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Langston University

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SH 33 to be dedicated to Dr. Holloway

BY LATRISE HORTON

On Friday, Nov. 19 at 2 p.m., Dr. Holloway will celebrate the renaming of State Highway 33 between Guthrie and Coyle. The LU community will now drive on the Dr. Ernest L. Holloway Highway. The event will take place at the new entrance to LU, located behind the stadium.

Twenty years ago, Dr. Holloway began the fight to repair the highway that had claimed so many lives. Former Governor Keating gave Holloway the green light to help start the process. Holloway stated that back then Oklahoma was

given a billion dollar grant to repair roads in the state.

"I appealed to Governor Keating and I said if the state is going to spend a billion dollars on roads in Oklahoma, I didn't see how they couldn't improve roads from Guthrie to Langston."

Holloway decided that he wanted a four lane divided highway, where it would be easier for all drivers traveling down the road. Parents, students and all the community supported his efforts to repair the highway. The official ground breaking was located at Club 33, which is now Woody's

Restaurant. That was almost 20 years ago, and now the new and improved road between Guthrie and Coyle is ready to be dedicated to the man who fought to change it.

Though Holloway says the highway project would rank among the top greatest achievements of his time, he felt differently about the dedication.

"I was almost a little embarrassed," he said. "My life has always been about serving others, and I was really surprised when it went through. I am appreciative, but that's not the reason I worked so hard to get this done."



photo by De'Shawn Saffold

Mr. and Miss Langston, Wendell Graham and Jessica Lowe, take the throne at the homecoming coronation event last Thursday.

Students shine in Night of the Stars

BY CHONDRA KIRKLAND

& AKIA DOUGLAS

Homecoming week began with a night full of talent at last Tuesday's "Night of the Stars" talent show hosted by Shamia Jackson, a junior broadcast journalism major and Lawrence Hillman, a junior business administration major. The judge panel consisted of three students, including Miss Langston

University, Jessica Lowe, and two faculty members.

There were several acts ranging from singing, dancing, rap, and even martial arts.

The hosts began the night with the traditional state and Greek organization "roll call," after which the show began.

The first act was songstress Es-

sence Bradley, who sang Etta James's "At Last." De'Vin Lewis and Thomas Flagg put on a show as they sang a medley of "Sweet Thang," "Rock With You" and "Fire and Desire."

The crowd waved lighters and lit cell phones in the air as another singing duet, Soul Factor, sang Ali-

Please see "Night of the Stars," pg.7

Health and fitness forum set for Nov. 15

BY DUPREE SMITH

Coordinators for the School of Nursing and Health Professions' Annual health and fitness forum are hoping for a large turnout.

The forum, scheduled on Nov. 15 from 6 to 8 p.m. in the multipurpose building, will focus on cardiovascular disease and deaths.

"Since the American Heart Association has ranked Oklahoma second in the nation in cardiovascular deaths and twelfth in the nation in strokes, I feel it is very important that students attend this year's forum," said Teresa Hunter, a nursing instructor and coordinator for the event.

Poor eating habits and genetics are two factors that can cause heart disease to develop in individuals, but with a healthy diet, exercise, and frequent visits to a physician it is possible for individuals to decrease their risk of heart disease, or receive more effective treatment through early detection.

According to Hunter, awareness and prevention are important factors in decreasing the risk of heart disease, especially among minorities. Many people do not realize how serious the disease is and are unaware of the symptoms, which puts them at a higher risk of having the disease and not knowing it.

"This forum provides students with information that can help individuals gain insight about the disease, adopt preventive measures, and learn how to respond more effectively if a stroke occurs," said Hunter.

In addition to gaining information on heart disease and stroke, those in attendance will learn how to identify and reach positive health goals.

"We also would like to emphasize the importance of total body health and highlight some effective strategies on achieving improved physical health," said Hunter.

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photo by De'Shawn Saffold

A record number of students turned out to vote in the Nov. 2 election, crowding the lobby of Sanford Hall.

Gazette

The *Gazette* is produced by students in Langston University's Communication Department and serves as a teaching instrument. The *Gazette* is published weekly except during examinations, holidays and extended school breaks.

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LU

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Correction: The Gazette apologizes for not presenting pictures of all the Greek organizations on campus in our “Back to Glory” homecoming edition. We also apologize for not including all of the football team’s managers in the issue. Please know that the pictures were excluded due to space limitations and/or our not having the pictures during production.

USDA’s 1890 National Scholars Program now accepting applications

The U.S. Department of Agriculture’s 1890 National Scholars Program is now accepting applications for the 2005 school year. These funds have been awarded to Langston University and other historically Black 1890 land-grant universities to support outstanding entering college undergraduates who plan to major in any field of study in agriculture, food, natural resource sciences or other related disciplines.

“We recognize that youth involvement and awareness in this futuristic agriculture initiative represents a commitment from these students. Offering scholarships is the USDA’s way of equipping the leaders of tomorrow with the technical skills necessary to successfully compete, while encouraging youth to achieve their career goals in the agricultural community,” said Cornell Nash, 1890 USDA liaison officer for Langston University.

