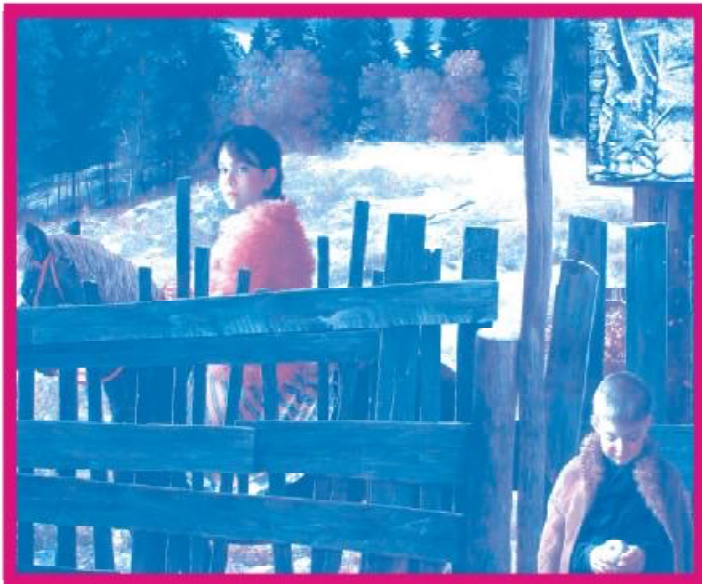


November 2010



# KRISTIAN NAUPANG



Nu tel lovin .....5

**Kum 17-na**

**November 2010**

**Bu 194-na**

*Editor*  
**Zohmingliana**

*Managing Editor*  
**Rev. Thangzauva**

*Joint Editors*  
**Upa F. Lalsangliana**  
**Upa K. Thangkima**

*Circulation Manager*  
**Upa C. Lalbiaktluanga**

# **K R I S T I A N N A U P A N G**

**Synod Press Building**  
**Mission Veng**  
**Aizawl - 796001**  
**Phone - 2324590**

A man pe duh leh a bu la duh  
chuan Circulation Manager  
hriattir tur a ni.

**Kum khat lak man Rs. 30.**

*Kristian Naupanga thu chhuahte hi Editor ngaih dan a ni vek kher lo.*

---

## **A chhunga thu awmte**

	Phek
1. <b>Enkawltu lam atangin</b> .....	3
2. Rinawm ber lawmman dawngtu- Malawma.....	4
3. Unau tanrual hlutzia.....	6
4. Zirlai thar.....	9
5. Lori Adams.....	11
6. Hriatzauna huang.....	12
7. Zawn chhuah .....	13
8. Chei chhuah .....	14
9. Bible milem .....	15
10. Ka hmuh ang hmu thei rawh .....	Inside cover

***Enkawltu lam aţangin***

Mizoram Presbyterian Kohhran rorelna sang ber dawttu Presbytery Inkhawmpui chu hman zawh a lo ni leh ta a. Keini naupangte hi chuan a awmzia kan la hre thiam vak lo mai thei.

Kohhran Thurin baka Kohhran inenkawlna atana kan dah pawimawh em em chu inkhawmpui rorel hi a ni a. Politician-ten 'mipui sawrkar' an tih ang hi kan Kohhran inkaihhruai dan a ni a, mi malin thuneihna sang tak an nei thei lo a ni.

Inkhawmpuih hian Kohhran thu pawimawh bakah ram pum tana tha tur thil pawimawh tak tak pawh an rel thin avangin a hlu em em a; an thu rel tihlawhtling turin Kohhran mipui pawhin mawhphurhna kan nei a ni. Keini naupangte pawhin ngaihven ve ila, hre thiam vek lo mah ila Kohhran inenkawl dan chu kan phak tawkin zir tum ila, kan puitlin hunah kan la ţangkaipui dawn a ni.

