His achievements signify the potential for Black excellence in all fields.



**SCAN  
ME!**



# Candidacy Announcement, Latorria Freeman Parish President

My name is Latorria Freeman, and I hope to be your next Parish President. I have many friends and family here, but for those who don't know me, let me tell you a little about myself. I was born here in Natchitoches to parents Margie Howard Pier and Walter Gay. I have many siblings and one son, Onterio Pier. I am a proud Natchitoches Central Chief from the class of 1995, where friends just called me "Tori." I lived in Natchitoches until I was about 19, and first relocated to Dallas, Tx, and started my career. I later married my husband James Freeman Jr. and moved to Detroit, Michigan, for seven years before deciding to move back home to Natchitoches. Like many of you, I live on a part gravel/part pothole road just off the 8 Mile Loop. When we can drive around them and get out to the highway, James and I love to ride motorcycles and enjoy the country.

Professionally, I have worked in the healthcare industry for over 20 years as a clinical investigator looking into medical providers and facilities. You've heard of hospitals, clinics, and even doctors over-

charging Medicare and Medicaid and others of the largest insurance providers, right? Well, I dissect those medical records from providers and medical facilities to determine if there is any fraud, waste, or abuse. I use my critical thinking skills gained from years of experience and pay close attention to details. I intend to use those same skills to analyze all systems, departments, and taxing entities that make up our parish government.

I think there's been too much "good ol' boy" politics in this parish for too long. Under my leadership and with your help, the mission of our government in Natchitoches Parish will be to strengthen and empower each community and all our families within the parish—not just a connected few. We will be committed to providing services to the citizens within the Parish in an efficient and timely manner. We must rebuild TRUST and FIX THE ROADS!

Please join me in this mission, and I sincerely thank you for your consideration and vote.

Please feel free to email me with any questions or concerns at [latorriafreeman@yahoo.com](mailto:latorriafreeman@yahoo.com).



## The Real Views

Latorria Freeman, Publisher

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# You Are the Light in A Dark Place



**By: Prophetess Christine Pier**

With so much happening in the world today, it can be challenging to stay positive. I want to encourage you today and tell you there is light in this dark world. When we truly understand that we have the power in our mouths to change even the most detrimental situation, we will see the Glory of God move in this region like never before. God has given us the power and the authority to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you. (Luke 10:19)

The Bible speaks of life, and death is in the power of the tongue. We can choose to speak

life or death. Have you ever been in a situation that could have turned out bad? But you saw the positive.

Will you speak negatively or rise up and be the warrior He has called you to be? If He showed it to you, what did you do with the information?

When we speak life into a dark situation, we cause light and understanding to come into alignment with the spoken word. It only takes a small amount of light to make a difference. If we all come together, what a mighty light that could be. John 1:4-5 In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it. One verse says that light could not be comprehended. My God!!! We can confuse the enemy when we speak positively in a negative situation. I know I have lost a loved one, but the enemy will not take another before their time. I know the storm might be coming, but I know a man that rebukes the storm!! The doctors may have given you a bad report, but My God said by his stripes, I am healed. Light brings life.

Number one, to be a light in a dark world, we must know who the originator is. Number two, we have to understand our authority here on Earth. Number three, don't allow what we see and hear to keep us in a dark place. The God we serve comes, so we can have life and have it

more abundantly. Put on the whole armor of God, and open up your mouth and speak life!! We know that God does bring judgment, and we also understand that we are not the judge. We are the light of the Earth.

I love Elisha. The Bible says without faltering, Elisha calmly told his servant before the war, "Do not fear, for those who are with us are more than those who are with them." Without faltering means without hesitation. (2 King 6:16) If you read the story, there was no logic in what Elisha had just said. There were just two of them against a

whole army. When there is no logic, which means no reasoning, then you know without a doubt it is God. As this year draws to an end, let's be the light. Find someone at least once a week to encourage and uplift. Watch what God does for you. Let's be positive and not negative. There will be times when things will happen, but I know God that is above everything!! When you find yourself a little discouraged, let the enemy know that God is above that problem. Speak light, and be the light that shines bright in a dark place.



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# Preparation for Purpose

By: Delrix Franklin

God has a plan and purpose for each and every one of us on this earth. Life and or the devil will make you feel otherwise with the trials and tribulations that take place occasionally. We must know, though, that God never said we wouldn't have trials and tribulations. 1 Peter 1:7 (NLT) says, "These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So, when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world." Believe it or not, our trials and tribulations are necessary. It's preparation for purpose. I know it's easier said than done, but once you come to this realization, you may handle that difficult situation and or season a whole lot better. My wife always told me

I am great at compartmentalizing, and I never thought about it until she mentioned it. I believe having the ability to compartmentalize is a gift from God. Let's be real; look at how well Jesus compartmentalized through his 33 yrs. The most significant example (in my opinion) was when he asked God, "Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine." (Luke 22:42 NLT) You may be asking how that is an example. Well, let's think about it. He knew what his purpose was, and although it included suffering, he still showed love, compassion, peace, thoughtfulness, and selflessness towards others and his disciples in spite of. So, during the difficult seasons in your life, remember to remain steadfast. Humility is key in our walk with Christ, and when it gets tough (and it will), we still need to show love, compassion, forgiveness,



patience, kindness, and obedience. I've learned to pray for wisdom, discernment, understanding, guidance, and other necessary tools to fulfill my purpose. That way, all I have is all I need. God knows what we need to be equipped for our purpose and tells us to pray without ceasing (1 Thessalonians 5:17 KJV.) Even though we are all gifted and have a purpose, we must know when to use our gifts and when to let go and let God. That's why prayer and sensitivity to the Holy Spirit are so important. Remember, God is a jealous God. Some of us may still be struggling with our purpose, and if so, that's ok. Just think about what you are gifted at and then use that to glorify God and reach those who are lost or in need. We are all gifted at something; we must tap into it (Romans 12:6-8 NLT.) Also, when it comes to your gift, know that God doesn't take it away (Romans 11:29), and sadly, some use their

gifts for evil. Please don't be that person. Also, there isn't anything wrong with being inspired by one's gift and how effectively they may use it but remember that's THEIR gift. Prime example, many, if not most, little boys want to grow up to play professional sports like me, but it just isn't in the cards for everyone. Comparison is the thief of joy, so try not to compare your gift to others. You never know what they endured or how much work they've put in to use their gift effectively. We all have to start somewhere, right? As a body of Christ, we are all here to spread the gospel and lead people to Christ, even if you are conflicted or confused about your purpose/gift. The Holy Spirit will guide you and lead you to your rightful position. I want to encourage those who may be struggling with their purpose or gift to pray and get closer to God; he'll be a lamp to guide you and a light for your path.

## VOTE # 49

# PEZANT FOR SHERIFF

## IMPORTANT DATES TO REMEMBER

**September 13th:** The deadline to register to vote in person at the Registrar of Voter's Office, by mail or at the Office of Motor Vehicles

**September 23rd:** If you have a Louisiana Drivers License or ID Card, this is the deadline to register to vote through the GeauxVote Online Registration or GeauxVote App







**NATCHITOCHES** – The Creole Heritage Center at Northwestern State University has developed a strategic plan that reconfirms its mission and will guide its future programming. The public to one of three upcoming information sessions where highlights of the plan will be presented.

According to Dr. Kent Peacock, director of the Creole Heritage Center, development of the plan took two years and came out of discussions with CHC staff, the CHC's Advisory Council, Creoles from throughout Louisiana, and the nation, the NSU community, and representatives from the cultural heritage, political, business, and educational entities. An electronic survey distributed last year collected additional input from more than 500 responders. The plan's creation was financially supported by the Cane River National Heritage Area.

