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Langston OKC campus celebrates 25th anniversary

BY TIFFANY L. TAYLOR &
PAOLO NEWMAN

What started as an extension to the university has transformed into a legacy.

The Langston University Oklahoma City campus has provided opportunities for the main campus to establish urban centers, while also providing special opportunities for adult education.

During the week of October 1-8, the LU-OKC campus celebrated its 25th anniversary, kicking the festivities off with a one-act play en-

titled "The Invisible Man," featuring Marcus McGorvey.

Several other events took place as well, such as a golf tournament, tailgate party/pep rally, and an open house that allowed people to view the campus and learn about various academic and outreach programs.

"We were very pleased with the turnout for our events, but we would like to see more participation from the students who attend Langston University's main campus," said Dr. Blayne Hinds, associate vice president of academic

affairs for the LU-OKC campus.

Many students will complete their coursework, obtain a degree, and never lay eyes on LU-OKC, which is very unfortunate because the benefits that the LU-OKC campus provides are enormous.

"In addition to offering classes it has given us a base to work with the community," said President Ernest L. Holloway. "We are down the street from the state capitol and we have access to businesses and political leaders in Oklahoma City."

Langston University was given

a new urban mission in 1978 that led to the university's expansion.

"It was my responsibility to implement that new mission. This mission allowed Langston University to offer courses and programs in urban Oklahoma," said President Holloway.

The OKC campus attempts to fulfill the special urban mission of Langston University—to provide educational opportunities for urban residents and to train and fully educate citizens for living, working and coping with the realities of urban society, problems and urban life.

The Oklahoma City campus offers junior and senior level courses in selected disciplines.

"The average age of our students is about 28. What we have tried to do here at the Oklahoma City campus is provide a learning environment more suitable for the older, non-traditional student," said Hinds.

Before admission into the LU-OKC campus, students must have at least 48 semester hours or an Associate of Arts/Science Degree and a minimum cumulative GPA of 2.0.

Students battle faculty and staff in Basketball Jamboree

BY JOSEPH CLEMONS
& WILLIS HUFF, JR.

Over 200 students turned out to see faculty members and former students go head to head with Langston's men's basketball team in the annual Basketball Jamboree fundraiser.

The faculty basketball team had a difficult time controlling the men's basketball team, which roared their way to a 99 to 54 victory.

"It was tough; those kids are very athletic and energetic. I had a great time, but hate losing by 50 or 60 points!" said Marc Flemon, assistant to the vice president of student affairs.

The game was pretty close the first half until the men's squad pulled away with a deadly attack of long range three point shots. The men's team was led in scoring by Quentin Beatty with 24 points and Kenneth Mebane with 23 points.

Jerome Willis, assistant men's basketball coach, was the leading scorer for the faculty with 20 points. Dr. Eric Anthony Joseph, assistant professor and director of the Annie Laurie Coleman Heritage Center, also contributed to the faculty's efforts with an amazing Michael Jordan style backwards over the back lay-up late in the first half.

Prior to the game, Jerome Willis, assistant men's basketball

Please see "Basketball Jamboree," pg.2



Photo by De'Shawn Saffold

Lions forward Quentin Beatty shoots a jumper over Troy Beasley, as former Lion Nate Jones looks on.

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Gazette

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LU

Basketball Jamboree (continued from pg. 1)

coach, had some predictions on the upcoming season.

"I think we will be successful. We're coming off our first National Tournament trip in history. We did a good job of recruiting players this year. We decided to go smaller and faster, because that's what won the National Tournament, so our expectations are high for the upcoming season."

**Do you have an issue or event you would like to see covered in the *Gazette*?
Email your requests to
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Grad program in rehabilitation counseling receives two grants

The Langston University/Oklahoma City (LU/OKC) based Graduate Program in Rehabilitation Counseling has been awarded a Rehabilitation Counseling/Independent Living (IL) grant and a Vocational Evaluation and Work Adjustment (VEWA) grant by the Rehabilitation Services Administration (RSA), U.S. Department of Education, totaling 1.25 million dollars over a five-year grant period.

The IL grant, a \$500,000 award, will be utilized by the Graduate Program in Rehabilitation Counseling to infuse independent living information into the Council on Rehabilitation Education (CORE) accredited curriculum and will lead to certified rehabilitation counselors (CRC) and licensed professional counselors (LPC) with a specialization in independent living. The Program will utilize the VEWA grant funding, a \$750,000 award, to establish a VEWA track leading to professionals with certifications in the areas of rehabilitation counseling (CRC) and vocational evaluation and work adjustment (CVE). A minimum of 75 percent of these grant funds will be utilized to support graduate students in the program by paying

their tuition, fees, and a monthly living stipend in some cases.

The program seeks scholars/practitioners who are willing to devote a minimum of two years of graduate study to develop a mastery of knowledge and skill areas identified by the CORE as requisite competencies for rehabilitation counselors. Students seeking admission to the program must first meet the admission requirements of the Graduate Program in Rehabilitation Counseling.

The program is currently accepting applications for the fall 2005 semester. Applicants must submit: (a) evidence of a minimum cumulative grade point average (GPA) of 2.5 or a minimum GPA of 3.0 in the undergraduate major, (b) three letters of recommendation from professionals in the field, (c) a completed application and letter requesting acceptance into the program, and (d) an acceptable score on the Graduate Record Exam (GRE). Applicants must interview with the program's Student Selections Committee prior to acceptance into the program.