## RINAWM BER LAWMMAN DAWNGTU - MALAWMA

Khaw pakhtah hian mipa naupang fel deuh mai hi a awm a, a hming chu Malawma a ni. A fel em em a, a nu leh pate thu a awih em em a. An sikul chuan an zirlai zinga fai ber leh nungchang tha ber lawmman an siam a. Zirtirtuten kum tluanin an zirlaite nungchang chu an thlir a, kum tawpah lawmman dawngtu chu an puang a, kum tawp inkhawmah lawmman chu an sem thin. Tun tuma mi hi chu rinawm ber lawmman dawngtu chanchin a ni.



Malawma chuan a nu leh paten tih tur an tih sawi te hi tha takin a ti thin a. An thenawmte pawhin, “Malawma hi chu a fel mang e. A tih turte hi puitling ang maiin tha takin a ti vek zel a,” an ti thin a ni.

Amaherawhchu Malawma te chungkua hi an retheih em avangin thawmhaw tha hak tur pawh a nei ve lo va, naupang thenkhat chuan an hmusit deuh thin a ni. Ei tur tha pawh an neih loh avangin a cher thei em em a; chutih nak alai chuan a damlo va, sikul pawh ni thum lai a kal thei lo va.

An Headmaster chuan naupang rinawm deuh hriat a duh avangin sikul kalkawngah chuan cheng hnih thir hi a khat tawkin a thlah lui a. A vaiin sawm lai a thlah a. Tute nge chhar a, engtin nge an tih hriat tumin ralkhat a taring a lo enthla ru reng a ni.

Naupang thenkhat chuan an pawisa chhar chu mi hmuh hlauvin an ak vat a. Malawma chiah chuan a pawisa chhar chu an zirtirtute a pe a ni.

Ni khat chu Headmaster chuan kawng dangin naupang rinawm zawn a duh leh ta a. Mikhual pakhat hnenah hian cheng za a pe a, “Sikul kawngah lo ding la, ‘He cheng za hi i ta a ni lo maw?’ lo ti ang che,” a ti a.

Naupang sikul kal tur chu mikhualpa chuan, “He cheng za note hi i ta a ni em?” a lo ti zel a. Naupang pakhat chuan, “Ka lawm e,” tih pahin a ban a. Mahse mikhualpa chuan, “I va zak thei lo ve. Hei hi i pawisa a ni lo,” a ti a, naupang chu a zak em em a ni.

A tawpah chuan Malawma chu hmanhmawh deuh hian a rawn kal a, mikhualpa chuan a tih dan pangngaiin, “Mama, lo ding teh. Hei hi i pawisa a ni em?” a lo ti a. Malawma chuan, “Ni lo ve, ka pu,” a ti a. Mikhualpa chuan naupang rinawm a tawng dawnin a hria a, a lawm em em mai a. “I ipte a t̄angin a rawn t̄lain ka hria a ni,” a han ti leh a. Malawma chuan, “Ni lo ve. Keini chu kan rethei a, khatiang zat zat pai tur pawh ka nei ve lo,” a ti tlat a. Mikhual chuan, “Mama, mi rinawm tak i ni. Tu nge i hming?” a ti a. Malawma chuan, “Malawma ka ni,” a ti a, sikul lam pan chuan a tlan leh ta nghal a.

Headmaster chuan kum tawp dawna inthlahna inkhawmah chuan sawi lawk hauh lovin an sikul naupang rinawm ber lawmman sem a tum ta a. “Kan zirlaite zingah hian naupang rinawm berah Malawma, Class-VIII zirlai hi ka puang duh a. He cheng zanga hi lawmman atan hlan ka duh a ni,” a han ti a. Zirlai leh zirtirtute chuan kut an lo beng dur dur a. Malawma chuan a beisei reng reng loh lawmman a dawng chu a lawm hle a ni.

Lawmman a pek zawhah chuan Headmaster chuan a bulah a dintir a, Malawma hian lehkha pawh a thiamthei a. Pathian a t̄ih bawk a. Pathian chuan naupang rinawmte chu a theihngihlh ngai lo. Malawma ang hian rinawm taka awm in tum dawn nia,” tiin a fuih hlawm a.

Keini pawh kan rinawm chuan Malawma ang hian lawmman kan dawng ve thei a ni.