Students who are U.S. citizens with a high school diploma or a G.E.D. certificate and are starting

their first year of college for a bachelor’s degree are eligible to apply. Applicants must have a high school G.P.A of 3.0 or better; have a combined verbal/math score of 1,000 or more on the SAT or a composite score of 21 or more on the ACT; demonstrate leadership and community service; apply for admission to the institution(s) of his or her choice; submit an official transcript with the school seal and an authorized official’s signature; and postmark all application materials no later than Jan. 15, 2005 to Langston University.

“As a 2004 recipient of USDA/1890 National Scholarship Program, I can attest to how appreciated it is,” says DeAndre Tuggle, a freshman at Langston University. “In continuing my education, it’s gratifying to be recognized and supported by the organization that I hope to serve in the future.” Tuggle will attend Langston for two years and then finish his undergraduate studies at Prairie View University.

The USDA/1890 National Scholars Program awards 34 or more scholarships annually which must be used at one of the seventeen 1890 Historically Black land-grant institutions. Each award provides annual tuition, employment, employee benefits, use of a personal computer and software, fees, books, room and board for each of the four academic years. Each scholarship renewal is contingent upon satisfactory performance and normal progress toward the bachelor’s degree. Upon completion of the scholar’s academic degree program, there is an obligation of one year of service to the U.S. Department of Agriculture for each year of financial support.

Persons interested in more information about the scholarship program can call or write to Mr. Cornell Nash, USDA/1890 Liaison Officer at Langston University, (405) 466-3339, PO Box 846, Langston, OK 73050 or download an application at <http://1890scholars.program.usda.gov>.

Oklahoma higher ed officials seeking \$500 million bond

Record enrollments on Oklahoma’s public college campuses are putting a severe burden on overcrowded and outdated facilities.

Oklahoma higher education officials believe that a \$500 million bond issue by the state legislature in the next session will be vital for the future of the state.

“When businesses consider moving or expanding, the state’s commitment to higher education is an important deciding factor,” Chancellor Paul G. Risser said. “A \$500 million investment in our colleges and universities is a clear signal that Oklahoma is ready to meet the education needs of the new century. This would provide an incredible boost to the economy, both short and long term.”

The State Regents recently approved an updated list of 141 projects in 36 communities across the state that would receive fund-

ing from the capital bond issue. The projects include new and renovated classrooms; infrastructure expansions and upgrades; new or substantially renovated science and research buildings; and libraries and fine arts centers. The bond would also allow institutions to meet strict Americans with Disabilities Act (ADA) requirements and other safety and access requirements.

If approved by legislators, the bond issue would be the only significant capital funding infusion that Oklahoma’s public college and universities have seen since other bond issues were passed in 1967 and 1992.

Another bond issue passed by state lawmakers in 2000 would have provided about \$30 million for capital projects within the state system, but the Oklahoma Supreme Court eventually ruled that bill unconstitutional.

Risser said that unlike the 2000 bond issue that included funding for just a handful of institutions, the proposed bond issue would include at least one project for each of the state’s 25 public colleges and universities. He said estimates show that the various projects around the state could add approximately 4,000 construction jobs in Oklahoma and result in an economic impact of more than \$737 million statewide.

Please see “\$500 million bond,” pg.7

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LU Voices

Acting Black?

BY BRIELLE THIERRY

It is ironic that even today people still choose to use the “brown paper bag” test to determine one’s Blackness.

In the earliest days of slavery, a slave’s workload was given to him/her based upon skin color—if the slave’s skin tone was as dark as the color of a cast iron skillet, they did field work. If a slave’s color matched the lightness of a brown paper bag, they were “house niggas.”

Although back then, the color of one’s skin determined one’s social status, nowadays, people also have to “act Black” to be “Black.”

Critics say the cultural identity of African-Americans has been lost due to the definition of “Black” identified in modern dictionaries.

Most authors define Black as the color of darkness, the color of evil and wickedness, and the color always associated with disaster.

Does that mean that African-Americans need to distinguish themselves by becoming the definition of a word written over 500 years ago?

And just what does this have to do with Langston?

Many students attending Historically Black College or Universities (HBCUs) feel the need to defend their Blackness now more than ever.

Recently, one student told another that the only reason why he disliked her was that she acted “white.”

Dr. David Freeman, associate professor for the English department, said, “I had a professor that said there are as many ways to be Black as there are Black people and still more. No one has the right to judge one’s Blackness.”

Then what exactly is acting “white?”

Since there is no set definition for the phrase, several students explained its significance. They said it is a tendency to talk like a white person or simply act and do things that traditionally only white people do.

In that case, can white people act and talk Black?

In Joanna Howard’s Race and Ethnic Relations class, students could not conceptualize the idea of acting white. They had an abstract consensus on what it means to be “Black” in today’s African-American society.

According to the class, anyone’s degree of Blackness can and will be determined by their own symbolic ethnicity, meaning that people have a tendency to judge a person’s Blackness by his/her specific symbols of Black heritage.

“Basically, Black people stereotype themselves. If we talk proper and tuck our shirts in we are not considered to be Black,” said Jimmy Early, a sophomore broadcast journalism major from Texas, and a student in Howard’s class.

Symbols prevalent in modern day Afrocentric culture include baggy pants, gold or silver teeth, braids, hair weaves and the high value placed on material items.