The program started at Langston University in January 2001. It is designed to meet the growing de-

mand for qualified, professionally trained rehabilitation counselors who want to work in public and private rehabilitation agencies and institutions with the psychosocial and vocational needs of persons with varying disabilities, such as developmental disabilities, psychiatric disabilities, traumatic brain injury, spinal cord injury, alcohol and substance abuse behaviors, and other acquired disabling conditions.

A limited number of RSA traineeships will be available for fall 2005. Such traineeships, which are funded through the RSA IL and VEWA grants, will pay for selected trainees' fees, tuition and monthly living stipend in some cases. Students who are selected for and accept these RSA traineeships are expected to obtain and maintain employment as a rehabilitation professional in a state-federal rehabilitation entity or a closely related rehabilitation entity with a formal relationship with a state-federal entity two years for every year that he/she has received the traineeship.

To apply, please contact Dr. Corey Moore, Director, LU/OKC, 4205 N. Lincoln Blvd., Oklahoma City, OK 73105—(405) 962-1671.

Langston speaks out!

BY MUNIRAH SALAAM-MOORE

Several political leaders came and spoke to students about their plans to better the city of Langston last week during LU's first "Speak Out" event.

The Student Government Association (SGA) presented "Speak Out," which took place at the Annie Laurie Coleman Heritage Center on campus.

"Since students come here from all around the world this is a good opportunity for them to get to know some of the political leaders that represent the Langston community," said SGA President Vanessa McGlothen.

There were four political candidates that came to speak: Mike Pearson, Kevin Leach, Mike Morgan, and Magnus Scott.

Kevin Leach, a democrat, and Mike Pearson, a republican, are

both running for commissioner for District 2, which includes the city of Langston.

Each candidate had a limited amount of time to tell students how they would better not just Langston the city, but Langston University as well. Both candidates shared common goals for the community, such as improving road conditions and building a new jail.

Mike Morgan, a democrat, has been state senator since 1996, and is now up for re-election. He won the 1996 election by a mere 32 votes and has Langston to thank.

"If it weren't for the citizens of Langston and Langston University, I would not be standing here today," said Senator Morgan.

Morgan's opponent did not come out for the event so Morgan just spoke on what his plans were for the future. His plans included

a healthcare increase for citizens.

City Council Trustee Magnus Scott didn't say much during the debate. However, when the issue about bringing retail business to Langston was posed, he said better fire protection, police protection, a better water system, and an adequate public school system were the areas Langston has to improve on before businesses will even consider coming in.

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LU Voices

Afrikan-Americans and the Republican Party

Part 2 of "A Voteless People is a Hopeless People" Series

My dear Langstonites, in 1911 our 28th president, Dr. Woodrow Wilson (b.1856—d.1924), wisely observed: "A nation which does not remember what it was yesterday, does not know what it is today, nor what it is trying to do. We are trying to do a futile thing if we do not know where we came from or what we

one of the first changes in the political rights of Afrikan-Americans, and many Black patriots fought for and achieved their freedom while fighting for the colonies during the American Revolution.

Although the attitude toward the century and a half institution of slavery began to change during the Revolution (with over half the

Compromise was introduced in Congress to alter those 1789 prohibitions. Under that plan, states would be admitted to the Union in pairs—six slave states with six free states. King, still a member of Congress, vigorously opposed the modification of his original plan and fought the admission of any federal territories as slave states. Other Founders still alive at that time expressed similar opposition to the Missouri plan.

For example, Elias Boudinot (b.1740—d.1821), fourth president of the Continental Congress during the Revolution and, in 1789 as a member of Congress, a supporter of the ban on slavery in federal territories and all new states, warned that if the 1819 Missouri Compromise passed there would be "an end to the happiness of the United States." Our frail second president, John Adams (b.1735—d.1826), worried that lifting the slavery prohibition would destroy America; and our third president, an elderly Thomas Jefferson (b.1743—d.1826), then living in political retirement, was ironically appalled at the proposal.

Notwithstanding this opposition, and because so many of the other Founders who opposed slavery had by then died (e.g., Benjamin Franklin, Benjamin Rush, William Livingston, John Hancock, Samuel Adams, James Wilson, etc.), the Missouri Compromise passed.

Please see "Chapy's Corner," pg.6

"If I didn't define myself for myself, I would be crunched into other people's fantasies for me and eaten alive."

— Audre Lorde

Opinions expressed on this page are those of the writers whose names appear with the articles and are not necessarily those of the *Gazette*, Langston University or any of its administrators and/or governing bodies. Letters to the editor are welcomed from any individual officially connected with Langston University. They should be neatly typed, double spaced and signed by the person writing the letter. All letters, along with a copy on disk or cd, should be personally brought to the *Gazette* office located in Sanford Hall, Room 318. The *Gazette* retains the right to edit, accept and/or reject items deemed to be contrary to the best interest of the publication, Langston University and/or any of its governing bodies.

Chapy's Corner

By Dr. Eric Anthony Joseph
Chaplain
Coleman Heritage Center



have been about."

This is still true today, especially concerning Afrikan-Americans in the political process of this great nation. I dedicate my second article in a "voteless people is a hopeless people" series and 135th edition of Chapy's Corner to those who question why any Negro would join the Republican Party.

One of the more surprising statistics of the 2000 presidential election was the cohesiveness of the Afrikan-American vote—Blacks supported Democrats with a percentage higher than any other voting block.

The 2000 MSNBC presidential exit poll showed that 90 percent of Afrikan-Americans voted for Albert Gore, a democrat. Judging by such results, one could easily assume that Blacks have a long tradition of support for the Democratic Party. However, this is not the case.

