

COMMUNITY Tiger House Plaza Opening Soon







ARTS & CULTURE Teen Siblings From Grambling Release Their First Feature Film

GRAMBLING & CONNECTION

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Louisiana Resumes Full SNAP **Benefits This Week**

(La Illuminator) With the federal government shutdown coming to an end, Louisiana has made plans to resume the distribution of food assistance to those in need.

The Louisiana Department of Health said last Thursday it will distribute 100% of federal Supplemental Nutrition Assistance Program funds to eligible recipients who haven't received their November benefits starting this week. For those who received 65% of their assistance during the shutdown, they will get the remaining 35% this week.

The Landry administration reallocated health department money to make up for the loss of SNAP benefits at the start of November, when there was no end in sight to the federal government shutdown that had begun Oct. 1.

The state set up a schedule to distribute 25% of benefits per week, prioritizing the elderly and disabled who typical-

SOCIAL SECURITY ENDS WITH	SNAP BENEFIT AVAILABILITY DATE
Elderly or disabled	1st-4th of every month
0	5th of every month
1	7th of every month
2	9th of every month
3	11th of every month
4	13th of every month
5	15th of every month
6	17th of every month
7	19th of every month
8	21st of every month
9	23rd of every month



ly get their funds early in the month. Anyone who received the one-fourth portion of state-funded assistance from Nov. 1-4 will keep that amount and

health department said.

SNAP recipients will receive the rest of their receive their benefits on benefits this month, the their usual distribution

day of the month, based on the last digit of the head of household's Social Security number.



The Blue Flood: America Finds Its Voice Again

By Stacy M. Brown

By 8:30 p.m. on election night, November 4, 2025, the story was unmistakable. America had spoken, not with a whisper but with a roar that swept from Richmond to Atlanta, from Newark to New York City. The message was clear. The nation had seen enough of the cruelty, chaos, and conspiracies that marked the Trump years. What followed was not a trickle of blue, but a flood.

Democrats swept Virginia in a commanding victory that turned the commonwealth deep blue once again. Former Congresswoman Abigail Spanberger shattered a long-standing glass ceiling, becoming the first woman ever elected governor of Virginia. Her running mate, State Senator Ghazala Hashmi, made history as the first Indian American and the first Muslim elected to statewide office. Together, they secured the top two offices in the state, giving Democrats full control of Virginia's government. In the attorney general's race, Democrat Jay Jones defeated

Republican incumbent Jason Miyares after overcoming a late campaign controversy involving resurfaced text messages he sent in 2022 about then House Speaker Todd Gilbert. His win marked another milestone, making him Virginia's first Black attorney general. It was more than a state turning a page. It was the nation beginning a new chapter.

This Day in History

In New Jersey, Democrat Mikie Sherrill captured the governor's mansion, turning what had been a Republican-leaning swing state into a Democratic stronghold. In Pennsylvania, voters chose to retain all three Democratic Supreme Court justices, maintaining a fiveto-two majority on the state's highest court. The decision represented a firm rejection of the MAGA legal crusades aimed at rolling back reproductive rights, voting rights, and democratic norms. Even in the Deep South, the map looked different by midnight. Democrats flipped two Public Service Commission seats in Georgia, their first such victories in twenty-five years.

Atlanta's Democratic Mayor Andre Dickens coasted to re-election. In Miami, the mayoral race advanced to a runoff with Democrat Eileen Higgins in first place, an unexpected twist in a city long seen as safely Republican.

In New York City, Democrat Zohran Mamdani won the mayor's race, with more than two million voters casting ballots, the highest turnout for a mayoral election since 1969. In Detroit, City Council President Mary Sheffield was elected as the city's first woman

Across the country, women and people of color were not just participating in democracy; they were leading it. "The cruelty, chaos, and greed that define MAGA radicalism were firmly rejected by the American people," Schumer said. He called the night's results "a repudiation of the Trump agenda." House Minority Leader Hakeem Ieffries joined national coverage and described the results as "a mandate for a more compassionate and forward-looking government."

See The Blue Flood: Page 2

Grambling Secures \$100K Grant for Park **Upgrades**

State Act 461 funding will boost playgrounds, restrooms and lighting at City Park and junior rec field

Staff Report

GRAMBLING — The City of Grambling is moving forward with major enhancements to two of its public recreation spaces after the Louisiana Legislature awarded the city \$100,000 in funding through Act 461 of the 2025 Regular Leg-

islative Session. Mayor Bradley says the grant dollars will go toward new playground equipment and bathroom renovations at the main City Park, with additional upgrades at the junior recreation park including lighting, bleachers and fencing if funding permits. "Just giving our young parents something else locally to get their kids involved in is a great thing," Bradley

Project Details & Impact

City Park: The city plans to install brandnew playground equipment and renovate the pavilion and bathrooms. These improvements underscore Grambling's commitment to creating safe, engaging outdoor spaces for families.

Junior Recreation Park (King Street field): Located just east of City Hall, this field is used for youth football and soccer. The city hopes to add upgraded lighting, repair bleachers, replace fences and perhaps launch a T-ball program as part of this revitalization.

Timeline & Oversight: The council has designated the Shuler Consulting Company to provide required documentation to the state for grant compliance. Mayor Bradley has been authorized to make payment requests as needed.

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OPINION



Start Where You Stand: Why Local Politics Is the Most Radical Kind of Hope

by Mckenzie Rae

ome mornings, it feels like the news is designed to make us lose faith. Another headline about dys-

function in Washington. Another reminder that systems built to serve people are too tangled in partisanship to help them. It's exhausting and it's easy to start believing that nothing we do matters.

But lately, I've been finding hope in smaller places.

