

11-19-2004

The Gazette November 19, 2004

Langston University

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Recommended Citation

Langston University, "The Gazette November 19, 2004" (2004). *LU Gazette, 2000-2009*. Book 3.
http://dclu.langston.edu/archives_gazette_newspaper_20002009/3

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LU to observe World AIDS Day

BY KEVONO HUNT
Editor

People across the globe will come together to observe World AIDS Day on Dec. 1, 2004 to strengthen their commitment to combat AIDS and to remember the estimated 22 million lives lost to this devastating epidemic.

World AIDS Day was first observed on Dec. 1, 1988, after an international summit of health ministers called for a new spirit of social tolerance and a greater exchange of information on HIV/AIDS. In 2003, President George W. Bush declared Dec. 1 as a national holiday in observance of all the lives lost due to this disease.

"I encourage all Americans to participate in appropriate commemorative programs and ceremonies in houses of worship, workplaces, and other community centers to remember those who have lost their lives to this deadly disease and to comfort and support those living with and affected by HIV/AIDS," said President Bush in

his World AIDS proclamation on December 1, 2003.

It is estimated that over 42 million people—male and female, young and old, straight and gay—are infected with HIV/AIDS worldwide, and millions more will be infected by the end of the decade. Approximately 900,000 Americans are living with HIV/AIDS, and many of them do not know they are infected. In addition, some 40,000 people are infected with HIV in this country every year. Despite massive research and educational efforts, a cure for HIV/AIDS remains elusive and the epidemic continues to grow. Yet, while it may seem that AIDS is winning, people all over the world are making a difference in the

fight against AIDS.

Participation in World AIDS Day activities grow stronger every year, with community based organizations, as well as local, state, and federal agencies hosting events on Dec. 1 to raise awareness about the disease.

Langston University will observe World AIDS Day by having a candlelight luncheon at noon on Dec. 1. This event will be hosted by the Professional Counseling Center and the Leaders In the Fight to Eradicate AIDS (L.I.F.E AID) committee. Representatives of campus organizations will also be passing out red ribbons to students who want to show their support on World AIDS Day.

Theatre Arts students host Directors' Cut

BY CHONDRÁ KIRKLAND

The Department of Communications presented the Directors' Cut, which displayed a selection of scenes from contemporary Black dramas. Last week's productions in the Dust Bowl Theater featured student directed interpretations of different plays in several nightly shows and an afternoon matinee.

Excerpts taken from "Contribution," "Death List," "One Flew Over the Cuckoo's Nest," "Swamp Man," "Blues for an Alabama Sky," "The Girl From Back Home," "The Piano Lesson," and "Misconceptions," featured student actors performing as murderers, Black activists, doctors, and even call girls.

Both the directors and actors in the plays consisted mostly of Acting, Intro to Theatre, Directing and Performance and/or Production students. Even with limited space, the cast still had more than enough talent to provide a quality show.

"There is a lot of talent here at Langston and I was very proud of everyone who directed the plays," said English major Jessica Ford, who attended the performances.

"Contribution," written by Ted Shine and directed by broadcast journalism major Glendalyn Pruitt, was about the mysterious deaths in a small southern town in 1962. Lead actress Tajmah Sutton played Mrs. Love, a Black caretaker who had been poisoning the mean white people she had worked for throughout the years.

"Death List," written by Ed Bullins and adapted and directed by broadcast journalism major Shaunna Cooper, had a Black power theme in the setting of present time. The lead actress and actor were Shamia Jackson and Steve Jackson. The male character was disappointed in Black politicians and prominent leaders of

Please see "Director's Cut," pg. 2

School of education helps children put "reading first"



Teacher candidates for the Reading First program: Christel Wallace, Shlonda Banks, and Jasmyne Easter.

BY SHAMIA JACKSON

The school of education has been given the opportunity to collaborate with the University of Texas on a new program called Reading First. The program was created to ensure that children in elementary are learning to read effectively.

This type of program would normally not be available to smaller schools like Langston, but the department received funding for the program from the National Council for Accreditation for Teacher Education (NCATE). This program is used to train current students, referred to as teacher candidates, in five major areas of reading: phonemic awareness, phonics, vocabulary, fluency and comprehension. In order to ensure proper training for the candidates, the department had to revise the course's syllabi so that it reflected the Reading First components.