Historically speaking, political rights were largely unknown for Blacks in America until after the Civil War. A form of chattel slavery had been introduced into America by the Dutch in 1619 and subsequently enforced upon the colonies by British authorities prior to the American Revolution. The American Revolution marked

states abolishing slavery), emancipation still was not available to most Blacks in southern states, even though free Blacks in southern states did begin to taste some political freedoms not available to them before the Revolution.

The opposition to slavery that first emerged during the American Revolution continued to grow following the Revolution. The pulpit grew louder in its denunciation of slavery, led especially by Quakers, Presbyterians, Congregationalists, Unitarians, and Methodists.

Many Founding Fathers who advocated the abolition of slavery in the 1770s and 1780s were still pursuing that goal half a century later. One such Founder was Rufus King (b.1755—d.1827), a signer of the Constitution from Massachusetts. In 1785, King persuaded the Continental Congress to prohibit slavery in all American-held territories, and in 1789, as a member of the first federal Congress, he obtained passage of a measure to prohibit slavery in federally-held territories. Due to these efforts, Ohio, Indiana, Illinois, Wisconsin, Minnesota, Michigan, and Iowa were all admitted as free rather than slave states.

However, in 1819, the Missouri

Langston must raise admission standards

BY SHAMIA JACKSON

I love Langston University. I first came here in the fall of 2002 as an uninformed freshman eager to learn more about college. Over the past two years, I have grown both as a person and as a student, and a lot of who I am can be attributed to what I've experienced as an LU student. However, just because I love Langston doesn't mean that I can turn a blind eye to all of her problems. Langston has certain academic issues that it must face and defeat in order to compete with other schools in the state as well as other historically black colleges and universities. It's possible that Langston could remedy certain academic problems, as well as student-based issues such as fighting, by creating higher admission standards along with enforcing retention demands.

I believe that by raising the admission standards for Langston, the school has the potential to attract more students interested in learning, and fewer students who are just interested in having a good time. Langston has open enrollment, which means that any student with a high school diploma or GED, regardless of their GPA or SAT and ACT scores, is admitted. And according to Langston's admission website, certain students don't even have to have the high school diploma or GED!

This policy, as well as the almost non-existent admission requirements, does not reflect positively on the university. If Langston had stricter admission requirements, the school would be less likely to attract students whose primary goal is not to obtain a degree. It's likely that as a result of higher admission standards, there would be fewer delinquent students who cause the majority of on-campus violence.

Langston's academic standards are in place, but unfortunately they are not enforced. Once a student drops below a 2.0 grade point average, he or she is placed on academic probation for one semester, which gives the student adequate time to raise their GPA. But if a student fails to raise his or her GPA, there are minor consequences. The university sends an official letter of suspension, but a letter of appeal, *not* a raised GPA, is all that is necessary for a student to return to school. This sends a mixed message; Langston cares about its' students' academic progression, but won't enforce GPA requirements.

Some may argue that not requiring basic academic achievement may give Langston students more chances at bettering themselves. Some feel

Please see "Admission standards," pg.4

Red Ribbon Week to be celebrated at LU

BY MACAY BOLAY

For nearly 25 years, students across the nation have been participating in Red Ribbon Week, which will take place on Langston University's campus October 18-22.

Red Ribbon Week is an opportunity for everyone to demonstrate their appreciation and commitment to a healthy and drug-free lifestyle while showing dedication to education and prevention efforts.

The Professional Counseling Center has planned various activities for the upcoming anti-drug celebration. Each event is free to all students and others who might be interested in attending.

All scheduled events will have

door prizes that were provided from places such as McAnally's Corner in Coyle, and the Student Union Bookstore.

Some of the door prizes will be the traditional red ribbons, yet others may be coupons for free pizza or gas.

Red Ribbon Week has been approached like a campaign and is now reaching more than just students because the importance of a healthy lifestyle should be important to people of all ages.

For more information of Red Ribbon Week, contact LaDonna McCune, Langston University's certified alcohol/drug counselor at 466-3401.

The following is a list Red Ribbon Week events:

Monday, Oct. 18, 9 a.m.-12 p.m.: Sign the drug free commitment banner in the lobby of the Student Union and pick up a red ribbon.

Tuesday, Oct. 19, 10:30-1:30 a.m.: Participate in the Fatal Vision Goggles Simulation in the plaza.

Wednesday, Oct. 20, 12 p.m.-1 p.m.: Attend the Substance Abuse Educational Group in the Professional Counseling Center Building.

Thursday, Oct. 21, 11 a.m.-11:50 a.m.: Attend the Date Rape & Alcohol Prevention Program. (Men in the I.W Young Auditorium and women in the Annie Laurie Coleman Heritage Center).

Softball hopefuls attend informational

BY CHONDRÁ KIRKLAND

Langston's newly appointed women's softball coach, Desiree Snowball, reminded the ladies at the softball informational that "there's no 'I' in team"—a quote that was too familiar for the women who attended the meeting. The purpose of the informational, held last Thursday, was to see how many people were interested in playing or coming back to the team from last year.

Approximately 20 women attended the meeting to gather information about the upcoming season. Most of them have played softball before, and a few were even on the team last year. Coach Snowball and David Ealy, the coordinator for university athletics, is expecting to take 15 players this year.

"What I'm looking for from my players is dedication," said Coach Snowball.

All the positions on the team are going to be open for try-outs, and returning players will be required

to try out again for their spots.

