



The Real Views



October 27, 2023 **Natchitoches Parish** Volume 21 Issue 9

Celebrating Our Sisters

By: Latorria Freeman,
Publisher

October is Black History Month in the United Kingdom of Great Britain and Northern Ireland, with the theme "Celebrating Our Sisters." It was first celebrated in that country in October 1987. This is a great time to honor some of the achievements of African American women in the United States.



An entrepreneur, philanthropist, and political and social activist. She was



A renowned educator who dedicated her life to organizing and empowering African American women to work for equality. She was the first African American woman to serve as a college President.

Dr. Mary Mcleod Bethune- "The fight is not yet over."

An abolitionist, lawyer, writer, and

the first female self-made millionaire in America.

Madam C.J. Walker – "Don't sit down and wait for opportunities to come. Get up and make them."

educator. She became the first female African American newspaper editor and the second African American woman in the United States to earn a law degree.

Mary Ann Shadd Cary- "The fact that somebody is displeased is no evidence that we are wrong."

An activist and mother of the freedom movement. She invigorated the struggle for racial equality

when she refused to give up her seat to a white man in Montgomery, Alabama.

Rosa Parks- "You must never be fearful about what you are doing when it is right."

An abolitionist and social activist in the movement for women's suffrage. She is considered the first African American woman to serve in the military. She made some 13 missions to rescue approximately 70 enslaved people,



Photo Credit: Michael Rosato

including her family and friends, using the network of antislavery activists and safe houses known as the Underground Railroad. She was known as the "Moses of her people".

Harriet Tubman- "It wasn't me; it was the Lord! I always told Him, "I trust to you. I don't know where to go or what to do, but I expect You to lead me, 'and He always did."



SCAN ME!

Ministry Surrounded by Dollar Signs but Not Soul Signs

By: Author Bonita
Grace Moses-Arnold



When we begin to view Ministry as a reasonable service instead of a source of income, many more will give their lives to Christ. There's too much emphasis in the churches today on money. We have more prosperity ministries than we have the "Gospel." Too many are feeding itching ears instead of seeking lost souls.

Let us think about it: when Jesus was a young boy, around twelve, he was in the temple ministering the word of God in parables. This work wasn't for pay, but he was being about his Father's business.

His Father's business was to save the world, and if we aren't about our Father's business in trying to win souls for the kingdom of God, then we need to reevaluate our purpose here.

Being about our Father's business isn't a one-day or twice-a-week duty;

this is a daily task. In our homes, jobs, highways, and bi-ways, we should not allow our services in the Ministry to be surrounded by dollar signs but soul signs. In other words, the Ministry should be more focused on saving the people than lining their

pockets with money.

Jesus said, "I must work the work of him that sent me, while it is day: because when the night comes when no man can work." John 9:10. When Peter asked Jesus what was the reward they would get for leaving everything behind to follow him. (Matthew 19-30). Jesus explained the truth about the kingdom of heaven. To sum it up, our pay will be to receive the reward of eternal life in heaven. Therefore, in closing, the Ministry should become our reasonable service. That's the only way we can win more souls for the kingdom of God.

The Real Views

Latorria Freeman, Publisher

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Change of Seasons

By: La'Quinta Scott-Favors

When most people think of the seasons, they instantly think of the four seasons: Spring, Summer, Fall, and Winter. Today, those aren't the seasons that I will be reflecting on. In life, we are thrown many things, and seasons are one of them, and it's nothing that we have control over. We will experience good seasons, bad seasons, horrible seasons, lonely seasons, and okay seasons in our path. Throughout each season, it's valuable to have someone who will pour back into you when your cup is empty, someone who is the same with you in every season of your life, someone who will not turn their back on you because you are in a bad season of your life, someone who will openly appreciate you, openly root for you, and openly be a blessing to you because we change and grow daily.

As the seasons in life change, we won't be able to take everyone with us; the more we age, the more individuals will fall off our paths. Not because anything is wrong, it's because their season in our life is over. You won't be able to keep everyone with you if you plan on getting to where God wants you to be. We're simply disconnecting; it doesn't mean slandering or throwing dirt on that person's name. Listen, everyone doesn't have our best interest in their heart, and if we

stay longer than expected, we will become drained, carrying the weight that we shouldn't have picked up from the beginning.

Going through a change of seasons will become challenging, but it will be well worth it. Look back and see all those people who are no longer in your life but are breathing, living, and are farther than you were before. Look back and reflect on how much progress you have made because you were going down the wrong path with the wrong people in your life. Look back and tell the Lord thank you for not taking his hands off you when you were in the worst season of your life. Look back and see how all those good and bad seasons worked out for your best.

Heavenly Father, I come humbly before you, asking you to forgive me of my sins, knowingly and unknowingly, intentional and unintentional. I pray for the individual reading this article who is going through a season change in their life. I pray that their process will be smooth. I pray that you guard their hearts and speak to their mind, not knowing what the season may bring. Lord, I pray you cover them in your everlasting arms and blow a fresh wind over them, reminding them that everything will work for their good. Lord, I pray you send their destiny helpers that



will not only push them into their destiny but will help them fulfill it. Lord, I thank you for dispatching and encamping your angels around them every step of the way during this process. In Jesus' mighty name, I pray, Amen!

