

BATON ROUGE, LOUISIANA

# The Weekly Press

SERVING BAKER, CENTRAL, AND ZACHARY

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## Baton Rouge City Council Defers Fair Chance Ordinance, Blames Parish Attorney's Office

BATON ROUGE, La. — The Baton Rouge Metro Council decided to defer the Fair Chance Ordinance, which would have prevented city contractors from asking potential hires about their criminal record until after assessing their skills.



Councilwoman Chauna Banks

Councilwoman Chauna Banks, who has been working on the ordinance for a year, blamed the Parish Attorney's Office for the council members' confusion, saying that they did not answer questions regarding the ordinance. Banks, along with Kaitlyn Joshua from the Power Coalition for Equity and Justice, thought the ordinance would pass, but after concerns were brought up during the two-hour debate, it was deferred.

During the discussion, Councilman Aaron Moak expressed concerns about business owners being accused of discrimination if they choose not to hire someone with a conviction. He argued that it's the responsibility of the business owners to do what is best for their business. The decision to defer the ordinance was disheartening and disappointing to Banks, who blamed the Parish Attorney's Office for the confusion council members felt. Joshua said that they did their homework to ensure council members had their questions answered beforehand.

Banks accused the Parish Attorney's Office of incompetency or passivity, which she said she had never experienced in her 11 years on the council. Despite the setback, she remains committed to the cause and will work to resolve any issues and bring the ordinance back for consideration.

## Louisiana Senators Nearly Come to Blows over Bill that Exacerbates Regional Divide

Incident sparks strong response from the community



In less than 24 hours nearly 40 members from the community and the senators district showed up after reading the account of what happened to stand with me, support me and remind me that I'm not alone."

"I may have gotten a little aggressive with one of my colleagues. For that, I do apologize," Cathey said at the podium.

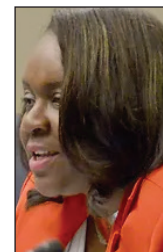


Senator Stewart Cathey Jr.

BATON ROUGE - Republican Senator Stewart Cathey Jr. gave an apology on the Senate floor after a heated exchange with Democrat Regina Barrow, a fellow lawmaker, at the State Capitol on Monday. The confrontation occurred after a contentious legislative hearing over Senate Bill 193, which would redistribute about \$7.5 million in tax money currently going solely to East Baton Rouge. Cathey argued that the tax is collected on the value of railcars throughout Louisiana, but EBR receives all the revenue. Barrow agreed that the tax deserved a closer look but said Cathey should have approached capital area lawmakers before

submitting his bill. After the hearing, Barrow claimed that Cathey put his finger in her face in the hall outside the Senate Fiscal Affairs Committee and cursed at her. Baton Rouge Mayor-President Sharon Weston Broome also got involved, saying "Stewart Cathey came within two seconds of getting his butt whipped." The situation triggered an apology from Cathey on the Senate floor later that same day. Barrow said she accepted his apology but was upset that Cathey downplayed what happened. Cathey postponed a committee

Barrow accepted his apology but was upset that Cathey downplayed what happened.



Senator Regina Barrow

vote on the legislation until the next week. The exchange quickly made headlines, and Barrow received an outpouring of support from her community and district. The incident highlights the deep political and regional divide that exists in Louisiana, with tensions often boiling over in the state legislature. Cathey, from West Monroe in northern Louisiana, said he introduced the bill because North Louisiana is almost always treated unfairly, and that revenue from the tax should be shared across the state. However, Barrow said the bill caught her and other capital area lawmakers off guard and that Cathey should have approached them before

submitting the legislation. Both Cathey and Barrow agree that the origin of the collections is a mystery, but they disagree on the approach to solving the issue. Cathey said that "North Louisiana is almost always treated unfairly. This revenue should be shared across the state." The incident has reignited calls for civility and respect in Louisiana politics. State Senator Cleo Fields, a Baton Rouge Democrat, said the exchange between Cathey and Barrow was

See SENATORS, on page 3

## Baton Rouge to welcome new professional hockey team, Mayor-President announces

BATON ROUGE, La. —



Mayor Sharon Weston Broome

Baton Rouge is set to become the new home of a professional hockey team, Mayor-President Sharon Weston Broome announced today at the Raising Cane's River Center. Alongside team owner Barry Soskin and River Center General Manager Wayne Hodes, the Mayor revealed that the team will be part of the Federal Prospects Hockey League and will play their first game in October 2023.

In her announcement, Mayor Broome stated that the new team will provide a boost to the local economy, with new jobs and increased tourism expected. "We can expect to see increased tourism as fans from all over the region come to watch games and explore all Baton Rouge has to offer," she said. "The benefits of having a hockey team in Baton Rouge go beyond the economic impact. It will also help foster community pride and unity."

Excitement is already building amongst local sports fans, who will soon have the chance to vote on the team's name. Tickets for the inaugural season will go on sale later this year. The addition of a professional hockey team is sure to provide a new level of entertainment for the community and attract visitors from across the region.

This announcement follows a recent trend of sports teams making their way to Baton Rouge. In 2021, Baton Rouge welcomed a new Minor League Baseball team, the Baton Rouge Rougarou, and a National Women's Soccer League team, the Baton Rouge Blaze, is set to begin play in 2024.

