

ARTS & CULTURE: K. Michelle, Jaquees in Concert Page 10



THE **GRAMBLING CONNECTION**

Friday, October 18, 2024 • Volume 1, No. 3 • "Keeping Our Citizens Informed on the Issues That Matter." • Grambling, LA

GSU READIES FOR HOMECOMING

By Lena Wilson Claybon

he campus is buzzing as Grambling State University prepares for Homecoming 2024. There is an energy of excitement as the school and town readies itself for the tsunami of people that will descend on it!

HBCU homecomings are always a big event that bring together students, alumni, faculty, and families to celebrate school spirit, pride, and culture. It is a

fun time to reconnect with old friends and to make new memories.

We spoke to several students on campus to find out what their thoughts are about homecoming and what it means to them.

Collins Aminuku, a freshman from Ghana said he is excited because even though he attended homecomings at schools in Ghana, it is his first homecoming in the US. "I'm an international student and it hasn't been long since I came to the United States of America. I'd like to experience how it is here in America where the cultural differences are very wide." When asked if there was anything, in particular, he's looking forward to, he said he's just looking forward to seeing people who completed school here coming back and having a good time.

Kylah Hall, also, a freshman, hails from Smackover, Arkansas. She said

See HOMECOMING, page 2



Collin Aminuku

Election 2024 (Part 3 of 4) Kamala's Plan

Staff Report

amala Harris rolled out her economic plan a few weeks ago, but there are many who still are not clear on what her plan entails.

According to her website, Kamala Harris' 2024 Economic Plan referred to as, "A New Way Forward For the Middle Class", is designed to support working Americans, reduce costs on groceries, promote affordable housing, and foster a more equitable economy. Here's a detailed overview of her 13 key points in the plan:

1. Cut Taxes for Working People: Harris proposes to reduce tax burdens for 100 million American low- and middle-income families, ensuring that workers can retain more of their earnings. Her plan is to make sure no one earning less than \$400,000 a year will pay more in taxes. This measure aims to boost disposable income and stimulate local economies. This includes: Restoring the expanded child tax credit to up to \$3,600, a new \$6,000 tax cut to help families pay for the high costs of a child's first year of life, and expanding the earned income tax credit to cut taxes for millions of workers. 2. Lower Food and Grocery Costs: The plan includes initiatives to address rising food prices, focusing on increasing competition among suppliers and supporting local farmers by giving small businesses, grocers, and growers the resources to compete, reinjecting competition back into our food markets which will lower costs for Americans. Investments in food assistance programs will also be expanded to ensure that families can afford nutritious options. In addition, she will call on Congress to pass the first-ever federal ban on price gouging. 3. Lower Health Care Costs: Harris aims to make health care more affordable by promoting policies that expand access to insurance and reduce out-of-pocket expenses. This includes enhancing subsidies for health insurance and pushing for greater price transparency from providers. Her plan is to expand and make permanent the tax credit enhancements for Affordable Care Act marketplace plans. She will also strengthen health care for veterans, and, also, help tackle the opioid crisis and help Americans access treatment.



Kamala Harris waves as she presents her plan for president.

es, the plan calls for allowing Medicare Strengthening regulations on banks to negotiate directly with pharmaceutical companies, implementing price caps on essential drugs, and promoting the importation of safe, affordable medications. This includes; Extending the \$35 cap on insulin and \$2,000 cap on outof-pocket costs to all Americans; Accelerating the speed of Medicare prescription drug negotiations to cut the most expensive and most commonly used drugs by 40-80% starting in 2026; and, lastly, increasing competition [among providers] and demanding transparency in the health care industry. 5. Lower Energy Costs: Harris plans to invest in renewable energy sources and improve energy efficiency in homes, aiming to reduce overall energy expenses for families. This includes tax incentives for energy-efficient appliances and support for community solar programs. She will work to lower household energy costs and create millions of new jobs, while tackling the climate crisis, protecting public lands and public health, and holding polluters accountable to secure clean air and clean water for all. They will also safeguard America's energy security. 6. Lower Costs by Protecting **Consumers From Fees and Fraud:** The plan emphasizes consumer protection measures to prevent excessive fees and fraud in financial services.

and financial institutions will help safeguard consumer rights and promote fair lending practices. Under her leadership as Vice President, the Biden-Harris Administration launched a historic effort to crack down on junk fees and save consumers time and money. This included rules to ban junk fees across the board and make it as easy to cancel a subscription as it is to subscribe. The Department of Transportation, Consumer Financial Protection Bureau, and other agencies are also fighting junk fees. The Council of Economic Advisers recently estimated that just the actions undertaken by the **Consumer Financial Protection Bureau** will save Americans nearly \$20 billion per year going forward. As President, Harris plans to continue these efforts to safeguard consumer rights and save them money. 7. Help Americans Buy a Home and Afford Rent: Harris aims to address housing affordability through increased funding for affordable housing projects, support for first-time homebuyers, and policies that protect renters from unjust evictions and skyrocketing rents. Her plan includes: Unlocking 1.2 million new affordable rental homes through historic

Dr. Evelyn Ford Crayton, Equity and Diversity Champion, **Receives Academy** of Nutrition and **Dietetics' Highest** Honor

CHICAGO - Evelyn Ford Crayton, EdD, RDN, LDN, FAND, a 1968 honor graduate, Institution Management (Dietetics) of Grambling State University, 2023 Inaugural "Distinguished 10" honoree, life member of Grambling Alumni Association, a dedicated advocate for diversity and health equity, has received the 2024 Lifetime Achievement Award, the



highest honor given by the Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals. Crayton Dr. Crayton accepted her award on October 5 during the Academy's Food & Nutrition Conference & Expo® in Minneapolis, Minn. Crayton's commitment to the profession of dietetics spans five decades, from academia to community and government programs, with a focus on the inclusion of diverse and under-represented populations and at-risk groups across the life cycle. An Academy member since 1969, Crayton has held in a variety of roles in the organization, including Academy President, the first African American in this position. In addition, she has served in the House of Delegates, the Council on Future Practice, the Foundation's Board of Directors, as well as the Nutrition Education for the Public Dietetic Practice Group and Hunger and Environmental Nutrition Dietetic Practice Group. Crayton has been an active and involved member of the National Organization of Blacks in Dietetics and Nutrition Member Interest Group since its inception. Colleagues nominating Crayton praise her lifetime of dedication to nutrition and dietetics, saying: "She inspires and mentors others, especially young registered dietitian nutritionists and nutrition and dietetics technician, registered. Thanks to her generous financial support, she has championed many in our profession to attend national and state meetings, register for the CDR exam, pay tuition and more. She has established endowments at Historically Black Colleges and Universities to help students join our profession and provided scholarships at other schools. She has truly made an impact on the future of

4. Lower Prescription Drug Costs: To combat high medication pric-

See HARRIS, page 3

The Louisiana Constitutional Amendments On The Ballot for 2024 Explained

Staff Report

According to a guide released by the Public Affairs Research Council of Louisiana summarizing the proposed amendments for this year's election, Louisiana voters are set to have a significant say in potential changes to the state constitution. These changes focus on the allocation of federal funds for coastal protection and adjustments to the budget approval process for legislators.

This spring, the Legislature greenlit five amendments, with one admendment

See AMENDMENTS, page 3





Why Voting Should Matter to YOU

By Lena Wilson Claybon

s the days are winding down to Election Day this year, there are still a lot of people of color who are saying they're going to "sit this one out", which is baffling to me. It's always been baffling to me when Afri-

can-Americans don't vote, knowing what our ancestors have gone through for us to have this privilege, then for us to turn around and just squander it, like it means nothing... but especially this year.

We have the first woman of color to ever make it this far running for the highest office in the land. Our very real freedoms are on the line in terms of a woman's right to decide what happens with her own body, rolling back equal rights in education and in other sectors we've fought so hard to gain, and the very real threat of demolishing the constitution which affects our very way of living in this country! Why would anyone "sit this one out"?

Evervone thinks Donald Trump just spews a lot of rhetoric and idle threats. They brush it off by saying, "Oh, he's just being



Lena Wilson Claybon Co-Publisher/ Editor

Trump. He's not going to do any of the things he says." Hasn't this man shown us in every way, who he is and what he's capable of? Was Jan. 6 an idle threat? Anyway, I digress.

This is what I do know. Voting is not just a right; it's a legacy forged through generations of strug-

gle and sacrifice, especially for African Americans. It embodies our voices, values, and dreams for a better future-a future we continue to fight for today.

For much of American history, the privilege of voting was denied to us. In the early days, laws systematically excluded Black people, women, and Indigenous communities, keeping our voices silenced and our contributions to society marginalized. The fight for suffrage has always been intertwined with our quest for dignity and equality.

The path to the ballot box was paved with courage. From the abolitionists to the civil rights activists, countless

individuals stood up, marched, and faced violence to claim their right to vote. The 15th Amendment in 1870 was a significant step forward, granting Black men the right to vote. Yet, this hard-won victory was met with fierce resistanceintimidation, violence, and oppressive laws aimed to keep us from participating fully in our democracy. The struggle continued, leading to the civil rights movement and the pivotal Voting Rights Act of 1965, a landmark achievement that aimed to dismantle the barriers we faced.

The fight for women's suffrage was similarly hard-fought. Although the 19th Amendment passed in 1920, many Black women still encountered discrimination at the polls, facing obstacles that persisted long after. The right to vote was not easily won, and it's crucial that we don't take it for granted today.

If voting didn't matter, we wouldn't see ongoing efforts to suppress our voices. Tactics like closing polling places, limiting early and mail-in voting, and imposing strict ID laws are modern-day barriers designed to disenfranchise us. Since the Supreme Court weakened the Voting Rights Act in 2013, many states have im-

plemented laws that threaten our access to the ballot. The struggle for our rights has not been a straight path forward but we must remain vigilant. When we don't show up, our needs and perspectives risk being overlooked in the halls of power.

