



GRAMBLING CONNECTION

September 20, 2024 • "Covering Grambling, Simsboro, Gibsland and surrounding areas"

FREE - Grambling, LA

Election 2024: What's at Stake?

Staff Report

s the 2024 elecapproaches, the stakes are higher than ever. This pivotal moment in American politics is shaping up to be a defining event, not just for the candidates but for the future of the country itself. Here's a closer look at what's at stake in this crucial election cycle.

1. The Future of American **Democracy**

The 2024 election comes at a time when the integrity of American democracy is under scrutiny. Issues like voter access, election security, and the legitimacy of the electoral process are front and center. The outcome will likely influence how these issues are addressed in the coming years, with potential implications for democratic norms and practices. The candidates' positions on voting rights, gerrymandering, and election interference will be critical in determining the future health of American democracy. Nowhere is that more prevalent than right here in Lincoln Parish where the recent gerrymandering has resulted in all of Lincoln Parish being re-districted from the 5th Congressional District un-



der Julia Letlow to the 4th District under Mike Johnson. This action has resulted in a huge number of Lincoln Parish voters rendered inactive for failure to verify their addresses with the Registrar of Voters office or Sec-

retary of State's office.

Measures are being taken by local groups to ensure that the community knows about these tactics.

See **ELECTION**, page 3

Main Street America Partners With City of Grambling for **Economic Growth**

By Lena Claybon

Main Street America, a reputable organization that leads an inclusive, impact-driven movement, dedicated to re-energizing and strengthening older and historic downtowns as well as neighborhood commercial districts nationwide, has recently partnered with the City of Grambling to help the community plan its re-vitalization and growth.

Toward this effort, the City has hired Amri Warren-Douglas, of Homer, LA, as its part-time Main Street Executive Director. Ms. Warren-Douglas, an entrepreneur and Business Consultant, initially worked with Main Street America through its partnership with the City of Homer.

"I was born and raised in Homer." Says Ms. Warren-Douglas. "I'm the daughter of a rural entrepreneur that also has a nonprofit. Since the age of 13, I've basically been the family's bookkeeper managing and organizing the nonprofit. I grew a natural skill to that. [As an adult], I moved away and I decided to come back home during the pandemic. I wanted to find a way to utilize my skills [as a Business Consultant], like organizational business support, and developing small businesses.

Ms. Warren-Douglas said after she returned home, she noticed all the improvements that were going on in her hometown and began asking questions. What she found was a group of people who were working on the Homer Historical Cultural District downtown. Through her own non-profit, she was working on the Historical Black District [in Homer]. They decided to come together and combine their ideas.

"They introduced me to Main Street America, where I could use those same tools and skills that they were utilizing in their historic district and the historic district that I was look-

[Main Street America] assist us with acquiring grants. They assist us with providing education. So, the main purpose is to ensure that we're preserving a lot of our historic neighborhood. Ms. Warren-Douglas says she also likes the fact that one of Main Street America's priorities is in preserving the culture that's already there and building upon it, instead of creating a new one.

Her job, she says, is to work with the City government and citizens to work out a plan for re-vitalization. "You basically

See MAIN STREET, page 2

SERVING THE COMMUNITY WITH EXCELLENC

rambling native, Louis Allen, is a prime example of what hard work and dedication can achieve. He has risen through the ranks to become the top salesperson at Karl Malone's Toyota of Ruston. Highly respected by his peers, we sat down with him recently to find out his "secret sauce" for being so good at his job.

TGC: How long have you been with Karl Malone Toyota of Ruston?

Louis: I've been here 4 years and 10 months.

TGC: Were you in auto sales before you came here? Louis: No, this is my first auto sales job.

TGC: So, tell us more about your background?

Louis: I'm actually from Grambling. I went to Alma J. Brown Elementary, then Grambling Middle School and High School. Then, I went to Grambling State and graduated in 2003.

TGC: What did you do after graduation?

Louis: I got offered a job at Walgreen's right out of college so I started there first.

TGC: So, you've always been in sales?

Louis: Yes, retail sales and then auto sales.

TGC: Ok, so, after Walgreen's, you came here?

Louis: Yes.

TGC: Since you've been here, what have been some of

your accomplishments? Louis: My first year, I was top salesperson... so I did that, and really just learning, that 's been my thing. I consider myself a sponge.



General Manager, Joel Benton (L), Louis Allen (R)



"I mean, we know we have business to do but it's also important that people enjoy coming to work."

- Louis Allen

TGC: We've spoken with your manager and he speaks very highly of you, so what do you think it is you do that makes you stand out?

Louis: I don't have to be told to do something. You know, you have some people when they come to work, and you have to tell them what to do. I'm someone that... I naturally come in and I know what to do. If I have a customer coming, I know how to take care of my customer. I make

the car buying process, which a lot of people say is stressful, make it as much fun and easy as I possibly can make it. It, also, makes my Manager's job easier to not worry whether, this person is coming in or that person. It's makes everyone's job easier when people do what they're suppose to do.

TGC: What is it about working in this market that you enjoy?

Louis: I love it! I mean,

people can always go to a bigger market but in a bigger market, you might go to a dealership and they might have 20 sales people or, you know, ok, there's a dealership here, but then there's one [next door], and [across the street], they're all on top of each other... Like, I'm from this area so I market myself really well and I get referrals from people that know me personally. And, also, different customers that I've met, they'll call me up and say, "Hey Louis,

I gave your number to this person or I need you to call this person." I get a lot of that so it's helps being from here.

TGC: So, what are your future goals?

Louis: Just to continue to move up, maybe someday be a general manager... you know, having that team where everyone loves to come to work and have fun. I mean, we know we have business to do but it's also important that people enjoy coming to work.

TGC: Ok, any parting words you'd like to say to our readers?

Louis: If you come here, we're going to have fun. Instead of going through a process that a lot of people hate, we want them to enjoy it. And for people who want to work here, you have to come in and be willing to learn because every customer is different and you have to learn how to deal with different personalities. And a lot of it is in the way you come across to them. You have to treat every person like they matter.

TGC: What would you say is great about coming to Karl Malone as oppose to other dealerships around?

Louis: I feel like you're not going to get a better price and you won't have a better experience [anywhere else].

TGC: Ok, well, thank you for sitting down with us and for sharing your story with our audience.

Louis: Thank you for having



WELCOME TO THE GRAMBLING CONNECTION!

t's been a long time coming but it's here! Grambling's own community newspaper! With over 4,000 residents in the town and another 5,000 at the University, Grambling (and surrounding areas like Simsboro and Gibsland), has long been in need of a communications vehicle that services its residents and provides them a platform through which they can speak.

Our reason for putting together this paper is simple... to connect the community. As most folks from Grambling already know, Grambling has an incredible and rich history. From its formation in the

1800's by freed slaves looking for a place to call their own with a fierce determination to build economic and political independence, to being the birthplace of the first HBCU in Louisiana to being home to the legendary Coach Eddie Robinson, the winningest coach in collegiate football history and who put more players in the NFL than any other collegiate football coach in history! And, now, to be the first HBCU in the US to open a digital library! Yes, Grambling has a lot to be proud of. However, as the staff members of the Grambling Connection have observed, and as others in the community

have been saying for some time, what is missing is a communication device through which the community receives timely and accurate information about what goes on in the community relevant to them and a way to have their voices heard.

That is our mission. We want to provide the residents of the community with a way of knowing what is going on in the community, from City Hall Meetings to water supply issues to citizens who are doing noteworthy things. We want to give local businesses an inexpensive way to reach new potential customers in the community, instead of just

relying on word of mouth.

We will cover Community News, Church Bulletins, Recipes from the Community, Health & Wellness, Sports & Entertainment, a Business Card Directory and much more!

Our distribution centers will be throughout the community at local stores, gas stations, liquor stores, hair salons, restaurants and on campus.

The paper will be published bi-weekly (every other Friday) for the first six months with plans to go weekly thereafter.

We are excited to bring this paper to the community but we need your help. We are relying on the community to bring us newsworthy items and stories they want to see covered. We also want to hear from small businesses in the area who want to get the word out to the community that they're here!

And lastly, we know people want to be heard so we want the community to be able to share their opinions and feedback regarding local and/or national issues that affect them. Remember, this is a "community" paper and we want the community involved so let us hear from you!

Thank you for your support!

The Grambling Connection Team

Politics has become the new religion in America

By Prentiss Smith

There was a time when religion served as the guiding star for people, a moral compass that steered their lives and decisions. I know that to be true because as a minister's son, I grew up in the church. Every time the church doors opened, my siblings and I were expected to be there, and we were. We are grateful for those experiences, because they helped shape us into the individuals, we have each become.

When I was growing up, the churches were full. People were seeking solace, guidance, and a sense of community under a shared belief in something greater than themselves. Today, it seems as though politics has taken over that role, becoming the new religion that shapes identities and dictates loyalties. Politics has become the new religion in America.

People have become rabid about their candidates and their politics. Families have been destroyed because politics have become more important than family unity. More people are willing to do just about anything to push their candidate or their agenda, and that is on both sides of the political spectrum.