## Southern University alumnus, retired Army Col. Paris Davis receives Medal of Honor

After nearly 60 years, retired Army Col. Paris Davis, a Southern University and A&M College alumnus, has received the Medal of Honor for his courageous service in the Vietnam War. President Joe Biden awarded Davis today at a formal ceremony at the White House. Davis was one of the first Black officers in the elite Army Green Berets.

"We salute Col. Davis for his bravery and service to our nation as he finally receives the top honor for valor," said Dennis J. Shields, president of the Southern University System. "We are extremely proud that he is a product of Southern University and our Army ROTC program. Col. Davis' well-documented skill set, tenacity, and pioneering spirit are further proof that our university produces top talent



Army Col. Paris Davis

Southern's ROTC director, who works directly with today's cadets, echoed the sentiments.

"Today we witnessed a moment in our beloved Southern University Army ROTC history as Col. Davis received the highest military decoration," Marshall said. "Our cadets and the world can see even more that our program here at Southern, which is in its 75th year, has the capability of producing officers of value and unwavering dedication to our country."

Davis, a native of Cleveland, Ohio, majored in political science at Southern on an ROTC scholarship. He was commissioned as an Army reserve armor officer in 1959 and retired as a colonel in 1985. He was inducted into the U.S. Army

and productive citizens. It is truly an honor for Southern to have this connection to Col. Davis."

Lt. Col. David Marshall,

See DAVIS, on page 3



President Joe Biden presents the Medal of Honor to Ret. US Army Colonel Paris Davis for his heroism during the Vietnam War, Friday, March 3, 2023, during a ceremony in the East Room of the White House. (Official White House Photo by Adam Schultz)

### WEATHER



MON. 05/01  
Mostly Cloudy  
High 75°.



WED. 05/03  
Partly Cloudy  
High 74°.



TUE. 05/02  
Mostly Cloudy  
High 79°.



THUR. 05/05  
Mostly Cloudy  
High 68°.

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The Weekly Press

# The eEdition TODAY

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# LOCAL & STATE

## Retired Officer Leads Training Effort for Gun Owners in Louisiana



BATON ROUGE, La. - Following the recent news of a fatal shooting that occurred during an attempted home invasion, discussions on the right to protect one's home have been abundant in Baton Rouge. In response, a retired police officer is leading a movement to ensure gun owners receive the necessary training to protect their homes.

you're back there, kids back there, perpetrators behind them, how do you protect your family in that scenario?" Cyrus said. "The most valuable things are in your home. Your loved ones, your wife, your children, your family. That's more valuable than any piece of property that you will leave your residence to try and deal with."



Kevin Cyrus

Kevin Cyrus, an instructor for Legitimate Protection Firearms Training, LLC, is leading the initiative. Louisiana law mandates that gun owners with a concealed carry permit take a class and undergo a specific amount of training. To comply with these requirements, Cyrus visits individuals' homes or businesses to renew their permits and conduct a course on ownership, legalities, and proper gun handling.

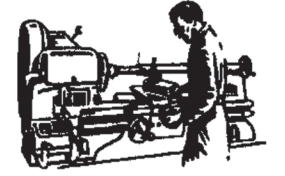
Cyrus emphasizes the importance of gun owners receiving proper training. "I tell my students to not get into situations that are too much for them. I'd rather you be an alive witness than a dead hero," Cyrus said. "Owning a firearm is a right, but it comes with great responsibility."

Cyrus stresses the need for gun owners to be self-aware and responsible in any scenario. "Most people hear something and they run out to see. Lo and behold,

For gun owners Calvin Price and his wife, the importance of training is clear. "For me, it's protection when I'm not around. She's mostly with the children picking them up or in the stores. So, her having a sense of protection and security, and protecting the little ones when she's away from me is important," Price said.

Cyrus emphasizes that pulling the trigger should be a last resort, and encourages gun owners to prioritize safety over heroism. "In any scenario, every second matters, but proper training is what Cyrus says can save someone's life."

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**Correction Policy**  
 The Baton Rouge Weekly Press strives to be fair and accurate. The newspaper corrects any significant errors of fact brought to the attention of the editor. If you think an error has been made, call 225-775-200

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Balloon release

## East Baton Rouge Council Votes Against Balloon Release Ban

BATON ROUGE, La. — Parish officials have decided not to move forward with a proposed ordinance that would have banned balloon releases in East Baton Rouge. At a Metro Council meeting held on Wednesday, council members voted 6-4 to kill the proposal.

The idea to ban balloon releases, which are commonly seen at vigils and memorials, was introduced to the council earlier this month. Those in favor of the ban argued that the balloons often end up as litter across the parish, potentially harming the environment and wildlife.

Despite these concerns, a majority of council members felt that the proposed ordinance was not the right solution. Some argued that the ban would

be difficult to enforce and that there were more pressing issues facing the parish.

Opponents of the ban also pointed out that balloon releases hold significant meaning for many people and are often used to honor loved ones who have passed away. They argued that it was not fair to take away this tradition.

While the proposal ultimately failed to pass, it has sparked important conversations about environmental responsibility and the impact of our actions on the world around us. The council has vowed to continue exploring ways to address litter in the parish while also respecting the needs and traditions of its residents.



