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# The Real Views



November 30, 2023

Natchitoches Parish

Volume 21 Issue 10

## Holiday Festivities Begin



### 97th Annual Christmas Festival

Louisiana's Premiere Holiday Event!

Celebrate the Christmas season in Louisiana's oldest city. Enjoy our daylong festival filled with music, entertainment, arts and crafts, food vendors, and our famous firework show choreographed to holiday music over Cane River Lake.

#### Saturday, December 2

\*Festival Area - \$10 admission beginning at 6am. Ages 6 and under are FREE

**7:00am - 7:00pm** - Mistletoe Market (City Bank parking lots on Second Street)

**1:00pm** - Festival of Lights Parade

**6:00pm** - Fireworks over Cane River Lake

*Music on the Riverbank Stage*

**2:30pm** - Pete & Paul Band

**5:00pm** - Johnny Earthquake & the Moondogs



#### Friday, December 22

Free Admission to Front Street and Downtown Riverbank

**3:00pm-9:00pm** - Holiday Kids Fest on the Downtown Riverbank

**6:00pm-8:00pm** - Entertainment TBA

#### Saturday, December 23

Free Admission to Front Street and Downtown Riverbank

**10:00am-6:00pm** - Holiday Kids Fest on the Downtown Riverbank

**7:00pm** - Fireworks over Cane River Lake

*Music on the Riverbank Stage*

**4:30pm** - Becky & the ShuffleKings

**7:15pm** - Chase Tyler

#### Santa Claus House, December 3rd - 23rd

**6:00pm - 8:30pm** | FREE (Saturday visits will require an armband for Riverbank access)  
Visit with Santa in his house on the South end of the Downtown Riverbank

HAPPY  
HOLIDAYS



SCAN ME!





# Showing Gratitude

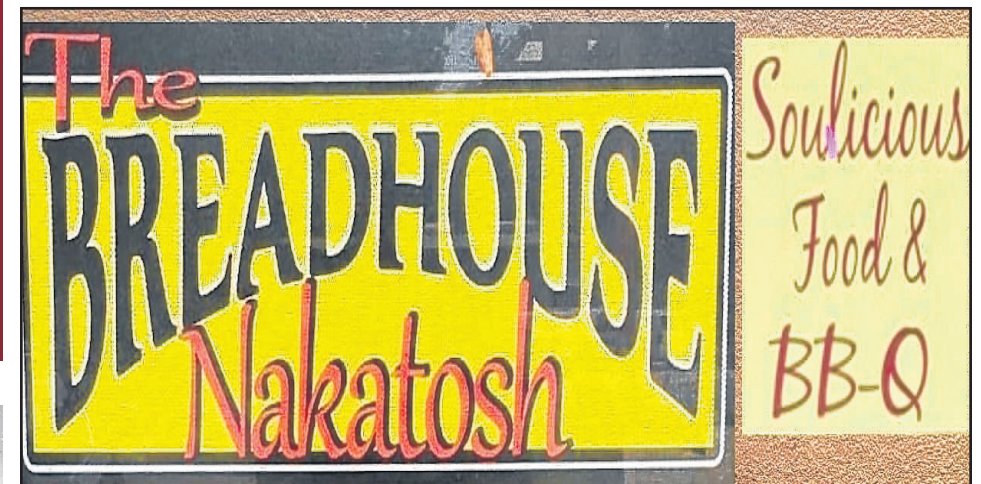
By: Nikki Madison

Every year, we gather around the table and thank our family, friends, and the food we are about to eat. But the rest of the year is still ahead. Practicing gratitude all the time can help you recognize the positive things in your life instead of focusing on the negative. Being thankful and grateful for everything you have in your life can make you happier. Taking a second in your everyday life to remind yourself of what you are thankful for can help you focus on the things that matter the most. Sometimes, life gets so busy that we don't spend enough time thinking about the things that matter the most. When



we express our gratitude towards others and even ourselves, it is much more challenging to do than we think. It is important to take the time to tell people in your life how much they mean to you. Let's love each other in life as much as we do when our loved ones are gone.

We often do things for others out of habit or because it's tradition and seems like the right thing to do. Let's start by reflecting, learning to love with selflessness, and showing gratitude for those who care for you and inspire you to be a greater you. Treat every day like a holiday. Life is precious, and time is something we can never get back.