I'm going to leave you with some scriptures to reflect on Ecclesiastes 3:1-8: To everything there is a season, and a time to every purpose under the heaven: 2 A time to be born, and a time to die; a time to plant, and a time to pluck up that which

is planted; 3 A time to kill, and a time to heal; a time to break down, and a time to build up; 4 A time to weep, and a time to laugh; a time to mourn, and a time to dance; 5 A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; 6 A time to get, and a time to lose; a time to keep, and a time to cast away; 7 A time to rend, and a time to sew; a time to keep silence, and a time to speak; 8 A time to love and a time to hate; a time of war, and a time of peace.



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Who is Parish President Candidate Latorria Freeman?

I am Parish President Candidate Latorria Freeman: Christian, wife, mother, grandmother, and entrepreneur. 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.

Professionally, I have obtained ten certifications, including auditing and risk adjustment. I am a self-published author, the owner of two copyrights and two trademarks, and the owner of a commu-

nity-based newspaper that I fully publish and manage. I have always prided myself on being an example that ANYTHING is possible. I have a strong faith in God, and He is where I find my strength to face any task placed before me. We all know that it will require money to get things done. We need to reestablish trust within the community and seek assistance on local, state, and federal levels. Under my leadership, I'll provide expertise in finding savings opportunities and will rely on the skills of others to create and develop plans to start addressing long-overdue issues within this Parish.

Although new to politics, my passion for unifying the community and assisting Natchitoches Parish with moving into the 21st century is far bigger than my fear of failing at something new.

It is in that passion, my strong administrative background, my leadership skills, and my inclusive approach to all people that I believe, with the right team of experts, Natchitoches Parish should start to see improvements in our quality of life. Collaborative efforts are key in addressing infrastructure issues, economic development, and strengthening relationships with potential partners for our Parish. Currently, the Parish has a modern approach to government with the Home Rule Charter that, under my leadership, would remain.

My platform is unifying the community, bridging the gap between rural and city areas, and providing transparency to rebuild the trust of the community with the Parish Government.

This Parish needs a leader who is self-

accountable and will bring new energy. The "good ole boy" approach to government has not worked and change in this approach is desperately needed.

Natchitoches Parish needs a leader who realizes that it is critical that we, as a community, start setting positive examples and at least begin the process of repairing infrastructure and creating opportunities for future generations.

If I am elected as your next Parish President, I say to the community that I will take this role seriously and will respectfully work with the Council members, staff, and other knowledgeable community leaders. Strong leadership is what is going to get things done in this Parish!

Please consider voting for #52, Latorria S Freeman, for Parish President.



**LATORRIA
FREEMAN**

**PARISH
PRESIDENT**

VOTE #52

"We Can Do Better Together!"

EARLY VOTING NOVEMBER 3RD-11TH

ELECTION DAY: NOVEMBER 18TH

PAID FOR BY CANDIDATE

ANNOUNCEMENT

Bobby McIntosh, President/Broker/Owner of Mortgage USA Inc., is proud to announce Carolyn Haynie as the full-time Mortgage Loan Officer. She has enjoyed over 20 years of mortgage experience in assisting home buyers in the purchase of homes. Mortgage USA Inc. first opened its doors in Natchitoches in 2003. Please come by to see all the amazing products we have here at Mortgage-USA, Inc.

ANGELBERT METOYER

ANNIE MORAN

AYO SCOTT

Elemental Threads

NATCHITOCHEs – The Creole Heritage Center at Northwestern State University and the Dear School of Creative and Performing Arts will host a closing reception for “Elemental Threads,” an art exhibition featuring the works of three contemporary artists with connections to the Creole community of Cane River. The

reception in Orville Hanchey Gallery will include an artists’ talk beginning at 5 p.m. with the reception beginning at 6 p.m.

Featured artists are Angelbert Metoyer, Annie Moran, and Ayo Scott. The exhibition was presented as part of Creole Heritage Month, celebrated throughout the month of October.

Hanchey Gallery is located in the Creative and Performing Arts Complex, 140 Central Avenue, Natchitoches. Gallery hours are 8:30 a.m.-4:30 p.m. Monday-Thursday and 9 a.m.-noon Fridays.

For more information, contact Dr. Kent Peacock, CHC director, at peacockk@nsula.edu or (318) 357-6686.

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What is the difference between the two groups? It's how they think. If you think you don't deserve to be financially secure, you'll never be financially secure.



good idea to use it all. Running up a large credit card balance can impact your credit score, lead to debt, and make it harder to borrow money in the future. The best practice is to pay your balance off monthly.

Not Monitoring Your Credit Score

A good credit score can determine whether you will be approved for credit, the interest rate on your loans, the cost of your homeowner's and auto insurance, or whether you will be approved to rent a house or an apartment.

Not Knowing Your Interest Rate and Fees

Fees vary widely among credit cards. Always make sure you know what the interest rate and annual fees are before you accept the card.

Not Valuing Your Credit

Good credit is a valuable commodity in today's world. Bad credit, including a bad credit record, late payments, etc., can create a negative financial profile that can surface when you have a legitimate need to borrow.