Ziaktu - Comy Lalrampara, kum 12  
Class-VII  
Kawnpui Chhim Veng

## UNAU ṬANRUAL HLOTZIA

Hmanlai hian nupa hi an awm a, fa hi an awt thei em em a. Pathian hnenah fa an dil a; vanneithlak takin an nu chuan nau a pai ve ta a.



A nau pai lai chuan a hrisel lo em em mai a, inentir a ngai reng mai a. Doctor-te pawh an mang a ang deuh tawh a. Mahse an nu chuan a mang a tiang duh mai lo va, chhel takin a tuar fan fan a.

Thla a liam zel a, an nau neih pawh a lo hun ve ta hial a. Damdawi in pawnah chuan an pa chuan beiseina sang tak nei chung chuan a lo nghak a. Chutih lai chuan thawm a lo awm ta a. “Eng nge ni ta ang aw!” tia a ngaihtuah lai chuan khawvela a thil ngaihtlak chak ber, nausen ṭap ri a ni tlat mai! A lawm lutuk chu a biangah a mittui a luang zawih zawih mai a ni.

Chuta karah an nu chuan phir, hmeichhia ve ve a nei lehngal! Ṭha taka naute a han nei chu an nu ber pawh chu a hlim em em mai a.

An fate chu Rini leh Apuii an ni a, an nu leh pate chuan theih tawpin an enkawl a, rual an awt ang tih hlau reng rengin an neih zawng zawng pawh sen huamin an mamawh ang chu an ngaihtuhsak zel a.

Nakinah chuan Rini leh Apuii te pawh chuan sikul an kal ve tain a thiamthei pawl an ni a. Chutih lai chuan an nu leh pate chu an rilru a lawm famkim thei tlat lo mai a. A chhan chu an fate pahnih chu an inngeih lovin an inhnial reng mai ṭhin a; an rilru a hah thei hle a ni.

An sikul kalnaah te hian ṭhian hrang ve ve an kawm a, mite pawhin, “He mite unau hi chu aw, han inngeihin han ṭang rual selang chuan tuman an hneh lo vang,” an ti ru sep sep zel a.

An unau chu an inngeih lovin an thikthu a chhe em em mai a. Pakhatin thil thar nei sela pakhat zawk chuan lawmpui a hnekin a thik em em zel a. An zirlai te hi an thiam em em rualin an thiam loh te hi an inhrilh duh ngai lo va, an zir laipuite chuan, “An thiam lohte chu han inhrilhin han zir dun phei selang chuan unau ropui tak leh thiam tak an ni dawn a ni,” an ti thin.

Wawi khat chu vanduaithlak takin an pa chu a damlo a, a dinhmun a chhe hle mai a. A thih hma chuan a fate pahnih Rini leh Apuii te chu a ko va, an hnenah chuan heti hian a sawi ta a.

“Hei, kei chu in hmuh ang hian rei pawh ka dawm dawn lo va. In hnena ka thu sawi hi ngun takin in ngaithla dawn nia. Miin an hmuh dan che u chu unau thiamthei tak, mahse inngeih thei miah lo an ni tiin. In pian dawn khan in nu hian harsatna tam tak a tawk a, a hrisel lo em em a. A tuarchhelna azara lo piang in ni a, inrem taka awm hi chu in mawh leh in bat a ni. In pahnih hian unau inngeih tak leh mangan harsata in tanpui tawn tur in ni a, in inthlahthlam tur a ni lo. Unau inhmangaih lo chu miin a rukin an hmusitin an hnung lamah a rukin an rel thin a ni. Tun a tang chuan unau inngeih tak in ni thei tawh ang em?” tiin a han zawt a.

An pahnih chuan an inen vawng vawng a, an bianga mittui tla chungin ngaihdam an indil tawn a. An pa chu a lawm em em mai a. A mit chu a chhing riai riai a, a boral ta a.

Chutia an pa boral hnu chuan an nu ho chuan hlim tak leh inngeih takin an awm chho ta a.