ADVERTISING

In a Saturday morning park cleanup where neighbors laugh more than they complain. In a school board meeting where parents debate passionately because they care.

In a quiet moment at my community garden, where greens push through soil that once felt hard and dry.

That's where real politics lives. Not in the Capitol or the news crawl, but in the spaces where people still believe they can change something. When federal politics feels like chaos, turning local isn't giving up, it's coming

We talk about politics like it's something distant. Something that happens "up there."

But the truth is, most of the decisions that shape our everyday lives are made right here, at home.

Who decides whether the lot down the street becomes a park or a parking deck?

Who decides if our public schools get new playgrounds, or if our neighborhoods have sidewalks and trees? Who decides if housing stays alordable, or if our water stays clean?

Not Congress. Not the President. Not anyone you'll see on a debate

ernments. These are our city councils, county commissions, school boards, zoning committees. And vet, most of us barely know their names.

According to the Center for Civ-Innovation's ic "VoteATL: Voter Analysis Report", voter turnout for local elections in Atlanta is alarmingly low compared to state and federal elections. In 2021, Atlanta's munici-

pal election had a 25% turnout rate. That means in a room of four people, one person decided how our neighborhoods grow, what our kids learn, and how our tax dollars are spent. The rest of us are living with decisions we didn't even know were being made.

And that's exactly what those in power count on, our distraction. The sense that local politics is too small to matter. But that's the biggest myth of all. The smaller it feels, the closer the power actually is.

Atlanta has always been a city of the park cleaned, the student succeed.

motion. From the civil rights marches on Auburn Avenue to the organizing happening now in community centers, classrooms, and church basements, this is a city that has never stopped pushing. But even here, Those decisions belong to local gov- where movement is in our DNA, local

engagement is quietly slipping away.

This moment matters.

With major development projects and the 2026 World Cup on the horizon, Atlanta is at a crossroads. We can either continue to let these changes happen tous or we can shape what happens for us.

That starts with local politics. It's not glamor-

ous. It won't trend. But it's where justice begins to take

When national politics feels too heavy to hold, there's something healing about turning to what's near. Tending to the things we can touch like soil, getting a street sign, or painting a mural becomes a form of resistance. It's not just civic engagement. It's a kind of care work. Because when you focus on what's nearest to you, you get to see progress in real time. You get to see the sidewalk repaired,

You get to feel the impact of your own hands and voice.

In a world where national politics often feels like watching a storm you can't stop, local engagement gives you back the feeling of control and that's powerful for our wellbeing and our mental health.

It reminds us that hope isn't naive. Hope is a practice. And it begins right outside our front door.

If you've ever felt burned out by politics, you're not alone.

But here's what I know: disengagement is exactly what systems of power depend on. If we turn away, they get to move quietly. So instead of tuning out, what if we tuned in? Closer,

smaller, and deeper? If you're not sure where to start, try

- Look up who represents your district on the city council, school board, and county commission.
- Attend one local meeting, just one, and listen.
- Join a park clean-up, a PTA, a voter drive, or a neighborhood associ-
- Ask your neighbors what they care about and how you can help.

Those might seem like small acts, but they're actually the most radical kind of politics. They remind us that democracy isn't a performance, it's a

Federal politics may always feel out of reach, but the closest kind of change and sometimes the most powerful thing we can do for ourselves is to start where we stand.

(Reprint from The Atlanta Voice)

POTTER MOTIVATION

Don't Wrestle With A Pig

By Rusty Potter

here's an old saying that is still true today: "Don't wrestle with a pig. You'll both get dirty, but the pig will enjoy it." That simple country wisdom carries a powerful life lesson. Too many people waste time and energy wrestling with "pigs" - people who thrive on drama, negativity, and confusion. You can't win with them because they love the mud. They're not interested in peace, truth, or progress; they just enjoy the fight. Maybe it's someone at

work who always has some-

thing negative to say. Maybe it's a neighbor, a family member who seems to live for stirring up arguments. The moment you step into their ring, you're already lost - not because you're wrong, but because you've left your purpose to roll around in the

You can't reach your goals or maintain your joy when you're constantly defending yourself against drama. Wisdom says, "Choose your bat-Every disagreement doesn't deserve your energy. Every insult doesn't need a reply. Sometimes silence speaks louder than a thou-



Rusty Potter

sand words.

Successful people know this truth: peace is more powerful than proving a point. When you stay focused on your purpose and refuse to be distracted by nonsense, you rise above it. The pig wants you to get dirty. Don't give it that satisfaction.

Instead, stay on higher ground. Spend your time building, creating, learning, and growing. Protect your peace like it's gold - because it is. When you guard your peace, you guard your potential.

The next time someone tries to pull you into an argument or drag you into their drama, smile and walk away. You don't have to wrestle in the mud to show your strength.

The world is full of people who would rather fight than fix, argue than achieve, complain than create. Don't be one of them. Be the person who keeps moving forward clean, focused, and unbothered.

Because at the end of the day, wrestlers get muddy, but walkers reach their destina-

Don't wrestle with pigs. Let them enjoy the mud. You've got higher ground to reach, dreams to pursue, and a life to live that's too valuable to waste on drama.

The Blue Flood: From Page 1

message came The amid deep national strain.

The ongoing government shutdown, driven by Trump-aligned Republicans, has closed Head Start centers, left millions of children without preschool care, and forced families to go without food assistance and infant formula. The election became more than a contest between parties. It became a referendum on what kind of country Americans still want to build. "Tonight, America chose to move forward," Schumer said.