It's easy to feel that one vote doesn't carry weight, but history has shown us that collective action has the power to spark real change. This is precisely why forces opposed to progress seek to diminish our voting rights, even today.

As we look to this election, we have a profound opportunity to influence the future of our country. Voting is our most potent nonviolent tool for shaping our communities and holding leaders accountable. When we cast our ballots, we assert our presence and contribute to the ongoing narrative of our nationone where our voices matter and our experiences shape the future we envision.

Lena Wilson Claybon is Co-Publisher/ Editor of The Grambling Connection. She is also a prolific Television and film Writer/ Producer having spent over 20 years in the entertainment industry and a Grambling State Alum. You may reach her at lena@gramblingconnection.com.

Why Generation Z is Struggling in the Job Market

By Jamise Turner

eneration Z often finds itself under fire from older generations, who tend to view them as immature or lacking essential skills. The perception is that these "screenagers" are only adept at texting and vintage fashion, reducing their capabilities to simplistic stereotypes.

While many might shrug off these assumptions as harmless, they can have serious implications for how hiring managers perceive this generation as they enter the workforce. Shockingly, nearly half of hiring managers believe that working with Gen Z is particularly challenging, and six out of ten report having let go of recent graduates due to perceived unprofessionalism. For Gen Z students, these statistics create an already daunting job market that feels increasingly inaccessible.

Yet, the issues facing Gen Z are deep-

ly rooted in a labor landscape shaped by previous generations.

Today's job market is harsh. Roughly 58% of full-time employees also have a second job, and the estimated cost of living for a single person in the U.S. was about \$44,000 in 2022—far beyond what most entry-level positions offer.

These economic realities are rarelv discussed in schools, leaving many young people unprepared for the complexities of job hunting and financial management.

More employers are choosing to develop talent from within rather than hire fresh graduates, and many entry-level jobs are being taken over by artificial intelligence. It's increasingly common for listings to demand significant experience, which many new graduates simply do not possess, despite earning degrees that once guaranteed them a foot in the door.

Even when Gen Z applicants do

make it to the interview stage, they often encounter a lack of communication from hiring managers. This inconsistency not only reflects poorly on employers but also raises questions about the fairness of judging young applicants for perceived unprofessionalism.

Gen Z has been shaped by significant events, including economic downturns and the COVID-19 pandemic, which have impacted their views on work and finances. A study from The George Washington University found that only 43% of Gen Zers display proficient financial literacy-the lowest among all generations.

What many older hiring managers fail to recognize is that businesses cannot thrive without embracing the talents of Gen Z. This generation is not just the future workforce; they also bring valuable skills in social media marketing. In an age where digital engagement is

crucial for reaching younger consumers, Gen Z's understanding of these platforms can be a game changer for businesses.

While Gen Z may come across as immature, they can demonstrate professionalism when necessary. It's unjust to make sweeping assumptions about their capabilities based solely on age. However, that being said, Gen-Zer's have to adapt to the environments they find themselves in. They must not expect anything to be "handed" to them and must understand that they have to have the same work ethic as those that hire them.

Investing in the confidence and skill development of younger generations can be beneficial for both parties. It's essential for businesses that want to succeed in a rapidly evolving market to bring in fresh talent as long as there is a mutual respect and sharing of skills and values.

HOMECOMING from page 1

she's never been to a college



maraderie among students, past and present, that appeal to them. At no time is this displayed better than at

According to GSU's web-

Security will be enhanced

and checkpoints will be in

place to ensure your safety.

Using the GSAFE App, you

can anonymously report safety

concerns while attaching pho-

tos/videos and contact campus

safety forces quickly and di-

rectly in emergency situations.

The app is 100% free and

available in the Android and

site, here are security notifi-

cations attendees should be

Safety and Security



homecoming so it's very special to her. Hall says she's looking forward to the concerts, the tailgating and parade. The only thing she's not looking forward to is the crowds. "There was a lot of people at the Jackson State game [a couple of weeks ago], so I'm sure homecoming is going to be 10 times worse! But, I'm still excited because Angelina Morgan that also brings a lot of net-



working opportunities so it's still good."

Pine Bluff, Arkansas native, Layla Adams, is just the opposite. She says the crowds don't bother her at all. "I'm a people person!" She said laughing. Although she's a Freshman, Adams says she has attended quite a few University of Pine Bluff homecomings. "All my family are alumni of UAPB so I 've experienced a few of them." When asked what she likes about homecoming, she said, "I really love the tailgating, because it's a good chance to meet a lot of new people. It's just good vibes everywhere the whole week."

And, lastly, we spoke to graduating senior, Angelina Morgan from Minnesota who has attended several GSU homecomings, at this point. She had this to say. "I like the alumni coming back. It really brings the spirit of Grambling back to the campus, and I think it gets people really excited, especially since it's after midterms." When asked what she's looking forward to most, she offered, "I like the Yard Festival. I'm excited for the vendors that are going to come because I like free stuff!" she said laughing.

When asked what brought her to Grambling from Minnesota, she said, "We had an HBCU tour [sign up day] at one of the high schools in my county, and my parents told me to choose a school that I wanted to tour, so I chose Grambling. And I came down here, and I liked it. It became my number one choice."

Morgan, and others like her, who choose Grambling over larger schools find its the "southern charm" and ca-



aware of:

Kylah Hall



Layla Adams

We look forward to welcoming you to our campus. To en-

iPhone markets.

Clear Bag Policy

sure a safe and enjoyable experience, the clear bag policy will be strictly enforced at all venues during Homecoming Week.

Unofficial Events Advisory

The annual homecoming celebration at Grambling State University is an exciting time of year that the campus and community at large look forward to enjoying. Because of its economic impact, it is common for other promoters and groups to use this time of year to hold their own events during the same week. Unless an event is listed on gram.edu/homecoming, it should be deemed as unofficial. Any event, paid or unpaid, listing itself as an official event on behalf of the institution is misleading and fraudulent.

THE **GRAMBLING ***CONNECTION

We Want To Hear From You!

What would you like to see covered here? What topics would you like us to write about? Remember this is a community paper and we want to cover the things that are important to you. So let us know

at: Letter to The Editor, gramblingconnection@gmail.com

Thank you!

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 SUBMISSIONS

Send a Letter To The Editor

We 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 deadlines

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

News

Kamala Harris's Vision for **Medicare and Long-Term Care**

Staff Report

presidential emocratic nominee Vice President Kamala Harris has recently put forth a comprehensive proposal aimed at enhancing Medicare's coverage for long-term care, particularly addressing the needs of the "sandwich generation." This term describes those Americans who juggle the responsibilities of raising their children while also caring for their aging parents.

In a recent live interview, Harris emphasized the difficulties faced by many in this demographic, stating, "There are so many people in our country who are right in the middle: They're taking care of their kids and they're taking care of their aging parents, and it's just almost impossible to do it all, especially if they work." She highlighted the emotional toll

and financial strain that can lead caregivers to leave their jobs, thus losing crucial income.

The Vice President's proposal aims reform Medicare-an essential to health insurance program for seniors and certain individuals under 65-with the introduction of at-home health benefits for those enrolled. This would expand coverage to include crucial services like home health aides, as well as hearing and vision benefits, a significant shift given that current Medicare policies largely exclude long-term care services.

Funding for these enhancements would come from a series of measures designed to curb costs, including expanding Medicare's ability to negotiate drug prices, increasing discounts for certain brand-name medications, and tackling Medicare fraud. Harris also intends to address the lack of transparency from pharmaceutical benefit managers (PBMs), proposing greater regulation to ensure that pricing practices do not unfairly burden consumers.

Although the campaign has not provided a specific cost for the proposal, similar initiatives have been projected to require about \$40 billion annually. This figure does not account for potential savings from reduced hospitalizations or the additional revenue generated as more unpaid family caregivers are able to return to work.

Harris's Medicare proposal is part of a broader economic agenda that includes significant tax cuts for over 100 million Americans, including a notable \$6,000 relief for new parents during their child's first year. This comprehensive approach underscores her commitment to addressing the pressing needs of families navigating both caregiving and financial pressures.

EARLY VOTING

Early voting is October 18-29 (excluding Sunday, October 20 and Sunday, October 27) from 8:30 a.m.-6 p.m. Here are important deadlines:

· The deadline to request an absentee ballot is November 1 by 4:30 p.m (other than military and overseas voters). You can request an absentee ballot online through the Louisiana

Secretary of State's Voter Portal or in writing through the Registrar of Voters Office.

· 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 voters).

For questions or more information, contact:

Sharon S Parnell, CERA **Registrar of Voters** Lincoln Parish Registrar of Voters Office 100 W Texas Ave, RM 10 Ruston, LA 71270 Phone: 318-251-5110 Fax: 318-251-5126

HARRIS from page 1

incentives for the private sector; Creating a new tax credit to rehabilitate affordable housing for homeowners who want to stay in their communities; Building up supply through the first-ever tax incentive for building affordable homes for first-time homebuyers; Launching a \$40 Billion Local help these businesses thrive, alongside

Innovation Fund for Housing Expansion; and, expanding homeownership with historic \$25,000 down-payment Assistance for first-time homebuyers.

8. Invest in the Small Businesses That Drive Growth, Innovation, and Jobs: Recognizing the role of small businesses in the economy, the plan includes grants and low-interest loans to



initiatives to reduce regulatory burdens. This plan also includes a call for expanding the startup expense deduction from \$5,000 to \$50,000; Launching a small business expansion fund to help entrepreneurs grow their businesses and create jobs with low- or zero-interest loans, and allocating one-third of federal contract dollars to small businesses.

9. Invest in American Innovation and Industrial Strength Powered by American Workers: Harris emphasizes the need to revitalize American manufacturing and technology sectors by investing in research and development, workforce training, and sustainable practices to create high-paying jobs.