An pahnih chuan lehkha te an zir dun a, khawvela unau leh thin inngeih ber an ni ta a ni. Mi dangte mak tih khawpin an inkawm ngeihin an inhmangaih a ni. Mite chuan an ngaisangin an zah ta em em mai a ni. An unau tanrualna chuan thil inthlak danglamna tam tak a thlen a ni.

Nakinah chuan an unau chuan hmun hrang hrangah thusawi turin an kal thin a. An thuchah tam ber chu ‘Unau inhmangaih dial dila awm hi a nuamin a va tha em! A tawpah hlimna dawn sen lohin a vur dawn si a,’ tih hi a ni.

Keini Kristian naupang duhawm tak takte pawh hi kan u leh naute nena hlím taka awm hi a ṭha si a. Unau chu khawh pakhat, a eng emaw lai te a chhiat pawha tlu rup thei a nih avangin unau zinga pakhat pawh a fel loh chuan an tlu rup thei a ni.

Hmawlhthe pawh hi a mal chuan tihbun a awl em em mai a; mahse tam tak chu a ruala tihbun a theih loh ang bawkin unau chu an ṭan rual tlat chuan tuma hneh theih loh leh hmuhsit theih an ni lo.

Pangpar pawh hi a kung a ṭanga lak chhuah a nih chuan rei lo teah a vuai a; mahse a kunga a awm lai chuan a par nalh em em mai a ni. Chutiang bawkin unau pawh an in ṭhen chuan an vuai a, an chul zo ṭhin. Mahse inrem taka an awm chuan an mawiin an duhawm em em a ni.

'Ngai teh, unau te inngaih dial diala awm khawm hi a va ṭhain, a va nuam em!'

Ziaktu - Nunhlupuii  
Upper Republic,  
Aizawl.

1. A ipte a dum.
2. A beng a te zawk.
3. A thingkih zar a kak.



4. Kelpui a awm bik.
5. Sava pakhat a awm lo.
6. Thingbuk ler a te zawk.



## ZIRLAI THAR

Kan chuanna motor-in West Virginia-a Jim-a in, hlui tawh tak kawt a thlen chuan kan chhuk sang sang a. Tleirawl pariat, Appalachian tlang dunga cheng mi harsa zawkte tanpui tura thawk chhuak kan ni a. Mi dangte tana thawk tur kan nih laiin kan tana zir tur min pek let ve thung chu a hlu zawk fein ka hria.



Hna chu thawkin tukverh siam that, rawng hnawih, inchung siam that hna te thawkin hlim takin kan zai a, kan infiam pah bawrh bawrh bawk a. Chutih chhung zawng chuan a in neitu ber Jim-a chuan thutthlenga thu chung hian min lo thlir reng a. Amah hi a upa tawhin kan hnathawk vel chu min puih duh hle mah sela tar chakvak tawh lo tak a nih avangin ngawi rengin a hna kan thawhsak lai chuan min lo thlir reng a ni.

Chhun chawlhah chuan kan chaw pai ei turin in kawta thing buk hlimah thut hmun kan rem a. Kan hruaitu Ben-a chuan Jim-a thutthleng chu kan bulah a rawn hunsak a, tawngtaina hmang turin a sawm zui a. Jim-a chuan tawi fel takin tawngtaina chu a hmang a, chhun chaw kan ei ho ta a.

Kan chaw ei lai chuan, “Thawnthu ka hriih ang che u,” tiin a chanchin chu min hriih ta a. Zirtirtu a ni thinin base-ball coach a ni thin a. Ui pakhat rinawm deuh mai Pretty-Face a neih thin thu te min hriih a. Sa pela an ramvah chanchin te, savawm nena an insual chanchin te leh rattle-snake rul a thah dan te min hriih a.

A tawpa a ui thih dan leh a nupui thih dan a sawi lai pheih chuan keiniho chu min bia ni pawhin a lang lo hial a. A ui thi tur chuan a mitah rawn enin a mei chuan chhuat chu

wawi khat a han hêm dat a, a thi zui a. A nupui thi tur pawhin chutiang chiah chuan a melh a, a thi zui riai riai a lo ni a. Chumi a sawi lai chuan a mittui a tla zawih zawih mai a.