The candidates are learning to teach across the curriculum, combining reading with writing and spelling. They also had the opportunity to partner with Coyle Elementary, obtaining theoretical information in the classroom and the opportunity to apply their knowledge while working with a cooperating teacher and children in an actual learning environment.

"I feel this program will benefit children because it provides a foundation in reading in the early stages of childhood—leading to a successful academic future in the classroom," said Christel Wallace, a junior special education and elementary education major from Norman, Okla.

"At the end of May of 2004 we had our teacher components to complete a survey on their knowledge and understanding on these components," said Ruth Herts, director of performance based teacher education for the school of education. "And about 97 percent of them said that they felt comfortable that they could go out and teach this method effectively."

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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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**Celebrate
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Directors' Cut (continued from pg. 1)

today and in turn wanted to assassinate them, but the passionate female performer tried to convince him that there was another way.

“I believe in power to the people the way the Black Panthers believed back in the day...that's what I practice in my everyday living, so I wanted to bring those thoughts to the stage,” Cooper explained.

“One Flew Over The Cuckoo's Nest,” written by Ken Kesey and directed by broadcast journalism major Rasheem James, was set in the 1970s at a mental hospital where a group of patients await the return of an old friend to the institution, only to find out that he is not the same man anymore.

The deep South, 1960s oriented play, “Swamp Man,” was written by Donald Goines and adapted and directed by broadcast journalism major Dupree Smith. The lead actress and actor were Laketa Williams and Jamuel Wallace.

“Blues for an Alabama Sky,” written by Pearl Cleage and directed by associate professor for the department of communications, Dr. Ben Bates, explored the controversy of homosexuality. Dameron Bates and Lavembre Edwards acting in the lead roles.

“The Girl from Back Home” was written by Ralf Coleman and directed by broadcast journalism major Shamekia Jenkins. The setting took place in New York City in 1935. The lead character, Della, played by Brielle Thierry, is a small town woman in New York living unhappily with her unfaithful and abusive boyfriend, Jazz, played by Paolo Newman and James Shaw. Attempting to lead a more respectable life, she plans to run back to Alabama with her childhood sweetheart Lee Minor, played by Jamuel Wallace. The intensity of the play's opening grabbed the audience's attention quickly.

“The Piano Lesson,” written by August Wilson and directed by broadcast journalism major MaRie Hinson, was set in Pittsburgh in the 1930s. The lead actress and actor were MaRie Hinson and Kevono Hunt. In the play, Hinson's character, Bernice, realizes that a friend, Lyman, played by Hunt, could be a good potential male companion.

“Misconceptions,” written and directed by broadcast journalism



Shamia Jackson and Steve Jackson play black militants in “Death List.”

major Laketa Williams, was about a college girl who is coping with her dad and friend rejecting the idea of her dating a guy with a troublesome background. The lead actress and actors were MaRie Hinson as Naomi, and Chris Finley and Dupree Smith as Donnie.

Though each performance was relatively short, the time spent preparing for the play was not. There were many struggles for the directors, such as losing actors. Some actors had problems with learning their lines and connecting with their character's role.

“At first it was difficult because I've never played a role where I had to be a strong Black character,” said Shamia Jackson about her role as the “Black woman” in “Death List.” “However, after practicing for the part it wasn't that hard to get into it. I watched some of the old movies like the Black Panther movie and the Malcolm X movie, so I connected pretty well by performance time.”

The Director's Cut not only provided entertainment, but also enticed audience members to be a part of future productions for next semester.

“The plays actually ignited some interest in me to probably want to be a part of them. It looks like a very friendly cast,” said Ford.

Many of the actors and actresses have had several semesters of experience in the theater. They expect newcomers to be dedicated and serious about acting.

“As a veteran performer for the Dust Bowl Theater, I feel that I bring an air of quality to the campus. I want people to understand that this is not a game. I want people to be serious about what it is we're doing because we are limited to what we can do here in this small space; however, we still try very hard to do good pieces for everyone so they will enjoy the theater experience,” said Cooper.