The upcoming strategic plan informationals are of particular interest to all those interested in the CHC's revised mission of preserving, educating, and advocating the value and significance of the vibrant Louisiana Creole people and their culture, as well as in NSU's role in preserving the rich and diverse cultural heritage of Louisiana and providing students with hands-on experience in this growing field.

The first will take place from 6:30-7:30 p.m. Wednesday, Aug. 30, at St. Augustine Catholic Church, 2262 Hwy 484, Natchez, Louisiana. A second session will take place via webinar from 8-9 p.m. Thursday, Aug. 31. Anyone interested in joining should contact the Creole Heritage Center for login information. The third session will be from 11:45 a.m.-12:45 p.m. Friday, Sept. 8, in the President's Room of

the Sylvan Friedman Student Union on the NSU campus.

The Creole Heritage Center opened its doors as a part of NSU in 1998 and became a respected and trusted leader of the "Creole Renaissance," the movement to preserve and advocate for Louisiana Creoles and their heritage. The


Center is located in Kyser Hall, Room 116. Hours are 8 a.m.-3 p.m. Monday-Thursday or by appointment.

For more information about the Creole Heritage Center or for information on the Aug. 31 webinar, call (318) 357-6685 or visit <https://www.nsula.edu/creole/>

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# Finding Your Voice!

By: La'Quinta Scott Favors

As I became older, I always thought I would find something new, that my voice would have an extraordinary sound from newness, but that wasn't the case! Finding your voice isn't about finding anything new. It's finding more about yourself, believing in yourself, and encouraging yourself when no one else would! My voice is inside of me, who I am, and who I am called to be! If I could encourage the younger me, it would go something like this:

Dear Quint,

Years from now, when you come of age, you will get hit with many obstacles and stumbling blocks. You're going to be faced with many giants and a couple of trials and tribulations. You'll lose many people, even those you thought cared about you. I don't want you to become afraid or get discouraged. I want you to step out and

make your voice heard. When they say you can't prove them wrong by showing them, you can. When others come against you, I want you to remember that YOUR RESPONSE always matters, and you do not have to give a reaction to anything or anyone that's not for you. When you respond, respond with dignity, respond with assurance, and respond in love! Your voice matters! When they are nasty and hit below the belt, you remain above the belt, take it to God, and hold Deuteronomy 20:4 close to your heart, for it reads, "For the LORD your God is he that goeth with you, to fight for you against your enemies, to save you." Everyone isn't going to like you, and guess what? You don't have to do anything wrong. You don't have to offend them. You don't even have to know them. You will not be liked because of who you are, and that



is okay! Continue to be yourself, speak your truth, and never be silent! Many days you will stand alone, many days no one will be there for you, and many days some will turn on you but guess what, even when you're doing it alone, it's okay because your voice needs to be heard! Listen carefully. Times are going to be different. People aren't who they seem to be. Please go vote! Many say your vote doesn't matter, but I am telling you it does. When life becomes challenging, I need you to worship! Take your eyes off what you see and what you are going through and worship God during your trials, worship when it doesn't look good, worship when your back is against the wall, and when you don't know what to do! There will be many days when you become discour-

aged because you feel you should be further in life because of decisions you've made and people you allow to come into your life that wastes your time, but you are right where you need to be. Don't be discouraged because all things good and bad will work for your good! The more you press into God, the better your discernment will become. You will never have to worry about time wasters again. Your battles will be fought. You will win, and your story will become a ministry that will help and save many people!

I want to encourage the reader to begin falling in love with themselves, to start trusting their voice, speaking their truth, voting to make a difference, and not allowing anyone to dismiss their inner voice! You are on this earth for a reason. You matter, and so does your voice!

## Did You Know?

**JOHN E. WINSTON, SR.**  
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# Get to Work!

By Francis M. Day

The Bible says, "Little children, let us love in deed and in truth and not merely talk about it" (1 John 3:18, NAB translation). I write this as a reminder to myself. I often think about doing something. And I even write it on my list of things to do. However, thinking is not doing.

Talking about things without doing anything can be a problem. Sometimes it just leads to complaining and gossiping and leaves us feeling frustrated. James 1:26-27 says: "If anyone thinks he is religious and does not bridle his tongue but deceives his

heart, his religion is vain. Religion that is pure and undefiled before God and the Father is this: to care for orphans and widows in their affliction and to keep oneself unstained by the world" (NABRE).

James 3 then goes on to warn about the dangers of the tongue. Of course, a modern-day version is social media and the culture wars in our society. I also think of political speeches, commentaries, and talk shows. It is so easy to get caught up in posting my position on an issue and responding to others.

Instead of talking, Jesus encourages us to engage in simple, direct, personal action

to help someone. In Luke 10:25-37, Jesus gives us the two great commandments, to love God with all our heart and to love our neighbor as ourselves. Then, in further explanation, he gives the parable of the Good Samaritan.

Politicians can talk about making laws. Often on social media or in conversation, I can say that government or society needs to do something about different situations. However, Jesus invites me to stop talking about government, laws, or society and do something myself to help someone in need. The Good Samaritan stopped to help. He used his own personal

time, supplies, transportation, and money. And Jesus said, "Go and do likewise." Jesus says more on this in Matthew 25:31-46.

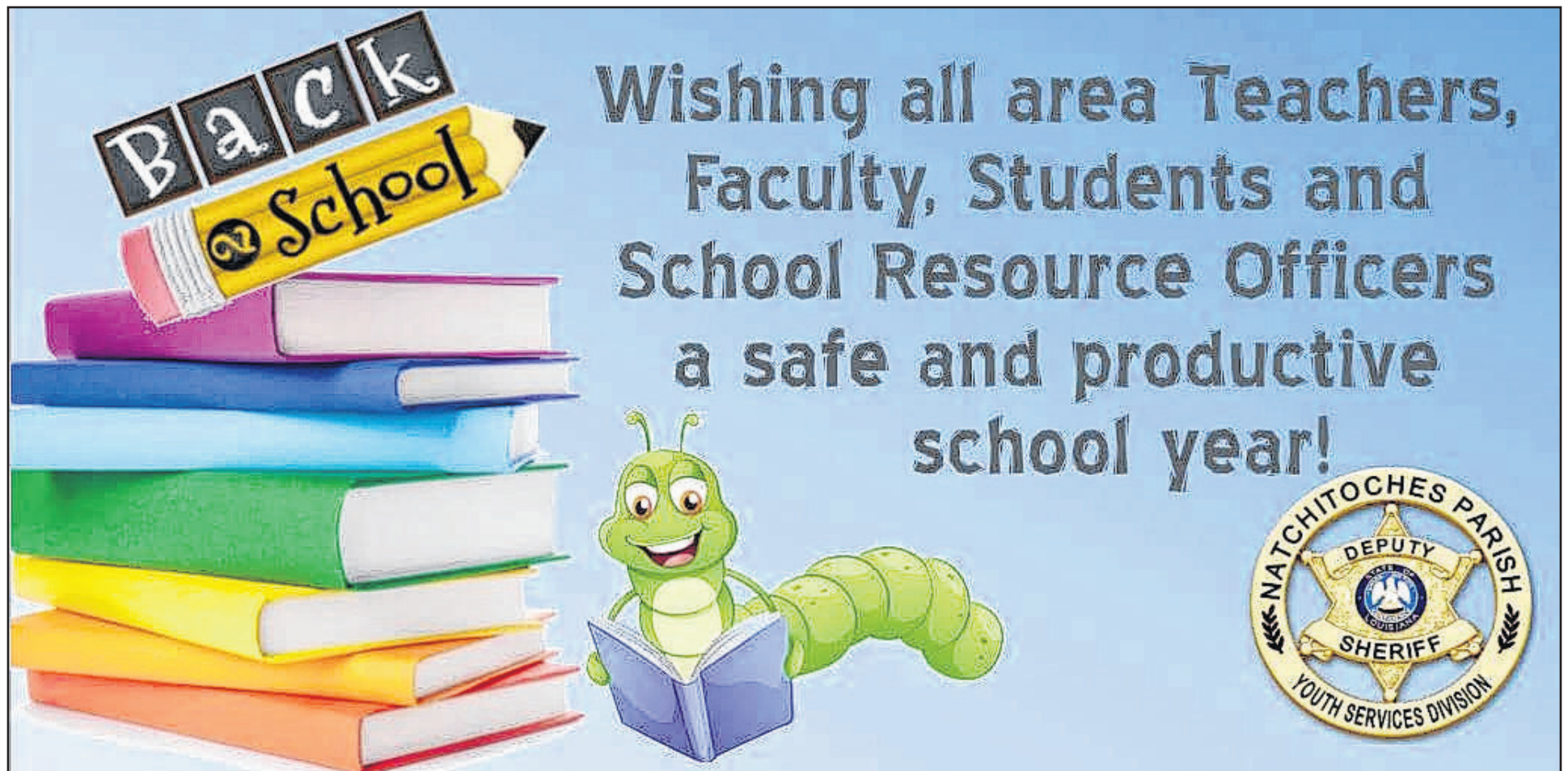
"Actions speak louder than words" is an old saying. If I am actively working on something, then I have a better understanding of the problem. People who are actually working on something understand it much better than those who are just talking about it.