I have seen the shift from religion to politics as the primary source of identity and values. We have all seen it, and it has



changed how we engage and interact with each other. It is very apparent that what matters most for some people is their politics, and not their religion.

No longer is the question of faith or moral belief the fore-most inquiry in social circles. Instead, it is all about political allegiance: Are you a Democrat or a Republican? The church, once a cornerstone of community and personal identity, has become an afterthought in a society increasingly fixated on political saviors and partisan victories.

This political fervor is evident in how laws and policies are crafted and interpreted. The Supreme Court, once seen as an impartial arbiter of justice, has become a battleground for ideological supremacy. Today's court is a conservative court, and people understand that ideological leanings are inher-



ent. Ideological is not partisan, but it can be, and it has become a part of the new religion that is politics. .

The extent to which partisanship influences decisions has reached unprecedented levels. For instance, the notion that a president might enjoy blanket immunity solely based on party affiliation is not just controversial; it's an alarming departure from the principles of impartial justice and accountability.

The judicial system is supposed to interpret and uphold the law, not make new law from the bench. This court just threw out the bedrock notion that no man or woman is above the law, which is something that many of us believe is the foundation to a civil and a law-abiding society.

Many people believe that what this court has done is an assault on the rule of law, and a moves the country toward a country that is less democratic than more democratic. Power is slowly and systematically being taken away from the people and given to the politicians and bureaucrats.

The presence of politics in all aspects of our daily lives is undeniable. Politicians now wield influence over the most intimate aspects of our existence. From decisions in the bedroom to policies in the doctor's office, political agendas shape the contours of our personal freedoms and choices.

The intrusion is pervasive, and it feels as though God has been kicked to the curb, replaced by a group of political figures who promise salvation through policy rather than prayer. What happened to their faith in the God so many of them say they believe in? It is like it only exists in their minds and not in their deeds, which are now couched in partisan politics.

Many Americans have seen the transformation of politics into a quasi-religious force, and they don't like it. It polarizes society, as political allegiance becomes not just a matter of opinion but a core aspect of identity. People become associated with their tribe, their group, their race, or their nationality.

Politics has become the new religion, and that reality is eroding the separation between personal belief and public policy. This leads to laws that reflect partisan ideologies rather than collective moral values. The most concerning thing is that it replaces the concept of an ethical higher power with the flawed and often self-serving motivations of political leaders who are only thinking about the next election.

As we navigate this new landscape, it is crucial to recognize the dangers of allowing politics to fill the void left by the retreat of religion. While political engagement is vital for a functioning democracy, it should not become a surrogate for the spiritual and moral guidance that religion traditionally provided.

Citizens must find a balance between religion and politics, which ensures that our political affiliations do not consume our identities or erode the fundamental principles of justice and personal freedom.

Then and only then, can we as citizens hope to create a society where laws are just, leaders are accountable, and the guiding star is not some political ideology or blind allegiance to those who only seek to sew division and mistrust. Yes, politics has become the new religion. And that's my take.

Prentiss Smith is an Opinion Writer for The Shreveport Times and other publications. He may be reached at: smithpren@aol.com

MAIN STREET from page 1

become a community partner and you work with the Main Street District and that's where I come in... I'm the voice of the people. I'm the Executive Director directing exactly which path we're going to take and I'm taking in the suggestions of the City Council, the Mayor, and citizens, and I'm putting it in black and white in a plan."

She went on to say that Grambling is already doing some of the preliminary work that will make it a great candidate to receive the benefits from working with the Main Street program. "There's a lot of infrastructure foundation things that I'm excited Grambling is doing right now, which will make it eligible to have a Main Street District, a Historical Cultural District, or it may be a Historical Commercial District. I'm not really sure on the avenue that they're going to take right now because I haven't been sitting in the meetings as of yet, but being a part of Main Street America, [they] become eligible for the educational resources and guides, like



Amri Warren-Douglas stands in front of Main Street sign.

myself, coming in and guiding them to get the district started and also, creating the transformational strategic plan, which will be a citywide plan for any entrepreneur or anyone that wants to be a part of the plan.

When asked to explain how the Main Street program works, she responded,

"So, I come in and I give [a city] three topics that [they] need to focus on. I, then, give them a work plan to go with those three topics. I help them work their way through... My first 30 days, is very important to ask the questions, to get out in the community, to become a familiar face, and get well acquainted with those who also hold the history of Grambling, the city, as well as the university.

She continues, "Because one of the main points and one of our main drivers on why we work is because we talk to the community. We want community input. A part of being an accredited Main Street, you have to show proof of a partnership with your municipality, with your community members, your community leaders, your schools, your parish jurors.

When you are developing these districts, once you have the plan in writing, there are grants that [can be awarded] to the organization or the municipality or the business to complete the application, which comes along with being an actual certified district.

We all know economics is needed to survive, so we want to make sure that we're creating different cycles where not only the town could benefit and receive capital outlay money, and receive different grants, but we also want to make sure that the small businesses, the local mom and pops, along with our urbanized businesses are being able to benefit from these plans. It is a ton of work, but I'm excited to go through the phases with the City of Grambling."

When addressing how long it might take for these plans to be realized, she stated, "Some cities achieve the success in three years. You will start seeing some markers in one year. It's really contingent upon the support and the spirit of the town. I'm there to build upon the spirit that's there. In many towns, spirit is lost. I have to do a little extra work to help them understand the value of their town and continue to be the advocate to broadcast to the world why this matters."

Ms. Warren-Douglas says she has to continuously work with the community members. "It is a continuously working plan that has checkpoints. It has quarterly checkpoints. I have to report what is done quarterly to our state office, which reports it ultimately, to our national office to maintain accreditation. As of right now, Grambling is at phase one, at ground zero. We are creating a district... well, actually, we are modifying what's already there to see what works for the citizens. Then, they will vote on those districts

Then, we will apply to become an accredited Main Street organization, which will be a part of the Grambling municipality. [After that], we'll start the process of implementing the plan."

When asked if there was anything else she wants the community to know, she said,

"As someone who believes in the pow-

er of community and preservation of cultural heritage, I was drawn to Main Street America's mission and values. I am proud to promote an organization that commits to revitalizing and preserving the heart of our communities. I am eager to bring my unique perspective and expertise to the City of Grambling with high hopes to contribute to the continued growth and success of Dear Ole' Grambling."

Main Street America was founded in 1980 as the National Main Street Center®, a program of the National Trust for Historic Preservation. Over the past 40 years the MSA network has helped to generate over \$101 billion in local reinvestment, rehab 335,000 buildings, create 782,000 new jobs, and start 175,000 new businesses in over 2,000 communities.

Citizens can learn more about Main Street America by visiting www.Main-Street.org



ELECTION from page 1

Veda Emerson, President of The Ruston Voter League, says, "Current changes in our government are deliberately moving us backward instead of forward through educational disparities [and] voter suppression." The group is spearheading efforts through voter registration drives and dissemination of information to the public about the purging of inactive voters.

2. Economic Policy and Stability

Economic issues are always a major focus during elections, and 2024 is no exception. With inflation, job creation, and economic recovery post-pandemic at the forefront, voters will choose between different approaches to managing the economy. The candidates' plans for taxes, government spending, and

economic regulation will have a direct impact on everything from personal finances to the broader economic landscape. How each candidate proposes to handle economic challenges like income inequality, healthcare costs, and infrastructure investment will be pivotal.

3. Climate Change and **Environmental Policy**

Climate change remains a pressing concern, and this election is offering a clear choice between competing visions for environmental policy. The election results will influence the future of environmental regulations, climate agreements, and initiatives to combat environmental degradation.

4. Healthcare Reform

Healthcare continues to be a deeply divisive issue in American politics. In the

2024 election, the candidates are offering different visions for healthcare reform, from how they will expand access to affordable care to addressing the rising costs of prescription drugs. The decisions made in this election could determine the trajectory of healthcare policy and its impact on millions of Americans' well-being.

5. Social Issues and Civil Rights

Social issues such as reproductive rights, LGBTQ+ rights, and criminal justice reform are critical topics in this election as well. Voters will choose between candidates with differing stances on these issues, which will affect future legislation and judicial appointments. The election results will shape the progress of civil rights protections and social justice initiatives in the coming years. Emerson continues, "We, as a people of color, must wake up, stand up, speak up and exercise our right to vote. Your vote does matter!"

6. Foreign Policy and **National Security**

On the global stage, the 2024 election will influence U.S. foreign policy and national security strategy. The present Presidential Candidates have very different plans for handling relations with major powers like China and Russia, managing conflicts in the Middle East, and addressing global threats such as terrorism and cyber-attacks. The outcome will have significant implications for international alliances, trade policies, and military engagements.

7. Judicial Appointments and Legal Precedents

The next president will likely have the opportunity to appoint federal judges, including Supreme Court justices. These appointments will have long-lasting effects on the judicial landscape and legal precedents in the United States as we have already seen play out just this year. The ideological leanings of future judicial appointees will impact key issues ranging from abortion rights to gun control.