Over the past few years, student and faculty/staff interest has steadily increased for the productions put on in the Dust Bowl Theatre. This was the first time that student directors produced the show.

“We try to offer a quiet alternative to partying and things like that for the students to enjoy—something along the lines of culture,” added Cooper.

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LU Voices

Do Democrats take Afrikan-American votes for granted?

My fellow Langstonites, I dedicate my 140th edition of Chapy's Corner to those who believe that their votes might be taken for granted.

Since the 1960 elections, Afrikan-Americans have been loyal, faithful and dedicated to the Democrats, delivering the Democratic Party their vote time and time again. But ever since the so-called "Negro" came to the Democratic Party from Abraham Lincoln's Republican Party, many have believed that they are the victims of discrimination.

In 2001, Derrick Z. Jackson, a liberal columnist for The Boston Globe, said that if there was a time when Afrikan-Americans should reassert their value to the Democrats it is now. We just finished giving Albert Gore, Jr. 90 percent of the Afrikan-American vote. Contrary to some

musings about a slavish Black loyalty to the party, Jackson stated that this was a rational decision once Bush campaigned at a racist college, refused to criticize the Confederate flag, and chose Dick Cheney as a running mate—a man who once voted in the House against a resolution to call for the release of Nelson Mandela from jail in apartheid South Afrika. Cheney also voted against the Martin Luther King, Jr. holiday. Jackson concluded that no one saw Bush as clearly as the Afrikan-Americans he used to govern in the "lone star" state of Texas. Afrikan-Americans there gave Bush only five percent of their votes in 2000.

In 2001, after the two-term presidency of Clinton (D—AR), several members of the Congressional Black Caucus, in a strongly worded letter to the Democratic National Committee, the Democratic Congressional Campaign Committee, the Democratic Senatorial Campaign Committee and the Democratic Governors Association, complained that their loyalty is not rewarded by the hiring of Black media and political consultants for

polling, media buying, merchandising or other campaign work.

The "Democrats-take-Black-votes-for-granted" argument goes as follows: Democratic National Committee Chairman Terry McAuliffe insulted Blacks by failing to provide greater financial assistance to Black Democratic New York gubernatorial candidate Carl McCall.

Democratic gubernatorial candidate Lieutenant Governor Kathleen Kennedy Townsend failed to choose a Black running mate, instead selecting a Republican-turned-Democrat.

Former Vice President Albert

or more may be dissolving before our very eyes and very few are paying attention. Those who will be blindsided by this voter trend, if it continues, will be the very Democrats who have taken these voters for granted.

I have seen this for myself. An unbelievable number of my students rap to me after class about how they are no longer going to vote by tradition but on the issues. Sure, there are still some die-hard liberals among them, but most are converted young conservatives who have grown tired of the class warfare waged by the left. Even more encouraging to those on the

An unbelievable number of my students rap to me after class about how they are no longer going to vote by tradition but on the issues. Sure, there are still some die-hard liberals among them, but most are converted young conservatives who have grown tired of the class warfare waged by the left.

Gore, Jr. insulted Blacks in failing to more aggressively challenge allegations of Florida Black "voter disenfranchisement."

Furthermore, controversial filmmaker Michael Moore echoes the latter sentiments regarding voting fraud in Florida, ironically in his contentious movie "Fahrenheit 9/11." In his opening scene he shows Vice President Albert Gore presiding over the entire house of the 107th Congress and Black house representative democrats trying to solicit just one "white" democratic senator to support their allegation that millions of Blacks were disenfranchised from the voting process in Florida and that Bush was selected by a conservative U. S. Supreme Court and not elected by the people. Not one white democrat came to their rescue.

Phil Valentine, a conservative southern radio talk show host on Tennessee's WTN 99.7 FM, believes that we may be in the midst of a paradigm shift when it comes to Afrikan-American voters in American politics. The bloc of voters the Democrats have taken for granted over the past half-century

right are the numbers of Afrikan-Americans who are opening up the back door of the Democratic Party and checking to see how the weather is outside.