**The Real Views**

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# Problems with Drugs or Alcohol?

By: Francis Day

Do you sometimes spend more on drugs or alcohol than you planned to spend? Have you ever wondered if you should cut down or stop? Have friends or family ever suggested that you cut down or stop? Have you gotten in trouble legally or at work because of alcohol or drug use?

There are various programs and groups we can look into. Some people use Twelve Step programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA). There are daily group meetings in Natchitoches, cities, and towns.

A Narcotics Anonymous group meets daily at noon in the back basement level of the Ben Johnson Auditorium, 400 Martin Luther King Jr. Drive in Natchitoches. You can park on the north side behind the building and enter through the door in the rear basement area on the back or north side of the building. There are also daily Alcoholics Anonymous meetings and other NA meetings in Natchitoches. You can do a Google search for "Alcoholics Anonymous in Natchitoches" or whatever town or program you need.

Step One in the Twelve Step program is the realization and admission that we are powerless over alcohol, drugs, or something else. That means we have tried to stop on our own but have been unsuccessful for a very long time.

If we can stop alone, we may not need outside help. For one person, this idea was a serious stumbling block. He was a Vietnam vet with serious PTSD. The VA had given him medicine, but this led to drug problems in addition to his alcohol problem. His father had stopped drinking on his own, so he felt that he needed to be a man and stop on his own, too. So, he

refused the help that was offered.

If you have tried unsuccessfully to stop on your own, please try getting help. People get help for many things in life. If we need help, the wisest thing is to get the assistance we need.

There are many sources of help available. Twelve Step groups are one source. Doctors, counselors, psychologists, and psychiatrists have helped many people. Many people find help in their churches and from their pastors.

One resource is the Natchitoches Behavioral Health Clinic on 210 Medical Drive just north of Keyser Avenue, 318-357-3122. Some AA and NA groups also meet at that location on Sundays and weekday evenings.

The first step is to realize and admit that we need help. This is a problem for some people. Some people do not want to wear hearing aids because it makes them look old. Some people do not want to have to take medicine. Some people do not want to tell a counselor about their problems. But if we need help, we need to admit it and get the assistance we need honestly.

Twelve-step programs involve group meetings. Members are encouraged to have a sponsor, another member with the experience, to advise them in working through the steps of the program. Twelve-step groups also encourage a belief in a Higher Power, which many call God, and rely on regular prayer and meditation. Groups also have a specific format, the Twelve Steps, and books to help members achieve and maintain sobriety and recovery.

Some problems may be temporary. Some medical issues like an infection or a broken bone can be treated, and then we are finished with that problem. Some issues are ongoing. We may need to keep on a regular program of dieting, exercise,

or medication for diabetes or heart condition. Many members of AA and NA continue to participate in the program to enjoy its ongoing benefits in their lives.

AA began in 1935, and their website is [www.aa.org](http://www.aa.org). NA started in 1953, and their website is [www.na.org](http://www.na.org). Many other groups use the Twelve-step model, such as Overeaters Anonymous, Emotions Anonymous, Debtors Anonymous, Gamblers Anonymous, and Codependents Anonymous. There are groups for the family members of alcoholics: Adult Children of Alcoholics, Al-Anon, and Alateen. There are different groups for sex issues: Sexaholics Anonymous ([sa.org](http://sa.org)), Sex and Love Addicts Anonymous (SLAA), Sex Addicts Anonymous, and Sexual

Compulsives Anonymous. There are special groups like Survivors of Incest Anonymous and groups like Dual Recovery Anonymous for people with drug or alcohol problems and mental health issues. Please search online for information on these and other programs you may need.

You can do a Google search for "types of Twelve Step programs" and find several lists of articles and links. Some groups have Zoom meetings online. There are email groups. You can read some material online at the program websites. For the best results, attend several conferences and meet some people involved. Some books and pamphlets can be accessed online or purchased through groups or websites selling books.



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# My Shoes Aren't as Worn After All

By: Author Bonita-Moses-Arnold

It's so easy to say what you would or would not do had it been you in a situation.

Well, the true story isn't ½ written and nowhere near told unless you've walked in your brother's or sister's shoes.

