



First True Love's Quarterly Press

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The Importance of Voting

“Voting is your civic duty.” This is a pretty common sentiment, especially each November as Election Day approaches. But what does it really mean? And what does it mean for Americans in particular?

Today, most American citizens over the age of 18 are entitled to vote in federal and state elections, but voting was not always a default right for all Americans. The United States Constitution, as originally written, did not define specifically who could or could not vote—but it did establish how the new country would vote.

It was not until the 15th Amendment was passed in 1869 that Black men were allowed to vote. But even so, many would-be voters faced artificial hurdles like poll taxes, literacy tests, and other measures meant to discourage them from exercising their voting right.

This would continue until the 24th Amendment in 1964, which eliminated the poll tax, and the Voting Rights Act of 1965, which ended Jim Crow laws. Women were denied the right to vote until 1920, when the long efforts of the women’s suffrage movement resulted in the 19th Amendment.

With these amendments removing the previous barriers to voting (particularly sex and race), theoretically all American citizens over the age of 21 could vote by the mid 1960s. Later, in 1971, the American voting age was lowered to 18, building on the idea that if a person was old enough to serve their country in the military, they should be allowed to vote.

How You Can Make Your Voice Heard

If you are not yet 18, or are not a U.S. citizen, you can still participate in the election process. You may not be able to walk into a voting booth, but there are things you can do to get involved:

Be informed! Read up on political issues (both local and national) and figure out where you stand.

Participating in elections is one of the key freedoms of American life. Many people in countries around the world do not have the same freedom, nor did many Americans in centuries past. No matter what you believe or whom you support, it is important to exercise your rights.

Source: National Geographic - Education

Stay In The Know and Help Your Child Grow

The 2024-2025 school year has begun. Hopefully each of our children have settled into an excellent school routine and are experiencing school success. Recently, I was watching a “Coffee Talk Tuesday” presentation, and I was surprised to discover that a few years ago a state law was passed that greatly impacts our third-grade students. This school year all third graders must score “proficient” in literacy to be promoted to fourth grade. Somehow I missed this important information; I had no idea of this requirement until I watched the August 27, 2024 “Coffee Talk Tuesday” episode. It was at this point that I wondered how many of our parents knew about this third-grade requirement. Parents, it is very important to: “*Stay In The Know and Help Your Child Grow.*” In this newsletter, I will share some information that parents should know, as well as resources that provide valuable information that impact our children and families.

Tangipahoa Parish Schools has a public Facebook page: Tangipahoa Parish School System. You can access it by doing a search on your Facebook page. I suggest that you follow their page so that you can see their new posts. Each live stream “*Coffee Talk Tuesday!*” is featured on this Facebook page and the video is posted so that viewers can watch it later.

The *live streams* provide valuable information that impacts our children and families. In addition, this Facebook page provides information that is provided by the Louisiana Department of Education. Information was recently shared on the Tangipahoa Parish School System’s Facebook page regarding the expansion of tutoring options for K-12 students. The Louisiana Department of Education is expanding tutoring options available to students who need additional support in reading and math. Families can now apply for \$1,500 digital tutoring vouchers as part of a broadened *Steve Carter Tutoring Program*. While the *Steve Carter Program* provides high quality tutoring options outside of the school day, Louisiana’s new *Accelerate: High-Dosage Tutoring* program provides additional support in reading and math to K-5 students during the school day. Parents may apply for the *Steve Carter Tutoring Program* online at: www.louisianatutoringinitiative.com. Parents should inquire about the *Accelerate: High-Dosage Tutoring Program* at their child’s school.

Another valuable resource is the Tangipahoa Parish School website: www.tangischools.org. The main menu is on the left side, and it appears as a brown square with three white lines. Click on this icon and you will see “*Family Toolkit*”. Under this heading you can click on “*Students*” and “*Families*” to access valuable information. These are a few resources to help you “*Stay In The Know and Help Your Child Grow.*” Informed parents are better equipped to help their children achieve school success. Parents and guardians do not have to know how to teach their children everything, but it is extremely important that they know about and use every resource available to help their children succeed.



Contributed by: Dr. Carolyn Roman



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Health News

“Do not fear, for I am with you, do not be afraid, for I am your God, I will strengthen you, I will help you, I will uphold you with you with my victorious right hand.” Isaiah 41:10

October is Breast Cancer

Awareness Month and has been observed for the past 90 years. According to the literature and the National Cancer Institute, approximately 310,720 women in the United States will be diagnosed with breast cancer in 2024; about 42,250 will die of the disease. Breast Cancer is the most common type of cancer in women in the United States. Breast Cancer accounts for 30% of new cancer deaths in women. The most common form of breast cancer is ductal carcinoma, which begins in the cells of the ducts. Lobular cancer begins in the lobes and is found in both breasts.