People who have afros or wear their hair “natural” and those who have a darker skin color or use a regional dialect tend to be regarded as more “Black” than others are.

Nevertheless, consider the likes of Colin Powell, Oprah Winfrey, Martin Luther King Jr., Thurgood Marshall, Bill Cobby, and our very own Dr. Ernest L. Holloway—do people ostracize them for not being “Black” enough because they do not carry themselves as a stereotypical Black person does?

Students imprison their minds even more by the use of Ebonics,

Please see “Acting Black?” pg.6

How did President Bush win it again?

My fellow Langstonites, I dedicate my 139th edition of Chapy’s Corner to those of us who voted last Tuesday, Nov. 2. Yes, your *one* vote did count! This is my fifth “a voteless people is a hopeless people” non-partisan epistle.

How did Republican incumbent President George Walker Bush, 58, who received more votes than any other president in American history, win, and how did Senator John Forbes Kerry, 61, who received more votes than any democratic candidate lose the election?

This epistle will examine the issues and concerns surrounding how people voted nationally and how people voted in the state of Oklahoma for the presidential candidates.

How did Bush win the popular vote nationally? Republican incumbent President Bush, received 59,459,765 (51 percent) total popular votes and won 31 states for a total of 286 electoral college votes (to win the presidency a candidate needs 270 electoral college votes). Democratic challenger Senator Kerry received an unprecedented 55,949,407 (48 percent) total popular

votes and won 20 states for a total of 252 electoral college votes.

people who attended church more than once a week or weekly—who

voted for Bush than there were four years ago, as well as 4.4 million more women, 1.5 million more Latinos, 4.15 million more senior citizens, 3.4 million

who live in big cities, and 2.3 million who live in ex-urbs and smaller cities.

Now let us examine how Americans voted on some

of the same national issues. The following national data comes from 13,660 respondents that participated in the *CNN.COM* news exit polls on Election Day 2004.

How did we vote nationally by ethnicity and gender? According to the respondents surveyed by CNN, 62 percent of white men and 55 percent of white women voted for Bush. Whereas, Kerry received 67 percent of non-white men and 75 percent of non-white women votes.

How did we vote nationally by ethnicity? More minorities voted for Bush this year than 2000. For instance, Afrikan-Americans made up 11 percent of the electorate (voters) and they voted 11 percent for Bush, which was up two percent from 2000. Latinos made up eight

Please see “How did Bush win?” pg.4

Chapy’s Corner

By Dr. Eric Anthony Joseph
Chaplain
Coleman Heritage Center



Part 5 of “A Voteless People is a Hopeless People” Series

Unlike the 2000 election, independent candidate and activist Ralph Nader, 70, was not a factor. He garnered only 400,706 (one percent) of the total popular votes and did not win a state. 120 million people voted in this year’s election. Bush won the popular vote by 3.6 million votes.

Karl Rove, senior advisor to President Bush and the architect of Bush’s successful re-election to the presidency, stated on *Meet The Press* with Tim Russert last week that “Bush is not only beholden to the evangelicals who came out in large numbers, but to the other voters as well.”

For instance, Bush did better in this year’s election amongst voters, as compared to the 2000 election. This year there were 3.35 million more evangelicals—those

“... Count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.” —James 1-2:4, New King James Bible

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How did Bush win? (continued from pg.3)

percent of the voters and they voted 44 percent for Bush, up nine percent from 2000. Asians made up two percent of the voters and they also voted 44 percent for Bush, a three percent increase from 2000. Finally, whites made up 77 percent of the electorate (voters) and they voted 58 percent for Bush, up four percent from the last presidential election.

NBC news exit polls also asked people leaving the voting booth why they voted for a certain candidate. The most important issue to the voters was "moral values" at 22 percent—Bush won over Kerry 80 percent to 18 percent. When 20 percent of the voters thought the economy and jobs were the issue, Kerry won 80 percent to 18 percent. When 19 percent of the voters thought terrorism was the issue, Bush won 86 percent to 14 percent. When 15 percent of the voters thought Iraq was the issue, Kerry won 73 percent to 26 percent; and when 8 percent of the voters thought that health care was the issue, Kerry won 77 percent to 23 percent.

The following Oklahoma data comes from the 1,577 respondents that participated in the CNN.COM news exit polls on Election Day 2004.

How did Oklahoma vote by the popular and electoral votes? President Bush received 959,655 (66 percent) total popular votes for a total of seven Electoral College votes and he won all 77 Sooner State counties versus democratic challenger Senator Kerry, who received 504,077 (34 percent) total popular votes in a losing effort and did not win one county. For instance, in our Logan County, where dear Langston and the old state capitol of Guthrie is located, 11,467 (70 percent) voted for Bush and 4,869 (30 percent) voted for Kerry. In Oklahoma County where our urban campus and the new state capitol is located 174,707 (64 percent) voted for Bush, while 97,283 (36 percent) voted for Kerry. Also, in

Payne County where Oklahoma State University is located, Bush won 19,560 (66 percent) to Kerry's 10,101 (34 percent); and in Tulsa County where our second urban campus and the old Black wall street district is located, Bush won 163,434 (64 percent) to Kerry's 90,204 (36 percent). However, in Muskogee County the race was closer. Bush won 15,121 (55 percent) to Kerry's 12,585 (45 percent).