The time clock hasn't started until you've walked in the other person's worn shoes. I am sure you would be glad to return to your very own. Some of the simplest things we take for granted daily will become the most appreciative things because you will plainly realize that your worn shoes weren't so worn after all.



## NORTHWESTERN STATE Offers 38-Hour Driver Education Course

NATCHITOCHES – Northwestern State University's Office of Electronic and Continuing Education will offer a 38-hour driver education course from Jan. 2-5.

This course will consist of 30 hours of classroom instruction and a minimum of 8 hours of practice driving (behind-the-wheel instruction). Participants will receive a certificate verifying the successful completion of the course. Proof of age must be supplied for those taking the course. They must be 15 years old

on or before April 2 to be eligible to enroll in this class.

The deadline to register is Friday, Dec. 8. A mandatory parent meeting will be held on Monday, Dec. 11, at 6 p.m.

For more information or to register for NSU non-credit programs, go to [checkout.nsula.edu](http://checkout.nsula.edu) or call (800) 376-2422 or (318) 357-6355. Stay up to date on Northwestern State continuing education classes by following on Facebook at [facebook.com/NSU-LA.ContinuingEducation](http://facebook.com/NSU-LA.ContinuingEducation).

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*Appointment only!  
Please call to set an appointment.*



III | NORTHWESTERN STATE

The NSU Jazz Combos present

# Jazz for Pups

Holiday Celebration

A Benefit Concert in support of local rescue dogs



Admission is free, however a donation to FAUNA is suggested.

-- Friends All United for Natchitoches Animals --

Items acceptable for donation -  
dog food, treats, toys, cash/check/Venmo.

Members from the FAUNA organization will be present to collect donations.

For more information contact Paul J. Forsyth at [forsythp@nsula.edu](mailto:forsythp@nsula.edu)

**Monday, Dec. 4 | 7:30pm | Magale Recital Hall**

NSU's Dear School of Creative and Performing Arts (CAPA) is dedicated to creating a diverse, inclusive and equitable experience for all students. Faculty and staff CAPA will not tolerate acts of discrimination and is committed to creating a safe, respectful, and just environment.

Northwestern State University does not discriminate on the basis of race, color, gender, religion, sexual orientation, national origin, disability, genetic information, age, pregnancy or parenting status, and marital or relationship status in its programs and activities and does not discriminate on the basis of sex. This University's policies have been designed to provide equal opportunity for all students. For more information, contact the Accessibility and Disability Support Services, Suite 100, 1000 N. Main St., Natchitoches, LA 70571-4200. For more information, contact the Accessibility and Disability Support Services, Suite 100, 1000 N. Main St., Natchitoches, LA 70571-4200. For more information, contact the Accessibility and Disability Support Services, Suite 100, 1000 N. Main St., Natchitoches, LA 70571-4200.

## Jazz for Pups Concert to Benefit Local Animal Rescue Agency

NATCHITOCHES – The NSU Jazz Combos will present their annual Jazz for Pups concert on Monday, Dec 4, at 7:30 p.m. in Magale Recital Hall. A live stream of the concert will be available at [capa.nsula.edu/livestream](http://capa.nsula.edu/livestream).

The concert is a benefit performance in partnership with Friends All United for Natchitoches Animals (FAUNA). Admission is free, but donations are accepted for FAUNA including dog food, treats, and

toys. Cash donations and checks through Venmo will also be accepted. Representatives from FAUNA will be at the concert to accept donations.

The NSU Jazz Combos will perform Christmas tunes as well as some jazz standards by Herbie Hancock, John Coltrane, Charlie Parker, and more.

For more information, contact NSU Professor of Saxophone Paul J. Forsyth at [forsythp@nsula.edu](mailto:forsythp@nsula.edu).

## Pecan Snowball Cookies

### Ingredients

- 1 cup unsalted butter (cool, but not refrigerator-cold)
- 1 cup powdered sugar, plus more for coating.
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 2 cups White Lily all-purpose flour
- 1 and 1/4 cups finely chopped pecans.