Conclusion

The 2024 election is more than just a choice between candidates; it's a decision that will shape the future of the nation across multiple dimensions. From economic policies and environmental action to social justice and international relations, the stakes are incredibly high. As voters head to the polls, the implications of their choices will resonate for years to come, influencing the trajectory of American life and governance.

HOW TO REGISTER TO VOTE

Lincoln Parish Registrar

Sharon S. Parnell, Registrar

of Voters Office

100 W. Texas Ave.

Ruston, LA 71270

(318) 251-5126 Fax

lincolnrov@sos.la.gov

Monday through Friday

IMPORTANT DATES TO

OMV Office is October 7.

The deadline to register to

The deadline to register to

vote through the GeauxVote On-

line Registration System is Octo-

(excluding Sunday, October 20

and Sunday, October 27) from

The deadline to request an

absentee ballot is November 1 by

4:30 p.m (other than military and

The deadline for a registrar of

voters to receive a voted absentee

ballot is November 4 by 4:30 p.m.

(other than military and overseas

open from 6 a.m.-8 p.m.

• On election day, the polls are

Early voting is October 18-29

vote in person, by mail or at the

(318) 251-5110

Office Hours:

8 a.m. to 4:30 p.m.

REMEMBER:

8:30 a.m.-6 p.m.

overseas voters).

Excluding Holidays

Staff Report

f you have not registered to vote, it's not too late but time is running out. According to the Louisiana Secretary of State's website, here is the information you should know.

To register to vote you must:

- be a U.S. citizen;
- be 17 years old (16 years old if registering in person at the Registrar of Voters Office or at the Louisiana Office of Motor Vehicles), but must be 18 years old to vote:
- not be under an order of imprisonment for conviction of a felony or, if under such an order not have been incarcerated pursuant to the order within the last five years and not be under an order of imprisonment related to a felony conviction for election fraud or any other election offense pursuant to La. R.S. 18:1461.2;
- not be under a judgment of full interdiction for mental incompetence or partial interdiction with suspension of voting rights;
- reside in the state and parish in which you seek to register; and
- must be registered at least 20 days prior to an election if registering through our GeauxVote Online Registration System with a Louisiana driver's license or Louisiana special ID card or 30 days prior to an election if registering in person or by mail to be eligible to vote in that particular election. If mailing in an application, the application or envelope must be postmarked 30 days prior to the first election in which you seek to vote.

Register Online

Registering to vote or changing your registration is easy using the Geaux-Vote Online Registration System.

For security reasons, this application will time out if you remain idle for more than five minutes. All data will be cleared, and you will have to start the application over from the beginning.

Once you have completed the application, you will be allowed to either print and mail your application or submit your application electronically. If you plan to submit electronically, you must have your Louisiana driver's license or Louisiana special ID card in hand when you begin the process. There is an audit code on the card that you must enter. The audit code is a four digit number labeled AUDIT on the front of the license.

NOTE: A Louisiana mobility impaired card is not an acceptable form of identification since it does not contain a signature.

The Office of Motor Vehicles performs system maintenance from 1-4 a.m. daily. During this time, you may not be able to complete processing electronically, but the print and mail functions will remain available.

Please note that if you fill out an online application, but print and mail it to the ROV, it must be postmarked 30 days prior to the first election in which you seek to vote.

Register in Person

Apply in person to register to vote at any Registrar of Voters Office.

You may also register in person at any of the following locations:

- · Louisiana Office of Motor Vehi-
- Louisiana Department of Children and Family
- Services;
 - WIC offices; • food stamp of-
- Medicaid offices;

· offices serving persons with disabilities such as the Deaf Action Centers and Independent Living Offices; or

 Armed Forces recruitment offic-

If registering in person at a parish Registrar of Voters Office, you are required to prove residency age, and identity. You must submit your current Louisiana driver's license, if you have one, or your birth certificate or other documentation which reasonably sufficiently establishes your identity, age and residency.

If you have no license, driver's special Louisiana ID or social security number, you may provide a picture ID, a utility bill, payroll

check or government document that includes your name and address.

If registering at a mandated site, no further proof of identification is required other than whatever proof is required for services received that you have applied for at the public agency.

Register by Mail

Apply by mail by downloading the Louisiana Voter Registration Application, completing it and mailing it to your local Registrar of Voters Office. Please note that the list of offices for registrars of voters is also included on the form.

You may also register by using a National Mail Voter Registration Form.

Printing or photocopying blank registration forms for others may make you subject to the requirements of a voter registration drive. Please visit Organize a Registration Drive for more information.

Faxed voter registration forms are not accepted. The voter registration form should be addressed and mailed or hand-delivered to the appropriate registrar of voters in the parish in which you are registering.

The registrar of voters mails a verification mailing card to verify the address you have provided when registering by mail. If you do not receive a mailing from the registrar of voters within two weeks of registering, please contact their office.

Registration Facts

sociated with registering to vote. It is a right afforded to you as a United States citizen by the U.S. Constitution.

You must qualify to register with a residence address in the parish with a street or rural route address. Post office box addresses and mail center boxes do not qualify. The registrar of voters must know where you live so you are assigned to the proper voting precinct for Election Day. If you have multiple residenc-

es and claim a homestead exemption, vou must register to vote using your homestead exemption address; however, if you do not claim homestead exemption and reside at more than one place in the state with an intention to reside there indefinitely, you may choose to register only at one of the places at which you reside. However, there is an exception in the law for a person who resides in a nursing home or in a veterans' home. They may register and vote at the address where the nursing home or veterans' home is located, even though they have a homestead exemption on their residence.

Displaced voters: If you were involuntarily displaced to a new parish or state due to a gubernatorially declared emergency, but want to remain registered to vote at your pre-emergency address, you may remain registered there if you have not changed your registration address or filed a homestead exemption on a different residence. You should provide a mailing address, if different from your pre-emergency residence address, to your registrar of voters to remain an active voter.

Moved: If you have changed residence inside your parish after registering to vote, you should notify the registrar of voters in your parish of any changes to your registration or make changes online.

If you have changed residence outside your parish after registering to vote, you are only eligible to remain registered and to vote in that parish for three months prior to an election. You must register in your new parish.

Once you are registered in your parish, you will remain registered as an active voter. If you move and your residence address is not able to be verified through the U.S. Postal Service during the annual canvass or you do No cost is as- not return the address confirmation card issued during the annual canvass to all voters who have moved or whose address cannot be verified, you will be placed on inactive status. You can activate your status by verifying your residence address online with a change of address or in person either on Election Day before voting or at the Registrar of Voters Office by completing an address confirmation card. If you do not verify your address and do not vote in two federal general elections, you may be canceled. You may also be suspended or canceled if you lose your civil rights or register to vote in another state. Your registration cannot be canceled between primary and general elections unless the registration was fraudulently placed on the registration records or if you are canceled pursuant to the annual canvas conducted by the registrar of voters. A person whose registration has been canceled is not permitted to vote until they submit a new registration to the registrar of vot-

A change of name can be made online or in person by a voter registration application stating the name under which the person desires to be registered. A person who changes their name by virtue of a judgment of court shall file with the registrar of voters a certified copy of the judgment.

Cancel Voter Registration

To cancel your voter registration, complete a Cancel Voter Registration Form and submit it to the registrar of voters in your parish.



1301 N. Service Rd **Ruston, LA 71270** Office: 318-251-9874 www.BuyCourtesy.com **COMMUNITY SPOTLIGHT**

VALENA PURVIS LANE

"A Jolly Old Lady Who Loves to Serve"

By Joice M. Dunn

alena Purvis Lane, a native of Mansfield, and a 62-year resident of Grambling, was born on Valentine's Day. Her parents named her Valena using the first five letters of Valentine and adding an "a" because her paternal grandmother was named Selena.

When asked about her residency in Grambling, she said, my husband was a former Grambling College student and wanted to return to school. We came to Grambling in 1962 and been here ever since."

Having reached her 88th birthday, she was always characterized by her, now deceased husband, Lawrence Jack, as "a real sweetheart", who dedicates her life to serving others and almost never doing any housework.

In 1980, "I became Executive Director of the Grambling Housing Authority. After several weeks of seeing heavily burdened people walk into my office with sad faces and citing so many problems, I had to think of something to say with a big smile that would brighten their little faces as they entered the office," she said.

"I was already wearing a corsage so I thought the two together would help to create an environment similar to James 1:-3. (Paraphrased: 'Greetings.-count it all joy when you fall into trials, knowing that the testing of your faith produces patience')", explained Lane. "Greetings to me means 'It is a joy unspeakable to see and meet you'."

With her grandmother, Selena, serving as her first-grade teacher, her academic achievements led her to attaining a Master's Degree and 30 plus hours. She matriculated in public schools such as those of DeSoto Parish, Grambling State University (where she received a band scholarship and had the opportunity of playing clarinet and traveling with the world renowned GSU Tiger Band), San Francisco State College, Northwestern State University and Louisiana Tech University.