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# THIS MONTH

[ MAY ]

@

BREC

**ARTIST'S STUDIO**  
 Baringer Art Center  
 May 5 | 9:30 a.m.-noon

**MOVIE IN THE GARDEN: FAE FEST**  
 Independence Community  
 Park Botanical Garden  
 May 6 | noon-4 p.m.

**ZOO + ME MORNINGS**  
 Baton Rouge Zoo  
 May 9 | 9:30-11:30 a.m.

**PLUS NIGHT**  
 Highland Road Park  
 Observatory  
 May 13 | 7-10 p.m.

**SUNSHINE SOCIAL:  
 ROLLING OUT THE RED CARPET**  
 Milton J. Womack Park  
 May 19 | 6-9 p.m.

**FAMILY GAME NIGHT**  
 Cedar Ridge Drive Park  
 May 19 | 6-7:30 p.m.

**NOW HIRING FOR SUMMER JOBS!**  
[brec.org/careers](http://brec.org/careers)

**HERO APPRECIATION DAY**  
 Liberty Lagoon  
 May 20 | 10 a.m.-7 p.m.

**SOLAR VIEWING**  
 Highland Road Park  
 Observatory  
 May 20 | noon-2 p.m.

**SWAMP BIRTHDAY PARTY**  
 Bluebonnet Swamp  
 Nature Center  
 May 20 | 9 a.m.-5 p.m.

**STEM EXPANSION**  
 Highland Road Park  
 Observatory  
 May 20 | 3:30-7:30 p.m.

**MAKE A SPLASH**  
 Liberty Lagoon  
 May 24 | 3-6 p.m.

[BREC.ORG/THISMONTH](http://BREC.ORG/THISMONTH)



# ADDICTION RECOVERY DURING HIGHER EDUCATION

Written by:  
Intelligent.com Higher Education Team

College students are using drugs and alcohol at a higher rate than young adults of the same age who don't attend school. A recent study from the National Survey on Drug Use and Health indicated that more than half of full-time college students ages 18-22 drank alcohol in the past month. Another survey performed by Monitoring the Future revealed that nearly 45% of college students have used an illicit drug.

It's clear that college students are under a lot of pressure from school and their peers, leading them to engage in risky behaviors like substance abuse. There's no denying the great benefit young adults stand to gain from attending schools of higher education, but it would be unwise to dismiss the use of alcohol and drugs as a normal part of the experience. Every year students struggle with academic performance and become injured or die as a result of substance abuse.

This guide will cover which substances pose the greatest risks to young adults, the potential consequences of being caught, and how to get better. If you're a student struggling with substance abuse, you can get help even while you attend school. Keep reading to learn about how you can overcome addiction and get the help you need.

## High-Risk Substances for College Students

Although substance abuse is risky for people of all ages, young adults are more vulnerable to the effects of certain substances. Most notably, the growth and development of a young person's physical body and mental health are drastically affected by drugs and alcohol, putting them at an even greater risk for disease and disorder. Not only do these substances take a toll on the body, but they also drain the bank accounts of people with addiction who prioritize buying drugs over other necessities. Let's take a look at the most notable substances affecting teens and young adults and why they pose a particular threat.

## ALCOHOL

With more than half of full-time college students consuming alcohol, it's noted as the most popular substance of choice for young adults. That figure takes any amount of alcohol use into account, but it's important to know that at least 33% of students ages 18-22 admitted to binge drinking. Teens and young adults are at an especially greater risk for common issues like alcohol poisoning, withdrawal, drunk driving, drowning, and being drugged. However, younger populations are specifically prone to brain and liver damage, as well as growth and hormonal interruption.

## ADDERALL

Described as the "study drug," Adderall is a prescription stimulant used by people who have disorders such as attention deficit/hyperactivity disorder (ADHD) to help them focus and have the energy to do daily tasks. Adderall is often prescribed to young people at the proper dosage for their symptoms, age, and body weight. Teens and college students who use Adderall without a prescription are putting themselves at risk for developing issues such as heart conditions, insomnia, anorexia, weight loss, and risky behavior. It's easy to see why this substance would appeal to young adults, but the consequences can be dire, especially when taken with alcohol or other drugs.

## OPIATES AND FENTANYL

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), the biggest misusers of prescription opioids are teens and young adults, with more than 2 million people ages 12-25 reporting misuse of prescription painkillers in 2018. One of the greatest risks for using opiates is how easy it is to overdose or unknowingly ingest fentanyl, a synthetic opioid that is 100 times stronger than morphine. There are insidious dangers for young adults who choose to abuse opiates. Due to their brain's rapidly maturing reward center, adolescents are most vulnerable to the changes opiates make to the brain. Each time they take the drug, more and more will be required to reach the desired high, leading to a dangerous dependency or overdose.

## ECSTASY

MDMA, also known as ecstasy or molly, is another popular stimulant used by college students. Although this illegal drug has been downplayed among young adults as non-habit-forming, ecstasy has shown signs of being addictive and inducing withdrawal symptoms. The inherent dangers for college students lie in taking a large dose or a laced pill. Consuming any amount of this drug can lead to overheating, organ damage, brain damage, and even death. Ecstasy is also often laced with other substances such as "bath salts," ketamine, cocaine, and methamphetamine.