How did Oklahoma vote by ethnicity and gender? In the state, 73 percent of white men and 69 percent of white women voted for Bush. Whereas, Kerry received 58 percent of non-white men's votes and 50 percent of non-white women votes.

How did Oklahoma vote by ethnicity? Although nine percent of Oklahoman voters were African-Americans, they voted a whopping 28 percent for Bush and 72 percent for Kerry. Latinos make up four percent of the state voters but voted 74 percent for Bush to Kerry's 26 percent. Whites made up 77 percent of the voters and voted for Bush with 71 percent of the vote.

How did Oklahoma vote by age? Bush won every age group over Kerry by 60 percent or more in the Sooner State. For instance, 62 percent of college age voters from 18-29 years old, which make up 19 percent of the electorate, voted for Bush; 69 percent of voters from 30-44 years old, which make up 27 percent of the electorate, voted for Bush; 65 percent of voters from 45-59 years old, which make up 28 percent of the electorate, voted for Bush; and 66 percent of people age 60 and older, which make up 26 percent of the electorate, voted for Bush.

How did Oklahoma vote by income? Bush won every income group beginning at \$15,000 and above versus Kerry in the Sooner State. For instance, 59 percent of voters making under \$50,000, which made up 61 percent of the

electorate, voted for Bush and 75 percent of voters making over \$50,000, which made up 39 percent of the electorate, also voted for Bush.

How did Oklahoma vote by religion? Bush, a Methodist, won the Protestant and ironically the Catholic vote over Kerry, a Jewish-Catholic. For instance, 68 percent of Protestant voters, which made up 79 percent of the electorate, voted for Bush and 66 percent of Catholic voters, which made up 9 percent of the electorate, voted for Bush. Moreover, 90 percent of white conservative Protestants voted for Bush and 77 percent of white-evangelical and born-again Christians voted for Bush.

How did Oklahoma vote by important issues? On the issue of Moral Values, 29 percent of those voting on this issue voted 90 percent in favor of Bush; 20 percent of those voting on the issue of Terrorism voted 89 percent for Bush; and five percent of those voting on the issue of Taxes voted 61 percent for Bush.

When the United States Congress returns to our nation's capitol next year, President Bush will see plenty of familiar faces. His former nemesis John Forbes Kerry (D—MA) will return to the Senate seat to finish his four remaining years and Senator Hilary Rodham Clinton (D—NY) will be there as well, perhaps ready to burnish her own record for 2008.

My fellow Langstonites, I hope that my fifth "a voteless people is a hopeless people" epistle has shed some light on how Bush statistically won the White House. Congratulations Mr. President! Remember, America needs some uniting and not dividing! Holla!

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 S.C.

LU conference to focus on women

Women from Oklahoma and other states in the region will gather Nov. 19 from 8:30 a.m. to 5 p.m. at Langston University for the "Women in Science Conference 2004" to discuss the participation of women in cutting-edge science and technology fields traditionally dominated by men.

Chaired by Dr. Sonya Williams, associate professor of biology at Langston, the conference will help the science community identify and overcome existing barriers women face when entering the competitive and challenging fields of nanotechnology and functional genomics, recently identified by Oklahoma as emerging areas of research emphasis for the state.

Speakers and also role models for participants will include two program officers from the National Science Foundation and a multitude of other successful women in science. The main goal of this conference is to provide support and encouragement for success to women interested in science and technology.

"Encouraging the participation of women in science will further strengthen the quality of research in Oklahoma and our nation," said Dr. Frank Waxman, director of the Oklahoma Experimental Program to Stimulate Competitive Research (EPSCoR). "By addressing the critical issues that pose barriers to participation, EPSCoR is striving to build the research base in Oklahoma by utilizing the talents of many of Oklahoma's brightest and best students."

Sponsored by EPSCoR, the Oklahoma State Regents for Higher Education and the National Science Foundation, the conference is free to all college faculty, post doctoral researchers and students.

Langston to Guthrie Shuttle

Departures from Langston:

Scholar's Inn: 10:24 AM, 1:24 PM, 3:14PM

Centennial Court: 10:38 AM, 1:40 PM, 3:30 PM

Student Union: 10:34 AM, 1:34 PM, 3:24 PM

Departures from Guthrie:

Sears/Dollar Store: 9:46 AM, 12:36 PM, 2:36 PM

Wal-Mart: 9:53 AM, 12:53 PM, 2:43 PM

Homeland: 10:00 AM, 1:00 PM, 2:50 PM

Are you a cartoonist? Show off your work in the Gazette. Contact Kevono Hunt, Assistant Editor at 466-4518 or kmhunt76@yahoo.com.

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Sports

Aggies run over Lions 31-14

BY JAMUEL WALLACE
Sports Writer

In the first game in over four years on the yard, the Oklahoma Panhandle State Aggies ruined homecoming for the Langston Lions with a 31-14 win at Anderson Field.

The loss for the Lions was their third straight homecoming defeat. The Lions drop to 5-5 overall, while the Aggies finished the season 6-5.