Maxing Out Your Cards No matter what your credit limit, it's never a



Know Your FIN Have you heard of a Financial Independence Number (FIN)? It's the amount of money saved that you'd need to retire or be able to stop working. The FIN factors are expenses you'll have at retirement, any income coming in, inflation, and the withdrawal rate of retirement savings. It's important to calculate your FIN so you can determine what you need to do to reach that number before retirement.

Adjust Your Priorities It's been said that: If you make \$10 and spend \$9 = happiness, but if you make \$10 and spend \$11 = misery. As you begin your journey to financial independence, remember this key point: it's not what you make; it's what you keep.

Change Your Thinking The way you think about money is everything. Your mindset is a powerful thing — especially when it comes to money. That explains why so many of the people who win the lottery...end up losing it all. It helps you understand how so many millionaires are self-made.

Did you know one of the biggest financial mistakes most people make is dependence? Dependence on others allows "outside" factors in people's lives to control them. The secret to financial security is learning to control the things you CAN control.

Pay Yourself First Paying yourself first means putting yourself and your family before any other demands on your money. Paying yourself first is a form of self-respect. You must start with the end in mind. Deposit a set amount every month into an investment program, no matter what other financial obligations you have. It's amazing how your money can grow if you invest even a small amount regularly at a good rate of return.

FIVE TIPS WHEN CREATING A FINANCIAL GAME PLAN

- 1. Make a list: Whether your goals are big or small, current or future — get specific.**
- 2. Get personal: The more personal you make your goal, the more likely you are to do what it takes to achieve it. What's your motivation?**
- 3. Prioritize: Which goals are more easily attainable or more important to you? This can help you prioritize your list.**
- 4. Create a timeline: Once you know your goals and their order of importance to you, create a timeline so you can stay on track.**
- 5. Do the math: How much money will you need to save to achieve your goal? Figure in any amounts already saved. Create a plan and revisit it regularly.**



NATCHITOCHESES – The Phi Beta Delta Language and Culture Series will present a lecture on Kenya on Wednesday, Nov. 8 at 5:30 p.m. in Room 107 of Russell Hall. The event will also be streamed via WebEx at the same time, with a WebEx recording available for

registered attendees. Registration for the event is open to all and can be done on-site in Room 107 or online at <https://nsu.la/PBDKenya> with registered attendees receiving the meeting invitation/link via email after registration.

The registration fee is \$7 per student

and \$25 for all other participants. The event is also part of a Phi Beta Delta - NSU Eta Mu Chapter Scholarship Fundraiser. For more information, interested parties can contact Dr. Weiwen Liao (liao@nsula.edu) or Becky Stephens at 201 Russell Hall, (318) 357-5162, or stephensb@nsula.edu.

The lecture, titled “Kenya,” will offer insights into the language and culture of Kenya and will be presented by guest lecturer Dr. Njeri S. Ngacha, PhD, OFS, a member of the faculty in Northwestern State’s School of Business.

Ngacha was born in Kenya and is the last born in the family of nine children. He attended the University of Nairobi for his post graduate degree in project planning and management and holds an undergraduate degree in business information technology from Kenya Methodist University in Nairobi Kenya. He also holds a diploma in website design and a postgraduate diploma in monitoring and evaluation. Ngacha has 17 publications with globally

accredited scientific research journals.

He is an IVLP (International Visitors Leaders Program) alumni of the 2011 U.S. Department of State Scholarship program which is run by the U.S. Government and coordinated by the White House. IVLP is a global program that fetes outstanding young professionals on matters of research, community and social welfare to the most deprived and vulnerable community members. Ngacha teaches computer information systems and project management courses at NSU. He enjoys conducting research, teaching and community service. Currently, he is also a sworn-in member of CASA (Court Appointed Special Advocates) for Natchitoches Parish.

The Phi Beta Delta Language and Culture Series supports funding for Northwestern State University students participating in international studies and aims to expand all participants’ knowledge of diversified languages and cultures worldwide.

PHI BETA DELTA – NSU ETA MU CHAPTER SCHOLARSHIP FUNDRAISER



LANGUAGE AND CULTURE SERIES

KENYA

Wednesday, November 8 at 5:30-6:30 p.m.

David Morgan Auditorium (Room 107) of Russell Hall

This event will also be streamed via WebEx at the same time.

Video recording will be available for registered attendees.

Guest Lecturer: Dr. Njeri S. Ngacha, PhD, OFS

Dr. Njeri S. Ngacha was born in Kenya, the last born in a family of nine children. He attended the University of Nairobi for his Post graduate degree in Project Planning and Management and holds an undergraduate Degree in Business Information Technology from Kenya Methodist University in Nairobi Kenya. He also holds a Diploma in Website Design and a Postgraduate Diploma in Monitoring and Evaluation; Dr. Njeri has seventeen publications with globally accredited scientific research journals. Dr. Njeri is also an IVLP (International Visitors Leaders Program) alumni of the 2011 US Department of State Scholarship program which is run by the US Government and Coordinated by the White House in Washington DC. IVLP is a global program that fetes outstanding young professionals in Research, Community, and Social welfare to the most deprived and vulnerable community members. Dr. Njeri moved from Kenya to Natchitoches for almost one year with his entire family to teach at NSU. Currently, he teaches Computer Information Systems and Project Management Courses at NSU in the College of Business and Technology. He enjoys conducting Research, Teaching, and Community service. Currently, he is also a sworn-in member of CASA (Court Appointed Special Advocates) for Natchitoches Parish.