The problems of the world are depressing. One thing that can help me with depression is to get up and do something. Physical movement helps with depression.

Working with others helps with depression. And, if I can look back and see that I have done something good today to help someone, it gives me a feeling of accomplishment.

So I can look around me and listen to others to see what needs to be done. Next, I can pray for guidance, perhaps by saying the Serenity Prayer. Then, I can make a short list of things I can do. Finally, and most importantly, I pick one and get to work.

The Serenity Prayer: "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."





# Change: Will you or will you NOT? That's the question!

By: Evangelist Nissa Fulton

Every living thing has a life cycle. Thinking about change, I sometimes think, "What's the life cycle of this thing?" because all our life cycles are different, but the moment we leave the womb, change starts? Here are a few examples: Earthworms start in a cocoon, to egg casing, to hatchling, to juvenile, to adult, and then reproduction. Frogs start at eggs, to tadpole 1, to tadpole 2, to froglet, to adult. Of course, we must give the example of a butterfly who starts with the egg, to the caterpillar, to the pupa, to the emerging butterfly, and then to the adult butterfly.

As we grow and age, many things contribute to our patterns of change, and we often become a product of our environment (this is by choice). When we evaluate life at times, I'm certain we all sat back a time or two and thought, "How in the world, or why in the world did this happen?" Many tend to believe that since it happened, it was meant to happen; however, that's not entirely true. Some things weren't meant to happen, but they did because of our choices, which has now led to consequences. Now there are things in life that happen beyond our control, and that's when we sit back again and think, "Why would God allow this to happen?" Not realizing that while we walk, live, and breathe on this earth, a real enemy is alive and roaming and allowed access to try to kill, steal, and destroy. Although things happen we don't understand, we still need to understand; it ends with a purpose for it, but will we let the thing we don't understand make us or break us, or

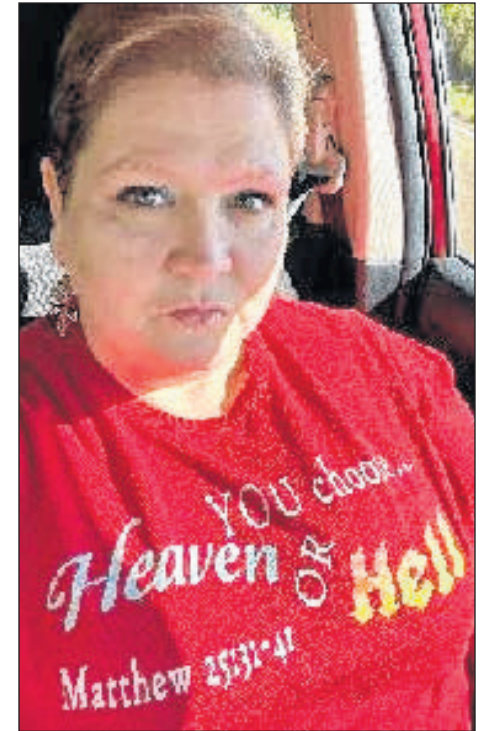
will we allow it to lead us to make positive changes? What the enemy means for evil, God always turns around for good.

Many times, we allow things to change us versus make us and lead us to have the mindset of changing things for ourselves. I know not everyone will choose Jesus in this life. That's fine because HE doesn't override anyone's free will; He doesn't force change or make anyone change. He allows each person to make their own choices in life, but with God or without God, we can still change in our own lives by choosing to change. That choice starts by changing our minds. Choosing Jesus is the way; however, again, not everyone will, so even if you won't choose Jesus, will you choose change? Many "religious" folks won't like that I said, "It's fine" if you don't choose Jesus; of course, it's not okay, but everyone not choosing Jesus is the truth, and since this article will reach those who will, and those who won't, I'm going to be real because whether you choose Jesus or not if you look at your life and see you need change, You can change!

There are some whose lives are out of control, right? Why does it seem like people in this category never change, right? The main reason is that they don't deal with the trauma that took place to lead them on a path that now has them spiraling out of control. It's not that they can't change, and at times, it's not that they don't want to change. They don't know how to change or fear to change because that means they must face the same things that happened that led them to a life now spiraling out of control. I can

share my testimony as an example. I was very promiscuous, and everybody called me many names that I didn't allow to phase me because I knew I was out there wilding out. Still, eventually, I came to a life desiring change, so for me to change, I had to deal with the trauma of being gang raped at age 9. When I was 9, as a result of that rape, my mind adapted to being a product of my environment of sex and only being good for that type of activity; however, at 30, for me, I met Jesus, and in meeting Him, I learned I was not who I had become, so I faced my trauma and allowed myself to change. Me choosing Jesus was my way of choosing to change.

Continued on page 21...





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# Letter to the Editor from Natchitoches Parish Assessor-Elect

Yolanda "Tootie" Chevalier-Reed

To the Citizens of Natchitoches Parish, I would like to thank you all for allowing me to run unopposed for the office of Assessor.

I pledge to always have an open door policy and to provide the most accurate information available, all while exhibiting courteous customer service with professionalism to those who inquire within the office. I am pleased with the important service that our office provides, and I look forward to serving each of you as the need arises. Again, THANK YOU for your support, and please do not hesitate to reach out to our office should you need to.

I sign this with thanks to God and a humble heart.



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# Football -- Demons Set for Second Scrimmage of Fall Camp

NATCHITOCHES – If the first preseason “game” of Northwestern State’s fall camp was an appetizer, this Saturday’s second intrasquad scrimmage may serve as more of a main course.

The Demons will take the Turpin Stadium field around 9:30 a.m. Saturday their second full-pads scrimmage of camp, looking to expand on last week’s balanced effort.