A college transcript (or high school transcript for incoming freshmen) is needed, and a GPA of at least a 2.5 is required to fulfill the eligibility requirements.

Ealy, who said he is a "stickler for education," stresses that athletes should put their education first, have fun, work hard, and win.

A scholarship based on GPA and performance skills will be given to some of the players.

Strength training started Oct. 11 with a trainer in the multi-purpose weight room. The women attending the event were advised to start getting into shape and to go to the training room as soon as possible. The season is projected to begin in the 2005 spring semester.

The try-out date for softball will be set when an adequate amount of equipment is gathered to facilitate the try-outs. Coach Snowball and Ealy are currently working on how to solve the dilemma, but both think that fundraising might

be a good source.

While the team is not in a conference, but instead labeled as a club sport, they still have had much success—traveling as far as Texas for a tournament last year.

"Last year it was a lot of work at first because we didn't have enough members. But down the line we worked very well together like a family," said returning softball athlete, LaTura Curry, a junior agricultural/natural resource management major from Denver, Colo.

Coach Snowball has high hopes for the upcoming season.

"One thing that sets me apart from everybody else is that I do have want and a tenacity for the team to excel," said Coach Snowball.

All interested persons who missed the informational can call the Athletic Department at 466-3262 for more details on how to become a part of the team.

Admission standards (continued from pg. 3)

that students shouldn't be suspended from school as a result of low grades. Others believe that good grades and basic proficiency are not necessities as long as the student graduates. However, none of these arguments are logical when we consider real life situations. If one is at work and consistently performs poorly, one will be

fired from that job. If a person never experiences punishment as a result of wrongdoing, how can anyone ever expect that person to learn from the mistakes he or she has made?

The issues that I have raised are only the beginnings of the problems mentioned. I believe that in order for Langston to begin the

necessary steps to solve the university's bigger problems, we must first start with raising Langston's admission standards and enforcing current academic requirements. I feel strongly that the result of these changes will be a stronger, more positive learning environment for all Langston students.



Photo by Kevono Hunt

Thelma Holly and Marylyn Kaye celebrate Ms. Holly's 91st birthday in the William Hale Student Union on October 12.

Free dental screenings offered for area residents

BY SHAMEKIA JENKINS

Mary Mahoney Health Center (MMHC) has begun offering free dental screening for the community of Langston.

The center, located at 300 Martin Luther King Drive in Langston, is a branch of the MMHC out of Oklahoma City.

The free dental screenings will take place every other Wednesday. The next opportunity for the free service will be next Wednesday, Oct. 20, from 1 p.m.-4 p.m.

According to officials at the clinic, keeping your teeth clean is very important.

"If you don't get your teeth cleaned regularly plaque will build up on them and cause you to lose teeth prematurely," said Keith Lewis, program coordinator.

It is recommended that people get their teeth cleaned at least three times a year.

Unfortunately, many people do not get their teeth cleaned as often as they should, as dental insurance is a luxury that most Oklahomans cannot afford.

Funds provided through a grant made the screenings available. MMHC can see at least 15 patients a day, but the health center prefers that people pre-register before coming to the free dental screening.

If the dentist thinks that a person might need more work done on his/her teeth, the patient is referred to the Oklahoma City branch of MMHC.

Although dental care at the Oklahoma City clinic is not free, there will be a reduced price according to one's income. Transportation is provided for the first visit if needed.

People wanting to register at the MMHC can go to the center and show two forms of identification—one with a photo and one with a social security number. Verification of income is also needed.

MMHC offers many other programs and health services geared toward helping the community. For those who have any questions, contact MMHC at (405)-466-2535, Monday-Friday from 8 a.m.-5p.m.

Sports

Lions fall to the Bacone Warriors 38-25

BY JAMUEL WALLACE
Sports Writer

The Bacone Warriors handed the Langston Lions their second straight conference loss with a 38-25 win at Jelsma Stadium in Guthrie, Okla.

The loss drops the Lions to 0-2 in conference and 3-3 overall, while the Warriors improve to 3-0 in conference and 4-1 overall.

	BC	LU
First Downs	30	15
Rushes-Yds	51-215	2-116
Passing Yds	290	258
Comp-Att HI	22-33-0	16-29-2
Plays-Yds	58-374	84-505
Pnts-Avg	6-30.3	3-39.0
Fmb-Lost	0-0	5-4
Pnlty-Yds	14-121	7-40

On the first play from scrimmage, Lions quarterback Tony Warriors defensive lineman Jeremy Armstead recovered it at the Langston 32.

The Warriors needed six plays to score, as kicker Chad Sias nailed

a 34 yard field goal, giving Bacone an early 3-0 lead.

After Bacone safety Jermond Miller intercepted the first of his two passes of the day, QB Clay Waggle found wide receiver Quito Lightbourne in the back of the endzone alone, resulting in a 19-yard touchdown and 12-0 lead for the Warriors.

In the second quarter on a fourth and six play, Williams threw tight end Jeff Martin a 34 yard pass. Two plays later, fullback Fred Brown plunged into the endzone, cutting the lead to 12-6.

After another Lions' turnover on the next drive, Waggle spotted FB Trevor Dame 12 yards, increasing the Warriors' lead to 18-6.

Midway through the second quarter, Williams hit Jimmy Early Jr. 62 yards, making the score 18-13. Right before the half after the Lions turned the ball over for the fourth time, Waggle threw his third touchdown of the half—a 41-yard Hail Mary to WR Brandon Banks, making the score 25-13 at halftime.