Special Guest: Dr. Marcus Jones, President of Northwestern State University

Registration:

You are very welcome to register on-site in Room 107. Online registration is available from Monday, 10/16 to Wednesday, 11/8 until 5 p.m. via [Eventbrite.com: https://nsu.la/PBDKenya](https://nsu.la/PBDKenya)

If you register online, you will receive the meeting invitation/link via email after the registration.

Registration Fee:

\$7.00 for students

\$25.00 for all other participants

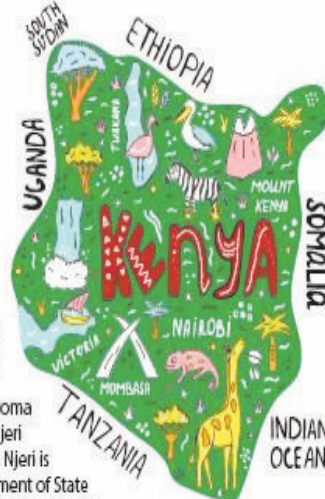
Contact for Information:

Dr. Weiwen Liao (liao@nsula.edu) or

Ms. Becky Stephens, 201 Russell Hall, (318) 357-5162 (stephensb@nsula.edu)

Phi Beta Delta Language and Culture Series supports funding for Northwestern State University students participating in international studies and expands all participants’ knowledge of diversified languages and cultures worldwide. The lecture will offer insights into the language and culture of Kenya. It is also part of a Phi Beta Delta-NSU Eta Mu Chapter Scholarship Fundraiser.

Phi Beta Delta Honor Society for International Scholars has goals to increase the recognition, credibility, and importance of the international experience and create a catalyst for international academic-based programming on college campuses while providing support and recognition to those individuals on campuses involved in international education. The Northwestern State Chapter, Eta Mu, was established in 2010 and continues to sponsor campus-wide activities and scholarships on the NSU campus. The Chapter was awarded the 2020 Eileen Evans outstanding Chapter Award in May 2020 at the annual PBD conference.



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Walking Together

By: Herbert de Launay

We are all walking together in the journey of life. We may consider ourselves independent individuals. However, all of us are members of families. Most of us live in neighborhoods and communities.

We depend on various stores, merchants, and businesses for things we need. And these stores and businesses get supplies from other places, even other nations and continents.

Discussions on climate change and the environment have reminded us that we are all on a journey together on this planet Earth. What one country does affect other countries?

There were several wildfires in our state this summer. One person's carelessness in burning trash can threaten the lives and property of many others. We are all in this together. What one person does affects others.

Are we working with others, or are we working against others? Republican Speaker McCarthy was removed because he worked with Democrats. In recent years, we have seen divisions over racial matters. There are disagreements over what can be taught in schools and what books are allowed in libraries.

In various parts of the world, there are wars and violence. People, groups, and nations are fighting each other instead of working together.

We sometimes see this in our churches. Liberals disagree with conservatives. Progressives argue with traditionalists.

The word "catholic" is found in the Creed or list of beliefs used by several historical Christian church-

es. The word "catholic" means universal or worldwide. There are Christians and churches throughout the world. Do these churches understand the problems of Christians in other parts of the world?

This October, the Roman Catholic Church under Pope Francis has been having a "Synod on Synodality" meeting in Rome. The word "synod" refers to walking together. The prefix "syn" is seen in the word synonym, which refers to words with the same or similar meaning. "Od," the second part of the word synod, is found in the word odyssey, a journey. Synod means we are on the same journey, walking together.

Synod on Synodality means that we are walking together and trying to understand better what it means to walk together. This is a real need in a divided world.

Those fighting for their views to dominate need help listening to the other side. We see this in the difficulty of selecting a Speaker of the House.

It is a struggle to listen and try to understand others. It isn't easy to put aside our opinions and try to understand the point of view of someone else. This is a problem in the world between various nations and groups. It is a problem in politics. It can be a problem in our communities and even in our families.

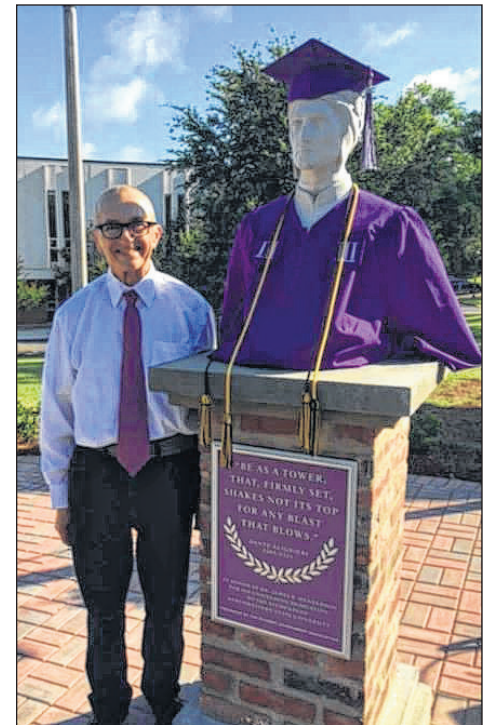
Men and women sometimes see and experience things differently. Critical Feminist Theory is an attempt by some women thinkers to present a viewpoint different from the dominant male viewpoint.