She is also certified as a Housing Manager by the National Center for Housing Management in Washington, D.C.

At age 21, Lane began her teaching career in the public-school systems of Webster and Lincoln Parish and at age 41, she experienced her first retirement which lasted for only 15 days.

She moved on to become the secretary and later the Executive Director of the Grambling Housing Authority. Before her retirement from the Housing Authority in 1957, she wrote several grants to the Department of Housing and Urban Development (HUD) that increased the public housing units from



Valena Purvis Lane

18 to 98 and received the first Section 8 Program (80 vouchers), which increased the total housing availability to 178. The three public housing complexes have been so named: Liberty Lane, Perkins Lane and West Grambling Lane. She also asked for and received a 15-passenger van so she could transport the residents to church and other local educational events. She is proud of the many educational trips sponsored for the disadvantaged residents which included visits to Dallas, Houston and San Antonio in Texas. The highlight trip was to Disney World in Florida.

Four months after retirement from the Housing Authority, at age 61, she was asked by the late State Representative, Pinkie C. Wilkerson, to serve as Executive Director of a non-profit she organized in 1997, so-named Communication of the com

nity Coordinating Council Inc. (CCC)
At Valena's current age of 88 she is still using her time, talents and resources to help make a difference in the total quality of life for adults and youth through enriching and educational programs. She has used her outstanding leadership ability to organize and direct many educational seminars and trips, and more than 50 Spelling Bee Programs which included the opportunity to escort a C.C.C. winner to participate in the Scripps National Spelling Bee in Washington, D.C.

She has organized trips to two presidential inaugurations in Washington, D. C., Niagara Falls, Toronto, Canada, Branson, Missouri, New York City, Memphis and Nashville, Tennessee, She recently experienced a 10-day tour of the Holy Land in Israel.

Lane is a humble, dedicated individual whose overwhelming cheerful spirit is always glowing through her smiles and laughter, compassion and concern and her warmth and kindness. She is an educator, humanitarian, community



Lane (far back right) stands with group for line dance



Lane stands in front of the smallest church in the world in Toronto, Canada

activist, civic leader, organizer, public servant and a longtime member of New Rocky Valley Baptist Church where she now serves as Children's Church Director. She also serves as Secretary of the Trustee Board. She has also been named, "Woman of the Year" for New Rocky Valley and the American Business Women's Association, Grambling Charter Chapter.

Lane's multiplicity of awards/citations include the following:

"The Presidential Citation" awarded in Washington, D.C. by the National Association for Equal Opportunity for Higher Education in recognition of exemplary experiences that honor Grambling State University, • Extra Mile Award- Louisiana Housing Council

Distinguished Leadership – Martin Luther King Observance, Grambling State University

Outstanding Community Service Award from the following organizations:Greater Grambling Chamber of Commerce

• Town of Grambling

Community Involvement Advocates

State of Louisiana House of Repreentatives
Alpha Kappa Alpha Sorority, Inc.

• Delta Sigma Theta Sorority, Inc.

• Zeta Phi Beta Sorority, Inc.

Mays Chapel C.M.E. Church
New Rocky Valley B. C.-Board of Christian Education

• New Rocky Valley B. C.-Women's Department

• International African American

Museum And many, many more.

Lane is a former member of the Monroe-Grambling Chapter of the Links, Inc. and currently holds Golden Life Membership in Delta Sigma Theta Sorority, Inc. She was recently inducted into Pi Gamma Mu International Honors Society as an honorary member. She serves on the Pinkie C. Wilkerson Life Development Center Board of Directors and formerly served on the Board of Directors for Humanitarian Enterprise for Lincoln Parish. She also worked with Friends of the Lincoln Parish Library and found time to serve as a mentor for a student attending the Louisiana State School for the Blind in

Her family says, "Round and round she goes, where she'll stop, Only God knows."

LADIES OF DST "WORKING THE CORNER" FOR A GOOD CAUSE

By Brenda Dupree

Community Contributor

The ladies of Grambling Alumnae Chapter of Delta Sigma Theta Sorority, Inc., "worked the corner" at RWE Jones and College Ave prior to the start of the GSU versus Tuskegee football game. This was the Tiger's home opener and lots of fans were streaming onto campus. These 50-70- and 80-year-old sisters took advantage of the beautiful afternoon to sign wave to passing motorists, encouraging them to Register, Prepare and Vote.

There were plenty of honks, hellos and a set of screeching tires from a semi that had to make a sudden stop. The sorority's theme for this election season is "Make Early Voting a Habit." The turnout within their 6-parish service area has been pretty dismal these last few years and that is something they are working to change. Voters tend to turnout decently during the Presidential elections but slack off

in the off years. It is their goal to change that narrative and work to see a 80-90% turnout of qualified voters as well as increase registration numbers.

Educating voters and helping them understand the importance of voting in every election is of utmost importance. The off-year elections tend to impact us more intimately. These are the school board, police jury, town and city council, aldermen, chief of police, mayoral elections and more. Local taxes, local schools, local roads, local hospitals, local businesses and more are impacted by these elected leaders.

This was just the start of more "corner work" within our communities. Grambling Alumnae Chapter is here to serve and make a difference in the communities that the group serves and the state. In Louisiana, October 18-29, 2024 are the days of Early Voting except Sundays from 8:30 a.m. until 6:00 p.m. Their theme, "Make Early Voting a Habit in Every Election."



Grambling Connection Staff

Lena W. Claybon

Co-Publisher/Editor/Advertising Manager **Joice M. Dunn**

Co-Publisher/Editor/ Editorial Manager
Prentiss Smith

Contributing Writer

Designed by Get Current Studio CEO, Michael Grant

Creative Director, Kenyon Shafer

THE GRAMBLING ★CONNECTION

Subscription Information
Print Edition - \$9.99 mo.
Online Editon - TBA
For Subscriptions, Contact:
gramblingconnection@gmail.com or
(318) 224-2676

Published bi-weekly on Fridays except on Holidays by The Grambling Connection Media Group, LLC, Grambling, LA <u>SUBMISSIONS</u>

Send a Letter To The EditorWe accept letters by email only. Submit to

gramblingconnection@gmail.com

How to submit a press release

To submit press releases, announcements or opinions, please email us at gramblingconnection@gmail.com with details of your submission. The Grambling Connection reserves the right to refuse to print any submission and is not responsible for the content of submissions. Contact publication for submission

Copyright © 2024. The Content of this publication cannot be reproduced or republished without the consent of The Grambling Connection.

Announcements

Ruston Park Fest

The Lincoln Parish Park will hold Park Fest 2024 on Saturday, Sept. 28 from 10 a.m. until 4 p.m. The park is located on 211 Parish Park Rd. in Ruston

Love Chapel holds Family and Friends Day

The Love Chapel Baptist Church will hold Family and

Friends Day Sunday, September 29 at 11 a.m. The speaker will be Rev. Gary Powell of the True Believers Baptist Church.

The Church is located on 1525 Sikes St., pastored by Rev. Elliott Abney. All churches are invited.

Grambling Chamber to hold banquet

Grambling Chamber to hold the 13th annual banquet on Friday, Nov. 1 at the Fred Hobdy Assembly Center on the Grambling State University campus.

There will be a wine and cheese event at 6 p.m. and the dinner and awards ceremony will start at 7 p.m. the Pinkie C. Wilkerson Life Development Center "Read Me A Story"

Program will receive the R.W.E. Jones Education Award; Mrs. Theresa Watt will receive the L.D. Land Government Award; Johnny Gray will receive the A.D. Smith Business Award; Thelma Smith Williams Community Service Award will go to (NAMI-Ruston) National Alliance on Mental Illness and Dr. Rhonda R. Pruitt Special

Recognition Award goes to Pastor Juluis Sumler and the Emmanuel Family.

Tickets for the event are \$50 and a Table, seating eight) is \$400. For additional information contact Jeffery Sims, 318-957-2123 (simsjeffery@ hotmail.com) or Barbara McIntyre, 318-243-1858 (bmcintyre@yahoo.com).

In Remembrance...

In Loving Memory of Dr Phedra Owens Brantley

On behalf of the Grambling High School Class of 1988

We are deeply saddened by the loss of our dear classmate, teammate, sister, and friend, Dr. Phedra Owens Brantley. Phedra was an exceptional presence among us, known for her strength and her dedication both on and off the court. As a star basketball player during our years at Grambling High, she demonstrated unmatched determination, leading her team with both skill and heart.



After high school, Phedra continued to shine in all she did, pursuing a career in education where she touched countless lives with her passion for learning and her love for her students. She was not only a remarkable educator but also a beloved wife to her husband, Ron, and a steadfast member of Delta Sigma Theta Sorority, Inc. Her spirit will forever be

Phedra's legacy is one of love, strength, and selflessness. She taught us not only by her words but by her actions, living a life of purpose and service. We are honored to have shared so many beautiful memories with her as part of our close-knit Grambling family.

As we remember Phedra, we take solace in knowing that her light continues to shine in the hearts of all who were fortunate enough to know and love her.