### Instructions

- Preheat the oven to 350°F and line a cookie sheet with parchment or silicone baking mat.
- Use a mixer to cream your butter and sugar together. Add the vanilla and salt and mix well. Slowly add the flour, mixing well after each addition. A thick dough will form. Add the chopped pecans and mix well.
- Scoop 1 tablespoon of the dough out, roll it into a ball, and place it on the

cookie sheet. I like using a 1 tablespoon cookie dough scoop to get them all the same size. Continue until all the dough has been formed into balls. Place them on the cookie sheet about 1 inch apart. Bake for 15 to 18 minutes.

- Allow the cookies to cool for about 5 minutes then gently roll them in powdered sugar while still warm. Allow them to cool completely and then coat them in powdered sugar again. Store at room temperature in an airtight container for up to a week or freeze for longer.



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# Scenes From Christmas on the Bayou Hosted by 50/50





# Scenes From Christmas on the Bayou Hosted by 50/50





# Scenes From Christmas on the Bayou Hosted by 50/50





# Ben Fallon Bail Bonds' Ribbon Cutting Event





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[dustin.dauzat@natchitocheschamber.com](mailto:dustin.dauzat@natchitocheschamber.com)





# Grief and the Holidays!

By: La'Quinta Scott-Favors

Happy holidays, everyone; today, I want to touch on a subject many of us have faced or are facing. That subject is dealing with grief and going through the holidays. The first time I experienced grief was back in 2016 when I lost my father, Winston Ficklin Jr., to a car accident, him versus a tree. When I received the news, I thought I was okay. My father and I were the same person; he was just a male, and I was a female, so we didn't always see eye to eye. I made it home and put my oldest son in his crib; as soon as I placed him down, I became broken at that moment, and I started balling my eyes out; my heart sunk in, my breathing became difficult, and I hit the floor

from weak muscles. I felt pain that I never felt before!! Even to this very day, I can't explain the feeling. Going through that process was challenging. One moment, I was okay; the next, I wasn't. I had many days at work with tears following from my eyes. Grief was a part of my life, and for the first time, I couldn't put the "Strong Quint" on. Time passed, and I thought I was okay, but then the holidays appeared, and my two sisters and I spent the Thanksgiving prior at his house, and all the laughs and jokes started to come back, and I started going through those same emotions like a situation that happened that day!!

I couldn't pull myself up to enjoy the holidays that year at all!! I felt



stuck in a box; I didn't know what to do. I cried so much! One day, while I was crying, I started calling on the name of Jesus to help me get through those rough times, especially during the holidays. Fast-forward to 2023, seven years later, I'm much better. I can think of him and laugh instead of crying because if you knew Winston Ficklin, aka Robocop, you know, he had all the jokes. So, I'm here to encourage someone who's going through grief at this moment. We don't understand it right now, and we may never understand it, but you will get through it! You will be able to smile again, you will be able to feel that joy in your heart again, and you will be able to go on with life again,

reminiscing on the beautiful memories!!

Heavenly Father, thank you for the person reading this article. I thank you for wrapping your everlasting arms, your loving arms, around them and filling every void in their hearts with your unconditional love. Lord, I thank you for giving them a strength exchange and exchanging your heart with their heart until they can catch their breath. I thank you for encamping your mightiest angels of healing to always watch over them when they are alone. Lord, I thank you for reminding them just because they are alone doesn't mean they are lonely. Lord, I thank you for showing up and giving them peace. Your peace is unexplainable and surpasses all understanding. In Jesus' mighty name, I pray, Amen!





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# COMMUNITY SPOTLIGHTS



Congratulations to student Madisyn Montgomery, who was crowned Miss 4th Grade of the Homecoming court at their recent Coronation held at Claiborne Magnet School in Shreveport. Madisyn is the granddaughter of Council Woman at large Betty Sawyer Smith.

The parents are Kinsey Montgomery and Tangeka Sawyer.

Madisyn was escorted by Mr. 4th grade Carter Smith. His parents are D.J. and Jennifer Smith.

Born September 5, 1942- the oldest of 12 children.

Worked in the restaurant business for 18 years.

Fostered over 280 children, awarded foster parent of the year in 2006 and adopted four.

Certified crane operator and trained firefighter

First female in Natchitoches to own a janitorial service.

First Woman in Natchitoches to own a Trucking company.