	OPS	LU
First Downs	16	19
Rushes-Yds	61-253	34-168
Passing Yds	58	179
Comp-Att HI	5-9-0	17-33-3
Plays-Yds	70-311	67-347
Pnts-Avg	5-37.6	6-30.0
Fmb-Lost	0-0	2-2
Pnty-Yds	11-105	4-55

Midway thru the first quarter, Lions' quarterback Tony Williams found wide receiver Corey Samuels six yards, giving the Lions a 7-0 lead.

Fullback Howard Payne redeemed himself from an earlier drop in the game when he was on the receiving end of a 13 yard touchdown from Ty Sellers making the score 7-7.

After the Lions turned the ball over for a third time in the first half, running back Reshard Dudley rumbled ten yards giving the Aggies a 14-7 lead.

At the beginning of the third quarter, Sellers capped a six play 65 yard drive with a one yard quarterback sneak.

The Aggies capped off their vic-

tory when strong safety Harold James picked off a pass and went 58 yards, making the score 31-7.

David Daniels led the Aggies in rushing with 159 yards on 24 carries.

Offensive leaders for the Lions were Jimmy Scales, Tony Williams and Sheldon Sumpter. Scales had 88 yards on 15 carries, Williams was 10 of 15 for 106 yards and a touchdown. Sumpter had five catches for 67 yards.

Darnell Brown led the Lions' defense with 12 tackles. Senior Dexter Falls added 11 tackles, five tackles for loss, and a sack.

Next up for the Lions is their season finale against the Haskell Indians Nations tomorrow afternoon in Lawrence, Kan.



photo by De'Shawn Saffold

Lions quarterback Kendrick Dozier (6) jukes Aggie cornerback Andre Crumbs (4) in the third quarter.



photo by De'Shawn Saffold

The Lions football team prepares for battle against the Oklahoma Panhandle State Aggies.

	1	2	3	4	Final
Okla. Panhandle St.	7	10	14	0	31
Langston	7	0	0	7	14

- LU-Tony Williams 6 pass to Corey Samuels (Israel Jacobs kick good)
- OPHS-Ty Sellers 13 pass to Morgan Payne (Hal Rogers kick good)
- OPHS-Reshard Dudley 8 run (Hal Rogers kick good)
- OPHS-Hal Rogers 36 field goal
- OPHS-Ty Sellers 1 run (Hal Rogers kick good)
- OPHS-Harold James 58 interception return (Hal Rogers kick good)
- LU-Ross Smith 1 run (Israel Jacobs kick good)

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LU Athlete of the Week Tatyana-LaShay Johnson

BY JUDY YATES

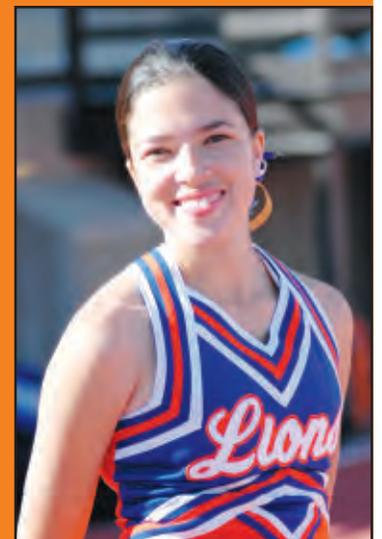
During the fall semester, a majority of the student athletes at Langston University practice and compete in football, track, and basketball. But another team of student athletes—the cheerleaders—are busy fine-tuning their athletic performances as well.

Tatyana-LaShay Johnson makes up one part of the 16-member squad, which consists of ten young women and six young men.

"We practice every morning from 7 a.m. to 8 a.m., and if the work isn't getting done, Coach Washington may schedule an evening practice," she said.

Johnson has been a Langston University cheerleader for four years. Before coming to Langston she attended Hillcrest High School in Chicago, Ill. She was the junior varsity cheerleading captain her freshman year. During her junior and senior year, she was captain of the varsity cheerleaders. After graduating in 2001, she continued on to college.

"It takes dedication and commitment to progress to the next level of competition," the senior said. "We feel that we work just as hard as any other athletic team and deserve the same respect and support," she explained.



In March 2004, the cheerleading team went to Tennessee State University to compete in an all black, all-division school competition. With one routine, they placed 1st in the National HBCU Cheerleading Competition.

Johnson, a broadcast journalism major, appreciates the smaller environment offered by the LU campus.

"I like how the student/teacher ratio is low, so that you are able to have a one-on-one conversation with your professor," she said.

After graduation from Langston, Johnson said, "I would like to write for magazines and write books of my own back home, hopefully for Johnson Publications!"

Acting Black?

(continued from pg.3)

unaware that “Ebonics” is a negative term.

Experts call it Black English, but it is the stereotypical language of all Black people. Not all Black people speak Ebonics. If a person has a good grasp of the English language, why should their own people penalize them for not using it?

“I went to a predominantly white elementary school from kindergarten to the fourth grade,” said Shaunna Cooper, a junior broadcast journalism major from Stillwater, Okla. “In the fifth grade, my family and I moved to a place with a few more Black people. I remember that none of the popular little Black girls wanted to play with me because they said I talked like a ‘white girl.’ I could not understand their ignorance back then, but I get it now.”