Virginia House Democrats shattered expectations, flipping at least eleven seats to reach a sixty-two-seat majority, the largest Democratic House majority in Virginia since 1989. It is the first time in fifty years that Democrats expanded their majority in this battleground chamber, and the first time in nearly four decades that a Democratic governor will enter office with a trifecta.

Mississippi Democrats broke the Republican supermajority in the state Senate, with victories by Theresa Gillespie Isom, Reginald Jackson, and Johnny DuPree. It was the sixth time in two years that Democrats have broken a GOP supermajority in a state legislature. Across the map, the numbers told a story of resurgence. In Virginia, Spanberger's margin of victory was the largest in at least forty years, flipping nearly every county blue. In New Jersey, Sherrill erased Trump's 2024 gains among Black, Hispanic, and AAPI voters. In Pennsylvania, voters overwhelmingly supported Democratic judicial retention by wide margins.

In Georgia, Democrats won non-federal statewide offices for the first time in two decades. This election, Democrats said, was a referendum on Donald Trump and his failure to deliver for working families. Party officials said Trump sold out Americans to benefit billionaires and himself. The DNC pointed to history, noting that when Democrats have swept the governor's races in New Jersey and Virginia and the New York City mayor's race, they have won the U.S. House majority the following year.

'American voters just delivered a Democratic resurgence. A Republican reckoning. A blue sweep," DNC Chair Ken Martin said. "It happened because our Democratic candidates, no matter where they are or how they fit into our big tent party, are meeting voters at the kitchen table, not the gilded ballroom. From New Jersey, Virginia, and New York, to Georgia and beyond, Democrats ran campaigns relentlessly focused on costs and affordability."

"The American people made themselves clear," Martin continued to say. "This was not just an election about politics. It was about decency, democracy, and the kind of nation we still want to

Grambling From Page 1

With local competition for time and entertainment ever increasing, providing accessible, welcoming and well-maintained park spaces can help retain families, support youth activity, and promote city pride.

Mayor Bradley emphasized the importance of a local outlet: "Whether it's participating in extracurricular activities or coming to the park and play," he said.

Next Steps

The city will proceed with design and procurement of the playground and restroom facilities at City Park. Once that work begins and bid specs are in, the council aims to determine remaining funds

available for the junior rec park upgrades. Residents should watch for forthcoming announcements about public meetings and opportunities for input.

Community Reminder

Residents who use the junior rec field are encouraged to stay alert for closures or limited use during the renovation period. The city has indicated that lighting improvements and field enhancements may require staged access.

This funding and these planned improvements mark a positive step for Grambling's parks system. With capital injections like this one, the city is placing renewed emphasis on creating spaces that serve families, youth and community life as a whole.

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COMMUNITY



Grambling honors area Veterans with luncheon

By Joice M. Dunn

n honor of Veterans Day, the City of Grambling and Grambling State University combined efforts to show appreciation to the community Veterans and their dependents, Monday, November 10, at the Grambling City Hall..

Virginia Scott, La Vet Corps Campus Navigator, at the university reached out to Mayor Alvin Bradley. The gathering was an opportunity to draw university and community together and allow them to meet and greet for future connections. "Louisiana Department of Veteran's Affairs and AmeriCorps are working together to support veterans transitioning into college life," explained Scott, who has held the university position since August. Scott said the organization's mission is to help veterans, their families, and campus communities ensure a smooth return from active-duty service. "Through LA Vet Corps, student veterans and dependents can access education, benefits, and support services directly on campus. As school navigator, I'll mentor student veterans, help them to ac-



Three retired Veterans stand proud.

cess benefits, and foster an active veteran community by developing a student veterans' organization (SVO)," according to Scott.

"This was a cooperative effort between Town of Grambling (Mayor Bradley/ Ms. Gray) American Legion Post #593 (Ronnie Lyons ~ Commander/Consuella Lockhart ~ Auxiliary president) as well as myself," explained Scott, coordinator.

"The Program well-attended by local veterans, community supporters (30 + attendees). The program participants included the ROTC Commander; who's students posted the colors. There was support from campus student groups decorations/ meal service/receptionist/clean up. There were assistants who bagged presents and awards to program participants. The meal in-



cluded baked chicken/ mashed potatoes with gravy/spaghetti/ cake slices/lemonade or tea."

She said, "All in all the event was well-planned/fully supported/ timely and meaningful;"

"I was elated that a program honoring veterans was given by Grambling community. I was also glad to play a part in organizing it...always feels good giving back," said Consuella Wiley Lockheart.

Lockheart, a Grambling State University graduate as well as member of the community, entered the military as a student member of the ROTC program.

"I was an officer in the last class of the Women's Army Corps- a real WAC. I served four years on active duty and thirteen years in the Army Reserves. Memorable life experience!" explained Lockheart.

Grambling resident Barbara McIntyre attended the event with joy and excitement. McIntyre has served as president of the Grambling Chamber of Commerce for several years and active in many ways.

"Grambling's Veterans Day "Appreciation Luncheon" for Veterans and their dependents was an unqualified success. LA Vet Corps Campus Navigator, Virginia Scott is new to the job but was determined to have a Veterans Day Program in Grambling," explained McIntyre.

McIntyre said Scott was quickly able to rally the community, Grambling Branch of American Legion, GSU students, and a representative from Ruston's VFW for a packed event at the Grambling Community Center.

"It was a balanced event that celebrated the service and sacrifice of our Grambling Veterans while allowing ample time for food and fellowship," committed McIntyre.

Announcements

Come learn and eat Saturday

The Interdenominational Alliance of Ministers' Wives will sponsor a Lunch and Learn Luncheon Saturday, Nov. 22, at the Clifton E. Lewis Family Center in Ruston. The event participants must be 55 or older.