The stat of the game was turnovers, as the Lions gave the ball away six times, while Bacone did not turn the ball over.

On the first play of the fourth quarter, Lions' RB Cermase Barry's three-yard touchdown run made the score 25-19.

The Lions' defense held Bacone to a three and out until they were whistled for a holding penalty, giving the Warriors new life.

Waggle, who was named Central State Football League Player of the Week, capped off the 13 play 75 yard drive with a four yard quarterback keeper, making the score 31-19.

Waggle helped the Warriors offense, as they racked up 505 offensive yards against the Lions defense. Offensive leaders for Lions included Tony Williams, Kendrick Dozier and Jimmy Early Jr.

Williams passed for 172 yards and a touchdown. Dozier rushed for 61 yards and a touchdown. Early had five catches for 146 yards and a touchdown.

Enjai Bush and Jason Fobbs led the Lions defense with 11 tackles each. Bush added a sack and two tackles for loss. Dexter Falls added 10 tackles, while Elijah Booker had eight tackles.

Next up for the Lions is a trip to Wichita, Kan. to face the Northwestern State Rangers. The game starts tomorrow at 2 p.m.

BC-Chad Sias 34 Field Goal
BC-Chad Sias 28 Field Goal
BC-Quito Lightbourne 19 pass from Clay Waggle (PAT Pass Failed)

LU-Fred Brown 1 run (PAT run failed)

BC-Trevor Dame 12 pass from Clay Waggle (PAT run failed)

LU-Jimmy Early 62 pass from Tony Williams (Israel Jacobs kick)

BC-Brandon Banks 41 pass from Clay Waggle (Chad Sias kick)

LU-Cermase Barry 3 run (kick blocked)

BC-Clay Waggle 4 run (Chad Sias kick no good)

BC-Brandon Banks 20 pass from Clay Waggle (Chad Sias kick)

LU-Kendrick Dozier 8 run (Israel Jacobs kick no good)



Photo by De'Shawn Saffold

Lions' tight end Jeff Martin (84) pulls in a 34-yard catch in the second quarter.



Photo by De'Shawn Saffold

Lions' linebacker Dexter Falls (8) nails Bacone's running back Noah swims in the first quarter.

	1	2	3	4	Final
Bacone	12	13	0	13	38
Langston	0	13	0	12	25

LU Athlete of the Week

BY JUDY YATES

Tasia Galbreath

Tasia Galbreath, a sophomore student athlete from Edmond, Okla., is busy this fall running cross country and studying towards her major in business management.

While attending Northeast Academy in Okla. City, Galbreath was a member of the state championship team in the 4x100 and the 4x200 meter relays—both during her junior and senior years. Because of her track accomplishments, this 2003 graduate was honored with the MVP award.

Galbreath's freshman year at Langston brought her additional recognition. She was a qualifier for indoor nationals in Tennessee in the 55 meter dash. She finished 18th in the nation and was the second fastest freshman in the nation. At the outdoor nationals in Kentucky, she was a qualifier in the 100 meter dash. She also holds the Langston school record in the 55 meter dash.

She seems ready for her second year as a Lady Lion.

"Coach Hilliard is a great coach



and a great friend. I think our team will be very successful this year. All donations and financial support will be greatly appreciated!"

Although Galbreath is an exceptional athlete, her interests are not restricted to just sports. She aspires to be the owner of a daycare and a day-spa after college. She knows she will achieve her goals because her favorite quote is, "I can do all things through Christ who strengthens me!"

Birth Choice of Guthrie advocates for life

BY MICKI BIDDLE
Senior Staff Writer

Women who have found themselves faced with unplanned pregnancies have had a supportive environment to go to for help for more than a decade now. Birth Choice of Guthrie has volunteers who educate each woman to advocate for life and learn how to take those first steps toward that choice.

While the organization is pro-life, they are prepared to support whatever decision a young couple makes, even if that decision does not agree with their pro life message.

“We do believe a decision for life is in the best interest for a couple,” said Linda Stewart, executive director of Birth Choice. “But we do offer post-abortion support also because a lot of young women out there aren’t prepared for the type of grief they might feel after an abortion. We aren’t here to condemn, but to encourage.”

At Birth Choice of Guthrie, moms and moms-to-be are provided with the tools to become the best prepared parents they can be. They offer free pregnancy tests, videos, pre-natal information, infant formula, clothing in sizes up to four toddler, maternity clothes, diapers, bibles, financial assistance and a program called Earn While You Learn.

Earn While You Learn is an innovative learning tool that teaches new parents lessons on the realities of pregnancy, childbirth, and parenting, while allowing moms the opportunity to earn “mommy money” in the process.

Mommy Money gives moms and expectant mothers the opportunity to “buy” items needed for the child-raising endeavor they are about to embark upon. The center may have all types of clothing available from maternity to a variety of baby attire. Cribs, blankets, diapers, car seats, strollers as well as other types of baby furniture and supplies may also be available.

While working with a mentor, parents will be able to fully understand the exciting and sometimes scary journey they and their baby are about to begin. The staff and mentor work together to specifically design an educational plan that includes regular lessons with worksheets and videos based on their specific needs. There are a number of topics to choose from that teaches interesting information about the challenges ahead. Some of these fun and practical topics include exploring the first, second and third trimesters of your pregnancy and discovering the amazing talents of your newborn.

Birth Choice of Guthrie knows that the daunting tasks of pregnancy and parenting can be filled with anxious questions and nervous anticipation. They recognize that most parents want to be successful in raising healthy and happy children. Birth Choice of Guthrie equips parents with the support and resources needed to achieve that goal.