There is no such thing as acting White, Black, Hispanic, or Chinese. Instead, people are a product of their environment. That is a proven fact. When children are around different cultures, they are more accepting of differences.

“All of that ignorance comes from home,” said Cooper. If you don’t teach your kids the benefits of learning how to talk to people the right way or interact and be more accepting of different people, chances are they won’t learn at school either.”

A major setback for the Black society has come from placing too much emphasis on who is Black and who is not, rather than finding strength within to bring our people up.

No one can ever take away a person’s knowledge, unlike this so-called “Blackness,” which seems to be contingent upon others.

Ultimately, knowing your history is the only way to truly be Black in every sense

LANGSTON UNIVERSITY MEN’S BASKETBALL SCHEDULE

2004-2005

Date:	Opponent:	Site:	Time:
NOVEMBER			
16	NWOSU	Alva, Okla.	7:30 p.m.
19	Metro State	Denver, Co	7 p.m.
20	Colo Christian	Denver, Co	5 p.m.
23	ST. Gregory’s	Langston	7:30 p.m.

Date:	Opponent:	Site:	Time:
DECEMBER			
1	Univ. Science & of Okla	Langston	7:30 p.m.
4	TAMIU	Langston	7:30 p.m.*
6	UTPB	Langston	7:30 p.m.*
8	NWOSU	Langston	7:30 p.m.
11	TWU	Ft. Worth, TX	7:30 p.m.*
13	Texas College	Tyler, TX	7:30 p.m.*

Date:	Opponent:	Site:	Time:
JANUARY			
3	St. Gregory’s	Shawnee, Okla.	7:30 p.m.
8	Houston Baptist Univ.	Langston	7:30 p.m.*
10	Huston-Tillotson College	Langston	7:30 p.m.*
13	Bacone College	Langston	7:30 p.m.*
15	Paul Quinn	Dallas, TX	8 p.m.*
17	SWAGU	Waxahachie, TX	7:30 p.m.*
22	Wiley College	Langston	7 p.m.*
24	Jarvis Christian College	Langston	7:30p.m.*
29	TAMIU	Laredo, TX	3 p.m.*
31	UTPB	Odessa, TX	8 p.m.*

Date:	Opponent:	Site:	Time:
FEBRUARY			
5	TWU	Langston	7:30 p.m.*
7	Texas College	Langston	7:30 p.m.*
12	Houston Baptist Univ.	Houston, TX	7:30 p.m.*
14	Huston-Tillotson Univ.	Austin, TX	7:30 p.m.*
17	Bacone College	Muskogee, Okla.	8 p.m.*
19	Paul Quinn	Langston	7:30 p.m.*
21	SWAGU	Langston	7:30 p.m.*
26	Wiley College	Marshall, TX	5 p.m.*
28	Jarvis Christian College	Hawkins, TX	7:30 p.m.*

MARCH			
1 st Round RRAC Conference Tournament			
* Denotes Conference Games			
1 st round	March 5		
2 nd round	March 11		
Finals	March 12		

Head Coach: Greg Webb
Assistant Coach: Jerome Willis

LU

LANGSTON UNIVERSITY WOMEN’S BASKETBALL SCHEDULE

2004-2005

Date:	Opponent:	Site:	Time:
NOVEMBER			
16	NWOSU	Alva, Okla.	6 p.m.
23	Okla.Baptist Univ.	Shawnee, Okla.	7 p.m.
25-26	HBCU Classic	New Orleans, La.	TBA

Date:	Opponent:	Site:	Time:
DECEMBER			
1	Okla. City Univ.	Langston	TBA
4	TAMIU	Langston	5:30 p.m.*
6	UTPB	Langston	5:30 p.m.*
8	NWOSU	Langston	6 p.m.
11	TWU	Ft. Worth, Texas	5:30 p.m.*
13	Texas College	Tyler, Texas	5:30 p.m.*

Date:	Opponent:	Site:	Time:
JANUARY			
6	Park College	Langston	7 p.m.
8	Houston Baptist	Langston	5:30 p.m.*
10	HTC	Langston	5:30 p.m.*
13	Bacone	Langston	5:30 p.m.*
15	Paul Quinn	Dallas, Texas	5:30 p.m.*
17	SAGU	Waxahachie, Texas	5:30 p.m.*
22	Wiley College	Langston	5:30p.m.*
24	Jarvis College	Langston	5:30 p.m.*
29	TAMIU	Laredo, Texas	5 p.m.*
31	UTPB	Odessa, Texas	6 p.m.*

Date:	Opponent:	Site:	Time:
FEBRUARY			
5	TWU	Langston	5:30 p.m.*
7	Texas College	Langston	5:30 p.m.*
12	Houston Baptist Univ.	Houston, Texas	5:30 p.m.*
14	Huston-Tillotson	Austin, Texas	5:30 p.m.*
17	Bacone	Muskogee, Okla.	6 p.m.*
19	Paul Quinn	Langston	5:30 p.m.*
21	SAGU	Langston	5:30 p.m.*
26	Wiley	Marshall, Texas	5:30 p.m.*
28	Jarvis	Hawkins, Texas	5:30 p.m.*

MARCH			
1 st Round RRAC Conference Tournament			
* Denotes Conference Games			

Head Coach: Donnita Drain
Assistant Coach: Tony Greene
Graduate Assistant: Hartford Jackson

LU

LU Health Watch: Depression during the holiday season

BY MICKI BIDDLE
Senior Staff Writer

The upcoming holiday seasons, although joyous occasions, can mean something different for everyone. To some it may mean eating wonderful meals and the giving or receiving of gifts. To others it means a break from school and going home to see loved ones.