The topic for the event is Avoiding Chaos with Pre-Planning with Yumea-ka R, Washington and Ronald B. Washington, owners of Paradise Funeral Home, as speakers. There will be a free meal and door prizes

The program is sponsored by the Interdenominational Alliance of Ministers Wives, Hwy 33 NE-210 Mount Harmony Rd, Ruston, Louisiana. Call or Text Shirley Lewis, president, 318-202-8998 or 318-436-1123 for more information.

Grambling Christmas Toy Drive underway

The Grambling Joy Fund's annual Christmas Toy Drive The community-wide toy drive aims to help under-re-

sourced families in the Grambling area, said Joy Fund committee member Monica Bradley. Toys will be distributed on Dec. 11.

The Joy Fund is asking for donations of new, unwrapped toys for children ages 1-10. Toys can be dropped off at New Rocky Valley between 10 a.m. and 4 p.m. Monday, Wednesday and Thursday, also Nov. 18-20 and Dec. 2-4, between the same hours at the church.

For more information contact Nelda Baisey at 318-548-6922 or Bradley at 318-513-5096.

Line Dance class available for the Grambling area

A Line Dance Class with Yatta at Board & Bottle is now available for the Grambling area each Monday at 130 W. Park Ave. in Ruston and doors open at 5:30 p.m. The free class is being instructed by Kenyatta Collins.

The next session is set for Monday, Nov. 24. For additional information please contact Collins at 832-8917488 or WWW.REALLYGREATSITE. COM.

NAACP will hold monthly meetings on third Thursday

The Grambling Branch of the National Association for the Advancement of Colored People (NAACP) #6094B will host its regular monthly meeting on Thursday, Nov. 20, at 6 p.m. Via teleconference. For additional information, please call or text 318-680-7679, Grace Tatem

NAMI Family support group holds meeting

The National Alliance on Mental Illness (NAMI) held a support group meeting Thursday, Nov. 20 at 2 p.m. in the Lincoln Parish Library, George Byrnside Conference Room, 910 North Trenton St., Ruston. The last scheduled meeting for the year 2025 will be held Dec. 18, the third Thursday of the month.

Anyone at least 18 years old may

RSVP to jjones79aka@yahoo.com or call 93180 (318) 614-1961 or SJBurch57@gmail.com or call (318) 350- 1612. The meetings are free to the public and all are invited to attend.

Grambling Christmas

The Grambling Juneteenth Heritage Committee is excited to invite churches, organizations, individuals, clubs, and teams to participate in the 2025 Grambling Christmas Parade on December 13 at 4 p.m.

If your group is hosting a toy drive, giving away items, or offering any form of community support, this parade is the perfect place to share it. We encourage you to bring anything you'd like to bless the community with as we celebrate the holiday season together.

Parade route start at St. Benedict Catholic Church and goes through campus and village ending at Gallot's. Text "PARADE" to 318-514-8855 for sign up link.



COMMUNITY



MAIN STREET MINUTE

By Amri Warren

ain Street Grambling is moving from ideas to action with a goal of beautification of the city, clearer plans, economic vitality and community voices at the center.

What to expect from the Monthly Main Street Minute.

- Clean & Green Main: Upcoming dates for monthly litter pick-up, planter refresh, and Village upgrades
 Small fixes make a big first impression.
- Updates on the Grambling State University-City of Grambling partnership and invite public input.

What's next

- MSG Planning Meetings & Community Engagement: Main Street Grambling board meetings will be held monthly on the 2nd and/or 4th Thursday.
- Begin Brownfield Inventory: Brownfields are environmentally challenged properties that can be safely redeveloped for community benefit. We'll start with "windshield surveys" to vi-



AMRI WARREN, Interim Main Street Director

sually flag potential sites. Next, we'll gather site-specific information—historic uses, old permits, photos, and any environmental reports—to prioritize sites for cleanup and reuse.

How you can help

• Calendar submissions: Help us publish a monthly community calendar. Email event details (who/what/when/where/cost/contact) or drop off flyers/programs in the MainStreet Mailbox at City Hall. Please submit by the 20th for next month's listings.

• Brownfield tips: If you know of a property with a past industrial use, long vacancy, or visible concerns, send the address, photos (if safe), and any historical notes.

A strong Main Street keeps dollars local, honors our heritage, and opens doors for new businesses and jobs. Let's build it together.

Questions, calendar items, or site tips: Main Street Amri — awarren@cityofgrambling.org. Main Street Grambling: Where Tradition Meets Tomorrow.

Tiger House Plaza Opening Soon

By Lena W. Claybon

rambling is about to be home to several new businesses that may include a bar-be-que restaurant, a computer repair shop and an event center as part of the new Tiger House Plaza being built on RWE Jones St, according to Proprietor, Lawrence Rogers. A couple of office suites may also be available for small businesses in need of a location, Rogers went on to say. When asked how soon the plaza will open, Rogers stated that his plan is to have the Plaza open no later than the end of January 2026. Right now, there are three spaces left that are available for lease. For more information, call Lawrence Rogers at (318) 247-9805.



Tiger House Plaza Rendering



~JOB ANNOUNCEMENT~

Lincoln Total Community Action, Inc. is accepting applications for the position of Accounting Assistant until **November 25**,

2025 - 3:00 PM. Must hold at least a 2 year degree in accounting, two years of experience preferred, knowledge of Quickbooks software, Excel Spreadsheet, and other computer skills. The applicant must clear a criminal background check. The work week is for 35 hours and includes fringe benefits (Health/Dental Insurance, and 403b Retirement Plan).

For additional information, contact - 318.255.5401, or 318,255.2319.