Rest in peace, dear

Phedra. You will always be in our hearts. — GHS Class of 1988.

She Is Gone (by David Harkins)

You can shed tears that she is gone, Or you can smile because she has lived. You can close your eyes and pray that she'll come back, Or you can open your eyes and see all she's left. Your heart can be empty

because you can't see her,

Or you can be full of the

tomorrow and live yester-Or you can be happy for tomorrow because of yes-

You can turn your back on

love you shared.

terday.

You can remember her and only that she's gone, Or you can cherish her memory and let it live on. You can cry and close your mind, be empty, and turn your back,

Or you can do what she'd want: smile, open your eyes, love, and go on.

Leon Blankenship Reflections

Submitted By The Family

Leon Frederick Blankenship, Jr. "Butch" began his journey through life on November 28, 1955. He was born to parents Leon Frederick Blankenship, Sr. and Mildred J. Blankenship in Grambling.

At an early age Leon was baptized in Mt. Zion Baptist Church located in Grambling. He was trained up in the right way and learned to always carry God's word in his heart. He had a beautiful voice and loved to sing. Leon used the gift granted to him from above to sing praises to God as a member of the choir.

Leon was a member of the 4-H Club and received a well-deserved award for the prized cow he raised. He was always a hard worker. He tilled

the land, and cared for livestock, all while working side by side with his dad, Leon, Sr. This valuable training taught him how to be self-sufficient and provide for himself and the family.

Leon attended Grambling Lab School and later advanced to Grambling High. During that era, Isaac Hayes was a popular musical icon. One day Leon decided to emulate Isaac's style and showed up at school sporting his image. His long-hooded dashiki, dark shades, and cool walk left no doubt in everyone's mind that he was THE Real Black Moses.

Leon furthered his education at Southern University, Baton Rouge where he obtained his B. S. Degree in speech and drama. His fraternal affiliation was with The Alpha Phi Alpha Greek Organi-



zation. Leon was tagged with the line name "Beep-Beep." This was due to the horn sound of his eye catching, all equipped, sleek golden roadrunner vehicle. During the 1975 Greek Talent Show, his Frat Brothers placed him out front to sing lead. Leon displayed his 'tenor extraordinaire" vocals singing "Don't Take Your Love from Me", by the Manhattans. Backed by the harmony and smooth moves of his line brothers, they brought the house

down! The crowd shouted, "Move Over Temptations!"They'll always remain forever close-knit brothers. Butch was in the audience when Peabo Bryson had a concert on Campus. Peabo randomly passed the mike to him. After hearing Leon blow, Peabo didn't pass the

mike no mo! After college Leon enlisted in the Navy and served his country well. He covered many ports, but there was no place like home. Upon returning to the U.S. he resided in San Diego, CA, and finally made Grambling his home once again. Leon became a member of Galilee Baptist Church in Shreveport. Here he found his niche praising God through heartfelt soul inspiring songs.

He worked at Ochsner's Medical Center in Shreveport. before his retirement.

Retirement for him meant continually putting his hand on the plow to get the necessary work done. This meant wherever his services were needed. Butch loved his family and would always leave the door open for connections. Even if it meant the wee hours of the morning.

Although Leon had no biological children, he mentored many. At times his words were firm with a hand to match. He believed if you spared the rod, you spoiled the child. Those of you who survived these sessions know you're a better person for it today. Remember it hurt him more than it hurt you. He was an intelligent man who fed the word to those under the umbrella of his care. Leon based his lessons of love using the wisdom God provided him with

Affectionally known

to his family as "Butch", Leon, Brother, Bro Cuz, Friend, he'll be truly missed. God wants us to see the lighter side and know this. We transfer from apartment to apartment, house to house in our lifetime. Leon has just left his old residence behind to check into a new residence and form in Jesus' Kingdom. Here on Earth is just a pitstop to get it right. What he's experiencing is the real thing, "life everlasting!" We'll love you forever! Butch, we'll always see you singing your signature song as you "Walk Around Heaven" in Jesus' Name, Amen.

Leaving To Mourn Leon's Legacy Of Love And Dedication: Niece~ Teniesha Carter, Grand Nieces, Kamille Carter, Brittani Carter, Nephews, Gabriel Carter, Mason

Arts & Culture

Curtis "Fiddy Cent" Jackson Showed Up and Showed Out for City of Shreveport

By Prentiss Smith

I was a skeptic at first, but as the first weekend of August approached, I was hopeful that the very ambitious plans for a fourday festival could be something good for the city. It turned out to be better than good. It was great. The festival showcased another side of Shreveport, and happily, it turned out to be just what the doctor ordered.

Shreveport, Louisiana, was the place to be in Mid-August, as the city played host to the inaugural Humor and Harmony Festival, an event that lived up to its name in every possible way. The mayor and the city fathers could not have been happier than they were to see their plans come into fruition.

The festival, presented by none other than the multifaceted entrepreneur, rapper, and producer, Curtis 'Fiddy Cent' Jackson, the festival was a rousing and unmitigated success. I call him "Fiddy" because that is what I used to call him when I was jamming on his multi-platinum song, "In Da Club," a song that you could not sit down

on. Yes, that's right, I was jamming. It was a big hit, and was popular with young, old, black, white, everybody. It was just a fun song.

People from all corners of the country descended upon Shreveport and Northwest Louisiana for four days of fun, frolic, food, and a good old down-home party that won't soon be forgotten.

"Fiddy" showed up and showed out for Shreveport, bringing with him a jolt of economic firepower that the city desperately needed. Festival Plaza, the heart of the celebration, was transformed into a vibrant hub of activity, buzzing with the energy of locals and visitors alike.

What I saw during that time was a space in the city that has the potential to become an annual destination, drawing celebrities and stars from the big cities of New York, Los Angeles, Chicago, Dallas, and Atlanta. Festival weekend was a taste of what could be-a preview of the magic that could turn Shreveport into a must-visit spot on the festival circuit.

The festival's charm lay not just in its star power but in its



Curtis "Fiddy Cent" Jackson

essence—Humor and Harmony. The humor came in waves, with comedians taking the stage to deliver performances that had crowds roaring with laughter.

The harmony was palpable, as people from different backgrounds came together, setting aside their differences to enjoy the simple pleasures of life—good music, great food, and even better company.

It was a celebration of what

makes us human, a reminder that laughter and togetherness are powerful forces that can unite us all. It was one of the best events that has ever come to Shreveport, and I am encouraged that its suc-

cess can be replicated. One of the most remarkable aspects of the Humor and Harmony Festival was how smoothly it all went down. In a world where large gatherings often come with their fair share of trouble, this festival was virtually crime-free.

There were a few small, isolated incidents, as you might expect with any event of this scale, but no one was killed, no one was assaulted, and most importantly, no one was left out of the party.

The sense of community was strong, and the festival's success was a testament to what can happen when people come together with a shared purpose—to have a good time and enjoy each other's

company. Shreveport needed this. The city has had its challenges, and an event of this magnitude provided a much-needed boost, not just economically, but in spirit. The Humor and Harmony Festival has the potential to become an annual highlight, a tradition that brings people back year after year. It's an opportunity for Shreveport to shine on a national stage, to show the world what makes this city

As the final notes of music faded and the last joke was told, there was a sense of satisfaction in the air—a feeling that something significant had happened here. The Humor and Harmony Festival was more than just an event; it was a celebration of life, laughter, and community.

It was a reminder that, despite the challenges we face, we can always find joy in coming together. And for Shreveport, it was a chance to show that this city, too, can be a beacon of humor and harmony in a world that sometimes feels anything but.

Here's to Fiddy Cent for bringing his vision to life and to everyone who made this festival a success. Shreveport, you've set the bar high—let's see where this journey takes us next year. And that's my take. smithpren@aol.com



Jaqua Hill Sales Consultant jaquahill3@gmail.com

1301 N. Service Rd Ruston, LA 71270 Office: (318) 254-3230 www.BuyCourtesy.com



itestyle & Wellness

Healthy lifestyle Change – 5 Stages of Change for Exercise

Contributor

Have you ever said to yourself, "I'm going to start exercising tomorrow!" and really, in the moment, mean it but it never happened. Well, you're like millions of Americans who make that bold pledge to themselves and never quite get around to tomorrow. Here's a fun bit of information that may (or may not) get your engines revved up to get started toward a new and better you!