10. Create Security and Opportunity for Workers and Build a Care Economy: The plan promotes investments in caregiving jobs, such as those in child care and elder care, recognizing their importance to the economy. Initiatives will include better wages for caregivers and expanding access to affordable care services. 11. Strengthen Opportunity in Communities Across America: Harris intends to address systemic inequalities by investing in underserved communities, enhancing access to education, healthcare, and infrastructure improvements to foster economic development. 12. Protect Americans' Ability to Retire With Dignity: The plan advocates for strengthening Social Security and expanding retirement savings options, ensuring that all Americans can retire comfortably and with financial security. This includes shoring up Social Security and Medicare so that these essential programs will stay solvent in the long run by making corporations and the wealthiest Americans pay their fair share in taxes, and building on the Butch Lewis Act to continue to prevent deep cuts in the pensions of up to three million retirees and workers. 13. Make Our Tax Code Fairer and Promote Growth: Harris seeks to reform the tax code to close loopholes that benefit the wealthy and corporations, ensuring a fairer system that promotes growth and equity. This includes increasing taxes on the highest earners while providing relief for working families. Overall, Kamala Harris' 2024 Economic Plan aims to create a more inclusive economy, reduce costs for everyday Americans, and invest in the future of the nation by prioritizing workers and underserved communities. To read the plan in its entirety go to kamalaharris.com.

AMENDMENTS from page 1

featured on the ballot for the November 5 general election and four slated for the December 7 runoff. Here's a closer look:

November 5: Amendment 1

What it proposes: Should federal revenue from alternative or renewable energy production in the Outer Continental Shelf be deposited into the Coastal Protection and Restoration Fund?

Why it's important: This fund finances essential projects such as levees, floodgates, and wetland restoration to combat Louisiana's coastal erosion. Opponents argue that further restrictions on fund allocations might jeopardize funding for healthcare and education.

Voting FOR means: These federal funds would be exclusively used for coastal protection efforts.

Voting AGAINST means: The money would go into the general fund, leaving it open for various state expenses.

December 7: Amendment 1

What it proposes: Should the Supreme Court be empowered to sanction judges after investigations by the judiciary commission?

Why it matters: This amendment seeks to add five politically appointed members to the Judiciary Commission, which oversees iudicial conduct. It would also broaden the Supreme Court's authority to initiate investigations into judicial misconduct.

Voting FOR means: The commission's oversight capacity would be enhanced, allowing for more rigorous accountability.

Voting AGAINST means: The existing structure would remain unchanged, limiting the Supreme Court's disciplinary actions to recommendations from the commission.

Amendment 2

What it proposes: Should lawmakers be required to wait at least 48 hours before voting on budget amendments?

Why it's significant: This proposal stems from the chaotic conclusion of the 2023 legislative session, when critical budget bills were passed without adequate review. This amendment aims to ensure lawmakers have time to assess financial implications.

Voting FOR means: A mandatory 48-hour review period for budget bills would be implemented.

It's Homecoming 2024 and we're wishing the home team all the best... Let's Go Tigers!

City of Grambling

FORD CRAYTON from page 1

nutrition and dietetics."

Now retired as Professor Emeritus at Auburn University, Crayon's dedication to nutrition continues as the leader for a health equity resource developed with the National Baptist Convention. She also heads a three-year funded education and community garden project for people living with Type 2 diabetes and teaches classes on preserving the foods for year-round supply.

Voting AGAINST means: Lawmakers would still be able to vote without waiting, potentially leading to rushed decisions.

Amendment 3

What it proposes: Should the Legislature be allowed to extend regular sessions by up to six days to finalize budget bills?

Why it's relevant: This amendment complements Amendment 2, alleviating concerns about meeting budget deadlines while establishing a required review period.

Voting FOR means: Lawmakers could extend sessions as needed for budget approval.

Voting AGAINST means: The legislative calendar would remain as is, with no extensions permitted.

Amendment 4

What it proposes: Should mandatory tax sales for unpaid property taxes be abolished, allowing the legislature to create new procedures?

Why it's crucial: The current tax sale process has faced legal challenges regarding due process for property owners. A recent Supreme Court ruling adds urgency to reassessing this system.

Voting FOR means: A shift to a tax lien auction process would be implemented for unpaid taxes.

Voting AGAINST means: The current tax sale system would continue to be in effect.

Make sure to educate yourself on these important amendments ahead of the upcoming elections!

More information is available on the Academy's 2024 national honors and award winners.

Representing more than 112,000 credentialed nutrition and dietetics practitioners, the Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy at www. eatright.org

Community

Rutledge: Enjoying A Life of Service

By Joice M. Dunn

illiam J. Rutledge, now 97, came to Grambling in the spring of 1946 from New Orleans.

"Jack Moore, recruiting for Coach Eddie G. Robinson [to play ball], asked if I wanted to go to school. Because it was free, I said yes," said Rutledge.

Rutledge and four others went to Grambling, but only one graduated in the four-year term. He stayed for a year and a half before joining the Army. His 27 years of military duty included being stationed in Oklahoma, Korea, Louisiana, Texas, Turkey, Virginia, France Vietnam, Iran and Washington, D.C. He retired in April of 1975 at the rank of Segeant First Class (SFC E-7).

Rutledge returned to Grambling State University in the fall of 1975 on the G.I. Bill to receive his bachelor's and master's degrees in education. He taught 12 years in the Lincoln Parish School system at I.A. Lewis Elementary School (Six Grade Center) in Ruston under Willie Washington as principal.

He is proud to be a father of one son and one daughter. Rutledge is also proud of his two grandchildren and a great grandchild. After marrying Dr. Swedie W. Bread in1980, the couple did a great deal of traveling.

He participated in Grambling's "Make A Difference Day" observance from 1994 through 2009. Rutledge worked with projects such as painting



William J. Rutledge

fire hydrants in the Grambling area and picking up trash on Main Street, from RWE Jones to Martin L. King Jr. Ave., then from Highway 80 to Grambling State University campus.

Rutledge enjoys reaching out to assist others in whatever means possible. He joined in with Valena Lane, a fellow member of New Rockey Valley Baptist Church, to help with a KGRM project. During the 91.5 KGRM annual Christmas Toy Drive, he became the engine behind making sure the drive had what it needed to make the children's wishes come true. He encouraged help from his fraternity brothers of Phi Beta Sigma to assist in bagging the toys. Until the Covid Pandemic hit, Rutledge continued to take financial donations given for the drive to purchase needed items.

"Bill", as he is known by many, coordinated the Annual Grambling Veteran's Day program from November 2000 until November 2008. He lined up coordinators for district churches in the Liberty Hill Baptist Association parade from 1984 until 2019.

"I have picked up and placed under the carport, the daily newspapers both morning and evening for 11 of my elderly neighbors and carried their garbage can out twice a week, from 1995 until 2012. At present, I only have nine elderly neighbors, so I do it down to the corner of Main Street, where Dr. Harvey's house is located," Rutledge said.

He is still an active member of several clubs and organizations. Rutledge belongs to the Grambling Unit of Retired Teachers (GURT) from 1991 to present. Served as: president and chairman of Technical Services, treasurer from 2005-2011. He served as vice president and membership chair of Phi Delta Kappa (PDK) from1983-2000.

He belongs to Phi Beta Sigma Fraternity, Inc. (life Member) 1976- present, served as president and treasurer of the GSU Alumni Association, Inc. (GU-NAA) (Life Member), and the Greater Grambling Chamber of Commerce, Inc., where he served as treasurer.

Bill has been a member of many more organizations including being a member of the governing board of the Louisiana Military Museum- Ruston from April 14, 2008 -present, as well as a member of the board of directors - Lincoln Total Community Action, Inc., from 2000 till 2011.

Rutledge, a travel enthusiast, has traveled to many countries, such as Antigua, Japan, Gibraltar, Austria, and Korea (North/South). He has visited St. Vincent; Barbados; Thailand; Trinidad; Belgium; Lebanon; Malaysia; Britain; Libya; Guatemala; Canada; Monaco; St. Kitta; France; Netherlands and Singapore.

Nowadays, Rutledge spends his time relaxing, reading and talking with fellow members of the community.



By Reginald Owens

So, there is a city named Grambling? This is the typical response a Gramblinite gets after answering the question "Where is Grambling State University located?"

"The name Grambling - the city and community - is dwarfed in recognition by the world-renown school that bears its name.

Many are surprised to learn that there is a city called Grambling and a thriving community of African-Americans who have lived independently in the area for more than a century.

Grambling is an American success story created by both the best and the worst circumstances in U. S. history. Newly freed African-American captives settled here for jobs because they had few places to go. After the Emancipation Proclamation, they worked to build an independent community and fulfill the spirit of the American Dream. A mostly African-American city and the fastest growing municipality in Lincoln Parish, Grambling has a population of more than 5,000. Grambling is the hometown of Paul "Tank" Younger, the first African-American to play football for the National Football League. This North Louisiana city also is the home of a university with the winningest football coach in the world. the legendary Eddie G. Robinson and the late Conrad Hutchinson Jr., the Grambling legend in American college band performance. The community, however, extends beyond the limits of the incorporated city. Grambling's growth and spiritual vitality through the years has been fed from surrounding church communities such as Mt. Olive, Liberty Hill, Mt. Harmony, Mt. Calm, Fellowship and other areas with large African-American populations. Grambling has historically been the political, economic and social hub for surrounding African-American communities. "Blacks in this area owned large tracts of land" in the late 1800s, said Lawrence Gamer, associate professor of history at the university. Many bought land from former slave owners and rented the land to Black sharecroppers who, in turn, gave the landowners part of their crop as payment. These entrepreneurial land owners also hired Blacks from surrounding communities to tend their crops and work the land Many of these African-American landowners or their children were captives on local plantations before the Emancipation Proclamation. After freedom, they bought large tracks of land from their former masters, said Gamer. These ex-captives-turned-landowners attracted other African-Americans from surrounding areas. There was opportunity here for Blacks where little existed in other places in the region and the South. "They (Blacks) came as laborers," Gamer said of hundreds of Blacks who migrated to the area from surrounding communities and towns throughout North Louisiana.