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CHURCH NEWS





Divine Detours

ave you ever been on your way somewhere and suddenly hit a detour sign? You're forced Loff your original route, maybe frustrated because it's taking longer than expected. But later you realize that detour kept you from roadwork, traffic, or even danger you never saw coming.

Life works the same way. Sometimes God changes our route—not to punish us, but to protect us. Those unexpected turns, delays, or disappointments that feel like setbacks are often part of His plan to get us exactly where we need to

We pray for open doors, but when one closes, we often forget that God may be guiding us toward something better. A missed opportunity, a broken relationship, a job that didn't work out—what if those weren't rejections, but redirec-

Proverbs 16:9 reminds us, "A man's heart plans his way, but the Lord directs his steps." That means even when our plans fall apart, His never do. God sees the whole map when we can only see

So if you're in a season that doesn't look like what you planned, don't lose heart. Your detour may be divine. It might be preparing you, strengthening you, or protecting you for something greater down the road.

One day you'll look back and realize the delay was actually your deliverance. The route you didn't want to take turned out to be the exact one you needed.

Trust the detours. God's GPS never fails.

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

Christ Temple, 7349 Hwy 80. Ruston Church of Restoration, 285 Main St., Grambling

Cook, 2000 Cooktown Rd, Ruston Corinth, 4327 Hw 545, Dubach

Countyline, 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, Sims-

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

First, Hico St., Dubach

First, Simsboro

First, 200 S. Trenton St., Ruston

Friendship, 143 West Sixth Street, Bernice Grace, 2808 Trenton Ave., Ruston

Grace Bible, 216 Rough Edge Rd., Ruston Greater Pleasant Grove, 1270 Golf Course Rd., Unionville

Greater St. Luke, 163 St. Luke Church Rd, Arcadia

Gumspring, 3117 Hwy 151, Farmerville Hebron, Love Chapel, 1525 Sikes St, Ruston Hico, 653 Hwy. 152, Dubach

Hopewell, 7657 Fellowship Rd., Hwy 151,

Dubach Lane Chapel, 1016 McAllister, Ruston Lanes Chapel, Hwv. 151 Downsville

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

Love Chapel, 1525 Sikes St, Ruston Macedonia, No.1, 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, 571 Mt. Olive Rd. Grambling, Louisiana.

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

Mount Pisgah, Hwy. 3061, Ruston

Mount Sinai, 2269 Hwy. 145, Choudrant Mount Vernon, 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., Ar-

cadia

New Prospect, 3438 Hwy. 167 N., Dubach New Prosperity, 1378 Prosperity Church, Clay New Rocky Valley, 2155 Martin Luther King Ave., Grambling Northview Missionary, Highway 33, Rus-

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,

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

Pleasant Hill, 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

Choudrant

Solid Rock, 1511 West California Hwy 80, Ruston

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

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

St. Peter, 404 Longstraw Rd., Ruston St. Rest, 09 Walker Rd., Choudrant

St. Rest, Hwy. 146 West, Dubach

Temple, 1515 S. Service Rd. W. Ruston

True Believers, 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, 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,

CHURCH OF CHRIST Church of Christ, 2902 Hwy. 80 West, Rus-

Church of Christ, 146 King St., Grambling Northside, 1804 N. Trenton St., Ruston Orleans Cir. Church of Christ, 2103 Orle-

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

EPISCOPAL

Church of the Redeemer, 504 Tech Dr.,

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

METHODIST

Ansley Union, 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, Main St., Grambling

Mays Chapel CME, 615 W. Line Ave.,

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.,

Wesley Chapel, 4330 Hwy. 818, Ruston

PENTECOSTAL

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

First Pentecostal, Corner of Kentucky and Goodwin Ruston

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

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

The Pentecostals, 2851 Hwy 33 North, Ruston

Powerhouse Temple of Christ Apostolic, 101 Main St., Grambling

United Pentecostal, Dubach

Zion Temple Apostolic Faith Deliverance - Eastern Hills, off Beacon Light Rd.,

Voice of Revival Ministry - 304 W. California St., Ruston**PRESBYTERIAN**

Alabama (USA), 2091 Hwy 145, Choudrant Covenant Reformed, 2106 Cooktown Rd.,

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.,

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.,

Douglas Church, 1642 Hwy 821, Ruston 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 Lu-

ther King Dr., Ruston Fountain of Praise United Worship Cen-

ter, 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. Vien-

Living Water Full Gospel Church,149 Fairgrounds Rd., Ruston

na St., 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.,

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.,

United Faith Tabernacle Ministries & Prayer Center, 303 Cherry St., Bernice,

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



HEALTH & WELLNESS



CHARMING'S CORNER

True Meaning of Thanksgiving

By Charming Davis

approach Thanksgiving 2025, our nation is experiencing notable shifts and changes - from federal budget challenges and a government shutdown, to reductions in food-stamp assistance just before the holidays. These realities are causing many of us to pause and reconsider what Thanksgiving truly means. For too long the season has been framed by overspending, over-eating and frantic shopping, rather than by stillness, gratitude and genuine connection.

This year offers a different invitation: a spiritual turn inward, a moment to give thanks first to God—and then to ourselves—so that our gratitude can extend outward to our families, our communities, and our world. In times of change, we are often called to realign, to remember what matters, and to ground ourselves in heartfelt appreciation for life's deeper blessings.

Gratitude to God first: When external support systems shift or falter, our spiritual grounding becomes ever more vital. Acknowledge the One who sustains, guides, protects, and provides in both obvious and hidden ways. To give thanks to God is to invite humility, trust, and a recognition that even amid uncertainty we are held.