A nupui chuan a tuka an ei tur buatsaiha zan rei tak thlenga a men ðhin thu te a sawi a. Ani lah chuan sikula a naupang zirtir emaw a ramvak emaw a chauh ðhin êm avangin a mutsan mai ðhin a.

“Engati nge ka lo menpuia ka lo ðanpui ðhin loh le?” tiin hmun hla tak thlir ang mai hian a hawi vang vang a. “Hun tlêm han sen belh hlek ila chuan kan pahnihin hun tam zawk kan hmang dun thei tur hi a ni a!” a ti chuai raih a.

Chu a thusawi chuan ka rilru a hneh hle mai. A thil tawn tawhte leh kum tam tak chungu a thil tawn a ðanga finna leh hriatna tam tak khawl khawmtu nun a ðang chuan zir thar ka nei ðeuh mai a. Ka unaute leh ka chungte bula hun hman hlutzia min hmuh fiahtir a. Chutianga an bula hun tam zawk hmang tur chuan hun remchang pawh ka insiam a pawimawhin chu chuan inhmangaih tawna leh inggainatna thuk zawk a pe thei a ni tih pawh ka hriat thiam phah a ni.

He putar hi kan ðanpui emaw ka ti a, amah zawkin a tana ka thil tihsak aia nasa zawk leh pawimawh zawk min zirtir let a lo ni a . Jim-a in chu ka tan chuan hna thawna hmun ni lovin zirlai thar ka zirna hmun pawimawh tak a ni.

(Kate McMahon ziak, *A Wider Classroom* tih *Chicken Soup for the Teenage Soul-II* bua mi lehlin a ni)



## LORI ADAMS

An insiam sawk sawk a, sakawrin an chhuak ta a. Thli thaw vuk vuk chuan a rawn chhem dawt dawt a, an hmai te chu an theih ang angin an tuam hram hram a.



“A thaw nasa riau mai. Kir leh mai a tha zawk lo maw, ka u?” Cindy-i chuan a rawn ti a.

Lori chu a han ngaihtuah a. Thli chu a rawn thawk na tial tial a, a vawt tulh tulh mai bawk si. An kirsana sakawrin no a lo neih hlauh chuan a no chu a thi ngei dawn si.

“Kir leh chi a ni lo. Blaze-i kan zawn hmuh ngei ngei a ngai,” tiin thli thaw vuk vuk karah chuan a rawn chhang a.

An sakawr chung a chuang kul khan chungin Blaze-i awmna tur nia an rin lam pan chuan an kal ta zel a. An thawmhnaw hak chhah tak tak karah chuan thli thaw chu a rawn lut a, an khur hlawk hlawk hlawm a.

Ranch a tanga mel chanve vel an kal hnu chuan kawr te thuk deuh hi an va thleng a. A kal hmasa ber Cindy-i chuan a sakawr a pawt ding lawih a, “Eng nge ni hei?” tiin a au chhuak thawt a.

“Ih ...ih...” Lori aw chu a buai nuaih a, a sawi chhonzawm mai thei lo va. Blaze-i chu a lo mu a, a lu bul velah chuan thisen a lo luang kaw i nuaih a.

“Blaze!” an ti rual thawt a, an tlan phei nghal a.

A bul an va thlen hma pawhin thil thlen dan chu an hre thiam nghal mai a.

Blaze-i piah deuh lawkah chuan chinghnia a lo let reng a. Sakawr khenna avangin a ring ruh a tliak tih a hriat theih mai a. Ani pawh chuan Blaze-i nghawngah a sehsak hman a ni.



## *Hriatzauna Huang*

Ni tin hiam mi eng emaw zat an thi ðin a. Ram hrang hrangah thih chhan hi a inang lo hle mai a. Ram ðang lai (developing countries) leh ram changkang (developed countries)- a thih chhan an chhuinaah chuan ram ðang laia thihna thlentuber chu hri leng leh rannung seh, entir nan thosi seh avanga malaria kai te hi a ni a.