Downtown Grambling in the early years.

figured prominently in the history of the Grambling community -before a school was founded, according to Dr. Doris Dorcas Carter in her 1970 master's thesis, "Charles P. Adams and Grambling College." Carter was professor of history at Grambling State University.

area, Garner noted. This type of entrepreneurial activity by Richmond and other African-American landowners opened the way for Blacks to migrate here from throughout the North Louisiana region. They (black landowners) provided economic livelihood for hundreds of Black families in and around Grambling", said Garner. "People used to come from all over Lincoln and surrounding parishes to pick cotton." The Richmonds were among a handful of the early African-American settlers in the area who purchased land for farming and sharecropping. Sharecropping developed during the Reconstruction Era as a means for many former African- American captives and poor Whites to make a living in an agriculture-based economy.

As a result, Grambling became a major North Louisiana settlement area for African-Americans in the region and Blacks who were part of the westward migration of freed slaves from the Southeastern United States after the Civil War. Other African-Americans who owned large tracts of land before the 1900s in the area were William Reamor, Robert Youngblood, C. H. Land, Dennis Hollis, Gus May and the Younger brothers (Gene, Louis and Sherman). These men owned hundreds of acres of land and freely bought and traded in land with both Blacks and Whites. Their land formed the nucleus of an area that would later spawn the first African-American municipality in Louisiana and an internationally known African-American university.

Gamer's great-great-grandfather, was one of the early Black landowners who

"Grambling came into existence through the efforts of a number of former slaves and their children who had lived on neighboring plantations," Carter wrote, citing the late Grambling historian Earl Maxie. According to Carter, Grambling was carved from portions of the following plantations: Sims', Simsboro; Gullatt's, west of the railroad running between Grambling and Ruston; Grant's, near Cooktown Road; Cobb's, near Vienna; and the plantations of Thomas Standifer, Charlie Green, Frank Thompson and Jim Gipson.

Grambling's history as a distinct African-American community began in 1875 when Richmond bought a 160-acre tract from Jim Gipson, a former slave owner, Carter wrote. Gipson had purchased the land from Thomas Standifer, also a former slave owner. The land, site of the present-day city of Grambling, was later inherited by Richmond's son, Lafayette (Fate), who became one of the founding fathers of the community that would become Grambling.

The name Grambling came from P. G. Grambling, a European American, who leased land from the younger Richmond in 1887 to build a sawmill. The sawmill was located near an area north of the railroad which runs east-west through the city and south of the present-day Interstate 20. Because of the sawmill, the train would stop in the community to pick up lumber.

The Vicksburg, Shreveport and Pacific Railroad started calling it the "Grambling stop" for P. G. Grambling's sawmill; therefore, the name stuck. The mill operated for about ten years, according to Thelma Smith Williams in her book, Grambling: A Pictorial History.

Carter noted that some women in the community started a movement in the early part of this century to change the name of the community to Richmond in honor of its African-American founder, but the sister of P. G. Grambling asked that the Grambling name remain in honor of her brother.

The elder Richmond and his brothers bought hundreds of acres of land and sold parcels to other Blacks who came to the (Reprint from egrambling.com, "The City of Grambling: Historical Information", 2005)

Reginald Owens is the retired chairman of the Department of Journalism at Louisiana Tech University where he was the inaugural holder of the F. Jay Taylor Endowed Chair of Journalism. He also served as director of the former Tech news bureau and associate director of university communication. He also taught at Grambling State University, where he was also publication director for The Gramblinite.:



Community

Business In Spotlight

Shield Martial Arts

By Lena Wilson Claybon

roducing MMA fighters and a Taekwondo Grandmaster is not the first thing you think of when you think of this area, but you would be mistaken. Over at Shield Martial Arts, that is exactly what's happening. We recently sat down with Head Instructor, David McLaughlin, a 3rd Degree Black Belt in Taekwondo, certified kickboxing instructor and MMA Coach to talk about the various classes he teaches at his school located in the Paradigm Gym on Shaman Road in Ruston.

David got his start early in martial arts at the age of eight and was taught by his Uncle, Gary Mclaughlin, of Grambling who is a martial arts Grandmaster. He started training in Olympic Taekwondo, and when he went to college at Louisiana Tech, he began to cross train in Muay Thai kickboxing and Brazilian Jiu-Jitsu. After that, he served in the Armed Forces and was commissioned as an officer for the military police.

"So military combat became part of my training as well. So fast forward, I got married, had kids, and, I thought martial arts was behind me. But the opportunity came about to partner with Lincoln Preparatory School to create a P.E. class to offer martial arts to the students there. And out of that came just an enjoyment for instructing, so I went back and got certified as a first-degree black belt and continued [going up in rank from there]."

David said later, the opportunity came to partner with Paradigm [Gym] to offer martial arts instruction to the public. "So here we are a year later at 50-plus students with six, seven-plus classes rolling every week. And in January, we'll be open 24-7 with additional instructors with even more classes."

When asked what age groups he works with, he said, "From three all the way up. We have starting at age three to six, [a program called] Tiny Kids Taekwondo. So that's a 30-minute class where the object is to get them involved in routines and structures for martial arts and learn basic tech-



David, his wife, Candace, and son, David Jr.

niques for a novice curriculum.

The parents who are sitting here can get involved if they want. They have fun and they really develop an enjoyment for martial arts. Then we move to ages seven to 12 where we have Big Kids Taekwondo."

He says that particular curriculum is more fleshed out, more of the normal curriculum.

"It's on a two-time basis, which means I'm still not forcing them to move faster than they need to move. But that's where they start their journey to black belt and we have that class [as well]. We also have Young Adult Taekwondo."

David says the Young Adult class involves ages 13 [and older]. "So that's where we have our teenagers, young adults, and college students. We also have women's kickboxing and self-defense.

He said after a horrible stabbing incident at La Tech, a while back, he began offering a free seminar on women's self-defense. "We've had a class here ever since for women. Mothers are encouraged to bring their daughters, free of charge. And it's every Saturday.

Among his other offerings, David says he offers men's kickboxing, which is his newest class. And for those who might want to step it up a notch, he also offers



Women spar with each other in self-defense class.



David teaches Kids Taekwondo class.

MMA classes. David stresses its mostly for those who want to get fit but, for those who want to train professionally, he does that too. "We're training a few amateur MMA fighters, one of which has a fight October 26th in Shreveport."

In addition to this, David says he offers a special needs Taekwondo class to students who have disabilities ranging from autism to muscular dystrophy to seizures. And soon they will be offering a Seniors martial arts fitness class as well as a Kid's ground fighting class.

When asked to explain what that is, he said, "So essentially, striking has to do with fighting while you're standing on your feet. But all fights and most fights don't stay on the feet. They end up on the ground. So, on the ground, it's a completely different ball game. So we'll have a class that focuses specifically on fighting while you're on the ground, and we incorporate that into the women's self-defense program as well."

David says he encourages parents to get their kids involved in martial arts. "In



David oversees older kids' class.

today's environment, bullying has become something of a really serious issue. And, you know, there's football, there's baseball, there's conventional sports, but self-defense is something that every human being should have starting as a child when they start to get bullied. It not only tells them how to fight, but when not to fight and the mental aspect of fighting. The greatest fighters are the ones that get into the least fights."

He says that's why, along side teaching how to punch, kick and throw, they also teach the tenets of martial arts at S.H.I.E.L.D. which stands for Strength and self-control, Honor and humility, Integrity and individuality, Excellence and entrepreneurship, Leadership and loyalty, and Discipline and duty. "And that's the point. The point is, fighting should be the last resort. It's not the first resort, it's the last."

David says, they're planning a lot of exciting things coming up. "We have a competition coming up with the AKA Karate Alliance here, USKA, October 26, at Louisiana Tech. We have competitions in Farmerville, Shreveport, and also in Texas. So, we have Muay Thai kickboxing competitions in Texas, as well as a regional tournament with AAU Taekwondo."

He says his students are not required to compete but if they want to, when they're ready, he allows them to sign up.

And, lastly, for those who might be interested in signing themselves or their kids up for classes, SHIELD Martial Arts can be found on Facebook, Instagram, TikTok and Youtube as well as on their website at www.shieldmartialarts.net.

Announcements

NAACP meetings set for third Thursday

The Grambling Branch of the National Association for the Advancement of Colored People (NAACP) hosts its regular monthly meeting on teleconference every third Thursday at 6 p.m.

S.T.E.M Night

The Louisiana Community Delta College will sponsor Spooky S.T.E.M. Night Tuesday, Oct. 22, from 5 to 7:30 p.m. There will be candy, experiments and prizes. The school is located on 7500 Millhaven Rd., Monroe.

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

com) or Barbara McIntyre, 318-243-1858 (bmcintyre@yahoo.com).

Retired educators to hold monthly meeting

The Lincoln Parish Retired Educators (LPRE) will hold its monthly meeting

Membership is available to the public. either as an adult or as a youth (ages 7 to 17). Memberships for adults are \$30.00 a year and presently, the \$10.00 dues for children have been waived.

For additional information, please call or text 328-680-7679, Grace Tatem.

Louisiana Delta to hold Spooky

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

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.

on Thursday, Nov. 14, at 2 p.m. at the Lincoln Parish Library Community Room. The speaker for the event will be Bill Jones, member of the Lincoln Parish Library Board of Control.

The topic will be, The Impact of Censorship & Book Banning on Intellectual Freedom. All retired educators are welcome.

In Remembrance...

Rufus Washington remembered

Rufus passed away peacefully on September 25, 2024, at Jena Nursing Home, in Jena, shortly after his 69th birthday.