White Americans and Black Americans often have different experiences in life. Critical Race Theory

was an attempt to look at issues and situations from the perspective of other racial groups. Unfortunately, it has become part of the battle between different groups.

Can we learn to listen to others, to those who may be different from us? The danger is that we surround ourselves with people who look, and sound like us. Are we exposed and open to other groups and different ideas?

You can do a Google search on "listening skills." This search can turn up many different ideas and videos on learning how to listen better. Listening can help us to understand others instead of just trying to shout louder and dominate others.



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“Royal Rascals” Golf Tournament Fetes King Excellence IX, Dr. Oghale Elaye

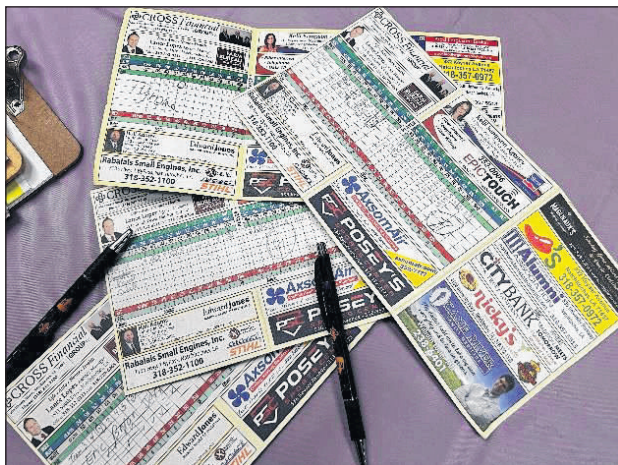
It was all blue skies and sunshine on Sunday, October 1, 2023 as the gentlemen and friends of the Krewe of Excellence Natchitoches gathered to celebrate King Excellence IX, Dr. Oghale Elaye. Hosted by Dr. and Mrs. Oghale Elaye at the 18-hole “Demon Hills”

course at the Northwestern Hills Golf Course facility in Natchitoches, Louisiana, the beautiful course is located on rolling hills and includes many water hazards, making each round of golf a challenging experience. The inaugural “Royal Rascals” event is to become an

annual event hosted by the Krewe to celebrate each newly crowned King Excellence and his peers from across the Mardi Gras family.

In the clubhouse, they welcomed members and guests from all over the state to enjoy friendly competition, fel-

lowship over tasty fare and vie for some awesome prizes for the 1st, 2nd, 3rd and 4th place finishers. The Krewe and its members extend their sincere thanks to everyone who participated and made the day a resounding success! Below are some scenes from the fun on Sunday!



Left to right: Odell Oliphant, Kamal Deep, King Excellence IX, Dr. Oghale Elaye.



Left to right: Trini Triggs, Tyrone Alexander of Lafayette Mardi Gras Association, King Excellence IX, Dr. Oghale Elaye and Dr. Rollan Moore of Lafayette Mardi Gras Association



Left to right: Parker Ward of Krewe of Oceanus, Joseph Lebrum, King Excellence IX, Dr. Oghale Elaye and Jason Deloach of Krewe of Oceanus



Left to right: Tyrone Alexander of Lafayette Mardi Gras Association, King Excellence IX, Dr. Oghale Elaye, Trini Triggs and Dr. Rollan Moore of Lafayette Mardi Gras Association

“Royal Rascals” Golf Tournament Fetes King Excellence IX, Dr. Oghale Elaye



Left to right: King Excellence IX, Dr. Oghale Elaye and Jason Deloach of Krewe of Oceanus



Foreground: King Excellence IX, Dr. Oghale Elaye and Duke of Perfection, Ronald Helaire



Left to right: Eric Moses, Bryan Polk and King Excellence IX, Dr. Oghale Elaye



Left to right: Jack Brasher of Krewe of Barkus & Meoux, Bryan Polk, Eric Moses and King Excellence IX, Dr. Oghale Elaye



Left to right: Darryl Lane and Aaron Simmons of Krewe of Sobek, King Excellence IX, Dr. Oghale Elaye and Jesus Eguiva of Krewe of Elders

Birds of a Feather Flock Together

By: Delrix Franklin

I know you've heard birds of a feather flock together, right? Well, what if I told you that you could be that one bird who's determined to change the trajectory of the flock? As I thought about that phrase or saying, "birds of a feather flock together," I was thinking about how birds fly in large groups and the same direction, and I just knew it had to have a word for it. As I was researching, I came across the word murmuration, a large group of birds flying together and changing direction together. As I continued to look into murmuration, I noticed that not every bird species does such; starlings are the only species to do so. Why do they murmurate,

I wondered? This behavior helps protect the birds from predators. Imagine yourself as a starling leading other starlings in murmuration because, truthfully, one of those starlings had to lead for the rest to follow.