Ram changkangah erawh chuan taksa mil tawk aia rih (overweight) avanga natnain thihna a thlen tam ber niin an hria. Khawvel pumah hian kum tin mi 57,029,000 vel zet an thi ðina chhut a ni a. An thih chhan langsar zualte chu-

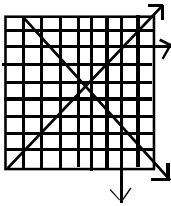
<b>Lung ða lo</b>	- mi 16,733,000 velin an thih phah
<b>Cancer</b>	- mi 7,121,000 velin an thih phah
<b>Thawkna dâwt ða lo</b>	- mi 3,963,000 velin an thih phah
<b>Chuap ða lo</b>	- mi 3,702,000 velin an thih phah
<b>HIV/AIDS</b>	- mi 2,777,000 velin an thih phah
<b>Pumpui ða lo</b>	- mi 1,968,000 velin an thih phah
<b>Kawðhalo</b>	- mi 1,798,000 velin an thih phah
<b>Tuberculosis</b>	- mi 1,566,000 velin an thih phah
<b>Malaria</b>	- mi 1,272,000 velin an thih phah
<b>Motor accident</b>	- mi 1,192,000 velin an thih phah
<b>Rilru lam harsatna</b>	- mi 1,112,000 velin an thih phah

(Whitaker's World of Facts, 2009-a mi lak chhawn a ni)

# ZAWNCHHUAH

A hnuai a bawm chhungah hian Johana bung 8-naa thil hming 10 phum bo a ni a. Bible keu la, han zawng chhuak teh. Thla lehah a chhanna a lo chhuak ang.

THAI DAN TUR



I	N	T	H	U	H	M	U	A	K
T	H	L	A	N	T	U	I	A	H
U	H	M	E	I	C	H	H	I	A
B	I	A	K	I	N	R	E	S	W
U	R	N	W	H	I	R	T	U	V
A	P	A	T	H	I	A	N	A	E
I	S	D	H	U	L	N	A	V	L
P	A	L	A	L	P	A	I	N	A
U	M	B	O	N	I	L	W	A	N
I	N	T	H	L	O	H	A	M	A

H	R	U	I	T	U	N	G	C	I
R	D	A	W	L	R	E	P	H	O
I	H	A	R	T	U	I	H	A	L
K	H	O	V	U	T	A	M	W	E
H	R	E	T	I	A	E	E	L	I
R	A	I	J	U	D	A	I	H	L
U	A	I	S	O	T	A	I	N	E
G	R	I	K	T	E	E	R	I	T
U	R	I	N	G	A	L	I	L	I
M	N	T	U	I	N	U	N	G	I

## THLA HMASAA MI CHHANNA

- |             |              |
|-------------|--------------|
| 1. TUINUNG  | 6. DAVIDA    |
| 2. NIKODEMA | 7. HOTUTE    |
| 3. GRIKTE   | 8. KRISTA    |
| 4. JUDAI    | 9. GALILI    |
| 5. TUIHAL   | 10. CHAWLHNI |