Rufus was born September 9, 1955, to Reverend Rufus Washington, Sr. and Adell Meeks Washington. He accepted Christ at an early age and was baptized at Mount Zion Baptist Church, in Grambling. He later served as an Usher and in the Brotherhood.

Rufus attended Liberty Hill Elementary School, in Simsboro, and Grambling Elementary Laboratory School (now Lincoln Preparatory School), in Grambling.

Graduating high school with honors from Subiaco Academy, in Subiaco, Arkansas, he was Student Council President and a star basketball player. He played the drums, was a member of the National Honor Society, Outstanding Teenagers of America, and the Society of Outstanding American High School Students.

He received a Bachelor of Science degree in Psychology and Sociology from Grambling State University, in Grambling. Later, Rufus pursued further graduate study in Counseling at Louisiana Tech University, in Ruston. He received



a Professional Diploma in Pharmacy Technology from Ashworth University, in Norcross, Georgia. Rufus was a Technician I

at Grambling State University; a Researcher at Wave Technolo-

gy, in Loma Linda, California; a Cashier and Courtesy Clerk at Walmart Supercenter, in Ruston; a Social Service Counselor at Health Paradigm Hospital, Ruston;

and a Volunteer Addictions Counselor at Second Beginnings Peer Support Center, Ruston Behavioral Health Center.

He served as a second-generation advocate and member of the National Alliance on Mental Illness (NAMI) organizations. Rufus fondly enjoyed completing home Biblical Studies, reading an assortment of books and magazines, listening to music, and viewing television, especially movies, news, and Christian broadcasting.

Rufus was laid to rest at Grambling Memorial Garden and in lieu of flowers, donations may be made to NAMI Ruston, Post Office Box 1585, Ruston, LA 71273.

Roderick J. Bradford: A Life Well-Lived

Born on January 6, 1966, to James and Mae Calahan Bradford in Jonesboro, LA, Roderick James Bradford was always a trailblazer.

Roderick accepted Christ at a young age at Pleasant Grove Missionary Church. After relocating to Vicksburg, he became a member of Calvary Church, where he faithfully served as a deacon.

Roderick graduated from Jonesboro Hodge High School in 1983, at just 17 years old. After completing high school, he headed to Baton Rouge, LA, to attend Louisiana State University. Roderick then decided to take a break from college and enlisted in the United States Air Force, where he was stationed in Wichita Falls, Texas. After his tour in the Air Force, he graduated from Grambling State University.

On March 12, 2005, Roderick

became a proud member of Omega Psi Phi. He pledged with the Gamma Omicron Chapter in Minden, Louisiana, earning the line name "Flatline" because he fell asleep standing straight up while on line. As the Deuce (Number 2), he brought his own unique energy and heart to the brotherhood, sealing a lifelong bond with "Da Bruhz!"

Roderick was a leader, educator, and coach. He had a career in management with Walmart, AutoZone, and Capital-One Bank. In 2016, CapitalOne Bank relocated him to Vicksburg, MS. Roderick transitioned to Housing Director for the City of Vicksburg until his untimely demise. It was while in Vicksburg that he met his wife, Marilyn Bradford (whom he affectionately called "My Bride"). They happily married on June 15, 2019.

Roderick was the life of the party—if he was around, a good time was guar-



anteed. He had a knack for turning an ordinary day into an adventure. Roderick was also a Pit Master and will be remembered for his awesome turkey necks and homemade BBQ sauce. He was preceded in death by

his mother, Mae

Calahan Bradford; his maternal grandfather, Elder Lonnie Calahan; and his paternal grandparents, Mattie Esther and Leamon Bradford (Annie D).

Roderick leaves behind a loving family to cherish his memory. He is survived by his wife, Marilyn Ragan Bradford; children William Bradford (Jessica),

and Kiara Bradford, Bonus Children: LaQuita Reed (Rodrick), Jazmine Neal, Kayla Neal, Kihron Bristol, Joni Bristol, and Warren Johnson (Kermetria); his father, James E. Bradford; and his sisters, Berkita Bradford and D'Andra Odom (Brandon); his maternal grandmother, Eva Mae Calahan. His" favorite" Aunt (the ride-or-die aunt) Mary Hoover, eighteen grandchildren, one great-grandchild, nieces, nephews, aunts, uncles, family, and friends. As an adult, he adopted the Charles and Van Williams family as his "god family."

God hath not promised skies always blue, Flower-strewn pathways all our lives through, God hath not promised sun without rain, joy without sorrow, peace without pain.

But God hath promised strength for the day, Rest for the labor, light for the way, and Grace for the trials.

hurch News

In The Word

Harboring Unforgiveness

By Donald Lee

f you're harboring unforgiveness in your heart, know that it is not worth blocking your blessings" Friends, I'd like to share a nugget of wisdom on what happens when we choose not to forgive

those who transgress against us. Unforgiveness, which is a sin, hidden in one's heart will stop a prayer from reaching God the Father's ear. So, if there's someone in your life that you haven't yet forgiven for any wrong that person may have done to you, choose to forgive him (or her).

"Therefore, I say unto you, What things soever ye desire, when ye pray, believe ye receive them, and ye shall

have them.

"And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses," our Lord and Savior

Jesus the Christ says in Mark 11:24-26. The next time someone offends you, ask yourself, "Is this person worth the

forfeiture of my blessings from God? Do I dislike them so much to where I don't mind walking around indefinitely with a dark cloud over my head?"

If you're smart, the answer to both questions should be a resounding "no." You've got to understand that forgiving someone who may have done wrong by you doesn't mean you have to hang with him (or her). You're commanded to forgive, not be foolish.

Oftentimes, people think just because the Word requires us to operate in forgiveness that equates to having to be buddy-buddy with the other person.

Depending on the offense, it's best to keep your distance. But harboring malice or ill will in your spirit is a self-contaminant.

So, decide that walking in unforgiveness is not worth forfeiting your blessings over. For the blessings of God are conditional, not automatic. Walking in forgiveness is one of those conditions that must be met.

Donald Lee, founder-pastor of Kingdom Living Christian Center in the Dallas area, is co-author of "Married to Commitment," a Xulon Press-published book centering on healthy relationships. See the book's trailer on YouTube.

Lee also is a ghostwriter and freelance columnist and editor. If you feel compelled to write your own book but don't have the time required to do it, feel free to contact Lee, who will use his expertise to help you bring that dream into fruition.

Call him for quotes at (225) 773-2248 or send e-mail correspondence to leedonaldj@gmail.com.

Also visit him at http://www.donaldjlee.com.

Connect with him on LinkedIn and follow him at @donaldj_lee on Twitter.

Church News

China Grove release church activities

The China Grove Baptist Church will present its Annual Harvest Drive Sunday, Oct. 20, at 10:30 a.m. at 406 Vernon St. in Ruston.

The guest speaker will be Rev. Darren Bridgewater of Zion Travelers Baptist Church of False River and Mt. Zion Baptist Church of Lacour.

The Fall Revival will be held Oct. 22-24 at 7 p.m. nightly, with Rev. Eric Caldwell of Springhill Baptist Church to open on Tuesday, Rev. Charles Thompson of New Property Baptist Church on Wednesday and Rev. Donald Young of Mt. Olive Baptist Church on Thursday. Everyone is invited to attend.

New Hopewell to honor pastor and wife

The New Hopewell Baptist Church of

Bernice will hold its 22nd pastor's appreciation Sunday, Oct. 20 during the morning service. The church is located at 113 Plum St.

The guest minister and church will be Rev. Quincy Knox and the Mt. Harmony Baptist Church of Ruston.

Zion Traveler to celebrate pastor's appreciation

The Zion Travel Baptist Church of Ruston will hold its pastor's appreciation Sunday, Oct. 20. The church is located on 1201 Martin L. King Dr.

Prilgrim Rest to welcome Family and Friends

The Pilgrim Rest Baptist Church of Sibley, will sponsor Family and Friends day on Sunday, Oct. 20, at 2:30 p.m. The church is pastored by Rev. Anthony Combs.

The guest pastor and church family will

be Rev. Elliott Abney of the Love Chapel Baptist Church of Ruston.

Liberty Hill Association's annual session

The Liberty Hill annual session will be held at the Zion Travel Baptist Church Monday, Oct. 21-22 beginning at 6 p.m., The church is located on 1201 Martin L. King Dr.

Theme for the session will be "God Is Doing a New Thing" taken from Isaiah 48:19, Restoring, Rebuilding, Renovating. Rev. Maurice White is the moderator of the association, Calvin Wortham is first vice president; Rev. Eric Caldwell is second vice president and Rev. Quincy Knox is third vice president. There will class session during the session.

church hold 124th Area to anniversary

Pilgrim Rest of Ruston will hold its 124th Church Anniversary Sunday, Oct. 27 starting at 9:30 a.m. The church is located on 622 West Line Ave.

The guest minister and church will be Rev. Calvin Williams and the Springfield Baptist Church of Gibsland.

Lincoln United Community Volunteers to hold prayer

The Lincoln United Community Volunteers "The Power of Unity" will hold voter engagement prayer meeting at Zion Traveler Baptist Church (culminating prayer and meditation vigil) Monday, Nov. 4, at 6 p.m.

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." - 2 Chronicles 7:14 kjv.

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., Ruston China Grove Missionary, 406 Vernon St., Ruston Choudrant Love Chapel Baptist Church, 1525 Sikes St, Ruston Christ Temple Baptist Church, 7349 Hwy 80. Ruston 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, Bernice Grace Baptist Church 2808 Trenton Ave., Ruston Grace Bible Baptist Church, 216 Rough Edge Rd., Ruston 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., 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., Dubach 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 Living Word Ministries, 1900 w. Barnett Springs, Ruston New Pilgrim Rest, Inc., 2697 Elm St., Arcadia New Prospect, 3438 Hwy. 167 N., Dubach New Prosperity Baptist, 1378 Prosperity Church, Clay 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, Simsboro

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

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, Ruston

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



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

METHODIST CHURCHES

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 Mays 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

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., Dubach 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., Ruston 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 901Martin 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, Ruston 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.