Chapy's Corner

By Dr. Eric Anthony Joseph
Chaplain
Coleman Heritage Center



When asked the question: "Why have so many Afrikan-Americans stayed with the Democratic Party for so long?" Former United States Congressman and fellow minister Julius Caesar (J.C.) Watts (R—OK) controversially referred to our government entitlements as the "liberal plantation." He believes that too many Afrikan-Americans have been

trapped on the liberal plantation and feel beholden to the Democrats for keeping the gravy train rolling. Valentine echoes Watts' sentiments by stating that it is time the Republicans stepped up their efforts to build a political underground railroad. Before too long, the plantation will be empty and our country will be stronger because of it.

My fellow Langstonites, what is clear is that no ethnic group in American politics gets so little in return for their political support than Black folks. Maybe both "traditional" political parties take the Afrikan-American votes for granted. However, there is now a new generation of post-9-1-1 political voters who will vote on the issues, regardless of how their mother, father or preacher dictates to them to vote! The conservative people have resoundingly spoken on November 2nd and I believe that the Negro's vote should not be for sale to any political party, lobbyists or old fashion Negro organization!

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

"If you can somehow think and dream of success in small steps, every time you make a step, every time you accomplish a small goal, it gives you confidence to go on from there." — John H. Johnson

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Seminar focuses on college students' "bling bling but broke" mentality

BY SHAMIA JACKSON

Students left the Annie Laurie Coleman Heritage Center with a lesson learned last Friday, but this time it wasn't spiritual—it was financial.

Brooke Stephens, author of "Taking Dollars and Making Sense" and "Wealth Happens One Day at a Time," conducted a seminar, "Bling Bling but Broke," for students interested in building and maintaining wealth.

"Black people have a reputation for being wealth builders, but it's other people that we are making wealthy," said Stephens.

She discussed how young people, especially college students, are careless with money. They are often offered credit cards by companies who know that young adults are usually oblivious to credit and how important it can be in their future.

"Most kids interpret credit cards as free money, ignorant to the fact that they are receiving money that they may be paying back for the rest of their lives," she said. "Credit cards are to be used in place of cash you don't want to carry."

After informing everyone of the right avenues to take in order to create an acceptable credit history, she also discussed how Blacks are



Brooke Stephens

targeted by the retail industry.

"It's no accident that we see Halle Berry and Queen Latifah on television pushing Cover Girl," says Stephens. "It's not because they are movie stars, it's because in the late 90s Blacks began to develop their own market." According to Stephens, Clairol, Revlon and other major cosmetic companies did a demographic study on what Black people spend their money on, and discovered that Black women who make between \$18-\$25,000 per year and are in the 18-25 age range are only making .84 cents on the dollar compared to white women, but spend 63 per-

cent more money than white women do on cosmetics.

"We are hung up on how we look, whether it's the hair, the clothes, skin color, whatever. History has done the damage to us and we still haven't recovered and that's why we continue to buy and they know it," said Stephens.

She also said that a major step that students must take to become wealthy is to learn the art of saving and investing. She told a story about a group of gentlemen at Morehouse College who decided to invest in their future. Each of them agreed to begin investing—\$20 a month each—and they appointed a treasurer to keep track of the funds. These men all live comfortably now with nice cars, homes and successful businesses because of an investment and commitment that they made 24 years ago. They learned that supporting each other and staying committed to their investments pays off, and that being wealthy is not about how much you spend—it's what you invest.

"Real wealth is not about income—it's about choice. If you have wealth you have choices," Stephens said.

Students to compete in Honda Campus All-Star Challenge

BY LATRISE HORTON

Langston University held a competition for students last Friday for those wanting to participate in the Honda Campus All-Star Challenge. Out of almost 60 competitors, eight of the highest scoring participants were selected to represent Langston University in March 2005 during the event, which will test students on a variety of subjects.

Tony Bridgewater, Joshua Busby, Kyle Gregory, Steve Harris, Jameka Lewis, Contessa Majors, Jay Pettus, and Torriente Toliver, along with their coach, Dr. Carolyn Kornegay, will be up against 64 additional teams from other Historical Black Colleges and Universities (HBCUs).

"Five out of the eight finalists will be chosen to advance into the finals," said Claudia Keith, secretary for the Edwin P. McCabe Honors Program. "These students will be practicing regularly, almost everyday, to be ready to compete in this contest."