Gratitude to self: And then we turn inward. It is too seldom that we thank ourselves — for our resilience, our willingness to learn, our capacity to heal, to adapt. We may assume gratitude is only for achieving outward success, but true gratitude begins with recognizing our own worth, our self-care, our spiritual growth. When we honor ourselves, we open the channel of appreciation outward. Self-gratitude isn't prideful; it's foundational. It says: I am worthy of thankfulness. I matter. My life matters.

From that place of rooted self-worth, we can more genuinely give thanks for others and for community.

Gratitude to others & to community: When we face leaner times or spiritual shifts, our impulse may be to hoard resources or retreat—but the invitation is the opposite. We are called into deeper community, into care, into loving acts that cost little but carry great heart. We remember that Thanksgiving isn't just a feast but a feast of the soul: sharing love, sharing presence, sharing time, sharing



Charming Davis

kindness. The shifts we're experiencing this year may be a divine prompt: return to true gratitude, return to love, return to community.

Here are 10 simple ways to show gratitude to God, to yourself, and to community — without needing a big budget or extravagant meal:

Begin each morning with a quiet moment of thankfulness: thank God for one thing, thank yourself for one quality you have.

Write a short note or text to someone in your community saying: "I appreciate you" or "You matter to me."

Spend 10 minutes in nature, praying or breathing deeply, acknowledging how life supports you.

Offer your time to volun-

teer or help someone (even a neighbor) with a simple chore or errand.

Give yourself rest: permit yourself to pause, meditate, or simply sit in silence for 5 minutes and honor your own being.

Share something small: lend a book, cup of coffee, a kind word, or your listening ear

At your table or within your home, begin the Thanksgiving meal with self-gratitude: have each person say something they appreciate about themselves before sharing what they appreciate about others.

Pray or reflect on one thing that you don't typically notice—perhaps a hidden blessing or quiet support—and give thanks out loud or silently.

Create a "gratitude circle" with friends/family where each person names one way they will show gratitude in the coming week (to self, to God, to community).

Offer forgiveness—to yourself or another—recognizing that letting go is one of the deepest forms of gratitude for life's grace.

As you engage these practices, notice how the external shifts (less government support, budget stress, holiday pressure) can become

internal catalysts for realignment. Rather than reacting with scarcity, we respond with gratitude. Rather than beginning with a feast of consumption, we begin with a feast of appreciation.

At Naturally Charming Universe Holistic Wellness Center we believe in the spiritual power of gratitude. We offer spiritual counseling to help individuals learn how to truly show gratitude and be gratitude, teaching the universal law of giving in order to receive. In this season of significant change, we invite you to remember: your soul's alignment matters, your offering matters, your love matters.

Our current temporary business hours are Wednesday through Friday, 9:30 a.m. to 1:30 p.m., and Saturday from noon to 5 p.m. We are located at 311 Main st., Grambling Louisiana. For more information or to schedule a session, please call 318-789-5393.

Let this Thanksgiving be different. Let it begin with God, with you, with community, and let the outward expressions of gratitude follow from inward alignment. May your heart be full, your spirit be grounded, and your Thanksgiving be truly rich in love.

Black Women's Health Imperative Releases Largest Menopausal Study on Black Women

(Black PR Wire) Atlanta, GA - The Black Women's Health Imperative (BWHI), the only national nonprofit solely dedicated to addressing the most critical health issues impacting Black women and girls, released preliminary findings from the largest cross-sectional online survey of U.S.-based Black women ages 30 to 65. More than 1,500 participants shared their experiences, offering a first-of-its-kind look at how Black women experience perimenopause and menopause.

Menopause is gaining long overdue attention in mainstream culture, with celebrities, policymakers, and healthcare leaders beginning to address awareness and care. Yet this survey makes clear the urgent need to dive deeper into the cultural nuances of Black women's experiences—voices that are too often generalized or overlooked in national conversations.

versations.

Preliminary findings show:

- 52% of respondents said they did not know which medical recommendations to follow.
- 46% said they did not have adequate information to



manage their symptoms.

- 43% reported being discriminated against or treated unfairly when seeking healthcare.
- 42% reported struggling with depression during this stage of life.

"This survey lays bare what too many of us already know: Black women are navigating menopause with too little support, too few resources, and not enough trusted information," said Joy D. Calloway, MBA, President and CEO of BWHI. "At BWHI, we are committed to changing that reality by ensuring women have access to clear, culturally relevant information and care so they can thrive during this stage of life."

The survey also points to the types of resources women want: culturally grounded education starting in their 30s, afford-

able treatment options, access to trusted providers, and safe spaces to share experiences.

"The women who participated in this study represent an educated, insured, and professionally active group—yet the data reveal profound gaps in care and understanding," said Ifeoma C. Udoh, Ph.D., Executive Vice President of Policy & Research at BWHI. "As a public health researcher, I see this

as a wake-up call for the field. We need deeper, ongoing research to understand the biological, cultural, and systemic factors shaping Black women's experiences of menopause. Only then can we design interventions that truly meet their needs."

The menopause survey is a cornerstone of Power in the Pause, BWHI's national initiative that brings together programs, advocacy, research, and policy efforts to reduce stigma, strengthen the standard of care, and empower women to take charge of their health during midlife.

For more information, resources, and to access the topline preliminary results, visit powerinthepause.bwhi.org

About BlackWomen's Health

Imperative
The Black Women's Health
Imperative (BWHI) is a national non-profit organization with
more than 40 years of impact,
dedicated to solving the most
critical health issues facing the
nation's 21 million Black women and girls through innovative
programs, transformative research, and life-saving policies.