Nah, I couldn't just leave with that one. Imagine walking in a dark alley or tunnel with a few friends or family members, and you are the one with the flashlight. You may have some too scared to follow, although you have the light, not even realizing they will still be left in the dark. A few others may be wise and brave enough to understand that the light leads to life. Yes, the flashlight can start dimming due to a low battery, but it's essential to keep it charged just

in case. Jesus said he'll be a light unto our path and lamp to our feet (Psalms 119:105). The light isn't only for you to see where you're going but also to see what's in your way to where you are going. The only way the light can be on 100% is by reading the word, spending time with Jesus, and allowing him to be that light. Those two crucial factors prevent us from falling or, shall I say, dimming our light. You'd be surprised at who's paying attention to your every move, even if they don't say anything or give you an idea that they do. When you walk into the room, ensure you are the light; you may help turn someone else's light on. To say this, Jesus may have been around sinners, but he didn't become one.



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Vote #52 Latorria S Freeman, Parish President



**Working
Together to
Move
Natchitoches
Forward**



PAID FOR BY THE CANDIDATE.



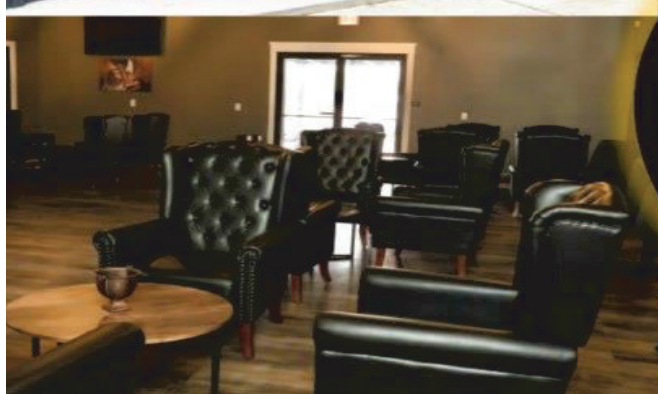
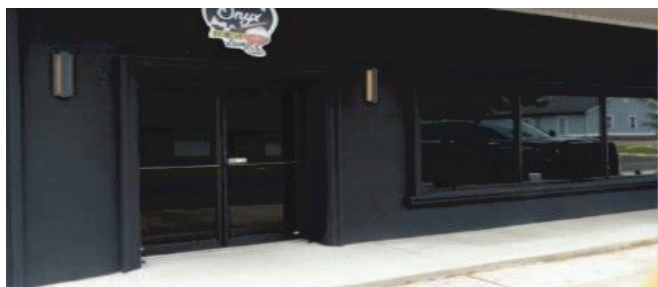
Where Community Meets Culture

Scenes from The Burt Clark Foundation's Social Mixer Hosted by Onyx Wine & Cigar Lounge



Where Community Meets Culture

Scenes from The Burt Clark Foundation's Social Mixer Hosted by Onyx Wine & Cigar Lounge



Onyx
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www.theonyxlounge.com

Part 2 Tribute to Senior Leaders Who Paved the Way for The Black Community



Trailblazer Nora C. Lee "Ms. Lee"



Photo Credit: Pastor Edward Earl Johnson
Special Tribute to the Late Pastor Joseph David Dupree and Camellia Dupree



Senior Leader of Natchitoches and Breda Town Mrs. Zelma S. Perkins

October 2023 Employee of the Month in the City Utility Department



APOSTLE DELORES WASHINGTON & ELDER JIMMY WASHINGTON

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Elections Have Consequences

By: Marvin Blake Jr.

When Andrew Jackson won the presidency in 1828, he brought many supporters into his cabinet. New York Senator at the time, William L. Marcy, called the practice the "spoils system." For nearly 200 years, after every election, every president, governor, and mayor elected, in most instances, brings in individuals of their choice to fill administration positions.

When Barack Obama was elected president in 2008, republicans in Washington wanted concessions on administrative positions. The new president responded, saying that "elections have consequences." He wanted them to know that he was the

president and on cabinet positions and policy, that it was his decision within the law.

I wrote an article on the upcoming Louisiana Governor's Race this past summer. My main theme or concern was that an African American was running to become governor here in Louisiana and that, in my opinion, had no chance of winning. I believed the best way to stop a Donald Trump-endorsed candidate was for the African American Candidate Shawn Wilson to drop out of the race. Although I never met this man and was frowned on by some, respectfully, I stated that I was sure he was a good man who could possibly be elected governor in a different



time and place. But I was adamant that it would not happen in Louisiana!

Now the election is over, and we now have in Louisiana a new Republican Governor who is a staunch Donald Trump Supporter. In addition, the Louisiana Legislature is Republican Controlled in both houses. So, over the next four years in Baton Rouge, there will be no checks and balances between Louisiana's executive and legislative branches. SMH!

They are moving on to possible consequences of Louisiana's Fall 2023 statewide elections. I have deep concerns that there may be stricter abortion laws and mandates on social programs such as work

requirements for TNAF(Welfare) and SNAP (Food Stamp) programs. Understanding that most social programs such as Welfare, Food Stamps, and Section 8 Housing originate on the federal level of government administered through the state concerns me greatly. In public education, school vouchers, which take tax dollars away from the public school system, are a consequence that should be monitored.