Every qualifying HBCU earns a share of \$329,000 in institutional grants; however, each school's share is determined by its team's performance at nationals. For the past three years Langston has returned with a \$3,000 dollar grant to better the school. This year they hope to bring home more money and the title of national champion.

Keith feels it is a very positive experience for the students, as well as an exciting and fun one. She also believes that this particular group is a winner.

"I have been doing this program for about 10 years now, and to me this seems like one of the best groups we have had," she said. "All the students seemed alert and prepared and everything seemed so organized. It will be fun; the students love going to Florida, but it will also be a very challenging academic contest. They will do fine."



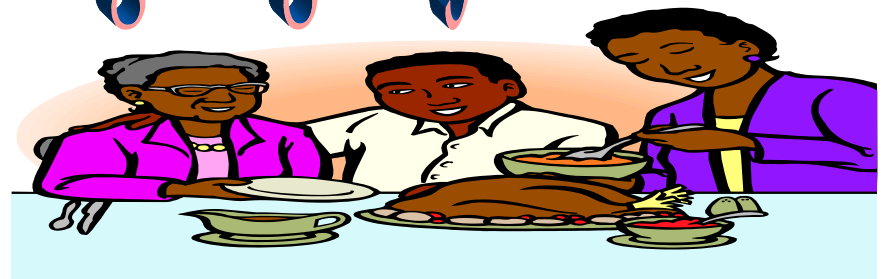
The Professional Counseling Center & L.I.F.E AIDS are hosting a candle light luncheon in observance of World AIDS DAY December 1, 2004 at noon in the Ballroom of the Student Union

Come out and support those affected by HIV/AIDS

For more information contact the Professional Counseling Center at ext. 3400



Thanksgiving Day at the B.S.U.



All students are invited to come to the B.S.U. and fellowship here on November 25, 2004. The students who aren't going home for the holiday are invited to enjoy food, fun, fellowship, and games on this day. Bring a friend with you to celebrate the time of giving thanks to God. If you need information concerning this, you can call the Baptist Student Union at 466-2267.

Sports

Lions smash Haskell Indian Nation

BY JAMUEL WALLACE
Senior Staff Writer

The Lions finished the season with a 48-17 win over the Haskell Indian Nation last Saturday at Haskell Memorial Stadium in Lawrence, Kan.

The win gives the Lions a 3-3 record in conference and 6-5 record overall—their first winning season since 2000.

	LU	HIN
First Downs	12	12
Rushes-Yds	21-15	53-214
Passing Yds	253	23
Comp-Att HI	13-31-2	4-16-4
Plays-Yds	52-268	69-237
Pnts-Avg	6-36.0	3-31.7
Fmb-Lost	1-0	5-3
Pnlty-Yds	7-52	7-55

Central State Football League Co-Defensive Player of the Week, cornerback Jamal Harley, got the Lions off to a 14-0 lead on the strength of two 40-yard fumble recoveries for touchdown.

Kendrick Dozier threw two touchdowns in the second quarter—a 72-yard pass to Corey Samuels and a 12-yard pass to Jimmy Early, giving the Lions a 27-3 halftime lead.

In the third quarter, senior quarterback Tony Williams hit senior wide receiver Freddie Fair 28 yards for a touchdown, making the score 34-3.

The lone bright spot for Haskell was freshman defensive back Corey Murphy who had five tackles, an interception and a 64-yard punt return for a touchdown.

In the fourth quarter, Ross Smith led two touchdown drives for the Lions, which ended with a one-yard quarterback keeper and a 42-yard touchdown pass to Early.

Offensive leaders for the Lions were Kendrick Dozier, Ross Smith, and Jimmy Early. Dozier and Smith were a combined nine of 13 for 181 yards and three touchdowns. Early had four catches for 111 yards and two touchdowns.

Maurice Wafer had 12 tackles to lead the way for the Lions. Jason Fobbs added eight tackles, while Darnell Brown had six tackles and two interceptions. Emery Gibson chipped in with five tackles and two interceptions. As a team the Lions forced Haskell into seven turnovers.



photo by James Hilliard

Demetrius Bastian (90) sacks Haskell quarterback in the second quarter of the Lions' win.