Chapy’s Corner (continued from pg. 3)

The issue of slavery became a bright line of demarcation in America, with the abolition movement being countered with equally staunch opposition from the supporters of slavery. Not surprisingly, political movements formed reflecting the opposing views, with measures like the 1793 and 1850 Fugitive Slave Law (allowing slaves who escaped to free states to be brought back into slavery); the 1857 Lecompton Constitution (written by pro-slavery forces in Kansas); and the 1857 Dred Scott decision (declaring that Blacks were property and that Congress could not restrict the spread of slavery), galvanizing the differences between the two predominant political movements.

Following a vote in Congress to extend slavery into the Northwestern Territory in May, 1854, 20 House members coalesced themselves into a group they called “The Republican Party.” Its declared purpose was to support the original anti-slavery principles of the federal government. The original 1856 Republican Platform condemned slavery or focused on securing equal civil rights for all.

Thus, in 1856, offering Colonel John C. Fremont (b.1813—d.1890) as its first candidate for president, the anti-slavery Republican Fremont lost to pro-slavery Democrat James Buchanan (b.1791—d.1868). Two years later, in 1858, Republican Abraham Lincoln (b.1809—d.1865) faced Democrat Stephen Arnold Douglas (b.1813—d.1861) in a race for U. S. Senate in Illinois. That campaign became famous for the “Lincoln vs. Douglas debates,” with Democrat Stephen Douglas defending slavery and Republican Abraham Lincoln opposing it. Although Lincoln lost that senatorial election, two years later in 1860 he won the presidency against Douglas, and for the first time Republicans became the prominent party in Congress. Under Lincoln’s leadership, the Re-

publican vision of equality moved forward with the Emancipation Proclamation of 1863, followed by subsequent civil rights bills passed by the Republicans in Congress.

The Republican Platform of 1864, on which Lincoln was re-elected, continued its original opposition to slavery, even advocating a constitutional amendment to abolish that evil. That proposed amendment became reality when, as the Civil War was drawing to a close in 1865, the Republicans enacted the 13th Amendment abolishing slavery. However, because Southern Democrats sought to evade the civil rights guarantees intended by the 13th Amendment, Republicans subsequently passed the 14th and 15th Amendments guaranteeing civil rights and securing voting rights for all former slaves.

Afrikan-Americans promptly joined themselves to the Republican Party that had secured their freedom—for not only had Republicans fought for the rights of Blacks against Democrats, but Republicans also offered Blacks political opportunities never before available to them. In fact, Black’s affiliation with Republicans was so strong that in many of the southern states following the Civil War, the state congresses were dominated not only by Republicans but by Black Republicans. In addition, many Black Republicans were elected to Congress.

For example, in 1871, our own namesake, the Honorable John Mercer Langston (b.1829—d.1897) of Virginia, was appointed by Republican President Ulysses S. Grant (b.1822—d.1885) as a member of the Board of Health of D.C., and in 1876 he was appointed by Republican President Rutherford B. Hayes (b.1822—d.1893) as U.S. Minister and Consul General to Haiti. Langston also was a delegate to the Republican National Conventions of 1876 and 1890, and was elected to the U.S. Congress in 1890.

There were so many other examples of how Blacks achieved numerous political firsts within the Republican Party; and so great were the gains of Blacks in the Republican Party that in 1866 the Ku Klux Klan (KKK) was formed to battle both the “Lincoln” Republicans and Blacks with the declared purpose of breaking down the Republican government and paving the way for Democrats to regain control in the elections.

Afrikan-Americans, therefore, being the victims of democratic sponsored racism and segregation, remained loyal to the Republican Party well into the 20th century. In fact, in the 1932 presidential election, incumbent Republican President Herbert Hoover (b.1874—d.1864) received more than three-fourths of the Black vote over his Democratic challenger Franklin D. Roosevelt (b.1882—d.1945), but Roosevelt still won the election.

Although signed by Democrat President Lyndon Baines Johnson (b.1908—d.1973), the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965 would not have been possible without the strong, cohesive support of the Republicans. In fact, all southern Democrats voted against the Civil Rights Act, including Senator Albert Gore, Sr., who voted with the southern Democrats against civil rights whenever the occasion arose.

My dear Langstonites, what happened to dwindle the number of Afrikan-Americans within the anti-slavery Republican Party? How did the pro-slavery Democratic Party win over Afrikan-Americans? When did this happen? And is the Republican Party now the racist party? Find out in next week’s column, “Afrikan-Americans and the Democratic Party.”

Dr. Eric Anthony Joseph was born and raised in Los Angeles, Calif. He is in his eighth year of full-time service at Langston University. For further information you may contact Dr. Joseph at (405) 466-2901 or E-mail him at: eajoseph@lunet.edu

Date:	Opponent:	Time:	Site:
Oct. 16	Northwestern OSU*	2 p.m.	Wichita, KS
Oct. 23	Peru State Univ.	1 p.m.	Peru, NE
Oct. 30	SWAGU*	2 p.m.	Waxahachie, TX
Nov. 6	Oklahoma Panhandle St. (Homecoming)	2 p.m.	Langston
Nov. 13	Haskell Indian Nation Univ.*	1 p.m.	Lawrence, KS

*denotes conference game

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LU Health Watch: Fibromyalgia

BY MICKI BIDDLE
Senior Staff Writer

Fibromyalgia (FMS) is the second most common rheumatic disorder that usually occurs in women between the ages of 20 and 60, but men and children can get it too.