However, there are some out there who do not look forward to this time of year and fall into a state of depression. Instead of being uplifted by thoughts of holiday cheer, their thoughts may helplessly revolve around self-evaluation of past failures, anxiety about uncertain futures or the loneliness of not being able to share the holiday spirit with someone special.

According to the National Mental Health Association (NMHA), depression affects over 19 million American adults annually, including college students. Depression also affects twice as many women as men. Although men are less likely to suffer with depression, it

still affects between three to four million of them.

Seasonal affective disorder (SAD) is just one form of depression that manifests itself during the winter months, or when sunlight is scarce. SAD can coincide and even lead to a recurring depressive state. According to the Mayo Clinic, about six percent of Americans suffer from SAD each year and another 10 to 20 percent may experience mild SAD symptoms or "cabin fever." Again, this disorder is more common in women than in men. Hormonal differences may be the cause of this fact.

SAD's long nights and short winter days may be filled with feelings of depression along with lethargy, fatigue, cravings for sweets and starches, headaches and sleep problems.

NMHA states that one possible cause of the disorder is an increase of the production of melatonin, a sleep-related hormone secreted by the pineal gland in the brain that is produced at night. More melatonin

is produced when days are shorter and darker, thus increasing feelings of lethargy and fatigue. Either feeling can alter one's mood and increase chances of feelings of depression.

Phototherapy or bright light therapy has been shown to help regulate the production of melatonin. This treatment includes sitting or lying under a device prescribed by a physician that is made up of a bank of white fluorescent lights on a metal reflector and shield. If light therapy does not seem to help, then an antidepressant drug may help improve or eliminate SAD symptoms. For milder symptoms, people can take advantage of sunny days by spending time outdoors walking or sitting on a park bench, even if the temperature is low.

For more information, contact your physician or research the disorder further at the National Mental Health Association (NMHA), 1-800-969-NMHA, or www.nmha.org.

Night of the stars (continued from pg.1)

cia Keys' "Diary" and Jill Scott's "He Loves Me."

Among the four dance acts, Oklahoma City's Sex Mob performed, as well as the female dance group "Miss Understood." Another dance act, Twisted, performed to a mixture of songs including Ciara's "Goodies" and ended with a patriotic vote message.

The night's most unique acts were the martial arts presentations. Among the two acts, Torriente Toliver showed his sword and fighting techniques to Trick Daddy's song "Let's Go."

The talent show winners were Ckai Dawson with Soul Factor and the runner up was the dance group Twisted.

Although students had to sit through microphone difficulties, the event still provided a good time.

"It was a sold out event that was very successful compared to last year's," said Hillman.

\$500 million bond (continued from pg.2)

Oklahoma Gov. Brad Henry, legislative leaders and higher education officials discussed the possibility of approving a higher education bond issue last spring but could not come to an agreement. Gov. Henry and state lawmakers have indicated that they would make passing a capital bond issue for Oklahoma higher education a top priority during the 2004 legislative session.

"It's crunch time for our colleges and universities," State Regents' Chairman Jimmy Harrel said. "It's been a long while since they've seen some significant funding to pay for much-needed capital improvements on their campuses, and it's beginning to show. However, we are hopeful that through upcoming discussions with the governor and legislative leaders, we can all come to a consensus on the importance of a \$500 million bond issue for higher education."

What's the Word?

COMPILED BY KEVONO HUNT, Editor

What do you think about College Hill coming to Langston?



"It would give us good exposure, but it would also shed a negative light on us because they are focusing on the party life, not the excellent educational opportunities here."

Chris Wilson, sophomore business management major
Raleigh, N.C.



"I think that it is a great idea because Langston University doesn't get a lot of recognition for the things we accomplish and this is a good way to spotlight us."

Tajmah Sutton, junior English education major
Chicago, Ill.



I think it's a great opportunity for the black community and the nation to see what Langston University and Oklahoma are all about."

Leon Miller, senior music education major
Chicago, Ill.



I don't believe that they are going to show Langston University in a positive light because all they are after is the party life."

Lawrence Hillman, junior broadcast journalism major
Detroit, Mich.

2004
Homecoming
Decoration
Contest
Winners:

Department Contest

1st Place—Young Hall

2nd Place—Early Childhood Laboratory

Door Contest

1st Place—Public Relations

2nd Place—Biology

LU Calendar

Ongoing Events

The Langston University College Republicans will have meetings every Tuesday at 6 p.m. in the Agricultural Building Conference Room. More Information: Martyn William Bridgeman at 466-4182.

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 every 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.