First Black woman operator in charge of a Production platform hired by EXXON Mobil to work in the Gulf of Mexico.

Alma Carpenter Rachal Grigsby was a close friend to the late Ben D. Johnson and Russell Gahagan.



*Happy Holidays from Sheriff Wright and the NPSO!*

Wishing you peace, joy, and unconditional love at Christmas, the New Year and always.

Let's keep our highways safe this holiday season

**DON'T DRINK AND DRIVE.**





# Surprise Guests Deacon Jermaine Thomas and The Boys to Men from NJH Attend the Pajama Day at Weaver Elementary School



Photo Credit:  
Kay Williams

DREAMS NATCHITOCHES FOUNDATION, INC. & CLOYD BENJAMIN, JR. ATTORNEY AT LAW PRESENTS

THE 18<sup>TH</sup> ANNUAL  
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## Magnolia Peace Officers Association Gives Back to the Community with Thanksgiving Meal Baskets



### 23rd Annual Taylor Hill Christmas Parade

**DEC  
16  
2023**



**LINE UP @  
1:00 PM  
PARADE @  
2:00 PM**

**Christmas  
PARADE**

Location: I-49 Exit 103 Flatwoods, Lena, LA  
(Road behind the store @ the Fire Station)

Parade Starts @ Taylor Hill Fire Station

(Ends @ Bottoms Inn Lounge; free food after parade; gifts for kids; no parade entry/fee; floats, danceline, horses, ATVs, cars & bands welcome)

For more Info: Paula (337-793-1846); Mark (337-804-3504); Eugene (318-794-2291)

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# Bailey Willis Named Miss NSU, Ebenezer Aggrey Named Mr. NSU

NATCHITOCHES – Bailey Willis of Opelousas has been named the 2023 Miss Northwestern State University and Ebenezer Aggrey of Baton Rouge has been named Mr. Northwestern State University. Willis and Aggrey were selected for the honor by their fellow students.

Willis is the daughter of Alvada and Christopher Willis. She is a senior secondary education major. Bailey is a two-term Student Government Association President, a member of the Board of Supervisors for the University of Louisiana System, the 2023 Miss Northwestern Lady of the Bracelet and the 2022 Homecoming Honor Court Queen. She is the vice president of the Iota Mu Chapter of Delta Sigma Theta Sorority Incorporated and is a member of Purple Jackets, Helping Hands and Demons in Government.

“Being selected as Miss NSU means to me that the students acknowledge me and the work that I do on campus,” said Willis. “It is so humbling to be able to represent my university on such a large scale as this. I love NSU so much. The best part of being Miss NSU so far for me is being able to represent the curly-haired black girls out there and show people that your natural self is beautiful.”

Aggrey is the son of Ebenezer and Georgina Aggrey. He is a senior business administration major. Aggrey is president of Alpha Phi Alpha Fraternity Inc. and the

National Pan-Hellenic Council. He is vice president of the Black Male Alliance and a member of Blue Key Honor Society, the Order of Omega, Alpha Lambda Delta Honor Society and the National Society of Leadership and Success. Aggrey is a Reginald F. Lewis Scholar.

“Winning the title and receiving the respect of my peers was an unforgettable moment,” said Aggrey. “It wasn’t just a personal triumph; it was shared with those who understood my journey. Being recognized by peers brought a sense of connection and camaraderie. It wasn’t just about winning. It was about being part of a community. To me the title serves as a constant motivation, a reminder that I can set and achieve higher goals.”

Aggrey hopes other NSU students will take advantage of the opportunities they have to get involved in a variety of student activities and organizations.

“For students looking to get involved, I believe it is important to get involved within the community because it helps build relationships,” said Aggrey. “When coming to NSU I knew I wanted to invest my time within the community because I knew that if I wanted to grow as an individual, I had to place myself in areas I was not familiar with. These experiences not only helped me grow into the man I am today, but I was able to help others in our community grow as well.”



Northwestern State University honored this year's Miss and Mr. NSU. Northwestern State President Dr. Marcus Jones, far left, is with, from left, Miss NSU Bailey Willis, Mr. NSU Ebenezer Aggrey, and Reatha Cox, vice president of the Student Experience and Dean of Students.