FMS is characterized by chronic, achy muscular pain most often felt in the shoulders, neck, lower back, back of the head, upper chest, and/or thighs, hips, and knees, although any area or areas of the body may be affected also.

There are about five to six billion people known to be suffering from FMS in the United States alone. Because FMS is misdiagnosed quite often and can show itself to be similar to many other conditions, it is thought that the number of FMS sufferers are even higher.

Extreme fatigue and sleep disturbances are probably the second most common complaints heard among fibromyalgia sufferers. Some other sleep disorders that can plague a FMS patient are sleep apnea, restless leg syndrome, bruxism, and sleep myoclonus (a sudden rapid contraction of a muscle or a group of muscles during sleep or as one is falling asleep).

Many other complications can arise because of this disease. Ac-

ording to the Mayo Clinic, irritable bowel syndrome (IBS), the condition that includes constipation, diarrhea, abdominal pain and bloating, are common in people with FMS. Also, as many as one-third of people with FMS experience jaw pain or temporomandibular joint syndrome, otherwise known as TMJ. Many people with FMS also have recurrent tension-type chronic headaches that may be related to tenderness in the neck and shoulders. Facial pain and weird skin sensations are also common. Activities like lifting and climbing stairs are often very difficult and painful. The pain can usually be described as burning, throbbing, shooting and stabbing.

Other trying problems people with FMS experience are premenstrual syndrome, painful periods, anxiety, palpitations, memory impairment, irritable bladder, skin sensitivities, dry eyes and mouth, a need for frequent changes in eyeglass prescriptions, dizziness, and impaired coordination.

A unique way doctors diagnose FMS from other very similar conditions is with the knowledge of 18 distinctive tender points on the body where the muscles are especially painful. A person who is diagnosed with fibromyalgia must qualify by having problems with

at least 11 out of the 18 pressure points.

Over the counter medications like Tylenol can help reduce pain and improve the quality of life for a FMS patient in the early stages of this syndrome. Antidepressants may also be prescribed to help in promoting good mood and sleep habits. Muscle relaxers help with general muscle tone and help ease muscle spasms and pain.

The most critical aspect in the management of fibromyalgia is "self-management." According to the Mayo Foundation for Medical Education and Research (MFMER), the most important aspects of self-care include the following actions: reducing stress, getting enough sleep, exercising regularly, pacing oneself, and maintaining a healthy lifestyle. Although FMS can cause pain, depression, and lack of sleep, the good news is that fibromyalgia is not progressive or contagious. Educating the FMS patient and their loved ones about FMS by utilizing helpful organizations such as the Arthritis Foundation and the American Chronic Pain Association, will help people understand the reality of this syndrome. Ultimately, the message out there is this: you are not alone. Sometimes that is all one needs to hear.

What's the Word?

COMPILED BY KEVONO HUNT, Assistant Editor

Do you think that same-sex marriages should be legalized?



"Yes—because this is a free country and everyone should be allowed to marry whomever they choose to...it's time to bridge the gap."

Lavembre Edwards, freshman elementary education major Antioch, Calif.



"Yes—I don't believe there should be a conflict between church and state. Religious beliefs should not be used to determine laws in the U.S."

Roshun Grant, freshman education major Spencer, Okla.



"No—I believe that's it an abomination according to the Bible, and it would confuse children as to what is right and wrong."

Jason Morgan, senior music education major Oklahoma City, Okla.



"Yes—If two people are in love then they should be allowed to do whatever they want in order to make a commitment."

Marzett Kirk, sophomore business management major Oklahoma City, Okla.

Entry Form:		Line Up #: _____	
~ Langston University ~			
HOMECOMING Parade			
Theme: "Back To Glory"			
Deadline for Entry: October 29, 2004			
When: Saturday, November 06, 2004		Where: Langston, Oklahoma	
Line Up Time: 9:00 a.m. <i>(Do not be late!!!!)</i>		Start Time: Parade 10:00 a.m.	
Route: Martin L. King Street to LU Campus			
Group Name:			
Address:			
City:		State:	Zip:
Contact Person Name:		Contact Name:	
Home Phone #:	Work Phone #:	Home Phone #:	Work Phone #:
CLASSIFICATION OF GROUP			
LUNAA Chapter	Car/Motorcycle	Church	Greek/Lodge
LU Campus Org.	Round-up Club	Other _____	Category: Drill Team Float Social/Civic Club
Requirements:	Parade Coordinators will:		Mail to:
1. Parade Coordinator is your contact person.	1. Notify participants of line up positions.		Parade Coordinator Craig Carter P.O. Box 838 Langston, Oklahoma 73050 Work: (405) 466-3446 Fax: (405) 4662016
2. All participants must complete entry form.			
3. All participants must arrive on time.			

LU Calendar

Ongoing Events

A female Sexual Assault Survivors Group will be held on Thursdays from 3-4 p.m. in the Professional Counseling Center, Rm. 104. More information: 466-3401.

The Psychology Club will have meetings each first and last Thursday of the month. The meetings will take place in Rm. 218W in Sanford Hall at 11 a.m. More information: Contact Charles Perry, president, at ext. 4875.

The Pre-Alumni Council will have meetings the first Thursday of the month. Membership dues are \$10. The meeting location will vary. More information: Contact Vonnie Ware-Roberts, ext. 2999.