Immediate Events

Friday, November 12

A canned food drive will be presented by the Epsilon Deuteronomy Chapter of Alpha Lambda Omega Christian Sorority, Inc. on Nov. 12. Bring non-perishable food items to help a family in need. The drive will be held in the Student Union from 11 a.m.-1 p.m.

Friday, November 12

"Bling-Bling But Broke," a discussion by Brooke M. Stephens, author of "Talking Dollars and Making Sense: A Wealth Building Guide for African-Americans" and "Wealth Happens One Day at a Time: 365 Days to a Brighter Future," and a speaker, lecturer, financial advisor and Wall Street veteran, will be held on Friday, Nov. 12 at 11:30 a.m. in the Coleman Heritage Center (chapel). A reception will be held at 11 a.m.

Lion of the Week

BY SHAUNNA COOPER, Editor

Jameka Lewis

She balances college life, extracurricular activities, and a 10-month-old daughter named Corrina, yet Jameka Lewis still finds the time to lend a helping hand wherever she is needed on campus.

Lewis, a "graduating" senior international studies major from Guthrie, Okla., could very well be a poster child for single mothers working towards obtaining a college degree.

"Having a child shouldn't prohibit you from doing what you want to do, especially if you want to be involved in a lot of things," she said.

Apparently, her experience raising Corrina has taught her well.

Throughout her college career, (yes, even during her pregnancy) she has maintained a 3.5 GPA, and is also an active member of the Alpha Chi Honor Society.

She serves as the secretary for the Young Democrats Association, the secretary for the Pan-Hellenic Council, and the historian for the Lambda Alpha chapter of Zeta Phi Beta Sorority, Inc.

She recently accepted a position as secretary of state for the Student Government Association, and heads the public relations committee for the SGA as well.

Although her PR leadership position may get a little challenging at times, Lewis said that she likes the new job because it has given her an opportunity to interact with so many different people, especially incoming freshmen.

Since she is involved in a number of different organizations, Lewis said that sometimes she brings Corrina with her to meetings and other events. She has even taken Corrina to class with her.

"My professor was not pleased with that," she explained, "but the daycare had closed and I didn't know, so I had to bring her to class. After class I tried to talk to him about it because at least I did come and try to learn something, despite not having a baby-sitter. He was okay after I talked to him about it."

For all those underclassmen wondering how to obtain important positions in student organizations or simply gain positive recognition while on campus, simply follow in the footsteps of an "old head," just like Lewis did.

"When I was a freshman, I had an unofficial mentor. She was the first person I met



when I got on campus and she was involved in a lot of things, so she urged me to get involved," she said.

When members of various clubs saw that she actually did work, they enlisted her services for their specific groups, which has proved to be beneficial for everyone involved.

After graduation, Lewis has plans to go to graduate school for a master's degree in international business because she wants to sell international real estate.

"I don't think I'm done with school yet. I actually wanted to get two master's degrees. I wanted one in international business, but also one in human resource management as something to fall back on. I feel like I deal with people pretty well and human resources deals with hiring, firing, and distribution of benefits to workers. I want to be the one in charge," she explained.

Her positive outlook on life is a direct result of personal triumphs that have made her a stronger person and have contributed to her drive for success. Her advice for other single mothers is to not get discouraged and "just really hang in there."

"I am such a witness that with God you can do anything. Just pray, keep God first and if you are older at Langston, reach out to the younger ones, because you really do have an impact on people's lives," she said.

Saturday, November 13

The 15th annual "Tulsa Showdown" presented by Six Front on the Street Inc. is scheduled for Nov. 13 at Booker T. Washington High School in Tulsa from 2-4 p.m. The Tulsa showdown will display high school bands in the Tulsa area. The event is \$7 per ticket for adults, \$2 for children 8-11, and free for children under 7.

November 15-18

The Lambda Alpha Chapter of Zeta Phi Beta Sorority Inc. will present Medical Monday on Nov. 15 in the Student Union at noon, the Z-Hope Seminar in the Student Ballroom at 8 p.m., and Poetry Night on Nov. 18, also in the Student Ballroom at 8 p.m.

Thursday, November 15

A health and fitness forum, sponsored by the School of Nursing and Health Professions, will be held on Nov. 15 from 6 to 8 p.m. in the multipurpose building. The forum will focus on cardiovascular disease and deaths.

Thursday, November 17

An undergraduate education information seminar is scheduled on Nov. 17. The speaker at the seminar is Dr. Charlotte L. Ownby, Veterinary Biomedical Sciences, Graduate Program OSU. The event will be held in Hamilton Hall, rm. 205 at noon.

Wednesday, November 17

A Substance Abuse Educational Discussion Group will take place in the Professional Counseling Center on Nov. 17 from 12-1 p.m. The topic will be "Uppers and Downers."

Wednesday, November 17

The Langston University College Republicans will present an informational meeting on Nov. 17 at 6 p.m. in the Agriculture Building Conference Room.

Thursday, November 18

The Great American Smoke Out, presented by the Professional Counseling Center, will take place in the Student Union lobby from 9-12 p.m. The "smoke out" will give participants tips on how to quit smoking.

Thursday, November 18

The Second New Knowledge Forum will be held on Nov. 18 in the research and extension building conference room. Dr. Greg Washington will host the event.

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