“One more Saturday closer to real game day,” sixth-year head coach Brad Laird said. “This being our second what we call preseason game – for the simple fact in college you don’t have the opportunity to go against another opponent – we want them to understand this is

not just another practice. We were able to get 60 to 70 snaps last week, and we want to expand that to 100 snaps this week.

“Once you get done with Saturday’s scrimmage, depth charts are going to be close to locked in as we approach the mock scrimmage next week and the game week after that.”

In addition to the expansion in terms of plays, Laird and his staff hope to see what has become a trend throughout camp continue along.

The Northwestern State offense started the first scrimmage of camp quickly, scoring a touchdown on the third play from scrimmage and adding another on the third possession before

the Purple Swarm defense settled in and turned the tide in the middle part of the scrimmage.

The sides split a pair of two-minute-drill results, with Tyler Vander Waal connecting with Twon Hines on a 21-yard touchdown before the defense answered on a final-play forced fumble by Justice Galloway-Velazquez that Kwame Sarkodie recovered in mid-air.

“It’s been that way in practice, and that’s a good thing because whoever came out with a hot start, the other side was able to rally back and overcome the adversity and negative plays,” Laird said. “That’s been good to see. That’s been every practice. It’s been the same as far as intensity.

“We’ve been up and down this week. We’ve got to be better consistently as far as learning how to practice. We saw that in Thursday night’s practice. There was a lot better tempo, a lot better energy, and a lot better effort than what we had the previous day. Hopefully, we can build off that going into this scrimmage.”

The expanded number of snaps will include more reps for the Demon special teams units, a common occurrence in the second scrimmage of most camps.

Kickers Brett Money and Evan Kern were a combined six-for-six in field goals and extra points in the opening scrimmage, including



Chris Reich/NSU Photographic Services

Running back Duce Hart Jr. (left) cuts upfield as safety Antwon Fegans awaits during last week’s scrimmage.

Money connecting on a 47-yard field goal.

“It’s important to be able to take the reps you did in practice and put it, holistically, in a team setting – a scrimmage setting – go good on good and get some live work,” Laird said. “We’ll see where we

are. We talk about all three phases. Last week, we didn’t get as many special teams reps as we wanted because of depth issues. Now, we have most of those guys back healthy. It will be a very important day for special teams on Saturday.”

 | NORTHWESTERN STATE

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# Preventing Youth Suicide: Tips for Parents & Educators

**Provided by: National Association of School Psychologists**

Suicide is the leading cause of death among school-age youth. However, **suicide is preventable**. Youth who are contemplating suicide frequently give warning signs of their distress. Parents, teachers, and friends are in a key position to pick up on these signs and get help. Most important is to never take these warning signs lightly or promise to keep them secret. When all adults and students in the school community are committed to making suicide prevention a priority and are empowered to take the correct actions—we can help youth before they engage in behavior with irreversible consequences.

**If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK, or the Crisis Text Line (text “HOME” to 741741).**

## Suicide Risk Factors

Although far from perfect predictors, certain characteristics are associated with increased odds of having suicidal thoughts. These include:

- Mental illness, including depression, conduct disorders, and substance abuse.
- Family stress/dysfunction.
- Environmental risks, including the presence of a firearm in the home.
- Situational crises (e.g., traumatic death of a loved one, physical or sexual abuse, family violence).

## Suicide Warning Signs

Most suicidal youth demonstrate observable behaviors that signal their suicidal thinking. These include:

- Suicidal threats in the form of direct (“I am going to kill myself”) and indirect (“I wish I could fall asleep and never wake up again”) statements.
- Suicide notes and plans (including online postings).
- Prior suicidal behavior.
- Making final arrangements (e.g., making funeral arrangements, writing a will, giving away prized possessions).
- Preoccupation with death.
- Changes in behavior, appearance, thoughts, and/or feelings.

Youth who feel suicidal are not likely to seek help directly; however, parents, school personnel, and peers can recognize the warning signs and take immediate action to keep the youth safe. When a youth gives

signs that they may be considering suicide, the following actions should be taken:

- Remain calm.
- Ask the youth directly if he or she is thinking about suicide (e.g., “Are you thinking of suicide?”).
- Focus on your concern for their well-being and avoid being accusatory.
- Listen.
- Reassure them that there is help and they will not feel like this forever.
- Do not judge.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm.
- **Get help:** No one should ever agree to keep a youth’s suicidal thoughts a secret and instead should tell an appropriate caregiving adult, such as a parent, teacher, or school psychologist. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to a school-employed mental health professional or administrator.

## The Role of the School in Suicide Prevention

Children and adolescents spend a substantial part of their day in school under the supervision of school personnel. Effective suicide and violence prevention is integrated with supportive mental health services, engages the entire school community, and is imbedded in a positive school climate through student behavioral expectations and a caring and trusting student/adult relationship. Therefore, it is crucial for all school staff members to be familiar with, and watchful for, risk factors and warning signs of suicidal behavior. The entire school staff should work to create an environment where students feel safe sharing such information. School psychologists and other crisis response team personnel, including the school counselor and school administrator, are trained to intervene when a student is identified at risk for suicide. These individuals conduct suicide risk assessment, warn/inform parents, provide recommendations and referrals to community services, and often provide follow up counseling and support at school.

## Parental Notification and Participation

Even if a youth is judged to be at low risk for suicidal behavior, schools may ask parents to sign a documentation form to indicate that relevant information has been provided. Parental notifications must be documented. Additionally, parents are

crucial members of a suicide risk assessment as they often have information critical to making an appropriate assessment of risk, including mental health history, family dynamics, recent traumatic events, and previous suicidal behaviors. After a school notifies a parent of their child’s risk for suicide and provides referral information, the responsibility falls upon the parent to seek mental health assistance for their child. Parents must:

- Continue to take threats seriously: Follow through is important even after the child calms down or informs the parent “they didn’t mean it.” Avoid assuming behavior is simply attention seeking (but at the same time, avoid reinforcing suicide threats, e.g., by allowing the student who has threatened suicide to drive because they were denied access to the car).
- Access school supports: If parents are uncomfortable with following through on referrals, they can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- Maintain communication with the

school: After such an intervention, the school will also provide follow-up support. Your communication will be crucial to ensuring that the school is the safest, most comfortable place for your child.

## Resiliency Factors

The presence of resiliency factors can lessen the potential of risk factors to lead to suicidal ideation and behaviors. Once a child or adolescent is considered at risk, schools, families, and friends should work to build these factors in and around the youth. These include:

- Family support and cohesion, including good communication.
- Peer support and close social networks.
- School and community connectedness.
- Cultural or religious beliefs that discourage suicide and promote healthy living.
- Adaptive coping and problem-solving skills, including conflict-resolution.
- General life satisfaction, good self-esteem, sense of purpose.
- Easy access to effective medical and mental health resources.