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# Ben D. Johnson Educational Center Helping to Build the Community of Natchitoches

## Southwestern Energy (SWN) Donates 12 Monitors to The Ben D. Johnson Educational Center



## Industrial Readiness Training (IRT) participants Visits Roy O' Martin





# Volunteers from the African American Caucus Organization Helps to Cultivate Change in our Community Garden



## Alexa Steele and International Paper Contributes to The Ben D. Johnson Educational Center



## The Boys and Girls Club created wholesome Turkey Treat sandwiches for Thanksgiving using fresh kale harvested with love from The Legacy Community Garden





# The RESOLUTION of Brother William K. Hymes

As it so much please our Heavenly Father on November 11, 2023, to call his son, William Kevin Hymes, from his work on earth. We, the



1985 class of Natchitoches Central High School, are sharing in his family's grief, hurt, sorrow, & pain.

Although we may not be able to each individually be there to console you, Sherry, your two sons, & other family members in person, please know that we do so in spirit.

May you all find great

comfort and peace in the words found in Matthew 5:4, "Blessed are they that mourn: for they shall be comforted."

During these difficult moments of life's journey, we are reminded that, as the 1985 class, we are as one. When one is hurting, we all are hurting.

We pray that you will never lose faith in the Lord and that you will be able to someday reflect upon the good times that you had

with your beloved husband.

Be it known that though this resolution may not replace the past times you all had, we trust that it will provide reassurance that we do care.

As it is resolved that a copy of this resolution be given to our loving classmate, Sister Sherry Mitchell Hymes; their two loving sons, Chenaniah and Stephen Hymes; a copy be placed in their church records, & a final copy be kept in the NCHS c/o 85 files by Minister Bonita G Moses..

**DOLLED UP PRESENTS**

**OUR 8TH**

*Annual*

**DOLL DRIVE**

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# Insurance or Not, OMC Has Vaccines For You.

Outpatient Medical Center is offering new COVID-19 vaccines to both insured and uninsured patients.

The new dose is an updated mRNA vaccine that offers improved protection against the Omicron variant of the virus and provides better protection against serious consequences of COVID-19, including hospi-



talization and death.

Patients desiring to receive a vaccine are asked to call their clinic (see list below) to schedule an

appointment to receive the COVID Vaccine.

OMC is an option for you because caring for you is what we do! For more information, call the nearest OMC Clinic. More information on clinic locations, hours, and services can be found at [www.outpatientmedical.org](http://www.outpatientmedical.org).

From left, Nurse Practitioner Judy Gregory is assisted by Nurse Shelby

Beaudoin in giving a vaccination to OMC Board Member Travis Barnum

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LEESVILLE, LA 71446  
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# Share a Meal Event



# The Coach De Foundation Turkey Drive





# “A Hit Dog Will Holler”

By: Author Marcel Iseli

If you were new to English, and I used the expression “to bite the bullet” without further explanation, you probably would have no idea what I’m talking about. After all, “biting a bullet” makes no real sense when you think about it.

However, if I gave you a little historical context and told you that this expression came from the military and the navy, you would start to understand what I said a little bit.

If I explained that the term originates from soldiers biting bullets to endure pain during battlefield surgeries without anesthesia, you’d fully grasp its meaning.

Similarly, the expression ‘a hit dog will holler’ also gains its resonance from contextual understanding and broader world knowledge.

With that said, now that we’ve bitten the bullet, let’s hear why a “hit dog” would holler.

## What is the meaning of “a hit dog will holler”?

The meaning of “A hit dog will holler” is that those offended by a certain idea or statement are most likely to react defensively or even aggressively to it. The loudest objections often signal personal guilt or discomfort, suggesting the comment or action has struck a nerve.

## What is a hit dog?

A ‘hit dog’ is someone who reacts defensively or aggressively to an accusation or statement, often revealing their own guilt or insecurities.

Calling someone “a hit dog” started at the end of the nineteenth century, sometime around the 1880s.

In fact, The Washington Post asserted that the first one to use the proverb, “a hit dog will holler,” was Samuel Porter Jones, who was a lawyer-turned-pastor.

As a matter of fact, Jones was known to use a larger version of the proverb, which said, “Throw a stone into a crowd of dogs, and the hit dog will holler.”