Lifestyle & Wellness

October is Breast Cancer Awareness Month

Black PR Wire

ctober is National Breast Cancer Awareness Month a crucial time to remind us that awareness and early detection can save lives and to encourage us to prioritize our health and take proactive steps to reduce our risk of breast cancer.

According to the Centers for Disease Control and Prevention (CDC), while White women are more likely to be diagnosed with breast cancer, Black women face a disproportionately higher mortality rate. This often occurs due to later-stage diagnoses when the cancer is more aggressive.

Several factors influence breast cancer risk, including age, family history, and lifestyle choices. While you can't change certain risk factors, such as age or genetics, you can improve your health by adopting a well-balanced diet, staying physically



active, and scheduling regular screenings. The U.S. Preventive Services Task Force recommends that women ages 40 to 74 who are at average risk for breast cancer receive a mammogram every two years.

Public figures such as Robin Roberts, co-anchor of ABC's Good Morning America, comedian Wanda Sykes and Hoda Kotb, co-anchor of NBC News' TODAY and the co-host of TODAY's fourth hour, have bravely shared their experiences with the disease. Breast cancer is not just a women's issue; it affects individuals of all genders. Male figures such as Ernie Green, a former Cleveland Browns running back, and Mathew Knowles, father of Beyoncé and Solange, have also battled breast cancer.

Take this month to start prioritizing your health by adopting a healthy lifestyle, and to be sure to talk to your doctor as soon as you see or feel any changes on vour breast.

'More Than Conquerors" Breast Cancer Support Group

By Joice M. Dunn

In recognition of October, National Breast Cancer Awareness Month, More Than Conquerors Breast Cancer Support Group has been busy with several events. The support group was established in January 2007 by Dr. Rixie Thompson, a twotime breast cancer survivor who resides in Grambling.

The support group was formed due to Thompson's recurrence of breast cancer, lack of support from local and surrounding parishes and lack of awareness about the disease.

The support group's name was taken from Romans 8:37, "Nay, in all these things we are *more than conquerors* through him that loved us," said Dr. Thompson. The group started with seven members but has currently grown to 30.

"As survivors go through the journey of breast cancer, they become not just mere survivors, but they become more than conquerors because of the many other trials they conquer during the journey," explained Dr. Thompson.



Rixie Thompson

cer Survivors. The mission of the

support group is committed to providing educational, emotional,

American Cancer Society, Susan G. Komen

Breast Cancer Foundation, and Louisiana

Coalition of African

American Breast Can-

domestic, spiritual support and encouragement to those who are experiencing the effect of breast cancer, either personally or by relationships.

'We increase breast cancer awareness by organizing and hosting breast health/ awareness seminars and providing educational materials. This support group offers demonstrations on how to do breast self-exams, hands-on training using breast models with lumps, and referrals for mammograms and treatment," Thompson said. The group sponsors at least three or more seminars over the course of the year.

The main event for the group will be held on Saturday, Oct. 26, at 3 p.m. "The The group is an active participant with Pink Spa-Party" at Grambling City Hall.



Breast Cancer Awareness Motorcycle Pink Excursion & Fun Day in Grambling Park.

This will be a night of pampering especially for breast cancer survivors. On Sunday, Oct. 27, the group will sip tea with other breast cancer survivors at the Tea Time for a Cure hosted by Sandra Boston in Arcadia.

The group will wrap up the month of October by participating in the Breast Cancer Awareness Balloon release hosted by the Let Us Dream Organization on the Grambling State University campus Thursday, Oct. 31 at 12:15 p.m.

Tie signature events and projects that the support group is known for includes The Pink Pearl Tea, The Beauty and The Breast Pageant, "We Got Your Back Backpack Project, The Pink Warrior of the Month Care Box Project, The Pink Carpet Gala, The Pink Soiree, Jewelry For A Jewel Like You Project, Paint The Town Pink Project, initiating the first Proclamation to declare October as Breast Cancer Awareness Month for the City of Grambling, the first "Give Breast Cancer The Boot" Parade in Grambling, and wigs (custom made and refurbish) services offered to survivors in treatment via "Her Hair Matters" by Krystal Terrell. The support group just recently celebrated the grand opening of "Jonetta's Locs of Love" Wig Parlor in Grambling with new wigs donated by Tamisha Moats for patients undergoing chemotherapy. The group kicked off the month with the Breast Cancer Awareness Motorcycle Pink Excursion and Fun Day in the Park which included more than thirty motorcycles, slingshots, and spiders riding in honor of a survivor and in memory of a loved one who has died from breast cancer on Saturday Oct. 5. The Riders delivered a special awareness package to survivors in Minden and returned to Grambling for the Grand Finale Ride. While the Riders were on the excursion, breast cancer survivors waited and had fun and a grand celebration of life in Grambling City Park.

Friday, Oct. 11, they completed "We Got Your Back" Backpack Project and delivered 40 packed backpacks which included special items for cancer patients undergoing chemotherapy at Green Clinic in Ruston. They give special thanks to their Pink Sponsors, Grambling Alumnae Chapter of Delta Sigma Theta and Zeta Phi Beta Sorority for making this project a great success. Saturday, Oct. 12, More Than Conquerors participated in Grambling State University Breast Cancer Awareness Pink Out Game. The University honored breast cancer survivors during the Halftime Show as the GSU Band honored survivors with a special performance and a special treat from GSU President Martin Lemelle, Jr. Tuesday, Oct. 15, they celebrated Open House and Mocktails while they introduced the new "Jonetta's Locs of Love" Wig Parlor, located at 2084 W. Martin Luther King Jr Avenue (inside of Heavenly Hair Beauty Salon) in Grambling, to breast cancer survivors near and far. The support group meets every second Tuesday of the month at 6 p.m. at Grambling City Hall. For more information about upcoming events or the support group, contact Dr. Thompson at 318-278-0346 or send an email to: mtcbreastcancergroup@yahoo.com.



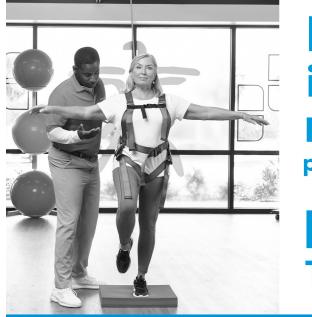




We are your local pharmacy that is committed to your personalized care. Our dedicated team of pharmacists, pharmacy technicians, and clerks are always available to offer their expert advice and assistance! At The Prescription Shoppe, we offer fast and friendly service with a convenient drive thru window! We proudly deliver medications free of charge to Lincoln Parish residents and nearby communities, ensuring convenience

and accessibility for all of our customers.

Locally Owned. Locally Operated.



Falling is not a NORMAL part of aging!

FIGH THE FALL

OUR HIGHLY TRAINED THERAPISTS CAN HELP YOU GET BACK TO YOUR DAILY ACTIVITIES!

1.888.578.8896 **8 LOCATIONS TO SERVE YOU**

Campus Corner

Ten Notable Alumni of Grambling State

inant



lthough there are many, here are 10 notable individuals who have achieved excellence in their respective fields and careers. Doug Williams -1.

Douglas Lee Williams is an American



former back to both start and

Doug Williams

downs in a single quarter.

football executive and quarterback and coach. Williams is best known for his performance with the Washington Redskins in Super Bowl XXII against the Denver Broncos, making him the first black quarter-

win a Super Bowl. He was named Super Bowl MVP after breaking two Super Bowl passing records: 340 yards total, and being the first to throw four touch-

E-40

2. Erykah Badu Erica Abi Wright,

Erykah Badu

known professionally as Erykah Badu, is an American singer and songwriter. Influenced by R&B, soul, and hip hop, Badu rose to prominence in the late 1990s when her

debut album Baduizm

(1997), placed her at the forefront of the neo soul movement, earning her the nickname "Queen of Neo Soul" by music critics.

3. Ronnie Coleman - Ronald Dean Coleman is an American retired professional bodybuilder. The winner of the Mr. Olympia title for eight consecutive years, he is widely regarded as either the greatest bodybuilder of all time or one of the two greatest along with Arnold Schwarzenegger and as the most dom-



Ronnie Coleman

al titles, he is also renowned for his combination of size and conditioning, dominant body-parts and extremely heavy work-

bodybuilding

physique ever to grace

the stage. Winner of

26 IFBB profession-

outs, making him the strongest bodybuilder of all time.

4. E-40 - Earl Tywone Stevens Sr., better known by his stage name E-40, is an American rapper. He is a founding member of the rap group The Click and

the founder of Sick Wid It Records. He has released 26 studio albums to date, appeared on numerous movie soundtracks, and has also done guest appearances on a host of other rap albums. Initially an underground artist, his

1995 solo album In a Major Way opened him up to a wider audience. Beginning in 1998, he began collaborating with mainstream rappers outside the San Francisco Bay Area. He rose to higher mainstream popularity in 2006 with his single "Tell Me When to Go", which was produced by Lil Jon.