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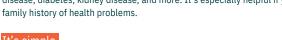


at Grambling City Hall

Learn your health risks, so you can take action.

Free Heart and Kidney Health Screening

This blood test can give you critical insights into your risk of heart attack, heart disease, diabetes, kidney disease, and more. It's especially helpful if you have a





Note: Participants must be 18 years of age or older. Please bring a government-issued photo ID card and an email address.

November 22, 2025 8:30 am - 4:00 pm

Grambling City Hall 127 King St. Grambling, LA 71245





ARTS & CULTURE



Teen Siblings From Grambling Release Their First Feature Film

Legend and Legacy Jones fund, produce, and star in Old Man's Camp

By Lena W. Claybon

rambling has always been a place where talent quietly grows, but every now and then, two young people come along whose ambition outpaces even their years. Legend and Legacy Jones, a brother-sister duo ages 15 and 13, are already building a name for themselves as actors, creators, and yes—executive producers. Their debut feature film, Old Man's Camp, has officially been released, putting the Grambling teens on a path few their age have attempted.

Their journey began in the most unexpected place: their backyard.

A Spark in the Backyard Legend, the older of the

pair, remembers exactly when the filmmaking "bug" bit him. It wasn't during a formal class or on a major film set—it was during a Halloween TikTok video. The siblings were shooting a simple video for Legacy's page when Legend decided to improvise. He threw on a mask, stayed in character after the recording ended, and a new idea clicked into place.

"After filming it, I was like, wait a second—keep those clothes on for a minute," he said with a grin. That moment turned into "Screwdriver Man," a series of skits the two began creating for Instagram. They filmed encounters with a mysterious masked figure—played by Legend—and used their daily lives as the backdrop for their growing story world. Those homemade skits would become the training ground for everything that came next.

A Foundation in Acting

Their parents, Elliot and Monica Jones, recognized their drive early on and made the decision to invest in their children's passion. Monica began driving the siblings to acting classes at That's A Wrap Acting Studio in Jackson, Mississippi—hours away from their home in Grambling. They attended classes consistently, even when it meant long drives, virtual sessions during COVID, and rearranging family schedules.

began land-Legend ing extra roles, most notably in The Park, filmed in the New Orleans area and currently streaming on Amazon Prime. Legacy soon followed, earning a speaking role in The Nickel Boys, a film that received Oscar attention. She also booked work on Mayfair Witches, where she contributed a voiceover role. By then, both children were gaining hands-on experience on professional sets-experience that would later influence their work behind the camera.

The Leap to a Feature



Legacy Jones

acting careers were, the siblings wanted more. They wanted to create something of their own.

Enter Eddrick Hodges, a longtime friend of Monica's. When he reconnected with the family and saw the kids' acting work, he suggested they take the next step: "Let's make a real movie."

Hodges wrote the script for Old Man's Camp, but he didn't hold their hands through the process. Instead, he invited Legend and Legacy into nearly every part of production. "Eddrick allowed them to be a part of the entire process," Monica said. "He sent casting information, discussed scenes, and really gave them space to learn."

And yet the biggest surprise? Legend and Legacy paid for the film themselves.

Between commercial bookings, acting jobs, and the help of their Coogan accounts, the siblings saved enough money to As promising as their fund the feature—becom-



ing what they proudly call "the youngest executive producers in the world."

Behind the Scenes of Old Man's Camp

Creating a full-length feature film—running just over an hour-would intimidate even seasoned adults. But the Jones siblings approached the process with a mix of discipline and excitement.

"It was a super long script," Legend admitted, "but it was organized in a way that made it easier." The first step was memorizing lines. After that, came rehearsals in acting class, scene work, and final filming.

Legend even took on directing responsibilities for one of the pivotal scenes. He later edited the film's trailer himself, composed the music, and provided the trailer's voiceover. "I really want to get into producing films so I can share my creativity with the world," he said.

Legacy, equally driven, dreams of showcasing Legacy is a young budding



Legend Jones

their film company, Yong Pictures, to a global audience. Despite her busy acting schedule, she remains focused on balancing school, film projects, and new opportunities.

Balancing School, College, and the Stage

Though young, both siblings maintain a workload that rivals adults. They attend the Southern University Laboratory Virtual School in Baton Rouge and, in Legend's case, also participate in dual enrollment at Southern University in Shreveport.

During the interview, he was preparing for an upcoming play directed by Dr. Prince Duren. which he booked after a strong audition read. Legacy has also performed in school productions in previous years.

Their academic interests are just as varied as their artistic ones-Legacy is considering physical therapy, while Legend wants to pursue law. Also,

entrepreneur and owns Lea'Marie Beauty where she creates and sells crochet hats and other apparel. Yet neither plans to step away from film.

Advice for Aspiring **Young Creatives**

When asked what guidance they'd offer other kids interested in filmmaking or acting, their answers were simple but wise:

"Work hard," Legend said. "Outdo the rest. You don't have to limit your creativity to fit in with the movie industry. Movies are a way to represent what you feel inside. If you have a chance to make a movie, you should show that."

Their parents agree and hope their children's path inspires others in the Grambling community. "We had to drive to Jackson for acting classes," Monica said. "Kids here need more outlets. We'd love to help create that and on their website, they do have where people can sign up to do skits with them because we're about to start that back up."

And with Yong Pictures already building momentum, this might be a great time for others to come aboard and gain experience. One thing's for sure, this is just the beginning for this talented duo so look out for bigger things to come.