## BENZODIAZEPINES

Known by names like BZDs or benzos, benzodiazepines are a class of drug commonly prescribed by doctors for anxiety, seizures, and insomnia. This is another case of prescription medication getting into the wrong hands. Pursuing higher education as a young person often comes with anxiety and learning how to cope with stress. Benzodiazepines work to suppress these negative feelings, opening up the potential for developing a strong dependency. According to Ascend Healthcare, "Teens who have prolonged use of BZDs can experience long-term effects, such as a higher risk of developing the onset of Alzheimer's disease." Outside these potential long-term consequences, attempting to quit this drug can be fatal.

## DIET PILLS

Body image issues begin earlier than many would think, with nearly one-third to half of high school students reporting they've tried to lose weight. According to the The National Association of Anorexia Nervosa and Associated Disorders (ANAD), approximately 50% of teenage

girls admit to using diet pills for weight loss. Appetite suppressants and metabolism stimulants are the drugs of choice for rapid results. These pills often contain large amounts of caffeine and unregulated herbal powders that can increase heart rate and blood pressure, leading to heart conditions. When young adults use diet pills and decrease their intake of nutrients and important vitamins, their growth is stunted. Additionally, they become vulnerable to developing eating disorders.

## MARIJUANA

As one of the most popular substances among young adults, marijuana is used by nearly half of college students. Although it's now legal for recreational use in many states, that doesn't mean it's harmless or beneficial for young adults pursuing higher education. Due to its relaxing nature, marijuana is a substance that impairs mind and body. College students using marijuana will experience memory and attention problems, difficulty thinking, reduced coordination, and increased hunger. These are all effects that lead to a decline in academic performance, physical health, and social life. As the brain continues to grow through a person's mid-20s, marijuana — like other substances — can negatively affect how the brain develops.

## RAMIFICATIONS OF SUBSTANCE ABUSE IN HIGHER EDUCATION

Outside the numerous physical and mental impacts that substance abuse can have on college students, the risks don't stop at how it affects the body. There are academic, legal, and financial ramifications to be had if or when someone is caught. Students can lose access to their school or be stripped of financial aid. Any misconduct will likely be recorded on a permanent record, tarnishing the reputation of a student for years to come and affecting academic and employment opportunities. Here, we explore the potential consequences of abusing drugs and alcohol in higher education.

## POSSIBLE SCHOOL-RELATED REPERCUSSIONS

For students guilty of substance abuse by their school, consequences will vary depending on the campus and its policies. Most schools are lenient for first-time violations or less-serious incidents, usually involving alcohol use. For subsequent or illegal drug violations, the consequences can quickly become life-altering. Here are some examples of the types of academic repercussions students face when they violate these codes of conduct:

- Fines
- Official warning
- Educational module
- Parent/guardian notification
- Staff/coach notification
- Semester probation
- Substance abuse counseling
- Eviction from student housing
- Prohibition from school-related activities
- Criminal charges
- Expulsion

## POTENTIAL LEGAL RAMIFICATIONS

As bad as academic consequences can be, having alcohol or drug charges on your permanent legal record is arguably worse. Students criminally charged with the possession, use, or distribution of illegal substances will also face denial of federal student aid funds, as stated within the Higher Education Opportunity Act of 2008. Conviction related to drugs may also prohibit a student from:

- Participating in study-abroad programs
- Acquiring professional licensure and certification
- Being eligible for employment

When considering legal ramifications, it's important to note that in states where it's still illegal, possession of marijuana alone can range from a first-offense fine of \$600 and 30 days in jail to a second-offense fine of \$1,000 and one year in jail. For possession with intent to distribute, the penalties only get worse. Offenders will face fines of \$5,000 to \$10,000 and prison sentences of five to 10 years.

## POSSIBLE FINANCIAL CONSEQUENCES

As mentioned above, students who violate the drug and alcohol codes of conduct upheld by their schools will face serious consequences. Some colleges even charge fines to students who commit one or more violations. Students convicted of drug-related offenses will likely lose their eligibility to receive federal financial aid toward school. If eligibility is lost, the student is liable to return any funds they received during their period of ineligibility. For those who do lose financial aid, it may eventually be restored through reversing convictions and passing unannounced drug tests.

## FLEXIBLE TREATMENT OPTIONS FOR STUDENTS

Students who want to make a change and get help with substance abuse don't have to wait for suspension or summer break; they can attend rehab during the school year. When most people hear the word "rehab," they often think of year-long intensive retreats far from their day-to-day lives. These inpatient treatment facilities are just one way for people to get help on the road to recovery. There are other more flexible options for people with busy lives, especially college students. Below we'll go over a few different outpatient programs that offer flexibility and support without having to leave school or work.

## OUTPATIENT PROGRAMS (OP)

One option young adults have is a standard outpatient program. These are less-restrictive programs that require a few hours of treatment per week. Attendees can stay in their own homes or dorms while they work through the program and minimize any disruption to their

daily lives. Because there's no need to pay for room and board as an outpatient, these programs are often more affordable.