As I close, I feel for Shawn Wilson, who was in a no-win situation. Whoever encouraged this man to run for governor did not have his best interest at heart. But as Bill Clinton once said, "If you're looking for a friend in politics, go find yourself a dog." That's My View!

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Dr. Lindsay Gary Speaks at NSU

NATCHITOCHES – Can you answer the question *Who Yo' People?* confidently? In her documentary *Who Yo' People?* Dr. Lindsay Gary asked and answered just that. Gary explores the African heritage of Louisiana. Northwestern State University's Black Studies Minor, Center for Inclusion and Diversity, and Office of the Vice President for Inclusion and Diversity teamed up to bring Gary to NSU.

Who Yo' People? takes the audience on a journey through the vibrant history and culture of the people who would become known as Louisiana Creoles while interrogating ideas of identity. It explores the culture through language, spirituality, food, music, and dance as an example of African cultural continuity.

Gary spoke on Wednesday, October 25, in the Ora G. Williams Digital Media Center (NSU

TV Studio), Kyser Hall Room 142.

October is Creole Heritage Month, which celebrates the history and culture of Creoles across the state. According to Director of Culture and Climate Brittany Broussard, "I was excited to welcome Dr. Lindsay Gary here as we viewed her documentary *Who Yo' People?* during Creole Heritage Month. It is so important for our students and the surrounding community to understand their history and where they have been to help drive where we are going. The culture here in Louisiana and unlike anywhere else, so this is sure to be an interesting film and discussion."

The talk is another installment of the Black Studies Speaker Series that occurs once per semester on NSU's campus. Black Studies Advisory Council Member Nicole



Gray says, «This was an awesome opportunity for the entire Natchitoches community to hear from Dr. Gary and her perspectives on African culture and education. Her approach to teaching by connecting audiences with cultural traditions and geographical lessons about the African Diaspora allows us to delve deeper into African heritage and celebrate the immeasurable contributions made by people of African descent.

NSU Coordinator for Black Studies Dr. Jasmine Wise added, "Black Studies is not a monolith but rather explores various parts of history, culture and language. I am thrilled to see and learn yet another aspect of Black Culture displayed through film."

If you would like more information about the film or Gary, you can reach out to Wise at wisej@nsula.

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Tips on Taking the High Road

By: Rhonda

1. Remind yourself that it is NOT about you!

We all tend to personalize our experiences in life. Take that coworker who walks past your desk every morning and never seems to acknowledge you, smile, say hello, or start a conversation. It is easy to assume this person is deliberately ignoring you and to take their affront personally. We will question why they say hello to one person and not to you and think they are ignoring you deliberately.

They likely aren't ignoring you. They are probably a million miles inside their heads and aren't thinking about you, aren't thinking that you are taking this personally, and aren't trying to be rude either. They just are thinking about something else.

When you default to taking things personally, take a time-out and ask if there is another explanation that has nothing to do with you. Take the high road, and don't assume their behavior is a personal attack. It likely isn't.

2. Learn to bite your tongue.

It is tempting to say what comes to mind in the heat of the situation, but it will cause tensions to rise rather than dissipate.

As you can imagine, two men arguing in a parking lot. That would mean both parties were

not biting their tongues. And are verbally attacking each other, which could cause frustration on both sides.

If I were coaching one of the men, I would have coached him not to respond verbally to the other. That is the exact definition of taking the high road. We want to lash back; we want to defend. If your situation is happening at work, you may say something that will cause you to lose your job and ruin your reputation and credibility. It would have felt great at the moment to attack the other verbally, but the long-term effects wouldn't be worth it.

Biting your tongue is an example of taking the high road. Don't say what is on the tip of your tongue. While it can be satisfying to snap back with a witty retort, it may be something you regret.

3. Respond vs. React.

When we react, we get caught up in the emotions of the situation. When we respond, we have thought through what we will say, why we will say it, and how we will say it. By taking that pause, we can avoid a situation that causes regret.

In the example in point two, the two men in the parking lot started yelling. One could have responded instead of reacting. That would mean that while one was yelling at the other, the second man wouldn't be yelling back. The first man would quickly exhaust his anger because he wouldn't have anything to react to, and the second man would be calm, cool, and collected by choosing to respond by saying nothing.

Sometimes, we need to say things, but by choosing to wait, you can take the time to re-

spond professionally and not emotionally. If you are going to have a conversation, give yourself a 24-hour wait time before saying what you want to say. Your emotions will be calmer, you will be more professional, and you will take the high road.

Taking the high road, being graceful, professional, and classy, is not accidental. It's intentional. Intentionally think about what you're going to say. Intentionally think about when you're going to say it. Intentionally remove yourself from personal feelings of what's going on. Intentionally be careful about what you're doing. Take that high road. I can guarantee you will never regret taking the high road, and you will regret taking the low road.