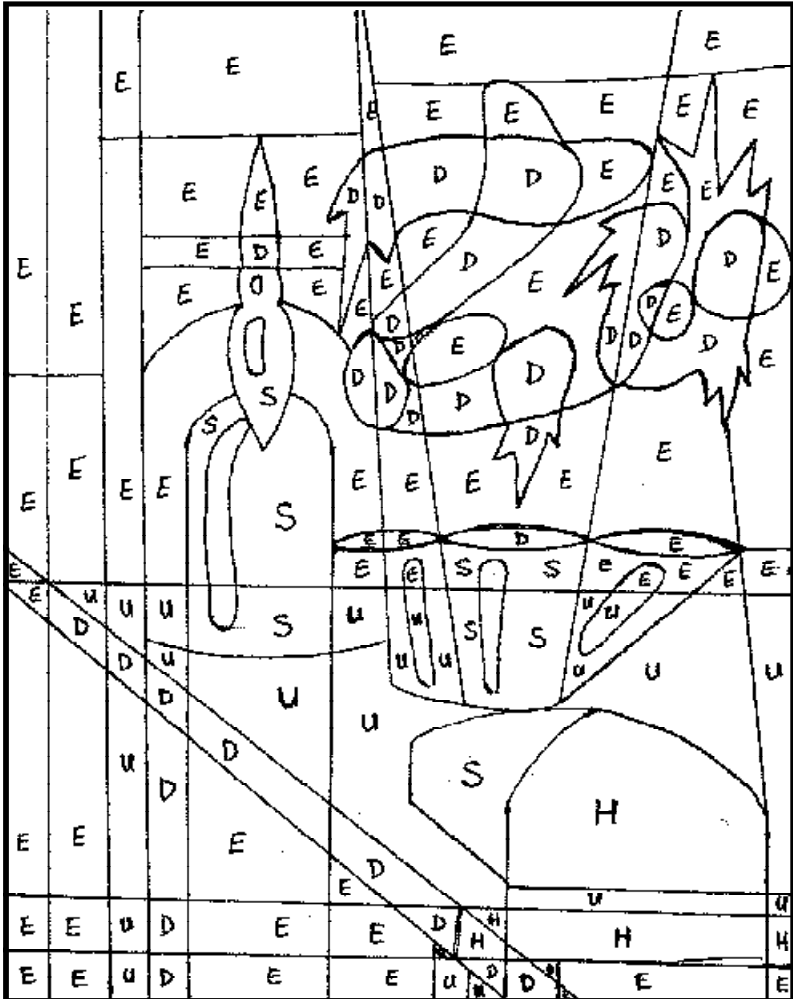
# CHEICHHUAH



Kristian Naupang chuan duh miah loh tur

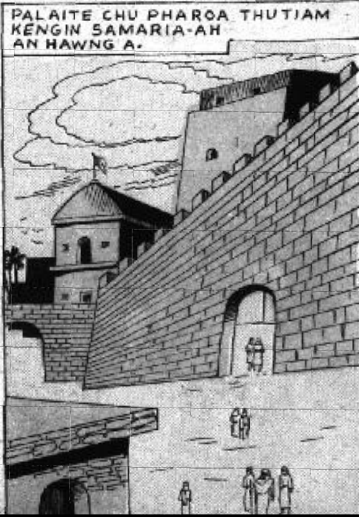
Chei dan tur

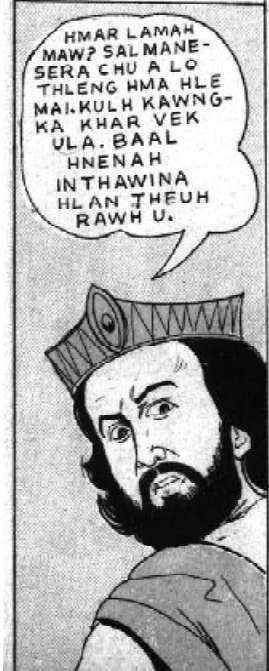
U= Uk, D = Dum, S = Sen, H=Hring, E=Eng.