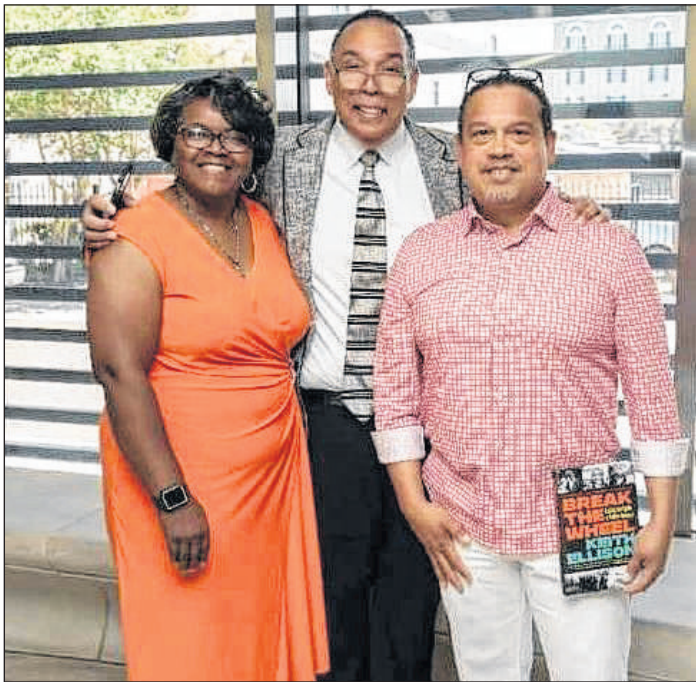


Even one is too many—  
Preventing Suicide  
Amongst African  
American Boys & Girls





# Minnesota Attorney General Keith Ellison's Visit to Natchitoches





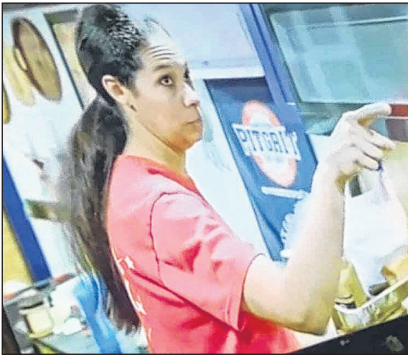
# Minnesota Attorney General Keith Ellison's Visit to Natchitoches





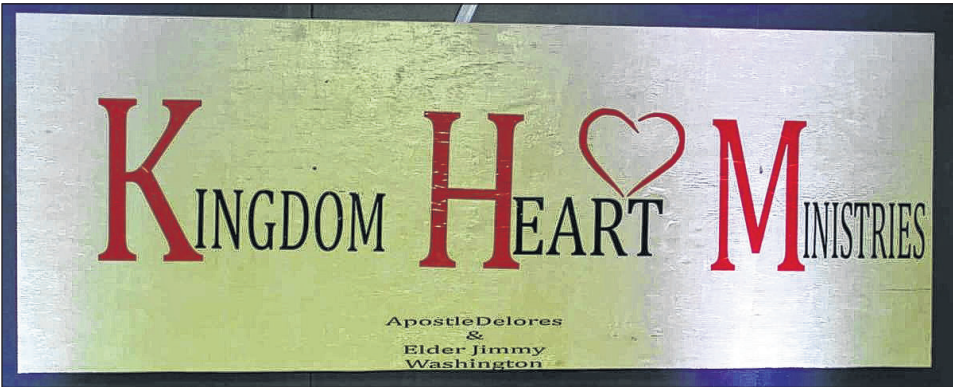
# Natchitoches Entrepreneurs Daryl and Letrisha Walker on Food Network

Owners of Sweetie's Bar B Q



# Come Fellowship with Us at Kingdom Heart Ministries

Sunday at 11:00 am 500 Royal Street





## LETTER TO THE EDITOR

Greetings: Natchitoches Parish.

It is impressive to know that the members of Natchitoches Parish in District 2 are satisfied with my leadership. Because for the 2nd time since my Governor's appointment, I am still running unopposed. Although in my current position as the Parish Council Chair Person, I now have to be concerned with issues in the entire Parish. We have, for the most part, a great team in place that uses the voice of their District members when conducting the issues at hand. But as seen in the past, there have been several cases where personal beliefs seem to take precedence and opposition.

I am anxious to welcome and work with any new representatives that are elected going forward. But I pray that the members we have left will stay in their current position because we have much more to do for you since we are

off and running for the good of the PARISH. Remember if the leaders fail then we all fail.

Thanks again,  
William T Allen Sr. (aka Mr. Bill)



**Morning Prayer**  
**5 am**  
*Monday Wednesday Friday*  
**1-717-908-1834**  
**ACCESS CODE:**  
**401359**

*Hosted by: Christine Pier Ministries  
& My Father's House*

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**LOUISIANA ATTORNEY GENERAL 2023**

**Email: [mkmaley@eatel.net](mailto:mkmaley@eatel.net)**  
**Website: [www.martymaley.com](http://www.martymaley.com)**  
**Marty's Cell: 225-266-5959**

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# NSU honors faculty, staff for years of service

## NORTHWESTERN STATE

NATCHITOCHES – Northwestern State University honored employees with 25, 30, 35 and 40 years of service to the university during the annual campus-wide faculty/staff luncheon.

Honored for 25 years of service were Lois Banks, News Bureau; Dawn Eubanks, Business Affairs; Lance Ellis, National Center for Preservation Technology and Training; Dr. Debra Clark, College of Nursing; Cedric Scott, Facilities Services; Yolanda Bobb, Watson Library;



Dean Sinclair and Jeff Smith, School of Social Sciences and Applied Programs; Dr. James Picht, Louisiana Scholars' College, and Scott Burrell, School of Creative and Performing Arts.

Honored for 30 years of service were Dr. Margaret "Betsy" Cochran, Louisiana Scholars' College; Melissa Canales,

Department of Mathematics, and Dr. Paula Christensen, School of Education.

Honored for 35 years of service were Galindo Rodriguez, School of Creative and Performing Arts, and Reatha Cox, vice president of Student Experience and dean of Student Affairs.

Dr. Kathy Autrey, Department of Mathematics, was honored for 40 years of service.

### 25 Years:

Honored for 25 years of service to NSU were Yolanda Bobb, left, and Dawn Eubanks, right. They were congratulated by NSU President Dr. Marcus Jones.

### 30 Years:

Dr. Marcus Jones congratulated the faculty on 30 years of service to Northwestern State University. From left are Jones, Dr. Paula Christensen, Melissa Canales, and Dr. Betsy Cochran.

### 35 Years:

Reatha Cox, center, and Galindo Rodriguez, right, were congratulated by Dr. Marcus Jones for 35 years of service to Northwestern State University.

### 40 Years:

NSU President Dr. Marcus Jones congratulated Dr. Kathy Autrey for 40 years of service to the university.





# Dr. E. A. Johnson and Mrs. Crittie Johnson, First Offices

Article Provided by: NSU Folk Life

One of the few Black doctors in the parish, Dr. E. A. Johnson came from Powhatan, Louisiana, was trained at Meharry Medical School in Tennessee, and established his practice in Natchitoches, where he was the sole provider of medical care for African Americans. His wife, Crittie Carroll Johnson, was the daughter of a funeral home director and attended college in Kansas City. She was the first African American female mortician in Natchitoches and one of the first in Louisiana.

Dr. Johnson and Mrs. Johnson were very active in the Civil Rights movement and spearheaded efforts to integrate the Louisiana Normal School (now Northwestern State University), persuading NAACP attorney Thurgood Marshall to investigate the situation (Martin 2001:69). Dr. Johnson also served as the

president of the Louisiana NAACP.

He was the person that caused us to want to exercise this right that we had. He stayed at the polls ... and asked people to go to the polls and vote.

Dr. Johnson had his clinic, Mrs. Johnson had her mortuary, and they rented out space for a barbershop and shoe-shine in their first place of business, pictured below.

The most famous doctor of all in this particular community for African Americans was Dr. Johnson. He was a physician in this community, and under the conditions that Dr. Johnson worked in this community, [it] was very dangerous. Because at that time, when he had his private practice in this community, in Natchitoches parish, he was also the president of the NAACP.

The Johnsons moved from Amulet Street to Fifth Street in Jackson Square, where their home also served



Johnson House and Office: Michael Fontenot

as a meeting place for Civil Rights organizers and supporters.