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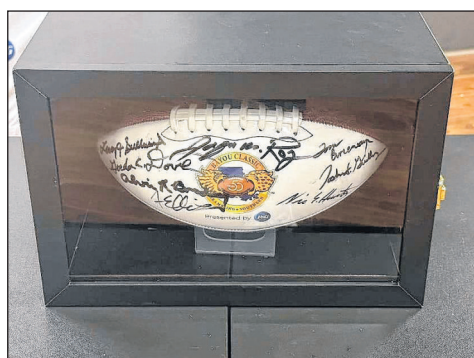
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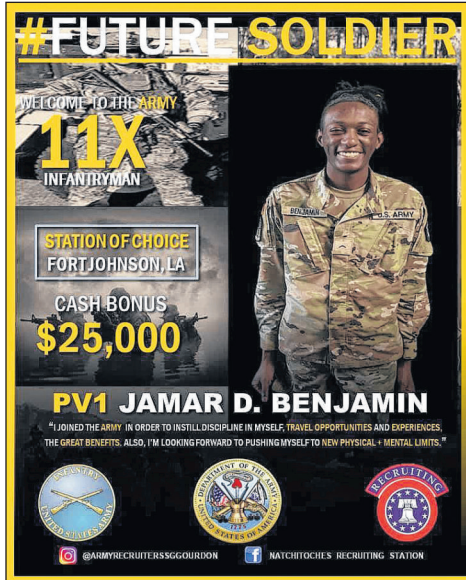


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Community Spotlights



Congratulations to Jamar D. Benjamin for enlisting in the US Army!



Congratulations to Stephanie Sowell for being named Demon Great of the Game!

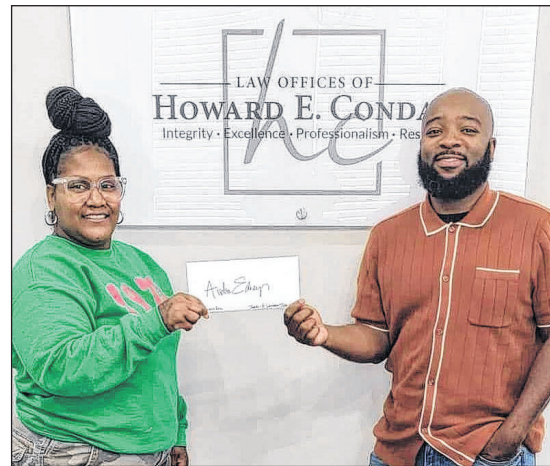
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Congratulations, Ty'Rek Sowell, on being named Kiwanis Terrific Kids!



City Bank & Trust Company Supports the Community! Pictured: Kenny Thomas, City Bank & Trust Company, Audra Edney, Natchitoches Arc.



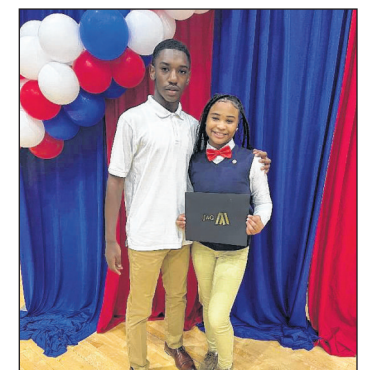
The Law Office of Howard Conday Supports the Community! Pictured: Audra Edney, Natchitoches Arc, Howard Conday Esq-Mba



Congratulations to the 1st Place 2023 Natchitoches Meatpie Festival Best Meatpie Vendor!



Congratulations Krystle Johnson, on her Employee Spotlight!



Thank you, Sister Jacquelyn Rainwater, for Inviting Minister Tristen to the JAG Program! I had a wonderful time fellowshipping with your Students and the Principal! God bless you all! Congratulations to my Cousin Genesis Conday! So proud of you! Keep up the good work! ~ Minister Tristen

Scenes from LP Vaughn's Natchitoches Fair Day



Scenes from LP Vaughn's Natchitoches Fair Day



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Community Leaders Discuss Public Health

On October 6, 2023, Outpatient Medical Center gathered a forum of community leaders comprised of elected officials, academic leaders, school board members, faith-based leaders, and members of OMC's Board of Directors.

The forum began a discussion about health issues in the community and compared Natchitoches Parish health indicators to state and national averages. Available data shows that the poverty rate in Natchitoches Parish exceeds state and national averages. This includes the fact that 28% of children in the parish live in poverty, compared to the national average of 17%.

"While poverty has been a human condition since the beginning of time, our interest is in the relationship between poverty and poor health outcomes. The question is: what we can do as a community?" said Dr. Mark Guidry, OMC's Chief Medical Officer.

According to countyhealthrankings.org, Natchitoches Parish has higher rates of many health indicators compared with state and national averages. Noteworthy among these are high rates of adult smoking, adult obesity, and physical inactivity. These factors correlate with higher rates of heart disease and strokes.



Statistics from the same study also show the alarming fact that the rate of sexually transmitted diseases in Natchitoches Parish is more than double the national average.

The group spoke extensively about mental health needs in the parish, and came to a consensus that there is a continual need for public awareness of these problems, and for education about available resources. Each group member committed to working together to better inform and educate stewards of the community and to find ways to bridge the gaps that exist in our current health-care environment.



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