Bible Milem  
**HOSEA**

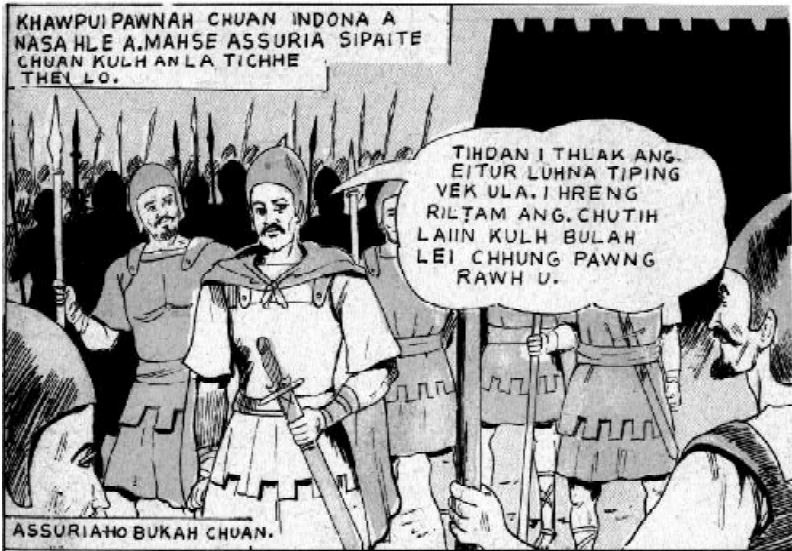
THIL THLENG LIAN PUI PUI LO AWMTE CHUAN KHAWVEL SAWRKAR A  
RAWN TIDANGLAM A.B.C.726-AH TIGLATHPILESERA A THI A.  
SALMANESER'A RAWN THLAK A.ISRAELTE CHUAN ASSURIA HNENA  
CHHIAH CHAWI A BANG A.AIGUPTA TANPUINA A DIL A.







KHAWPUI PAWNAH CHUAN INDONA A  
NASA HLE A. MAHSE ASSURIA SIPAITE  
CHUAN KULH AN LA TICHE  
THEY LO.



TIHDAN I THLAK ANG-  
EITUR LUHNA TIPING  
VEK ULA. I HRENG  
RILTAM ANG. CHUTIH  
LAIIN KULH BULAH  
LEI CHHUNG PAWNG  
RAWH U.

ASSURIAHO BUKAH CHUAN.

KUM THUM CHHUNG AN HUAL A. MAHSE  
AIGUPTA SIPAITE CHU AN LO LA THLENG  
LO. SALMANESER A THI A, A FAPA  
SARGON-II-IN A RAWN THLAK A. SIPAI  
HO CHUAN HUAL MAI DUH TAWK  
LOVIN AN BEI TA A.



KA FA HI  
I THAH KA  
PHAL LO.

KAR HMASAA  
KA FA SA I EILAI  
KHAN ENNGE I  
NGAIHTUAH?

KHAWPUI CHHUNGAN

MITTHI RUANGTE PAWH AN  
EI TA A.





# KA HMUH ANG HMU THEI RAWH



*A chung a lemziak chi hnih khi ngun takin en la, a hnuaia  
zawkin a chung zawk a an lohna chi ruk hmu thei rawh.*

**A hnuaiah hian a chhanna lo ziak la**

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....

**A chhanna chu thla lehah kan rawn chhuah ang.**



**1. I lei khan tihdam a mamawh lo maw? :** Lal Isua thusawi kan ngaih pawimawhlohbertezingapakhat chu, “Miten thu lawi lo an sawi apiang, chu thu chu rorel ni-ah an sawi fiah a la t̄ul ang, (Mat 12:36) tihhi a niawme. Mifel tak nia kan ngaihte zingah pawh lei hrisellotaktakpukanawmlehnuat̄hin. Rorel ni-ah insawifiah kan mamawh nasatlohnanhelekhhabu, Lalthanpuui lehlin, Rs. 50/- man hi lo hmelhriat ve rawhle.

**2. Pathianinahruaiduhche :** Tu mahin ichanvotura ruatkha an luahkhat vekthei lo. I thil tawn ang zawng zawng kha mi danginantawngvekleml̄o. Mibiknihnatak i nei a, nangmah hmanga Lalpan mal a sawm duh tam tak an awm. Pathianin pawimawh ber nihna a pe che tih hriihriatna lehkhabu, C. Vanlal-hmangaiha, B.Th., M.Div. buatsaih Rs. 70/-manhirinnatinungtheilekhhabuanie.

**3. Pushkar puithiam leh Pathian intawhna:** Hindupuithiamahpawhchi sang ber, puithiam lal chuan a fapa DharmPrakashnunahLallsuaahmua, chupuithiamchuPathiannenaintawka, Lallsuaneitua loniveta! Pathianmak leh ropui a nihzia tilang thei lehkhabu, Malsawm-dawngliana lehlin Rs. 70/-man hi lehkhabu chhiar manhla tak