5 Stages of Change for Exercise

- 1. Pre-contemplation- not intending to
 - 2. Contemplation-thinking about changing
 - 3. Preparation-preparing to change 4. Action- taking action <6 months of exercise
 - 5. Maintenance- > 6 months of regular exercise

Stage 1 - Pre-contemplation

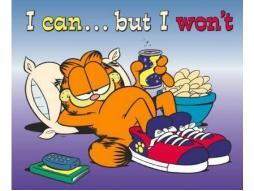
Thoughts such as: "I won't" and "I can't"

- · Unaware of the problem
- · Uninterested in changing
- · Barriers always outweigh the benefits
- 4 R's
- · Reluctance
- · Rebellion
- · Resignation
- · Rationalization

Stage 2 - Contemplation

"I may"

- · Aware of the problem
- · Thinking of change in the future (within 90 days)
- · Unaware of how to start
- · Barriers still outweigh the benefits



Stage 3 - Preparation

- · Planning to change
 - · May take some action toward change,
 - but not regular or consistent · May modify or reduce behavior
 - · Time frame of change; within 30 days
 - · Benefits and barriers are equal

Stage 4 - Action

"I am"

- Taking regular action (< 6 months)
- · Require considerable commitment of time and energy
- · Needs external motivation
- · Building new behavior patterns
- · Benefits outweigh barriers

Stage 5 - Maintenance

"I still am"

- \cdot Regular action > 6 months
- · Easier to maintain new behavior
- · Relapse can happen
- · Less of a chance of relapse
- · Benefits far outweigh the barriers

If you decide to go for it, happy exercising!



TODAY IS THE DAY THAT I AM GOING TO THINK ABOUT THINKING ABOUT JOINING THE

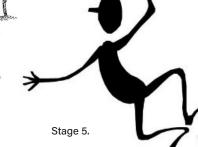


AND AN HOUR OF TALKING MYSELF INTO IT.



I hide his T.V. remote three times a week.

Stage 4.



Shaar Garner is a Recreational Therapist and Fitness Trainer out of Houston, TX.

As adapted from The Cooper Institute (TM)

The Importance of Checking Your Numbers

Staff Report

As we age, our bodies undergo a variety of changes that can impact our overall health and well-being. For those over 40, regular monitoring of numbers such as blood pressure, blood sugar levels, and kidney function becomes increasingly important. Keeping a close eye on these numbers can help detect potential issues early, manage chronic conditions effectively, and enhance overall quality of life.

Blood Pressure: The Silent Indicator

According to American Heart Association, High blood pressure, or hypertension, is often termed the "silent killer" because it can develop without any noticeable symptoms. As we age, the arteries become stiffer and less elastic, which can contribute to higher blood pressure. If left unchecked, hypertension can lead to serious health problems such as heart disease, stroke, and kidney damage.

For individuals over 40, it's crucial to have your blood pressure checked regularly. Maintaining it within a healthy range is vital for reducing the risk of cardiovascular issues. If your numbers are elevated, lifestyle changes like a balanced diet, regular exercise, and stress management, along with medication if prescribed, can help keep it in check.

The American College of Cardiology says a normal blood pressure for adults is a systolic measurement of less than 120 mmHg and a diastolic reading under 80 mmHg. Blood pressure is elevated when the systolic consistently reaches 120-129 mmHg and the diastolic is less than 80 mmHg. It is considered stage 1 hypertension when systolic blood pressure consistently hits 130-139 mmHg or the diastolic reaches 80-89 mmHg, and stage 2 hypertension when the readings consistently reach 140 mmHg or 90 mmHg or higher, respectively. Blood pressure readings that sud-

Blood Pressure Ranges

BLOOD PRESSURE CATEGORY	SYSTOLIC (mm Hg)	DIASTOLIC (mm Hg)
Healthy	Less than 120	and less than 80
Elevated	120 to 129	and less than 80
Stage 1 hypertension	130 to 139	or 80 to 89
Stage 2 hypertension	140 or higher	or 90 or higher
Hypertension crisis	Over 180	or over 120

he	alch	dine	

Stage of CKD	eGFR result	What it means - Mild kidney damage - Kidneys work as well as normal	
Stage 1	90 or higher		
Stage 2	60-89	- Mild kidney damage - Kidneys still work well	
Stage 3a	45-59	Mild to moderate kidney damage Kidneys don't work as well as they should be a second to the	
Stage 3b	30-44	Moderate to severe damage Kidneys don't work as well as they should	
Stage 4	15-29	- Severe kidney damage - Kidneys are close to not working at all	
Stage 5	less than 15	Most severe kidney damage Kidneys are very close to not working or have stopped working (failed)	

Kidney Numbers and What They Mean. (Source: American Kidney

denly exceed 180 systolic and/or 120 diastolic are considered a hypertensive crisis that requires immediate medical attention.

Blood Sugar: Managing Diabetes Risk

Type 2 diabetes is another condition that becomes more common with age. It occurs when the body becomes resistant to insulin or when the pancreas fails to produce enough insulin. High blood sugar levels can lead to complications such as nerve damage, vision problems, and increased risk of heart dis-

According to WebMD. com, Regular monitoring of blood sugar levels is essential for detecting diabetes early and managing it effectively. If you have a family history of diabetes or other risk factors, your doctor may recommend more frequent testing. Early intervention through diet, exercise, and, if necessary, medication can prevent or delay the onset of diabetes and its complications.

Kidney Function: The for prompt treatment and

BLOOD PRESSURE CATEGORY	(mm Hg)	(mm Hg)
Healthy	Less than 120	and less than 80
Elevated	120 to 129	and less than 80
Stage 1 hypertension	130 to 139	or 80 to 89
Stage 2 hypertension	140 or higher	or 90 or higher
Hypertension crisis	Over 180	or over 120

Stage of CKD	eGFR result	What it means	
Stage 1	90 or higher	Mild kidney damage Kidneys work as well as normal	
Stage 2	60-89	- Mild kidney damage - Kidneys still work well	
Stage 3a	45-59	Mild to moderate kidney damage Kidneys don't work as well as they should	
Stage 3b	30-44	Moderate to severe damage Kidneys don't work as well as they should	
Stage 4	15-29	Severe kidney damage Kidneys are close to not working at all	
Stage 5	less than 15	Most severe kidney damage Kidneys are very close to not working or have stopped working (failed)	

Overlooked Essential

The kidneys play a crucial role in filtering waste products from the blood, maintaining electrolyte balance, and regulating blood pressure according to the American Kidney Foundation. As we age, kidney function can naturally decline, which might not always be immediately apparent.

Monitoring kidney function through blood tests, such as measuring creatinine levels and glomerular filtration rate (GFR), is important for detecting potential issues before they become severe. Early signs of kidney dysfunction can be subtle but catching them early can prevent more serious conditions like chronic kidney disease (CKD) or kidney failure.

Why Regular **Monitoring Matters**

1. Early Detection:

Many health conditions develop gradually and may not present obvious symptoms. Regular check-ups and monitoring can help identify problems early, allowing

Blood Glucose Chart 2-3 Hours Mg/DL Fasting After Eating After Eating 170-200 Normal 80-100 120-140 *Impaired* 140-160 101-125 190-230 Glucose Diabetic 126+ 220-300 200 +

(Source: Lark.com)

better management. 2. Prevention **Complications:** keeping track of your numbers, you can make informed lifestyle changes and adhere to treatment plans that help complications prevent associated with chronic

conditions. 3. Informed Decisions: Regular health metrics give you and your healthcare provider valuable information for making decisions about your health and adjusting treat-

ment plans as necessary. 4. Empowerment: Knowing your health numbers empowers you to take control of your well-being. It encourages proactive management formed choices about diet, exercise, and other lifestyle factors.

and helps you make in-

Practical Steps for **Monitoring**

Routine Check-ups: Schedule regular visits with your healthcare provider for comprehensive evaluations.

At-Home Monitoring: Invest in a reliable blood pressure monitor and a blood glucose meter for regular self-checks.

Healthy Lifestyle: Adopt a balanced diet rich in fruits, vegetables, and whole grains, engage in regular physical activity, and avoid smoking and excessive alcohol consumption.

Stay Informed: Keep track of your health numbers and discuss any concerns or changes with your healthcare provider.

In conclusion, for those over 40, keeping a vigilant eye on your blood pressure, blood sugar, and kidney function is crucial for maintaining health and preventing serious complications. Regular monitoring not only helps in early detection and effective management of potential issues but also empowers you to lead a healthier, more fulfilling life. Prioritizing these health checks is a proactive step toward a better, more informed approach to aging grace-



Accepting Tiger Express

720 Celebrity Dr., Ste. 187 Ruston, LA 71270

(318) 254-5117

Sports

Grambling State's Defense Forces Six Turnovers To Outlasts Texas A&M-Commerce in OT

By Grambling State Athletics

COMMERCE, Texas | The Grambling State University football team used several key defensive stops and a late touchdown to force overtime and defeat Texas A&M-Commerce 35-28 on Saturday night at Memorial Stadium.

Grambling State improved to 2-1 - the first time GSU has started a season with a 2-1 record since 2017. Texas A&M-Commerce dropped to 0-3.

The GSU defense came up big, forcing six turnovers on the day. Patrick Marshall came up with biggest takeaway of the day, picking off a pass on TAMUC's first possession of the extra period.

Grambling State's offense struggled with inconsistency but made crucial plays when the Tigers needed it. Starting quarterback Myles Crawley was 14-of-30 for 125 yards, two touchdowns and two interceptions.

Tre Bradford led the Tigers' running game with 73 yards and two scores on 15 carries.