And you know, the home that Doc and his wife built on Fifth Street, his wife said that one reason they wanted to build a

house with as many bedrooms was because there were no Black hotels, no hotels available for Blacks. And she called one of the bedrooms Thurgood Marshall's bedroom because that's where he would sleep.

An advertisement for Stuart Wright, Sheriff of Natchitoches Parish. It features a portrait of Stuart Wright, a man with glasses wearing a dark blue polo shirt with a small badge on the left chest. To his left is a large, stylized yellow star with the text "STUART WRIGHT SHERIFF NATCHITOCHES PARISH" around it. The background is a blurred American flag. To the right of the portrait, the text "LEADERSHIP WITH RESULTS!" is written in large, bold, yellow letters. Below this, a list of achievements is shown in bullet points. At the bottom right, there is a black and yellow logo with the text "STUART WRIGHT SHERIFF". At the very bottom, it says "Paid for by the Stuart Wright Campaign".

**LEADERSHIP WITH RESULTS!**

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**STUART WRIGHT SHERIFF**

Paid for by the Stuart Wright Campaign



# Six One Way, Half Dozen the Other

By: Marvin Blake, Jr.

During slavery, and especially during the mid-1800s, it was northerners and the Republican Party that advocated against the institution of slavery that ultimately led to the civil war. And, with Abraham Lincoln's Emancipation Proclamation that freed the slaves, and with the passage and ratification of the 13th, 14th, and 15th Amendments, when allowed to vote, African Americans always voted Republican. In the South, some were bullied, beaten, and even lynched, but still voted Republican when given the opportunity.

From the beginning of slavery until after the Civil War, it was the Southern states and the Democratic Party that were the cornerstone of the peculiar institution of slavery. After the civil war, it was the Democratic Party in the South that instituted and maintained the Brutal Era of Jim Crow for nearly a century. Then at the 1948 Democratic National Convention, Southern Democrats led by South Carolina Governor (and later U.S. Senator) Strom Thurmond became outraged over a Civil Rights Plank and broke away from the Democratic Party and established the States' Rights Party, better known as the "Dixiecrats." Many believe this was the beginning of southern democrats' migration to the Republican Party.

During the presidential election of 1960, Democratic Candidate John F. Kennedy made a call to then Georgia's Governor Earnest Vandiver, who, through back channels, quietly secured the release of Dr. Martin Luther King, Jr., who

was being held in a Georgia Prison. With that phone call and release of Dr. King, John F. Kennedy was rewarded with the African American vote and won the 1960 presidential campaign. This action led to a transformation moving African Americans permanently to the democratic party while pushing southern whites even further toward the Republican Party.

After President Kennedy was assassinated, President Lyndon Johnson passed the Civil Rights Act of 1964 and the Voting Rights Act of 1965, which permanently sealed the deal of African Americans voting predominately Democrat. President Johnson, a brilliant political analyst, foresaw the consequences of his legislation. On the day he signed the first bill into law, he is said to have remarked, "We've lost the SOUTH for a generation." So far, it's been a half-century, with no return in sight!

The transformation of the South becoming predominantly Republican became as complete as complete could be during the 1980 presidential campaign when Republican Presidential Candidate Ronald Reagan promoted his "Welfare Queen" rhetoric stating that welfare recipients were buying T-Bone Steaks with food stamps and driving Cadillacs with multiple welfare benefits while you (many poor and working-class American's) all with taxpayers' dollars.

Moving on to the 2016 presidential Campaign, Donald Trump convinced many of his supporters that he would "Make America Great Again," meaning, in my opinion,



that he would bring America back to the Pre-Civil Rights Era and before 1960.

To close, I have always been a conservative Black Man who has always felt that every tub should stand on its bottom.

Politically I could have called myself a Conservative Democrat or been seen as a Moderate Republican. But since the arrival of Donald Trump and his "MAGA," I could never be any part of the Republican Party. But in total honesty, as I have grown politically and in life, I have come to have deep reservations with the Democratic Party, with my main concern being that

many Democratic Programs that are designed to be a safety net for those in need have led to a continuous cycle of generational poverty among those its design to help with no end in sight. Secondly, the issues, programs, and groups that the National Democratic Party supports have a slight drop off when speaking of state democrats and are nonexistent on the local level. In all truth, on the local level, you really can tell the difference between National Republicans and many Local Democrats. That is why I say when it comes to both major political parties, it's "six one way, half dozen the other." Not impressed with either party!

That's My View!



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# Change: Will you or will you NOT? That's the question!

By: Evangelist Nissa Fulton

Continued from page 10

Some never experienced trauma: however, they live a life of constant change. This person may be content but always sets goals and works on reaching them. They are happy with where they are but know there's more. Some are like that because they didn't have much growing up, and they determined in their mind that they were not going to stay a product of their environment which stemmed from poverty; whereas, some are that way because they grew up in a home of hard work pays off, and now they want to carry that torch, so

their change is to grow and succeed constantly. However, it is still their choice to make and be that constant change of growth and success.

As you can see, change is constant. It's different for each person. It's daily. It's a forever-evolving cycle of life that has good results but can also have bad results. However, the ultimate decision to change falls on us. We can decide if we want to stay the way we are or be the change and make the change. I will say this as some encouragement to Natchitoches, Louisiana. Changemakers are needed! I visit at times, and I see what Natchitoches can be. I see what God's plan for Natchitoches

is and what He's trying to change in Natchitoches; however, he's waiting for the changemakers to make that change. Many feel stuck and move out of Natchitoches because they think their change will come. For some, change does come because the shift to move was the change needed to change, but some move and don't change because the move wasn't what needed to change; the change needs to be in them. However, to you who choose to stay in Natchitoches, what are you waiting for? Don't fear those who won't receive your stand. Don't fear those who cut you off because you choose to make a difference. Don't fear changing you so that you can lead

change around you. It's time to be the change and lead the change. All that is needed in Natchitoches is the one with the changed mind to stand up and lead the change. **STAND-UP NATCHITOCHES!!!**

I do have to end by saying this: True change comes through Jesus, and he's always at the door knocking and waiting on you to answer. So, if you want life to change, true and real change, open the door and allow Him in. When your change is through Jesus, the changes made after you choose Him will lead to Natchitoches not just changing but being revived and having a **REVIVAL!!!** If you're looking for a **REVIVAL** in Natchitoches, choose the change by choosing Jesus!!!

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Motivational Quotes from  
Black Women in Leadership Roles



*"I am not looking to be popular with anyone. Always putting God first in anything I do."*

Mayor Patsy Ward- Hoover

*"Don't look for opportunities, create opportunities!"*

Director of Finance  
Clarissa Brown-Smith



*"If there is something you truly desire to accomplish in life, never give up, pray about it, and faithfully stay the course."*

Betty Sawyer- Smith  
COUNCILWOMAN-AT-LARGE

*"Never be limited by other people's limited imaginations. If you adopt their attitudes, then the possibility won't exist because you'll have already shut it out... You can hear other people's wisdom, but you've got to reevaluate the world for yourself."*  
Mae C. Jemison



Director Planning & Zoning  
Shontrell Roque

*"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."*

Rosemary Elie  
DISTRICT 4 CITY COUNCILWOMAN



*"Life is 10% of what happens to you and 90% of how you react to it."*

Katrice Below  
BOM Vice- President, Commercial Lender



*"Do to others as you would have them do to you."*  
Luke 6:31

Yolanda Chevalier-Reed  
Natchitoches Tax Assessor- Elect



# The Do's and Don'ts of Police Car Stops

Article Provided By: ACLU

If you are pulled over in a traffic stop and have a hands-free phone station in your vehicle, consider turning on your camera to record the interaction. Make sure to do this before the officer gets out of the police car so they don't see you and mistakenly think you are reaching for a weapon.