The focus of outpatient treatment centers is to provide education on substance abuse and empower individuals with healthy ways of coping. There's also a focus on group and individual counseling to build a support system of people who have been through similar struggles, creating an opportunity to share wisdom and make friends. These programs can last anywhere from three months to a year.

## INTENSIVE OUTPATIENT PROGRAMS (IOP)

Another option for students who want more time in treatment without committing to an inpatient facility is an intensive outpatient program. This option is for individuals who can function at home but desire more care than a standard outpatient program. An IOP is like a stepping stone from inpatient to outpatient.

Anyone coming out of an inpatient program will greatly benefit from choosing an IOP before switching to an OP. The likelihood of success is increased when care is taken to transition slowly from constant supervision to living independently. The intensive element of these programs allows attendees to undergo more hours of treatment while still maintaining the flexibility of living at home and attending school.

## EVENING INTENSIVE OUTPATIENT PROGRAMS

The only real difference between the above-mentioned programs and an evening intensive outpatient program is the time of day treatment and therapy sessions take place. While still considered an intensive option, evening programs provide an option for people whose schedules are only open at night. This is especially convenient for college students who are attending class and/or work during the day.

## TIPS FOR BALANCING SCHOOL WITH REHAB AND RECOVERY

Sometimes it's hard to do, but it's important to make sure you have everything you need to lead a healthy life as a student in rehab. Creating a good balance between school and recovery all starts with taking care of yourself and knowing you're not alone. Below we'll cover a few ways you can give yourself every opportunity to succeed.

### 1. LEARN HOW TO MANAGE YOUR STRESS IN A HEALTHY WAY.

Most college students are dealing with new levels of anxiety and stress brought on by the workload of classes and extracurriculars. It's easy to see why young adults justify using alcohol and drugs to help them relax or take the edge off the pressures of higher education. There are better, more sustainable ways to deal with academic overwhelm, however. Here are some examples of stress prevention and healthy coping mechanisms:

- Sign up for a manageable class load.
- Set aside enough study time.
- Talk to your professor right away if you fall behind.
- Make time for safe social activities on campus.
- Prioritize regular exercise to improve mood and stay healthy.
- Try meditating regularly to unwind and check in with yourself.
- Get plenty of sleep.

### 2. ROOM WITH SOMEONE SOBER.

Many colleges give students the option of requesting a roommate who is either sober or also in recovery. If you can room with someone on the same page as you about sober living, it's going to make daily life less stressful. Having a roommate who parties and keeps alcohol in shared areas might be too tempting or create an environment unsuitable for someone going through recovery. Surround yourself with the kind of people who will help you, not hinder your progress.

### 3. GET INVOLVED ON CAMPUS.

If you're balancing your schoolwork well and find yourself wondering what to do with your free time, consider taking up a sport or hobby. Join a club that focuses on one of your interests or become part of the school newspaper. Not only will this solve the problem of boredom, but being an active member of the school opens opportunities for friendship and a chance to make lifelong memories.

### 4. ESTABLISH AND MAINTAIN HEALTHY BOUNDARIES.

As a young adult in higher education, you want to fit in with your fellow students and make friends, but peer pressure can get the best of anyone and lead down a slippery slope. Establishing boundaries beforehand will prepare you for the inevitable awkward situation. Accept that it's OK to say no. Remember, if you constantly find yourself in environments where people who know you're in recovery still push your boundaries, it's time to find a new crowd.

### 5. SEEK OUT SAFE SOCIAL SPACES.

As fun as it is to go to a party, it's best to avoid gatherings where drugs and alcohol will be present. There are plenty of other ways to pass time and have fun with friends outside the classroom. For example, many campuses have collegiate recovery programs that put on regular social events for students in recovery. As a two-for-one, join a study group for one of your classes and make studying a little more fun.

### LOOK FOR A COLLEGIATE RECOVERY PROGRAM NEAR YOU

Campuses across the country are taking recovery for college students seriously. With a focus on supporting students in higher education, collegiate recovery programs are school-specific and often located on campus.

Visit <https://www.intelligent.com/substance-abuse-recovery-support-guide-for-college-students/> for more detailed information

## SENATORS from page 1

unacceptable.

Following an incident where Senator Barrow was disrespected by a colleague while performing his job, the community rallied around him, with almost 40 members from his district appearing at the State Capitol to offer their support. Senator Barrow expressed his gratitude towards the community and his colleagues, stating that the outpouring of support was a reminder that he is not alone in his efforts to protect citizens. Meanwhile, the colleague in question, Senator Cathey, expressed regret over his behavior.

## DAVIS from page 1

Ranger Hall of Fame in 2019. According to the U.S. Army, Davis is one of only four service members in U.S. military history to receive both the Soldier's Medal and the Medal of Honor.

Davis has a master's and Ph.D. in public affairs/administration. After retiring from the military, he published the Metro Herald for 30 years. Find more about Davis and his Medal of Honor at <https://www.army.mil/medalofhonor/davis/>.

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# RELIGION

## Faith In Difficult Times

By Creflo Dollar

As believers, we know how important faith is. We've been taught the basics of trusting in God when trouble shows up. However, having head knowledge of this is different than completely relying on Him when adversity lasts longer than we anticipated. This is the time when our mindset toward what we're going through is tested.