Willis Reed - Willis Reed Ir. 5. was an American professional basketball player, coach, and general manager. He spent his entire ten-year pro playing career (1964-1974) with the New York Knicks of the National Basketball Association (NBA). Reed was a seven-time NBA All-Star and five-time All-NBA selection, including once on the first team in 1970, when he was named the NBA Most Valuable Player (MVP). He



Willis Reed



Charles M. Blow



Ernie Ladd

high school, Ladd attended Grambling State University on a basketball scholarship before being drafted in 1961 by the San Diego Chargers of the American Football League (AFL). Ladd found success in the AFL as one of the largest players in professional football history at 6'9" and 290 pounds. He helped the Chargers to four AFL championship games in five years, winning the championship with the team in 1963. He also had stints with the Kansas City Chiefs and Houston Oilers. Ladd took up professional wrestling during the AFL offseason, and after a knee injury ended his football career turned to it full-time in 1969.



was a two-time NBA

1973) and was voted

the NBA Finals MVP

both times. In 1982,

Reed was induct-

ed into the Naismith

Memorial Basketball

Hall of Fame. He was

named to both the

NBA's 50th and 75th

M. Blow- Charles

McRay Blow is an

American journalist,

commentator and op-

ed columnist for The

New York Times and

political analyst for

Ernest Ladd, nick-

named "the Big Cat",

was an American

professional football

defensive tackle and

professional wrestler.

A standout athlete in

Ernie Ladd

anniversary teams.

6.

MSNBC.

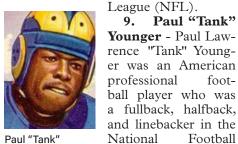
7.

(1970,

Charles

champion

Sammy White



Younger

1949 through 1958. He played college football for Grambling State University, was the first NFL player from a predominantly black college, and was the first African American to become an NFL front-office administrator (scout and executive with the Rams until 1975).



10. Everson Walls - Everson Collins Walls (born December 28, 1959) is an American former professional football player who was a defensive back in the National Football League (NFL) for the Dallas Cowboys, the New York Giants, and the Cleveland

8. SammyWhite

Sammy White is

foot-

foot-

Football

an American former

ball player who was

a wide receiver for

10 seasons with the

Minnesota Vikings of

the National Football

League (NFL) from

9. Paul "Tank"

professional

Browns. During his 14 seasons, he was a four-time Pro Bowl selection. He was

also a three-time All-Pro selection. Walls won a Super Bowl with the Giants after the 1990 season.

Sources: EduRank.org; Wikipedia



TICKETS & PRICES

Purchase All Tickets online at gram.edu/homecoming

Distinguished 10 Award Ceremony Friday, Oct. 18 - 11:30 am **Favrot Student Union General Attendees** Costs: \$40 Sponsorship Table Costs: \$500 TABLE FOR 10 GUESTS

SUNDAY, OCT 13

VOLLEYBALL GAME Fredrick C. Hobdy AC

GOSPEL EVENT

MONDAY, OCT 14

VOLLEYBALL GAME Fredrick C. Hobdy AC

DRIVE-IN MOVIE

*Students Only

TUESDAY, OCT 15

BUILD-A-TIGER tudent Unior 11 a.m. 1 p.m. *Students Only

TIGER MADNESS

WEDNESDAY, OCT 16

CANDID CONVERSATIONS: MASTER CLASS

Digital Library/Seminar Rm

LATE NIGHT BREAKFAST Pajama Theme *Students Only

THURSDAY, OCT 17

CAREER FAIR Fredrick C. Hobdy AC

THURSDAY, OCT 17

FASHION & TALENT SHOW Fredrick C. Hobdy AC

FRIDAY, OCT 18

PRESIDENTIAL UPDATES Digital Library & Learning Commons

> FRED D. HEARN **GOLF CLASSIC Trails End Golf Course**

ALUMNI WELCOME KICKBACK

*GUNAA Event

DISTINGUISHED 10 AWARD CEREMONY Black & Gold Room

> YARD FEST & PEP RALLY

HOMECOMING STEP SHOW & HIP HOP CONCERT Fredrick C. Hobdy AC

GLOW WITH GRAM: ALUMNI REUNION PARTY Intramural Center

SATURDAY, OCT 19

TAILGATING & COOK-OFF PARTY Alumni House 8 a.m *GUNAA Event

> PARADE **Parade Route**

MISS GSU & SGA PRESIDENTS REUNION Digital Library & Learning Commons 10 a.m.

PRINTS, POURS, & LIBRARY TOURS DAY PARTY Digital Library &

Learning Commons 11 a.m.

FOOTBALL GAME Eddie G. Robinson Stadium

R&B CONCERT Fredrick C. Hobdy AC

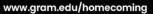
BEYOND BREAKFAST: GRAMFAM GATHERING McCall Dining Hall

SUNDAY, OCT 20

CAMPUS CLEAN-UP Campus Wide 10 a.m.

*Updated October 15

Clear Bag Policy will be strictly enforced | Student ID required at all student events





Homecoming Stepshow & Hip-**Hop Concert** Fredrick C. Hobdy Assembly Center Friday, 10/18/2024 6:00pm CDT - 11:00pm CDT Costs: \$35

Glow With Gram: Alumni Reunion Party Grambling State University Intramural Center 2 Parties Friday, 10/18/2024 Saturday, 10/19/2024 9:00pm -1:30am Costs: \$20

Football Game Eddie G. Robinson Stadium Saturday, 10/29/24 2:00pm Costs: \$40 & \$55

R&B Concert Fredrick C. Hobdy Assembly Center Saturday, 10/19/2024 8:00pm Cost: \$30.00

Beyond Breakfast: The GramFam Gathering McCall Dining Saturday, 10/19/2024 9:00pm- Til Costs: \$30

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







Sports

Grambling State Can't Fend Off Alcorn State, Falls 17-15

GRAMBLING, La. | Alcorn State's Noah Kiani's game-winning 27-yard field goal late in the fourth quarter was enough to hand Grambling State a 17-15 loss at Eddie G. Robinson Memorial Stadium on Saturday afternoon.

GSU (3-3 overall, 0-2 SWAC) was plagued by missed opportunities on offense. The Tigers struggled to convert trips to the red zone into touchdowns, scoring two field goals and one touchdown on four possessions inside the redzone.

Grambling State quarterback Myles Crawley was 16-for-28 for 149 yards and one interception. Saturday snapped Crawley's four-game streak of throwing at least one touchdown. Crawley was also sacked four times.

GSU found some success on the ground, rushing for 157 yards. The Tigers had three running backs run for over 50 yards. Tre Bradford led the way with 58 yards on 11 carries. Dedrick Talbert added 52 yards a touchdown on 11 attempts and Bull Hargrove toted the ball for 50 yards on nine touches.

Defensively, Grambling State gave up 335 yards of total offense. Linebacker Andrew Jones led the Tigers with 11



GSU in battle against Alcorn

total tackles with five solo stops. Blake Davis nabbed an interception in the second quarter. He finished with eight total tackles.

Alcorn State got on the scoreboard first with Jacorian Sewell broke loose for a 65-yard touchdown run, giving the

Braves a 7-0 lead with 6:21 left in the first quarter.

Reed Harradine gave GSU its first points of the day when connected on a 30-yard field goal on the Tigers' ensuing drive. Harradine made it a 7-6 game when he knocked 22-yard field goal with 10:53 remaining in the second quarter. ASU stretched its advantage to 14-6 when quarterback Xzavier Vaughn found Stemarion Edwards for a 75-yard score with 9:32 remaining until halftime.

Grambling State pulled within two points of Alcorn State 38 seconds left in the third quarter when Talbert capped a 12-play, 63-yard drive with a 3-yard run. The two-point conversion attempt failed, making it a 14-12 game.

Harradine gave GSU its only lead of the game when he drilled a 44-yard field goal with 10:53 to go in the contest.

Alcorn State starting quarterback Xzavier Vaughn 10-for-18 for 149 yards with one touchdown and one interception. Jacorian Sewell ran for 102 yards and a touchdown on 13 carries.

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.

Joshua Snowden Joins GSU's Women's Basketball Staff

By GSU Athletic Communications

GRAMBLING, La. | Grambling State University women's basketball coach Courtney Simmons announced the addition of Joshua Snowden to the GSU coaching staff, on Sunday afternoon.

"I am excited to have Coach Josh Snowden on my staff," said Simmons. "He is passionate about the future of Grambling State women's basketball. His energy accompanied by his past championship pedigree is exactly what we need."

Snowden comes to Grambling after spending four seasons at Troy. Since joining the staff, the Trojans won a pair of Sun Belt regular season title, were crowned the 2021 Sun Belt tournament champions and made an NCAA tournament appearance. Troy also hosted instate foe Alabama in the opening round of the WNIT during Snowden's tenure.

After spending two years as a student manager, Snowden was promoted to Director of Equipment in September of 2021. In his new role, Snowden handles the program's inventory, assists in ordering team gear and aids in travel planning.

Snowden plays a vital role in ensuring Troy is prepared for competition by handling all pregame preparation including uniforms and fueling stations. Out of season, he also helps in skill development, organizing campus events and general office needs.

A native of Pensacola, Fla., Snowden is a senior set to receive his bachelors

degree in sports management with a minor in sport coaching.

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.

Jessica Carr Named Assistant Athletic Director for Communications

Jessica Gafford Carr assumed duties as assistant athletic director for communications effective Oct. 1. Carr brings a wealth of experience in sports information and communications, having recently served as the assistant athletic director for sports information at Alcorn State University, located adjacent to Lorman, Mississippi.

In her role at Alcorn, Carr excelled in the story telling of the student-athletes in their 16 sports, which included football. She took the lead in writing and editing press releases, managing the university athletics website, and developing a robust social media strategy to promote game days and student-athlete accomplishments. She was also instrumental in the branding and marketing of the program. "I am excited to be joining such an amazing staff at LSUS. The athletic department has a solid foundation, and I am enthused to have an opportunity to help build on the legacy of Pilot Athletics," said Carr. Prior to her time at Alcorn State, Carr was a full-time lecturer at Grambling State University, where she taught Mass Communication courses and played a crucial role in managing the Gramblinite student newspaper. Her background also includes positions as sports information director at Paine College and assistant sports information director at Texas A&M Univer-





sity-Kingsville, where she honed her skills in media relations and digital content management.

Carr holds a master's degree in sport administration and a bachelor's degree in visual journalism, both from Grambling State University. Her diverse background in education and athletics uniquely positions her to enhance LSUS's athletics presence in the community.