## If you are stopped in your car, DO...

If you are stopped while in a car, the police must have reasonable suspicion for believing that you have committed a traffic violation or criminal offense.

**DO** keep your hands on the wheel and let the officer know what you are doing for your safety. ("I'm going to reach for my registration now.") Many Black people have been shot and killed when police claimed they made sudden hand movements.

**DO** show your license, registration, and proof of insurance when asked.

**DO** sign your ticket if you are given one. Otherwise, you may be arrested.

**DO** take the DUI test if you are arrested unless you are willing to risk your license

being suspended. Before you are arrested, you may refuse to take the Preliminary Alcohol Screening (PAS) breathalyzer test unless you are under the age of 21.

*In the state of Louisiana, you have the right to refuse a breathalyzer or blood test. That right, however, comes with serious consequences. The state of Louisiana is an implied consent state.*

**DO** keep your car interior clear of unnecessary objects. It may give the police reason to search the car. If they see anything illegal, this may create probable cause for them to search you or your car. They cannot search the trunk unless they have your consent, a search warrant, or probable cause to believe the trunk contains evidence of a crime.

**DO** say, "I do not consent to a search."

## If you are stopped in your car, DON'T...

**DON'T** physically resist a search. Say, "I do not consent to a search."

**DON'T** refuse to sign a ticket. You can be arrested for it.

**DON'T** search for your license or registration until you are asked to provide it. Let the officer know what you are doing

for your safety. ("I'm going to reach for my registration now.") Many Black people have been shot and killed when police claimed they made sudden hand movements.

**DON'T** disrespect the officer. Although you have a constitutional right to do so, it could lead to your arrest.

**DON'T** attempt to bribe the police.

## The Do's and Don'ts of Arrests

### If you are arrested or taken to a police station, DO...

**DO** ask if you can park your car in a safe place or have a licensed driver take it away if you are arrested. This will avoid expensive towing or impoundment fees.

If the police arrest you, they must have probable cause for believing that you have committed a crime.

**DO** tell the police your name and basic identifying information. But nothing else.

**DO** say, "I want to remain silent," and clearly state, "I want to talk to a lawyer." They should stop questioning you after that. If they do not stop questioning, calmly and clearly repeat that you want to remain silent and that you want to speak to a lawyer.

**DO** make sure you get your phone call within three hours of getting arrested or immediately after being booked. You can call a lawyer, bail bondsman, relative, or any other person. Memorize phone numbers ahead of time.

**DO** assume the police are recording your calls (except the call with your lawyer).

### If you are arrested or taken to a police station, DON'T...

**DON'T** try to run, resist, fight back, or reach suddenly for any items in your pockets or clothing, as this could lead to law enforcement causing you physical harm.

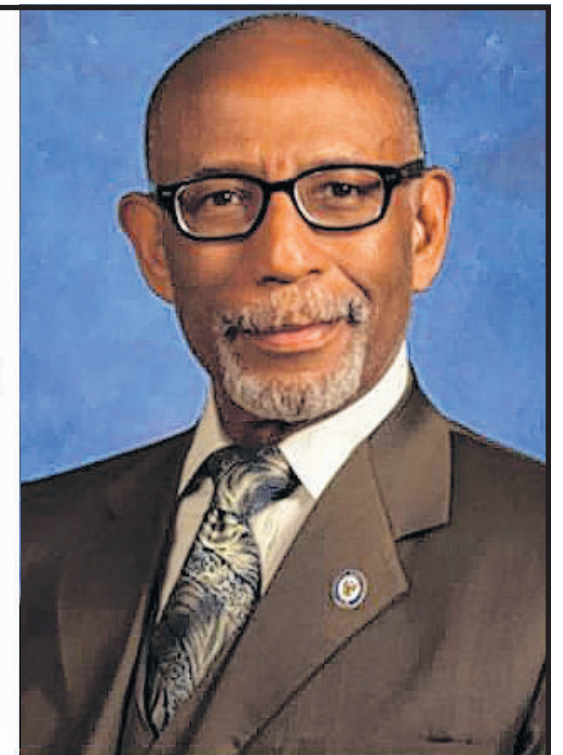
**DON'T** give them any information except for your name and basic identifying information.

**DON'T** give explanations, excuses, or stories. Say, "I want to remain silent," and "I want to talk to a lawyer."

**DON'T** consent to any searches or give up your right to a lawyer.

**DON'T** talk about your case on the phone. The police might be recording your phone calls (except those to your lawyer).

**DON'T** make any decisions in your case without talking to a lawyer first.



- Designed and Wrote Louisiana's Reentry Law Bringing Rehabilitation and Training to Thousands of Young, Incarcerated Persons

- Civil Rights Hero
- Father of Affirmative Action (Designed It, Wrote It, and Helped the Supreme Court Pass It)

PAID FOR BY THE ELBERT GUILLORY CAMPAIGN FOR LT. GOVERNOR



# Community Trailblazers



Congratulations to “Stephanie Bayonne” on Graduating with a Bachelor of Science in Nursing degree from Northwestern State University



Congratulations to Natchitoches Native “Nikki Madison” on earning her wings as a Flight Attendant



Carla and Kevin Hamilton, Owners of K&C Kwik Stop



DeAndrea Sanders, CEO of The Coach De Foundation, Director of Boys & Girls Club



Edwin Crayton, Natchitoches Community Advocate

RTSS

PHOTOGRAPHY

ERICK WILSON | D.J. TWILITE

PH: 318-581-1083

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FULL RANGE AUTO

1:3.9 ~ 62.4mm F1.6



# Community Back-to-School Drives

## Change Of Planz Back to School Haircut Drive



## Campti Quick Stop LLC Hosted a Free Back to School Haircuts Drive



## Crayons & Confidence Back 2 School Uniform & Supply Drive



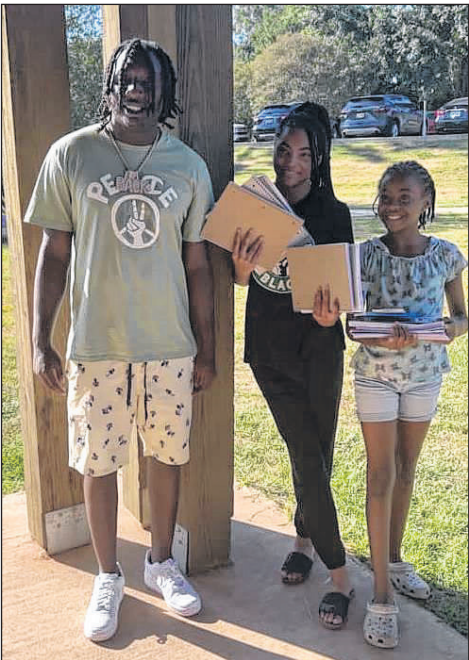


# Community Back-to-School Drives

Prime Events, Along with Girls Scouts Troop #765, Hosted a Back to School Bash and School Supply Giveaway