The National Association of Black Journalists, a student organization on campus aimed at undergraduate broadcast journalism majors and those interested in journalism, hold meetings every Wednesday at noon in Sanford Hall, Rm. 310W. More information: Call Dr. Karen M. Clark, ext. 3297 or Steve Jackson at (405) 834-4829.

Free AIDS testing is available the first working day of the month at Langston University's Clinic, located on the 1st floor in the University Women Building.

Salters Chapel A.M.E. Church wants willing workers and singers for Christ. Salter's Chapel is located at 119 Washington St. More information: Contact Rev. Dr. Samuel R. Craig, pastor, or Elizabeth Bostic, pianist at 466-4269.

The Anointed Ladies of Alpha Lambda Omega Christian Sorority Inc. invite you to receive free food for your soul. They will serve food at bible study every Thursday in the Young Hall Lounge at 7 p.m.

The Langston Chapter of LUNAA will have monthly meetings in the Research and Extension Building in Rm. 105S. Please come prepared to pay your annual dues. National dues are \$50.00 and local dues are \$25.00

Applications for participation in the Homecoming Parade are being accepted. The theme for this year is "Back to Glory." Pick up applications at Gandy Hall, Rm. 204. Deadline for entry is Oct. 29. More information: Contact Craig Carter at x.3446.

Lion of the Week

BY SHAUNNA COOPER, Editor

Donald Penman



Last winter, Donald Penman made a choice to serve this country by joining the United States Air Force Reserve.

"I am a service apprentice, which means I focus on readiness, physical fitness, food service and mortuary science," he said.

The Air Force Reserve contributes daily to the Air Force mission and is actively involved in Air Force operations around the world. More than 30 percent of all Air Force Missions are accomplished through the efforts of Air Force Reservists like Penman. The men and women who serve in the Reserve are among the best-trained and most combat ready military professionals on the planet.

Most reservists, like Penman, serve in the Unit Program, in which they are obligated to report for duty at least one weekend a month and an additional two weeks a year.

"It's a busy job for somebody to do, since I work and go to school. But, I feel (as my old advisor for Phi Beta Sigma said), people can sleep well at night when I'm on duty; so, I just try to live up to my obligation," he said.

Penman, a junior criminal justice major from Chicago, Ill., also serves the campus

as an emergency dispatcher and clerical assistant for the Langston University Police Department.

He even has time to participate in extra-curricular events that involve his fraternity, the Beta Epsilon chapter of Phi Beta Sigma Fraternity, Inc.

"We do community service events like tutoring and reading with children," he said.

Penman also has some historical ties to our dear university—his great, great, great-uncle was none other than G. Lamar Harrison, a former LU president, and the man for which our library was named.

In fact, coming to school in Langston has become somewhat of a tradition for Penman and other members of his family.

"From 1957 to maybe 1980, there was always somebody in my family going to school at Langston, but after that it kind of died down," he said.

Penman was the first of a new generation of Harrisons to come back to LU. He has a brother that chose to follow his example and come to LU as well.

Despite the plethora of responsibilities that Penman has, he seems to take everything in stride.

Since the U.S. is still occupying Iraq, reservists for the nation's armed forces units may have to fulfill certain requirements and must be ready when duty calls.

For Penman, this is no exception and he accepts his fate like only a true soldier can. He said that there is a strong possibility that he may be shipped out any day now.

"I'm on stand-by right now. If they called me next week, I'd be ready to go. It's a chance that from next week to five months I'll be on stand-by, wondering if I'm going to war or not," he said.

U.S. citizens should feel confident in the efforts of the soldiers who protect and serve this country, because their courage alone is a force to be reckoned with, just ask Penman.

"If I have to go, that's just a part of my obligation and I am ready to serve my country," he said.

Do you know someone who deserves to be Lion of the Week? Send your suggestions to LUGazette@yahoo.com

Immediate Events

Friday, October 15

"Light the Night" Walk for Cancer, sponsored by the Iota chapter of Sigma Gamma Rho, will begin at 7:22 p.m. on Oct. 15 at the Student Union Plaza.

Monday, October 18

A movie night featuring "Fahrenheit 9/11" will be sponsored by the SGA on Oct. 18. The event will begin at 7 p.m. in the Scholars' Inn clubhouse. Refreshments will be served. More information: 466-3443.

Tuesday, October 19

Langston University High School Day 2004 will take place on Oct. 19. The event is scheduled to start at 10 a.m. in the C. Felton Gayles Fieldhouse.

Wednesday, October 20

A political forum hosted by The Student Government Association will take place on Oct. 20 at 7 p.m. in the multipurpose building. Refreshments will be served and a give-away will proceed after the event. More information: Contact the SGA office at ext. 3443.

Thursday, October 21

The "Royal Affair" dance is scheduled to begin at 9 p.m. and end at 12 a.m. on Oct. 21. The event is only for the "grown and sexy." All attendants are required to wear evening attire. Tennis shoes and t-shirts are not allowed. The event is \$1 and refreshments will be served. More information: Dewone Bennett at ext. 3443.

October 24-31

The Phases of a Woman Conference 2004 will take place in the Annie Laurie Coleman Heritage Center the week of Oct. 24-31. Sunday Services will begin at 10 a.m. and weeknight services start at 7 p.m. More information: Contact P.T. Gassaway 466-3250 or Dr. Joseph 466-2901.

Sunday, October 31

Homecoming Gospel Fest will be held on Oct. 31 in the I.W. Young Auditorium at 3:45 p.m., and will mark the beginning of homecoming festivities

Email all calendar events one week in advance of the Gazette's Friday publication date to LUCalendar@yahoo.com.