"Jessieca will be a great addition to our team. She has worked at the NAIA level as well as both the NCAA Division I and Division II levels and knows what it takes to successfully tell the story of a program. She understands the importance of marketing and branding and she will be key in showcasing our program," Morgan said.



Grambling Volleyball Battles Hard but Falls to Prairie View A&M

By: Marcus Plummer

GSU Athletic Communications

Grambling, La. | The Grambling State University women's volleyball team took on Prairie View A&M University in a SWAC matchup at the Fredrick C. Hobdy Assembly Center on Sunday afternoon. The Tigers fought hard but ultimately fell 3-0, with set scores of 25-17, 25-21, and 25-23. This loss brings Grambling's overall record to 6-11 and 3-3 in SWAC play, while Prairie View improves to 8-13 overall and 5-1 in the conference.

HOW IT HAPPENED

Prairie View took an early lead in the first set, winning 25-17 as Grambling struggled to find its rhythm. In the second set, the Tigers showed resilience, staying within striking distance, but Prairie View pulled away to secure a 25-21 victory. The third set was a tightly contested battle, featuring 12 ties, but Prairie View emerged victorious 25-23, sealing the match.

Zechariah Dapaah Named Director of Student-Athlete Development and Student-Athlete Success

By GSU Athletic Communications

GRAMBLING, La. | Grambling State University Vice President for Intercollegiate Athletics Dr. Trayvean D. Scott has officially announced the hiring of Zechariah Dapaah as the Director of Student-Athlete Development and Student-Athlete Success Coordinator.

He joins Grambling from the University of Florida, where he was involved with Gator Experience, a department dedicated to the personal

and professional development, as well as community engagement, of all 535 student-athletes.At Gator Experience, Zechariah played a key role in organizing 11 different programming events for student-athletes.

Dapaah completed his Master's in Sport Management with a specialization in Athlete Development Certification through PAADS while also working as a personal trainer in the evenings, helping to improve the health of local Gainesville residents. His dedication to student-athlete development is rooted in his experience as a former Division 1 and Division 2 soccer student-athlete.

He earned his undergraduate degree in Business Administration from Flagler College. He is also a member of N4A and is now working to empowering the Grambling State teams, including Men's and Women's Track and Field, Cross Country, Men's Baseball, Women's Volleyball, and Women's Soccer, to achieve academic and athletic success.

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.



Arts & Culture

K. Michelle, Jaquees and J. Howell to Perform In Concert

By Lena Wilson Claybon

n Saturday evening (Oct. 18) beginning at 8 pm at the Fred Hobdy Center, get ready for a soul-rocking, good time! In concert will be R&B singer, K. Michelle, who first gained fame as a regular cast member on VH1's reality series Love & Hip-Hop Atlanta, and later signed with Atlantic Records. Her chart-topping albums have included Rebellious Soul, Anybody Wanna Buy A Heart and More Issues Than Vogue. Her single, "Scooch" was her first single to top Billboard's Adult R&B chart. K. Michelle, also a songwriter, is known for her soul-stirring and sometimes witty lyrics from her own experiences of pain, desires and challenges. So be prepared to go on an emotional rollercoaster with her sultry, soulful stylings.

Joining her for the evening is R&B singer, Jacquees, from Decatur, GA. Jacquees who bills himself as the "King of R&B" has been on the music scene since 2014 when he signed with Birdman's Cash Money Records. He first gained recognition with his 2016 single, "B.E.D."; the song peaked at number 69 on the Billboard Hot 100 and received platinum certification by the Record-



K. Michelle

ing Industry Association of America. Also, known for his hits, "Trip", "You Belong To Somebody Else" and "You", Jacquees' blend of hip-hop and R&B is sure to appeal to a college audience.

To round out the evening is Memphis-based R&B vocalist, J. Howell who has risen in notoriety from a Youtube star to one of the most popular R&B singers on the scene. His songs "Somethin About Ya", "Faithful", "Talk", and "Why You Love Me" (feat. Dondria) has helped to catapult him to next level stardom and his nocturnal and atmospheric ballads are a crowd-pleaser.

Students get in free with valid ID and non-students pay \$30. Tickets available at www.gram.edu/homecoming



Jacquees



J. Howell

Family of John Amos Outraged Over Son K.C.'s Handling of Actor's Death Amid Ongoing Feud

Staff Report

The family of John Amos, best known for his role as James Evans Sr. on the classic sitcom *Good Times*, is embroiled in turmoil following the actor's death at 84 on August 21, 2023. The news was shared by his son, Kelly Christopher "K.C." Amos, who informed



authorities but waited until October

1 to publicly announce the passing. According to reports, John Amos died from congestive heart failure in Inglewood Hospital, and he was cremated nine days later, sparking outrage among his children, particularly his daughter, Shannon Amos. She claims she only learned about her father's death through media reports

John Amos

in October and expressed her devastation on Instagram, stating, "We are left with many questions about how this happened 45 days ago."

Shannon made shocking allegations regarding the circumstances of her father's last moments, claiming someone impersonated her as his daughter in the emergency room. She pointed to Belinda Foster, who allegedly posed as a publicist, asserting, "Someone was in the ER the night my father died and pretended to be his daughter. I'm his only daughter."

Speculation about family rifts is not new; tensions



Amos pictured with the cast from Good Times. From left: Ralph Carter (Michael), BernNadette Stanis (Thelma), Jimmie Walker (J.J.), Esther Rolle (Florida), John Amos (James).

have reportedly existed between K.C. and Shannon for years. In June 2023, Shannon accused K.C. of elder abuse and financial exploitation of their father, claims that K.C. denied. A police investigation found no evidence to support her allegations. The situation has escalated, with John Amos expressing concerns that Shannon was taking advantage of him financially and emotionally during a phone call with his lawyers.

Adding to the family's distress, John's goddaughter, Amy Goudy, criticized K.C.'s handling of the situation, stating in a post, "K.C. will rot for this," and accusing him of preventing family members from being present during John's final hours. Goudy also suggested that K.C. and others might have sought to manipulate John's affairs for personal gain, given K.C.'s past struggles with addiction and mental health issues.

Shannon and K.C. are the only children from John Amos' first marriage, and their strained relationship has further complicated family dynamics, especially concerning their mother, who became a blind quadriplegic after a stroke in 1996. Disputes over her care led to longstanding conflicts between the siblings.

In a heartfelt Instagram message, Shannon acknowledged the outpouring of love for their father while grappling with the emotional turmoil surrounding his death. She expressed a desire to honor his legacy: "This should be a time of honoring and celebrating his life, yet we are struggling to navigate the wave of emotions and uncertainties surrounding his passing. Still, there is some semblance of peace in knowing my father is finally free."

As the family continues to navigate their grief, they remain determined to uncover the truth about John Amos' final days and the events surrounding his death.

By Prentiss Smith

Although it's been over a month since his passing, the world still mourns the death of James Earl Jones, who passed away at the age of 93, leaving behind a legacy as one of the most iconic and revered actors in American entertainment. His deep, resounding baritone voice was instantly recognizable around the world, famously as the

menacing Darth Vader in the Star Wars franchise and as the commanding voice of CNN's "This is CNN." His presence, both on-screen and off, was larger than life, yet Jones's career was one built not just on his voice, but on his extraordinary range as an actor.

Born in Mississippi and raised in Michigan, Jones overcame a debilitating stutter as a child, ultimately turning his

voice into one of his greatest assets. His remarkable career spanned over six decades, with over 80 film credits to his name. From his early work in theater to his unforgettable performances on screen, Jones demonstrated time and again his versatility, grace, and immense talent.

On Broadway, Jones made his mark with a series of powerful performances that won him two Tony Awards. His stage presence was magnetic, earning him a lifetime Tony Award in 2017,



James Earl Jones

recognizing a career that consistently shaped American theater.

He won two Emmy Awards for his work on television, and in 1977, his Grammy for Best Spoken Word Album made him one of a select few to achieve EGOT status—an Emmy, Grammy, Oscar, and Tony—an accomplishment reserved for the entertainment elite.

But beyond the accolades and

awards, it was Jones's presence that truly set him apart. His rich, soulful voice could both terrify and comfort, embodying a range of characters from the all-powerful Darth Vader to Mufasa, the noble king in The Lion King. His voice carried with it a sense of authority, wisdom, and gravitas—qualities that made him a voice for our times, both in pop culture and in American history.

Jones was also celebrated with a Kennedy Center Honor in 2002 and the Screen Actors Guild Life Achievement Award in 2009. His honorary Oscar in 2011 capped off a career that forever altered the landscape of film, television, and theater.

In his later years, Jones battled dementia, a cruel twist of fate for a man whose mind and voice had given the world so much. Yet, his legacy remains untouched, and his contributions to the arts will continue to inspire for generations. He was, and always will be, a titan of American culture.

The world may have lost a legendary actor, but James Earl Jones's influence,

his spirit, and, most of all, his voice will never be forgotten. From the stages of Broadway to the star-filled galaxies of cinema, his aura will echo on.



Detorian & Marilynn





SALON BOUTIQUE

"Where Attitude Is Everything"



THE rambling 🖈 Connectioi



SUBSCRIPTION INFORMATION

PRINT (MAIL-OUT) SUBSCRIPTIONS \$9.99 / MO - \$108 / YR

DIGITAL - \$6.99./ MO - \$75 / YEAR

BOTH PRINT AND DIGITAL - \$12.99 / MO - \$140 YR

Go to: www.gramblingconnection.com

or

CALL/TEXT: (318) 224-2676 EMAIL: GRAMBLINGCONNECTION@GMAIL.COM

We Need Your Support To Keep The Paper Going. Thank you.

WELCOME ALUMNI AND FRIENDS TO GSU'S 2024 HOMECOMING!



HAVE FUN AND STAY SAFE

GRAMBLING * CONNECTION