Dr. Creflo Dollar

Some bad situations seem to go on and on. The longer we're in it, the harder it becomes to endure. Our faith can waiver and get shaky after a while because we can eventually become mentally and emotionally exhausted from standing in it. When we don't know how much longer we can go on, having faith in Jesus' faith instead of our own faith gives us the courage we need. "Even the righteousness of God which is by faith of Jesus Christ unto all and upon all them that believe..." (Romans 3:22).

The enemy uses anything he can to move us away from trusting in God. The devil suggests that maybe God won't deliver us like He delivered others, and tries to introduce uncertainty and questioning into our minds. Despite his tactics, he's a beaten foe; he can't stand up to a believer who knows their God and is willing to stand



in faith. "For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith" (1 John 5:4). Using God's strength instead of our own gives us the ability to outlast the situation.

The key to overcoming tribulation is our response to it. When we know without any doubt that God will keep His hand on us and deliver us in due time, it's easier to maintain right-thinking about it. Constantly, consistently remaining the same in the midst of the situation reminds the devil that he's not strong enough to move us out of trusting God. "And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope" (Romans 5:3,

4). Looking back and remembering all the times in the past God has already delivered us gives us hope and encouragement that He'll do it again.

God's promise of deliverance is solid and irrevocable. It's something we can confidently stand on and know that He will bring us through it. God never gives us a test that we can't pass. Although trouble will show up, it won't overcome us. "We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed" (2 Corinthians 4:8, 9).

While we're waiting for the situation to change, we do whatever is necessary to keep our forward momentum going. These are our works of faith. "What doth it profit,

my brethren, though a man say he hath faith, and have not works? can faith save him?... Even so faith, if it hath not works, is dead, being alone. Yea, a man may say, Thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works" (James 2:14, 17, 18). The difference between empty works and works of faith is the prompting of the Holy Spirit. God will never leave us alone in our situation; the Helper is always present and waiting to give us practical direction and guidance when we ask Him.

Trusting God allows Him to deliver us. This is how we mature as Christians. Letting Him purify our faith burns out all the dross of self-reliance.

## The Power of Shifting Our Focus to Overcome Temptation

By Ivory D. Payne

Temptation is a universal human experience. Every person faces temptation at some point in their life, whether it be small and seemingly insignificant or large and life-altering. The Bible tells us that temptation is not a sin, but rather the act of giving in to temptation is what leads to sin and separation from God.



Pastor Ivory D. Payne

Many times, our focus is on the temptation itself rather than on God's power and goodness. When we become fixated on the temptation, we often feel overwhelmed and powerless to resist. However, shifting our focus to the giver of every good thing can be a powerful tool for overcoming temptation.

James 1:17 reminds us that every good thing is given and every perfect gift is from above. This means that the source of our strength and victory over temptation comes from God, not from our own efforts. By turning our attention to God and His goodness, we can find the motivation and strength we need to resist temptation.

One way to shift our focus is to fill our minds and hearts with God's Word. Psalm 119:11 says, "I have hidden your word in my heart that I might not sin against you." When we memorize Scripture and meditate on it regularly, we equip ourselves with the truth and wisdom we need to overcome temptation.

Another way to shift our focus is to surround ourselves with a supportive community of

believers. Ecclesiastes 4:9-10 says, "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up." When we have others who can encourage us and hold us accountable in our journey, we are more likely to stay strong in the face of temptation.

Prayer is also an essential part of shifting our focus. When we pray, we acknowledge our dependence on God and ask Him to help us overcome temptation. In Matthew 6:13, Jesus taught His disciples to pray, "Lead us not into temptation, but deliver us from the evil one." This prayer acknowledges our need for God's protection and guidance as we face the challenges of life.

In conclusion, shifting our focus from the temptation to the giver of every good thing is a powerful tool for overcoming temptation. By filling our minds with God's Word, surrounding ourselves with a supportive community, and praying for God's guidance and protection, we can tap into His power and live a life that honors Him.

### LET US PRAY:

Heavenly Father, we thank you for your goodness and your faithfulness. We acknowledge that we cannot overcome temptation on our own and that we need your strength and guidance. Help us to shift our focus from the temptation to you, the giver of every good thing. Fill our minds and hearts with your Word and surround us with a supportive community of believers. Give us the courage to resist temptation and the wisdom to discern what is right and good. Lead us not into temptation, but deliver us from the evil one. We pray this in Jesus' name, Amen.

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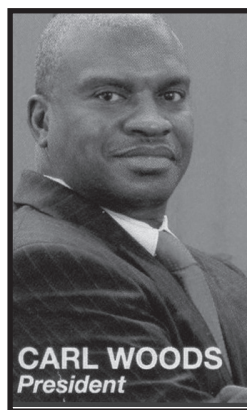
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# BUSINESS

## Despite Challenges, Baton Rouge Real Estate Market Continues to Thrive: Experts Remain Optimistic

Baton Rouge's real estate market is facing some challenges due to rising interest rates, persistent inflation, and increasing insurance costs. However, despite these obstacles, local experts are feeling optimistic about the market's future.