Old Man's Camp is available on the siblings' website: www.yongpic-

Project 2030: The Agenda for Black America Debuts #1 on Amazon

(Black PR Wire) CHI-CAGO, IL —#1 New Release Sparks a National Movement: Project 2030 Sets the Agenda for Black America | A movement has been born. The powerful new book Project 2030: The Agenda for Black America has soared to the #1 New Release on Amazon, marking the emergence of a new national conversation—and a new blueprint for Black America's future. In an era defined by competing visions for the nation's soul, Project 2030 stands as a people's plan for progress, designed to transform protest into policy and aspiration into measurable action.

Authored Award-winning media executive Sean T. Long, with contributions from civic leaders Dr. Denise Smith,

Rev. Johnny Sellers, Shara Morrow, Stephanie Yarborough, Gloria Cooper Blue, and Anthony Clausen Jackson, and featuring a foreword by Clayton Harris III, Project 2030 is more than a book—it's a national call to action.

Two Blueprints. Two Americas.

At a time when initia-

tives like Project 2025 seek to roll back decades of progress by dismantling diversity programs, weakening civil-rights enforcement, and centralizing political control, Project 2030 stands in sharp contrast. Where Project 2025 looks backward rooted in fear and exclusion—Project 2030 looks forward, rooted in justice, ownership, and op-

portunity. It is a blueprint

written not behind closed

SEAN T. LONG

doors, but from the block up-crafted by community leaders, educators, entrepreneurs, and faith voices who refuse to surrender the future of Black America to political regression.

"Project 2030 isn't just responding to an agenda—it's rewriting it," says Long. "We can no longer afford to wait for permission to build progress. The power has always been within our communities; this book shows how to organize it, measure it, and scale it."

The movement extends

'A BLUEPRINT FOR A BETTER BLACK AMERICA beyond the pages. The companion website, Our-Project2030.com, functions as a digital organizing hub, offering tools like the Project 2030 Action Lab, neighborhood

block club templates,

and a forthcoming Equi-

ty Scorecard to help local

leaders turn ideas into da-

ta-driven impact. Faith leaders, educators, and activists across the country are already mobilizing around the framework, hosting 2030 Talks, forming Community Advisory Boards, and using the book's six

powerment, Educational Equity, Health Justice, Criminal Justice Reform, Political Power, and Technological Access—as their blueprint for change. By 2030, the goal is to see measurable progress across economic owner-

pillars-Economic Em-

tech inclusion in Black communities nationwide. Project 2030: The Agenda for Black America is available now on Amazon and major book

ship, academic achieve-

ment, healthcare access,

civic representation, and

retailers. About Sean T. Long

Sean T. Long is a twotime Emmy Award-winning media executive, author, and civic leader based in Chicago. Known for his 30+ years of impact

in television and commu-

nity development, he has led transformative programs for youth, health, and leadership across the Midwest. Long is also the author of The Hustler's MBA: The Business Blueprint of Success and founder of the Bronzeville Leadership Institute, a nonprofit dedicated to cultivating leadership and equity pipelines.

About Project 2030 Project 2030: The Agenda for Black America is a visionary blueprint for advancing Black equity, ownership, and innovation by the year 2030. The initiative combines community organizing, policy advocacy, and data accountability to mobilize progress from the block to the Capitol. Learn more at www.OurProject2030.



SPORTS





Coffee Scores 20 in Grambling State's 75-70 win over Southern Miss

By: GSU Athletics

GRAMBLING, La. | Grambling State's Roderick Coffee III scored a game-high 20 points to help lead the Tigers to a 75-70 over Southern Miss over Thursday night on Willis Reed Court at the Fredrick C. Hobdy Assembly Center.

The victory improved GSU to 3-1 on the season, it's best start

since 2019. USM fell to 1-3.

Coffee was efficient shooting the ball, going 7-of-10 from the field, including 4-of-6 from behind the arc. His scoring effort was complimented with eight assists, four steals and three rebounds. He was one of three Tigers to score in double figures.

Jamil Muttilib gave Grambling a huge spark off the bench, pouring in 15 points of

on 5-of-8 shooting from deep. Randarius Jones added 13 and Jamel Lane tacked on 11 points.

Grambling State shot 54.0 percent from the floor (27-of-50) and 45.0 from three-point range (9-of-20).

Trailing 12-11 with 13:57 to go in the first half, GSU used a 7-0 run surge ahead for a lead it didn't relinquish for the remainder of the contest. Muttilib

splashed a 3-pointer to cap the run and force a USM timeout with the Tigers ahead 18-12.

The Tigers continued to grow its advantage, eventually taking a 42-30 lead into the half.

In the second half, the Golden Eagles battled back, trimming GSU's cushion to two points, 57-55, with 8:46 remaining. Grambling State, however, dashed any hopes of a

comeback pushing its lead back to double digits, 75-63 with 3:02 to play.

The Tigers' depth proved decisive as Grambling's bench outscored Southern Miss 30–16 and provided key defensive stops down the stretch. Grambling also won the turnover battle, forcing 17 giveaways and scoring 15 points off those opportunities.

Business Services Directory







Tickets on Sale for 2025 Bayou Classic

TICKETS for the 2025 Bayou Classic are now on sale through several primary vendors and official channels. Fans eager to catch the gridiron action between the Southern University Jaguars and the Grambling State University Tigers, as well as the popular Battle of the Bands & Greek Show, have a variety of options. The main online sources for tickets are major vendors like Ticketmaster and AXS, in addition to the event's official website, mybayouclassic.com.

For those who prefer to purchase tickets in person or directly from the source, tickets are also available through the official university ticket offices for both Southern University and Grambling State University. The New Orleans arena box office (Caesars Superdome/Smoothie King Center) is another physical location where tickets can be obtained. Additionally, tickets can be found on various secondary marketplaces such as TicketSmarter, Vivid Seats, and SeatGeek.