	1	2	3	4	Final
Langston	14	13	7	14	48
Haskell Indians	0	3	7	7	17

- LU-Jamal Harley 40 fumble recovery (Israel Jacobs kick good)
- LU-Jamal Harley 40 fumble recovery (Israel Jacobs kick good)
- HINU-Mac Farris 34 field goal
- LU-Corey Samuels 72 pass from Kendrick Dozier (Israel Jacobs kick no good)
- LU-Jimmy Early 12 pass from Kendrick Dozier (Israel Jacobs kick good)
- LU-Freddie Fair 28 pass from Tony Williams (Israel Jacobs kick good)
- HINU-Corey Murphy 64 punt return (Mac Farris kick good)
- HINU-John Sullivan 4 run (Mac Farris kick good)
- LU-Ross Smith 1 run (Israel Jacobs kick good)
- LU-Jimmy Early 42 pass from Ross Smith (Israel Jacobs kick good)

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



photo by James Hilliard

Seniors Dexter Falls (8), Tony Williams (15), Adrian Stargell (93), and Jason Fobbs (1) prepare for the coin toss in their last game as Langston Lions football players.

LU Athlete of the Week Tony Williams

BY JUDY YATES

The football season has ended. One of the senior players, Tony Williams, #15, has played his last game for the Langston University Lions.

Williams has been a quarterback since his freshman year at Oxnard High School in Los Angeles, Calif. He was a member of the All-League Team his junior year and the All-County Team his senior year. During his senior year, he passed for 1700 yards and rushed for 400 yards.

After graduating in 2000, Williams continued to play football as a quarterback at Moore Park Junior College in Moore Park, Calif. His team finished 10 and 1 in 2002 and participated in the Western State Conference Potato Bowl. Williams was chosen as the most valuable player of the team and the conference player of the year.

The last two years of college for Williams has been at Langston University.

This year, Williams' best performance at quarterback came against Southwestern Assemblies of God in Waxahachie, Texas. He had five completions in eight attempts, passing for a total of 276 yards and four touchdowns.

Williams stats this year, through the homecoming game, include 1300 total yards with 12 passing touchdowns and one



rushing touchdown.

Williams is majoring in physical education and is happy to be in his last year of studies, but a little sad to be finishing his college football experience.

"I really learned a lot from this team," he said. "We went through some hard times and good times together. I'm so proud of the guys because we never stop playing in any game, no matter what the situation. This was a great coaching staff that I respect very much and I thank them all for giving me a chance. To me, we really had a good year.

The winning tradition had to start somewhere and I'm glad I had a chance to be a part of it!"

After graduating from Langston University, Williams plans to teach pre-school or fourth grade and coach football back home in California.

Freshman shot gives Lions a season opening victory

BY JAMUEL WALLACE, Senior Staff Writer

For the second straight season the Northwestern Oklahoma State Rangers had their hearts broken by the Langston Lions. Freshmen DeJuan Jarrett's three pointer at the buzzer gave the Lions a 54-52 win over the Rangers Tuesday night at Percefull Fieldhouse in Alva, Okla.

The Lion's win was their second straight season opening victory. The Lions defeated the Wiley College Wildcats in last season's opener. The Rangers drop to 2-1 on the season.

The Rangers had a 20-12 halftime lead, but the Lions outscored them 34-26 in the second half, sending the game into overtime.

Quentin Beaty was one rebound shy of a double-double. He led the Lions with 15 points, nine rebounds, and three steals in 38 minutes of action.

Kendrick Mebane added 14 points on five of 12 shooting from the field. Steven Alexander tied Beaty with a team high of nine rebounds and chipped in with seven points.

Keith West had 14 points, six rebounds, five steals, and three assists in 43 minutes of action for the Rangers.

Raheen Jones had a double-double with 11 points and ten rebounds. Despite shooting three of 17 from the field, Bryan Hunt had ten points and nine rebounds.

The Rangers won the rebounding battle over the Lions 53-40.

Next up for the Lions is a trip to Denver, Colo. to face off against two division two top ten teams—the Metro State Roadrunners today at 7 p.m. and the Colorado Christian Cougars Saturday evening at 5 p.m.