During the recent Trends in Real Estate seminar, speakers highlighted several positive trends. For instance, the single-family home market is strong, office occupancy rates are increasing, there is a high demand for more industrial space, and vacant retail properties are decreasing. Additionally, apartment rents are rising, indicating a healthy demand for rental units.

Although the Federal Reserve's interest rate hikes have slowed down the national economy, the Baton Rouge real estate market is not as bleak as it was during the Great Recession in 2008. According to Kevin Fagan, a senior vice president with Moody's Investors Service, the outlook for gross domestic product growth is positive.

One significant factor contributing to the strong demand for homes is the shortage of inventory. Fewer homes were built in the 2010s than in any decade since the 1960s. This shortage has led to houses being listed and sold within a few days of hitting the market.

Another sector where more inventory is needed is the industrial real estate market. The vacancy rate for industrial properties in Baton Rouge fell below 2% in 2022. However, the area is underbuilt, with 36.5 million square feet of industrial space compared to over 45 million square feet built in Atlanta and Dallas in 2022.



While rising interest rates, persistently high inflation and increasing insurance costs are having an impact on all sectors of Baton Rouge real estate, local experts are fairly optimistic about the state of the market.

The office market is also experiencing a demand for newer, high-quality space, which is driving activity. This is particularly important for businesses trying to lure employees back to the office after the COVID pandemic or recruit workers in a tight labor market.

The petrochemical industry and state government are stable

pillars of the local economy, which is why the Baton Rouge office market is insulated from some national issues. Based on keycard swipe data, about 60% of local workers are back in the office, compared to the national average of around 50%.

Despite the challenges facing Baton Rouge's real estate market, local experts are op-

timistic about its future. The Trends in Real Estate seminar, which started in 1988 as a joint project of LSU's Real Estate Research Institute, aims to educate local practitioners about the state of the market. Overall, the Baton Rouge real estate market looks to be on the upswing, with several positive indicators pointing to future growth.

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**IN THE SUPERIOR COURT OF THE STATE OF ARIZONA IN AND FOR THE COUNTY OF MARICOPA JUVENILE DIVISION CASE NO. JS21560 NOTICE OF HEARING ON PETITION FOR TERMINATION PARENT-CHILD RELATIONSHIP**

In the Matter of:  
**ELIZABETH MONK DOB: July 22, 2009**  
Person under 18 years of age.

TO: Fadia Erica ElMohamed aka Fadia Monk  
Petitioners, Brandon Vincent Monk and Jessica LeeAnn Monk, having filed with this Court a verified Petition to Terminate Parent-Child Relationship between Elizabeth Monk and her Natural Mother, Fadia Erica ElMohamed aka Fadia Monk.

**NOTICE IS HEREBY GIVEN** that a hearing on the Petition to Terminate Parent-Child Relationship is scheduled for the 22nd day of June, 2023, at the hour of 9:15 o'clock, a.m. (Arizona time), before the Honorable Pamela Gates in the Maricopa County Superior Court, Juvenile Division at the Old Court House located at: 125 West Washington Street, Phoenix, Arizona 85003, for the purpose of determining whether any parent named herein is located at the hearing to appear at a hearing as a party in this proceeding. The failure of a parent to appear at the initial hearing, the pretrial conference, the status conference or the termination adjudication hearing without good cause may result in an adjudication terminating the parent-child relationship of that parent.

Failure to appear at a hearing may result in a finding that the parent has waived legal rights, including the right to trial by a jury, and is deemed to have admitted the allegations in the motion or petition for termination. The parent shall be advised that the hearings may go forward in the absence of the parent and may result in the termination of parental rights based upon the record and evidence presented.

In the event a named parent appears and enters a contest to the allegations, a trial will be scheduled for a later date. If a named parent does not contest the allegations, then that parent's rights shall be terminated on the above date and time.

The above-named individual may obtain a copy of the Notice of Hearing and Petition to Terminate Parent-Child Relationship by submitting a written request to: **Kristy B. Blackwell**, Attorney at Law, 3920 S. Alma School Rd., Ste. 5, Chandler, AZ 85248. A request for reasonable accommodation for persons with disabilities

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# Baker Preparing Space for National Fitness Court in MLK Park

City of Baker to receive National Fitness Court grant: New outdoor fitness court will offer full-body workout in only 7 minutes

Following up on the exciting news about the City of Baker being chosen as a recipient of the National Fitness Court grant, Mayor Waites announced last week that work would begin shortly to install this state-of-the-art outdoor fitness court. As weather permits, the concrete pad for the court will be poured, and the court will be installed! The National Fitness Court is



Push, Lunge, Pull, Agility, and Bend. Beginner, intermediate, and advanced training videos demonstrate how users of any age or ability can use the Fitness Court at every station. Users can leverage their body weight at different angles and levels of resistance to improve their performance over time. In addition to the 7 Movements in 7 Minutes training system, the Fitness Court® can be used in thousands of ways and variations. The possibilities for unique movements and custom routines are endless.

The Fitness Court is designed to provide a full-body workout in only seven minutes. You can take your workouts to the next level with guided step-by-step coaching from expert trainers. Celebrity trainers like Rob Riches & Mark Lauren will show you how to get the most out of the Fitness Court. Workouts for every goal are available, from balance and mobility to strength and cardio. If you are unsure what move to do in each of the Fitness Court's 7 stations you can look no further than the Fitness Court Movement Library, which features international best-selling author and award-winning trainer Mark Lauren as he walks you through beginner through advanced moves that can be done in each station. Work with Mark as he walks you through step by step with dozens of fantastic exercises on the Fitness Court.