Symptoms of Breast Cancer:

- Change in nipple appearance or alteration in the skin surrounding the nipple.
- Bloody or abnormal nipple discharge
- Lump or thickening in the breast
- Change in breast color
- Pitting of breast skin
- Breast or nipple pain

Breast Cancer Prevention:

- Maintain a healthy weight
- Yearly mammogram
- Staying physically active
- Avoiding harmful use of alcohol
- Breast Feeding
- Avoiding prolong use of hormones.

Hereditary breast cancer accounts for 5% - 10% of breast cancer diagnoses. Woman who have the mutations in certain genes, such as BRCA1 and 2 have a higher risk .

Risk factors:

Being female, being older in age, exposure to estrogen, presence of dense breast tissue, early onset of menstruation, older age at first birth, use of hormones for treatment of menopausal symptoms, smoker, obesity

Breast Cancer in Men

An estimated 2,790 men will be diagnosed with breast cancer in 2024 and of those 530 will die from the disease. Risk factors include radiation exposure, high levels of estrogen, and family history of breast cancer increase a man’s risk of breast cancer.

November is Diabetes Awareness Month

Diabetes is a disease that occurs when the pancreas no longer produces enough insulin, or the body cannot effectively utilize the insulin it produces. Insulin is a hormone produced by the body to help regulate blood glucose levels.

Types of Diabetes:

Type 1 also known as Insulin

Dependent diabetes or juvenile onset is caused by deficient insulin production and requires daily injections of insulin.

Symptoms

- Excessive thirst
- Frequent urination
- Increased hunger
- Unintentional weight loss
- Blurry vision
- Fatigue

Type 2 DM

This occurs when your body uses sugar for energy and stops the body from properly utilizing insulin which leads to high levels of blood sugar if not treated in time. Type 2 DM is often preventable by controlling your weight and includes daily exercise. More than 95% of people have T2DM and it was only seen in adults, but it is now increasing in frequently in children.

Symptoms

- Often start slowly and similar to T1DM.
- Increased thirst and hunger
- Increase urination
- Weight loss
- Darkened skin on neck

Treatment

Lifestyle modifications: weight loss, exercise, nutritious diet
Oral Medications: Metformin, GLP1(weekly injections)

Respiratory Syncytial Virus

RSV is a common respiratory virus that infects the nose, throat, and lungs. Its symptoms make it difficult to distinguish it from the common cold or other respiratory viruses such as flu and COVID. RSV usually spreads in the fall and winter months along with other respiratory viruses.

Symptoms

-Causes mild cold- like symptoms
Most RSV infections resolve on their own.

Treatment:

Manage fever and pain
Drink enough fluids

Vaccines are recommended to protect adults ages 60 years and older from RSV.

Contributed by: Veronica Ricks, NP



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New Members and Baptisms

A BIG True Love Welcome to All of our New Members

Dewayne Taylor, Katrina Brown, Walter Henderson, LaTonya Bell, Frances Frazier, Lionel Frazier, Derrin Smith, Darenisha Coleman, Antonio Brister, Karley James, Azoria Winston, Johnny Barnett, Theodore Hartford, Crystal Burise, Julie Gordon, Kilee Franklin, Giuliana Dangerfield, Cree Patterson, Mallori Pines, Russell Patterson, Willie Johnson, Gaston Ayme, Amelia Ayme, Bryniya Wright, Kimberly Wilson, Taiveyuana Rhodes, Tamia Legard, Victoria Martin, Alice Engram-Hammed, Antwone Richardson, Johnnegua Banks, Dorion Lusk, Micah Pines Jr, Prestin Pines, Tyler Pines, Donald Smith, Felicia Smith, Tonia Banks, Jada Banks, Myah Banks, Kathy Alexander. Alyriah Alexander, Tonja Wright, Noah Jackson, Cassandra Brumfield, Jordan Austin, Bailey Austin, King Dawson, Jah Dawson, Inez Wilson, Oliver Wilson, Drecen Williams, DeVaughn Williams, Mila Mack, Mattie King, Terri August and Marcia Washington.

Those who went down in the liquid grave

Alyriah Alexander, Karen Thompson was baptized with her grandsons, Drecen and DeVaughn Williams, Mila Mack, Mattie King, and Jordan Austin



*Save
the
Date*

**Women of Power
Thursday, October 10th**

**Cancer Survivors' Recognition
Sunday, October 27th**

**Hallelujah Night
Thursday, October 31st**

**Veterans' Recognition
Sunday, November 10th**

**Ministry Leaders & Workers
Christmas Fellowship
Friday, December 6th
(South Church)**

**Watch Night Service
Tuesday, December 31st**



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