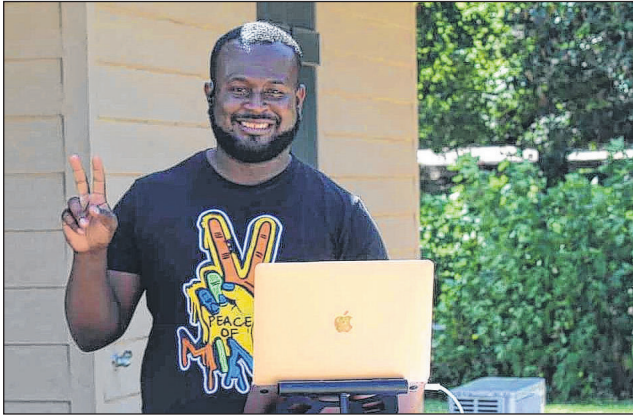


## Back 2 School Giveaway Hosted by C. Carter





# Scenes from Coach De's Closet Back to School Edition





# Natchitoches Community Improvement Foundation Presented Full Scholarships to Nine Local Students

Recipients: John M. Burton Jr., Alexx Gibson, Kylon McGuire, Cenaiya Ratliff, Kamia Marie Pichon-Andrews, Madison Danielle Stuckey, Elan LaMaria Monette, Brantley Elizabeth Gray, Hailey Poydras



# Natchitoches Junior High-Frankie Ray Jackson School Gearing Up for the Upcoming Season

Principal: Mrs. Alexa Conday Head Coach: Demetric White Assistant Coach: Richard Moody



*Thank You*

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EDUCATIONAL CENTER

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Bronze **\$500**

- A reserved table for seven guests
- Recognition on BDJ social media

Silver **\$1,000**

- A reserved table for seven guests
- Recognition in BDJ newsletter and social media
- Company listed on program

Gold **\$1,500**

- All aforementioned benefits
- Company logo in press release
- Name on Donor Wall
- BDJ souvenir

Platinum **\$2,500**

- All aforementioned benefits
- A picture of guest table on BDJ website
- Name on Donor Wall
- A bottle of wine
- BDJ memorabilia

CONTACT US

PHONE: 318.460.7460

EMAIL: info@bdjcenter.org

WEBSITE: www.bdjcenter.org



## THE BEN D. JOHNSON EDUCATIONAL CENTER INVITES YOU!

By Jamaiah Redmond

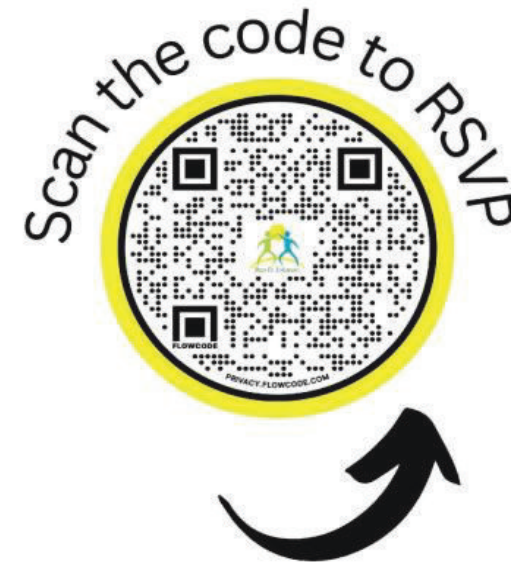
The **Ben D. Johnson Educational Center** is happy to announce that we will be hosting our annual 'I Tried' Awards Banquet.

Our banquet is held to commemorate the life of Mr. Ben D. Johnson. Mr. Johnson was a successful, self-made business man. During the 1960's, his holdings represented one of the largest minority-owned enterprises in the state of Louisiana.

This event is also an opportunity to recognize exceptional members of the Natchitoches community for their achievements, and to give company partners a chance to network and learn how they can further support our center and community.

Join us for a night of convivial celebration, October 19, 2023, at the Lucile M Hendrick Ballroom located in the Friedman Student Union Building.

Tickets are available for purchase at \$50 per person. If you are coming with a group, our tables seat 7 people and can be purchased for \$500. To secure a spot now, scan our QR code to take you to our event website in which you can purchase your ticket. For our guests purchasing a table, contact our staff for more information.



## HOW CAN I SUPPORT BDJ?

- **Give:** Our participants receive services at no-cost. We need YOUR help to continue to best support our participants. The average cost per participant is approximately \$909, but any contribution is greatly appreciated.
- **Volunteer:** Visit our website or call the office to coordinate volunteer opportunities.
- **Participate:** If you or someone you know is seeking employment stop by the center at 400 MLK Dr. or call (318) 460-7460 for more information.
- **Survey:** Please fill out this brief questionnaire to learn about supporting the BDJ!

SCAN ME



Give



Survey



# Community Farmer's Spotlight

Roque Bros Farm is located in Natchez, La, and was inherited in 1915. Owners: Thomas E. Roque Sr., Emitte A. Roque, Consuella Roque Steward, and Mary Theresa Lacour Roque



RECIPES FROM *Betty Queen's Kitchen*



### Blueberry Cream Cheese Pie

- One pack of cream cheese
- One graham cracker crust pie shell
  - One cup lemon juice
- One tablespoon Vanilla Extract
- One can of condensed Milk
  - Blueberry Pie Filling

Mix all ingredients into a bowl until the filling is creamy and smooth

Pour into pie shell

Spread the blueberry pie filling on top of the cream cheese filling

Chill overnight until the pie is firm





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**Set an Achievable Goal:** Setting individual goals can help motivate you to save. Some different types of goals are creating a budget, paying off debt, creating an emergency fund, saving for retirement or for a short-term goal, and building good credit. Defining and mapping out ways to achieve your goals makes reaching them easier.

## Ways to 'Cut the Fluff' From Your Budget

**Instead of:** Spending money on lunch

**Try:** Bringing your lunch from home.

**Instead of:** Spending money on a monthly gym membership

**Try:** Downloading a free fitness app or workout routine.

**Instead of:** Paying for an audiobook subscription

**Try:** Checking out free audiobooks from your local library.

**Instead of:** Buying new beauty or household products

**Try:** Looking up DIY solutions for creams, potions, and cleaners.

**Instead of:** Going to the car wash

**Try:** Washing your car yourself.

**Instead of:** Paying full price for goods or services

**Try:** Checking online for coupons, rebates, and discounts.

## Five Cures for Living Paycheck to Paycheck

Have you ever felt like you've experienced that old saying of having "too much month at the end of the money?" If so, these simple solutions could be for you!

**Get Organized:** List all your fixed and variable expenses along with your debts (credit cards, mortgages, car loans, school loans, etc.) and any fixed or foreseeable expenses. Everyone's situation is different and there is no right way to organize your finances, but without some planning and organization, an unexpected expense can wreak havoc on a household that is merely gliding by paycheck to paycheck.

**Track Your Spending:** Keep note of what you're currently spending your money on. A \$10 expense once a week may not seem very noticeable, but when you're spending over \$500 a year, then you may determine that money is better being saved or paying off debt.

**Stop Unnecessary Spending:** Cut out frivolous spending where you can. If it isn't essential, chances are you don't need to have it. By working off a budget and tracking your expenses, you'll see how much you're paying for non-essential expenses, such as subscription services, ordering takeout, or entertainment purchases.

**Live Frugally:** Scale back on your flexible essential expenses and find ways to stretch how far your money goes. Here are some ideas: switch to a cheaper cell phone plan, downgrade your internet service, stop eating out and cook at home, choose generic over name brands, turn off lights and other electronics, and cancel subscription services you don't use often.

## TAKE CHARGE OF YOUR FINANCIAL FUTURE



1. Add up all your unsecured debts (credit cards, medical debt, student loans, personal loans, etc.).
2. Try to negotiate with creditors.
3. Look into refinancing debt at a lower rate.
4. Add debt payoff as a line in your budget.
5. Set a debt payoff goal.
6. Use the debt stacking method to pay off your debts.
7. Earn more money to pay off your debt faster.





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