The Grambling State defense forced three turnovers within the Lions' first four possessions. Brenden Barley picked off Lions' QB Ron Peace, setting the G-Men up with a first and 10 at the TAMUC 23-yard line with 12:16 on the clock. A missed 40-yard field goal attempt kept the score tied 0-0.

Another interception by Markel Linzer set the Tigers up their own 45-yard line. Grambling State's offense once again couldn't convert that takeaway into points.

GSU's defense took matters into hands on the next Texas A&M-Commerce drive when Marshall forced a fumble and Blake Davis scooped it up and returned it for a 35-yard touchdown. GSU nabbed a 6-0 lead after the PAT was missed wide right with 6:43 to go in the opening quarter.

TAMUC responded with a 69-yard touchdown by B.K. Jackson, giving the Lions a 7-6 lead at the 6:02 mark.

GSU's Caleb-Lee Collins picked another TAMUC pass at the Lions 25 yard-line with 14:19 to go until halftime. A few plays later, GSU's offense converted the turnover into a TD when Crawley found Jacoby Bellazar for a 10-yard TD. Grambling converted a two-point conversion to take a 14-7 lead.



Blake Davis, CB, sprints down the sidelines

GSU 2024 FOOTBALL SCHEDULE

Saturday Sep. 21	Na Carlo	Jackson State Tigers, Eddie Robinson Stadium, Grambling, LA	7:00pm ETESPN+
Saturday Sep. 28		vs Prairie View A&M Panthers, Cotton Bowl Stadium, Dallas, TX	7:00pm ETESPN+
Saturday Oct. 5		OFF	
Saturday Oct. 12		Alcorn State Braves, Eddie Robinson Stadium, Grambling, LA	3:00pm ETESPN+
Saturday Oct. 19		UAPB Golden Lions (HC), Eddie Robinson Stadium, Grambling, LA	3:00pm ETHBCU GO
Saturday Oct. 26		at Texas Southern Tigers, Shell Energy Stadium, Houston,	
Saturday Nov. 2		at Bethune-Cookman Wildcats, Daytona Stadium, Daytona Beach, FL	3:00pm ETSWAC DN
Saturday Nov. 9	(AS)	Alabama State Hornets, Eddie Robinson Stadium, Grambling, LA	3:00pm ETESPN+
Thursday Nov. 14		at Alabama A&M Bulldogs, Louis Crews Stadium, Huntsville, AL	8:00pm ETESPNU
Saturday Nov. 23		OFF	
Saturday Nov. 30	5	vs Southern Jaguars, Caesars Superdome, New Orleans, LA	2:00pm ETNBC/Peacock

After back-to-back TD drives for the Lions, Bellazar set GSU up in a prime territory with a kickoff return to the TAMUC 41-yard line. On first down, Tre Bradford kicked into high gear, sprinting 41 yards for another Tiger TD, tying the game 21-21 4:17 on the clock.

Both teams went into the half tied at 21. GSU's defense nabbed its fifth takeaway when David Jones forced another TAMUC fumble at the 50 yard line on the Lions opening possession of the second half. However, GSU gave the ball right back when the Lions' Jaden Rios picked off Crawley at the GSU 44-yard line

After driving inside the Tigers' 5-yard line, TAMUC took a 28-21 lead Braxton Garmon carried the ball into the end zone for a 3-yard score with 8:56 to go in the third quarter.

Grambling State had an opportunity to tie the game at the beginning of the fourth quarter, but a fumble at the 1-yard line by Hargrove gave the Lions a first down at their own 20-yard line with 14:01 to play.

Texas A&M tried to put the game away but going for a fourth down conversion with 3:41 to play and the ball resting at the GSU 26 yard, but linebacker Andrew Jones came up with a clutch tackle to give the Tigers the ball back.

A 27-yard touchdown catch by Nicholas Howard capped off a 6-play, 75-yard drive to tie the game 28-28 with 1:18 left in regulation.

In overtime, with Grambling State need seven yards on third down, Ke'Travion Hargrove made a 17-yard reception inside the 5-yard line to set up first and goal. Bradford finished the drive with a 3-yard TD run giving the Tigers a 35-38 advantage.

On the Lions first play of overtime, Marshall made an interception at the 15yard line to preserve the win.

FOLLOW GRAMBLING STATE ATHLETICS

For complete coverage of Grambling State Athletics, please follow the Tigers on social media at @GSU_Tigers (Twitter), /GramblingStateTigers1901 (Facebook), @gramblingathletics (Instagram) or visit the official home of Grambling State Athletics at gsutigers.com.

Grambling State Volleyball Drops Three Set Battle to ULM in New Orleans

GRAMBLING STATE ATHLETICS

NEW ORLEANS, La. | The Grambling State University volleyball team struggled in their match against ULM, falling 3-0 (19-25, 23-25,13-25) at the Avron B. Fogelman Arena in Devlin Fieldhouse on Friday afternoon

Despite some bright moments, Grambling State (2-6) was unable to overcome ULM's (2-5) strong offensive showing. Essence Allen led GSU with six kills and four digs, while Kai Williams contributed five kills and two blocks. Letícia Correa dished out 11 assists, and Alyssa Pieh anchored the

defense with five digs.

Ariana Brown had an outstanding game for ULM, finishing with 16 kills and a .286 hitting percentage. She was supported by Hannah Redrow, who added eight kills, and Kali Walker, who

chipped in with five kills and 16 digs. Setter Morgan Howard paced ULM's attack with 32 assists.

How It Happened

Set 1 - ULM took control early in the opening set, breaking away from a 15-15 tie with a 10-4 run to secure a 25-19 victory. Grambling struggled to find consistency on offense, with seven kills but six errors in the set.

Set 2 - Grambling State responded with a stronger showing in the second set, taking a 20-18 lead late. However, ULM fought back, tying the score at 23 before closing the set with two straight points for a 25-23 win.

Set 3 - The final set saw ULM dominate from the outset, racing to a 14-6 lead. GSU couldn't recover, as ULM cruised to a 25-13 victory to seal the match.

Through the Numbers

the way with 19 digs.

- Grambling State hit .034 for the match, compared to ULM's .183.
 - ULM finished with 42 kills, while
- Grambling State tallied 23.
 Essence Allen and Madison Reagins both contributed six points for GSU,
- with Reagins hitting .385 for the match.
 ULM's defense out dug Grambling, 69-55, with Cameron Rogers leading

FOLLOW GRAMBLING STATE ATHLETICS

For complete coverage of Grambling State Athletics, please follow the Tigers on social media at @GSU_Tigers (Twitter), /GramblingStateTigers1901 (Facebook), @gramblingathletics (Instagram) or visit the official home of Grambling State Athletics at gsutigers.



#P3876 '23 CHEV TRAILBLAZER \$23,988
Maroon, LT Pkg, Cloth, 12K

#P3864 '21 JEEP CHEROKEE 4X4 \$19,488
Silver, Latitude, 1 Owner, 56K

#P3871 '23 NISSAN ALTIMA SV \$23,988
Gray, Sunroof, Heated Seats, 19K

#P3818 '22 JEEP WRANGLER RUBICON \$39,995
(BEST BUY) White, Convertible, 4DR, 19K

#P3859 '20 FORD F150 4WD CREW \$32,688
Silver, XLT Pkg, Buckets, 68K

#J7763B '22 FORD MUSTANG FASTBACK \$28,688
White, Ecoboost, 1 Owner, 37K

#J7783B '21 GMC SIERRA 1500 – REG CAB \$24,395
White, 5.3V8, All Pwr, 77K



1301 N. Service Rd Ruston, LA 71270 Office: 318-251-9874 www.BuyCourtesy.com



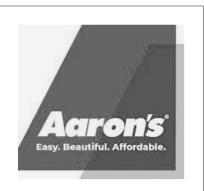
Business Card Directory

CRAIG BASS General Manager

P: 318-254-0065 c0697@aarons.com

211 North Service Rd. Suite F. Ruston, LA 71270

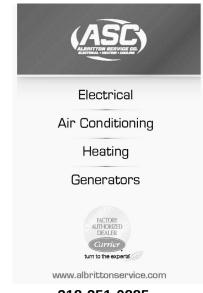
Aarons.com







Add Your logo PUT here YOUR BUSINESS **CARD HERE**



318-251-0885 1009 E. Georgia Ave. Ruston, LA

Area Church Directory

ASSEMBLY OF GOD

Cathedral of Praise Worship Center - 2877 Highway 33, Ruston

First Assembly of God - 1400 Woodward Ave., Ruston

BAPTIST

Alabama, 16061 Hwy. 151, Arcadia Barnett Springs, 1601 S. Barnett Springs Rd.,

China Grove Missionary, 406 Vernon St., Ruston Christ Temple Baptist Church, 7349 Hwy 80.