The City of Baker is very pleased to partner with the National Fitness Campaign in order to offer new fitness opportunities to the community.

Stay tuned to LABAKER UPDATES for the latest on the progress of this great new resource coming to Baker in 2023!

made in the USA and is designed for adults of all ages and abilities; fully accessible and home to premiere outdoor fitness classes and training programs. It is proudly designed and built to last for decades in every environment; the Fitness Court is made from best-in-class materials such as dual-layer powder-coated carbon steel, tamper-resistant, galvanized & stainless-steel bolts and fittings, and anti-graffiti laminate vinyl decals.

Along with the fitness court, the National Fitness Campaign (NFC) offers free online guides to circuit training on the equipment and ample space on the open courtside for instructor-led classes in the fitness court studio! Whether you check out the programming offered on YouTube or whether you choose to use the app (available for both iOS and Android), you can maximize your fitness potential!

One of the core tenets of the National Fitness Campaign is the 7 Movements for Everyday Health. These are Core, Squat,

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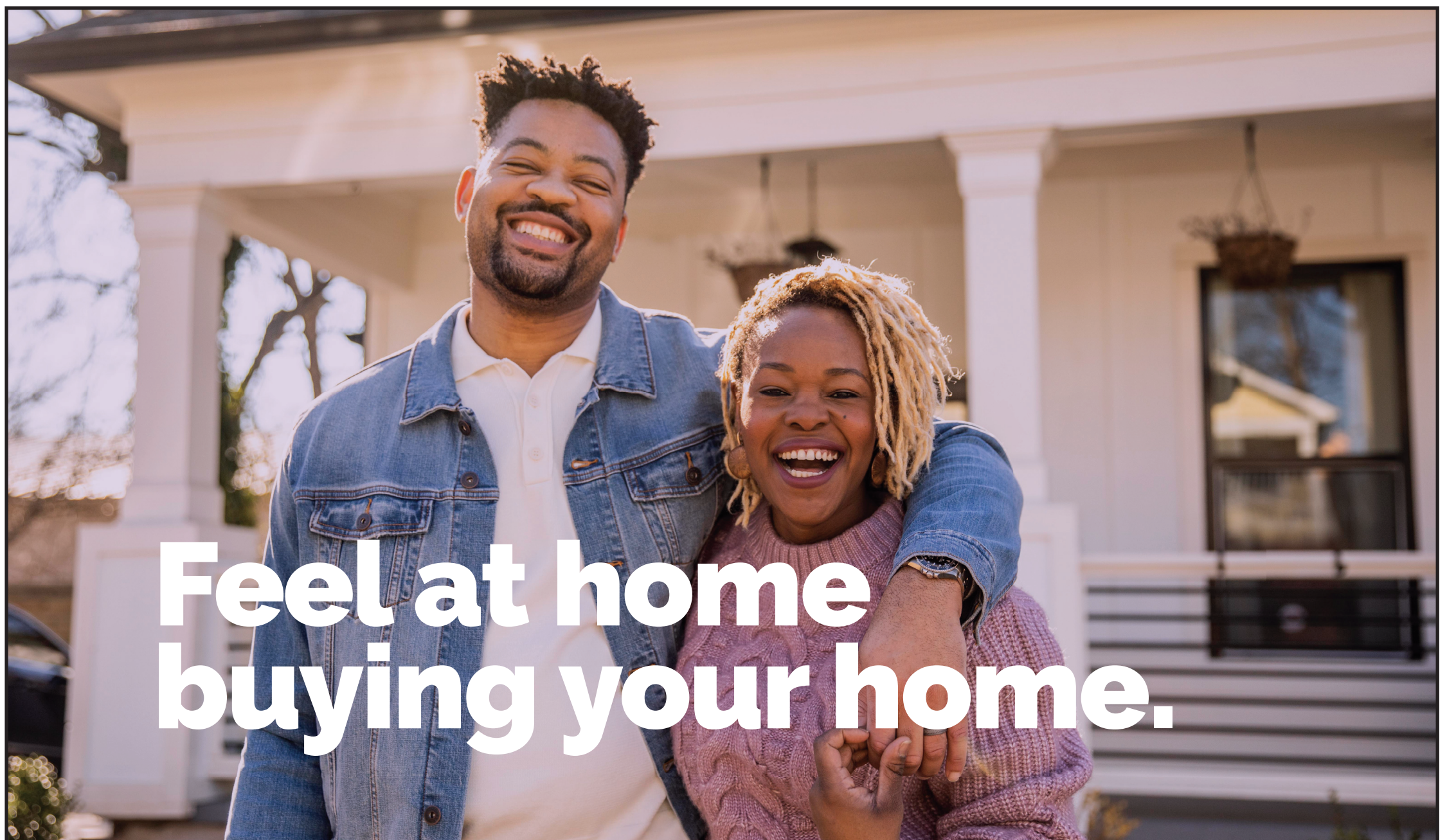
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