Hence, this is where the idea of “a hit dog” comes from. It’s the dog that got hit by the stone. And once you understand this context, it becomes even clearer where the expression derives its meaning.

“Throw a stone” can be interpreted as making an accusation or saying an inflammatory statement.

The “hit dog” will be the one who feels that the accusation was directed at them or that the inflammatory statement was meant for them, both of which can be considered signs of a guilty conscience.

## The evolution of the proverb “a hit dog will holler.”

Over time, the proverb was

shortened from “throw a stone into a crowd of dogs, and the hit dog will holler” to “a hit dog will holler.” This is not unusual when it comes to proverbs.

In fact, throughout history, several proverbs have been shortened, causing them to be misinterpreted by the general public. For instance, “blood is thicker than water” was originally “the blood of the covenant is thicker than the water of the womb.”

Anyway, “A Hit Dog Will Holler” gained prominence in 2018 when it was used in the Florida gubernatorial election.

The story is that Democrat Andrew Gillum was going up against Republican Ron DeSantis.

Now, while Gillum was vying to be Florida’s first black governor, DeSantis had been accused on multiple occasions of having associations with racist organizations.

When this came up during one of their debates, and DeSantis was called out for his associations, he reacted emotionally and vehemently.

He started going on a tirade, trying to defend himself, but it came across as him floundering more than anything else. In response to this emotional defense, Gillum said, “My grandmother used to say: a hit dog will holler.”

Basically, what Gillum is saying is that DeSantis’s emotional reply is proof of his guilt.

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of credit cards you have. Identify needs versus wants and try using a 24-hour rule when considering purchasing expensive items. Think over each purchase greater than \$50 for at least 24 hours before purchasing it. This way, you'll reduce regrets about impulse buys and have more money available for savings.

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lunch or draw cash from an ATM that charges you fees? Look for ways you can adopt a more healthy lifestyle with positive intentional habits.

**Increase Your Income:** Adding on a part-time gig is a great way to get through a crunch. Consider starting your own business on the side – as long as it has low start-up costs. Ask your Primerica Representative how you can start earning extra money helping families with their finances for less than \$100 upfront and a low monthly fee.



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proven method to build wealth over time as to help you reach your short-term and long-term savings goals.

**Slash and Burn Bills Where You Can:** Consumers shell out an average of \$273 a month for subscription services.<sup>2</sup> That's \$3,276 a year - more than three times what survey respondents thought they were spending on these services!<sup>2</sup> Checking to see if you're overspending in this area is a great way to improve your financial health. Another easy place to start is with auto insurance. At least once every two years, getting a quote from another insurer helps to put into perspective how much you're saving on insurance by staying with the same carrier. Feel disloyal about shopping around? Don't be. You can switch car insurance providers at any time, and some drivers can save several hundred of dollars a year just by switching.

**Avoid Taking on New Debt:** Adopt some easy ways to avoid overspending. Pay your bills on time, keep track of your spending, and limit the number

**Stay Focused on Your Goals:** If you're feeling nervous about your retirement savings or lack thereof, keeping track of your financial goals can help realign your focus for what is down the road. Take a clear look at your savings goals and map out where you are in reference to where you'd like or need to be. You may need to prioritize establishing a short-term emergency fund over building up a long-term savings account, but mapping out these goals and realigning your focus is the first step. Remember, the average investor doesn't need a lump sum of thousands of dollars to start investing. The act of consistently investing a certain fixed amount allows you to buy into the market at different times for different prices.<sup>1</sup> Maximizing the power of dollar-cost averaging is a

#### ? DID YOU KNOW?

Nearly a quarter of American households have no emergency savings at all.



CNBC.com, "Nearly Half of All Americans Are Falling Deeper in Debt as Inflation Continues to Boost Costs," July 26, 2022

## WHAT WOULD YOU DO WITH A CASH WINDFALL?

Here is how a recent survey determined how the respondents would allocate a windfall of \$10,000:



Savings and paying down debt	\$4,600
Travel	\$1,700
Housing mortgage or rent	\$900
Car	\$850
Shopping spree	\$550
Gifts for others	\$500
Entertainment	\$400
Dining and restaurants	\$300
Local experiences	\$200

McKinsey.com, U.S. Travel Survey, June 2022





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