Church of Restoration, 285 Main St., Grambling Cook Baptist Church, 2000 Cooktown Rd, Ruston Corinth, 4327 Hw 545, Dubach

Countyline Baptist Church, 7426 Hwy. 146, Ruston

Dayspring Baptist Ministries, 3191 South Vienna St, Ruston

Emmanuel, 1200 Farmerville Hwy., Ruston

Fellowship, 6476 Hwy 151, Dubach Fellowship, 1572 Highway 507 South, Simsboro

First, 117 Oak St., Choudrant - One block south of Hwy. 80 in Choudrant

First, Hico St., Dubach

First, 200 S. Trenton St., Ruston

First, Simsboro

Friendship Baptist Church, 143 West Sixth Street,

Grace Baptist Church 2808 Trenton Ave., Ruston Grace Bible Baptist Church, 216 Rough Edge Rd.,

Greater Pleasant Grove, 1270 Golf Course Rd., Unionville

Greater St. Luke, 163 St. Luke Church Rd, Arcadia Gumspring Missionary Baptist Church, 3117 Hwy 151, Farmerville

Hico, 653 Hwy. 152, Dubach

Hopewell, 7657 Fellowship Rd., Hwy 151, Dubach

Lane Chapel, 1016 McAllister, Ruston Lanes Chapel Missionary, Hwy. 151 Downsville

Liberty Hill Missionary, Simsboro Longstraw Baptist, 1799 Styles, Ranch Rd.,

Choudrant Love Chapel Baptist Church, 1525 Sikes St, Ruston

Macedonia No.1 Missionary, Rt. 2, Dubach Macedonia No. 2, 489 E. Sibley Rd., Choudrant Mineral Springs, 4599 Hwy 822, Dubach Mount Harmony, 210 Mt. Harmony Church Rd,

Ruston Mount Calm, 566 Mount Calm Rd., Simsboro

Mount Olive, Grambling

Mount Olive Outreach, 2817 S. Service Road W., Ruston

Mount Pisgah, Hwy. 3061, Ruston

Mount Sinai, 2269 Hwy. 145, Choudrant Mount Vernon Missionary, 1356 Hwy. 167 N.,

Mount Zion, 2586 Hwy 150., Grambling Mount Zion No. 2, 113 California Plant Road,

Dubach New Hope, Choudrant

New Hope, 302 W. Vaughn, Ruston New Liberty Hill, Hwy. 544, Simsboro

New Pilgrim Rest, Inc., 2697 Elm St., Arcadia

New Prospect, 3438 Hwy. 167 N., Dubach New Prosperity Baptist, 1378 Prosperity Church,

New Rocky Valley, 2155 Martin Luther King Ave., Grambling

Northview Missionary, Highway 33, Ruston Olive Grove, 3138 Olive Grove Rd, Choudrant Pilgrim Rest, 622 W. Line Ave., Ruston

Pine Grove, 470 Chandler Rd., Ruston Pleasant Grove, 1366 Pleasant Grove Road, Choudrant

Pleasant Grove, "The Oasis in the Woods", 446 Bowden Rd., Ruston

Pleasant Hill Baptist Church, 1127 Mondy Rd,

Rock Corner & Garden of Prayer, 824 Rock Corner Rd, Dubach, off Hwy.33, 14 miles north of Ruston

Rocky Valley, Simsboro

Solid Rock Baptist Church, 1511 West California Hwy 80, Ruston

Southside, 3191 South Vienna St., Ruston Springhill, 727 Dicks Store Rd., Ruston

St. David, Vienna.

St. John, Old Grambling Rd., Ruston. St. Mary, 1114 Larson St., Ruston.

St. Peter, 404 Longstraw Rd., Ruston

St. Rest, 09 Walker Rd., Choudrant St. Rest, Hwy. 146 West, Dubach

Temple, 1515 S. Service Rd. W. Ruston

True Believers Baptist Church, 184 CCC Road,

The Springs, (A ministry of Temple Baptist Church)

1601 S. Barnett Springs Ave., Ruston The Springs.life The Word, 504 S. Main St.,

Grambling University - 2856 W. California, Ruston Vernon Baptist Church, 190 Vernon-Eros

Road, Ruston Woods Chapel, 326 Hwy 454, Ruston

Zion Hill, 505 Lee St., Ruston **Zion Traveler**, 1201 Martin Luther King Dr, Ruston

CATHOLIC

St. Benedict, 471 Main St., Grambling **St. Thomas Aquinas**, 810 Carey Avenue, Ruston

CHURCH OF CHRIST Church of Christ, 2902 Hwy. 80 West, Ruston **Grambling**, 146 King St., Grambling

Northside. 1804 N. Trenton St., Ruston Orleans Cir. Church of Christ, 2103 Orleans Cir., Ruston

Ruston, 2300 W. Woodward Ave., Ruston, www. rustonchurchofchrist.org

EPISCOPAL

Church of the Redeemer, 504 Tech Dr., Ruston

METHODIST CHURCHES

St. Luke's, 538 Main St., Grambling

Ansley Union Church, 328 Ansley Rd, Ruston, located 10 miles south of Ruston off Hwy 167

Antioch UMC, Simsboro

Arcadia First UMC, Arcadia Choudrant UMC, 125 Pecan St., Choudrant

Dubach UMC, Dubach First UMC, Arcadia

Grace, 3401 N. Trenton St., Ruston Lewis Temple CME, Main St., Grambling Mavs Chapel CME, 615 W. Line Ave., Ruston Memorial UMC, 9325 Hwy 80, Simsboro.

Mt. Mariah UMC - Salem UMC - 11793 Hwy. 151, Dubach St. Peter AME, 1104 Arlington St., Ruston.

Trinity Methodist, 1000 Woodward Ave., Ruston Wesley Chapel Methodist Church, 4330 Hwy. 818, Ruston

PENTECOSTAL

Anchor Tabernacle, Exit 93 from I-20 then South 1/2 mile, Choudrant

First Pentecostal, Corner of Kentucky and Goodwin

Ruston King's Court UPC, 2401 S. Service Rd. West, Ruston

LifePoint Church of Ruston, 1018 S. Vienna St., Ruston. lifepointruston.com

The Pentecostals of Ruston, 2851 Hwy 33 North,

Power House Temple of Christ Apostolic, 101 Main St., Grambling

United Pentecostal, Dubach Zion Temple Apostolic Faith Deliverance - Eastern Hills, off Beacon

Light Rd., Ruston Voice of Revival Ministry - 304 W. California St., Ruston

PRESBYTERIAN

Alabama (USA), 2091 Hwy 145, Choudrant Covenant Reformed, 2106 Cooktown Rd., Ruston Greenwood, Lincoln Parish Rd. 181, between Mitcham's & Hwy. 146, Ruston Ruston (USA), 212 N. Bonner St.

OTHERS

Abundant Grace Tabernacle, 3092 Hwy 556, Choudrant

Campus Community Worship Center, 1000 Saratoga St., Ruston

Christian L.I.F.E. Church, 107 Love Ave., Ruston Church of Jesus Christ of Latter-Day Saints, 205 Woodhaven Rd., Ruston

Church of the Living God, 1438 Hwy. 167 W.,

Church of the Nazarene, 1101 Center St., Ruston Douglas Church, 1642 Hwy 821, Ruston

Dubach Church of God in Christ, 256 Voss Street, Dubach Faith Church, 1507 Goodwin Road, Ruston

Focus Christian Ministries, Martin Luther King Community Center, 901 Martin Luther King Dr., Fountain of Praise United Worship Center, 1394

Hazel St., Arcadia

The Gospel, 108 Sanctuary Rd, Ruston Holy Trinity Greek Orthodox Church, 2508 Kavanaugh Road, Ruston

Impact Worship Center, Greenwood Recreation Center, 1306 Cornell Ave, Ruston

Ruston Housing Authority Building 901 Martin Luther King Dr. Ruston. Lifechurch.LA, 3000 S. Vienna St., Ruston

LifePoint Church of Ruston, 1018 S. Vienna St., Ruston Living Water Full Gospel Church, 149 Fairgrounds

Rd., Ruston Miracle Temple COGIC, 1405 S. Farmerville,

New Living Word Ministry, 1900 Barnett Springs Rd. Ruston

New Testament Church at Grambling Inc., 508 Main St., Grambling Praise Temple, Ramada Inn, 107 Love Ave., Ruston

St. Paul Lutheran, 504 Tech Drive, Ruston The Bridge Community Church, North Campus, 2301 N. Trenton, Ruston Triumph The Church and Kingdom of God in

Christ, Hwy. 3061 E. Tenn. Rd., Ruston United Faith Tabernacle Ministries & Prayer Center, 303 Cherry St., Bernice,

Upon the Rock Outreach Center, 513 E. Texas Ave., Ruston

If you would like to have your church information listed, please email the Grambling Connection at gramblingconnection@gmail.com.

GRAMBLING * CONNECTION

You can find us at these locations

Dollar General (Grambling, LA) King of Wings (Grambling, LA) Aaron's Rents (Ruston, LA) The Hairport Barber Shop (Ruston, LA)

Email us at: gramblingconnection@gmail.com

For Subscription Info:

Call/Text (318) 224-2676

or

Post Office (Grambling, LA) GSU Campus (Student Center, Cafeteria, Tiger Express) Stop 'N Shop Exxon Spring Market **Green Clinic** (More to come...)