LU: 54 NWOSU: 52

Langston	12	34	8—54
Northwestern	20	26	6—52

Lady Rangers defeat Lady Lions

BY JAMUEL WALLACE, Senior Staff Writer

The Northwestern Oklahoma State Lady Rangers handed the Langston Lady Lions their third straight loss with a 62-57 victory this past Tuesday at Percefull Fieldhouse in Alva, Okla.

The loss drops the Lady Lions to 0-3 on the season, while the Lady Rangers improve to 3-0 on the season.

The Lady Rangers got out to a 33-25 halftime lead and held off the Lady Lions in the second half.

Lateai James led the Lady Rangers in scoring with 12 points on five of ten shooting from the field.

Dominique Harris chipped in with 11 points, six assists, five rebounds, and three steals in 35 minutes of action.

Tara Baker added nine points and six rebounds, while Erin Goss had eight points and six rebounds in 31 minutes of playing time.

Sophomore Imani Miller led the way for the Lady Lions with 16 points, three rebounds, and two steals.

Ashley Lewis added 13 points and four rebounds, while Jessica James had a double-double with ten points and ten rebounds in 28 minutes of action.

Natoshia Rouse had nine points and a team high five assists.

The Lady Lions out rebounded the Lady Rangers 43-38.

The Lady Lions next game is this Tuesday in Shawnee against the #16 ranked Oklahoma Baptist Lady Bisons. The game starts at 7 p.m.

NWOSU: 62 LU: 57

Langston	25	32—57
NWOSU	33	29—62

Omegas continue to give back

BY TATYANA-LASHAY JOHNSON
Senior Staff Writer

In keeping with the University's motto, from "Langston to the World," members of Omega Psi Phi Fraternity, Inc. volunteer weekly at the Early Childhood Laboratory located on campus.

The Omegas assist the teachers at the daycare with between 15-20 children. They help out with many tasks, including preparing snacks and meals, reading stories, coming up with new activities and cleaning the classrooms.

"Our helping out allows the teachers a chance to relax a little and not have so many children

to worry about all at once," said Wendell Graham, a member of Omega Psi Phi and a senior supply chain management major from Tulsa, Okla.

In addition to donating their time, the Omegas also donated a new DVD player and ten cartoon DVDs to the daycare.

"Our fundraisers worked out well for our organization so we decided to give the children something," said Graham.

"The weather is starting to get colder, so now the kids have something to enjoy while being inside," said Jason Cooper, a member of Omega Psi Phi and a junior criminal justice major from Tulsa, Okla.

The Early Childhood Laboratory would like to recruit more individuals

or groups to volunteer their time.

"The children are excited when volunteers come and they love the different activities that are brought to them," said Sonya Clark-Hughes, lead teacher at the daycare. "The Omegas have been a big help and the donation they chose to give was well appreciated and greatly needed."

Graham and Cooper both feel that working with the children helps one grow as a person.

"The kids look up to us, so we have to be positive role models," said Cooper.

The Omegas plan to keep volunteering throughout the year and they also have more plans for keeping smiles on the children's faces.

Baptist Student Union seeks volunteers

BY SHAMEKIA JENKINS

The Baptist Student Union (BSU) desperately needs volunteers for the youth of Langston's after school program. The center only has about three regular volunteers to tend to the needs of over 50 children four days a week.

"Every little bit helps," said Margaret Johnson, BSU director. "If you can give 30 minutes of your time or a dollar, it helps. We want to help parents and serve the community."

The objectives of this program are to create a place where children can go after school and be inspired, uplifted and motivated. The after school program offers tutorial programs, mentoring, music and fun.

Parents are grateful for the program because it gives them an opportunity to rest and do their own work before their children come home.

"It is very convenient," said Serena Woolfolk, a senior education major from Aurora, Colo. "When my daughter gets home she has already done her homework, which allows us to have more time for other things."

The after school program also offers inspirational activities such as memory verses and arts and crafts.

"I enjoy helping the children on Mondays and Wednesdays with arts and crafts. It helps them realize that they can finish a project that seemed impossible and I feel good when I see them accomplish their goals," said

volunteer Danielle Ford, a freshman sociology major from Los Angeles Calif.

Those interested in volunteering should contact Margaret Johnson at 405-466-2267.

Langston University Chapter
N.A.A.C.P



*Attention all faculty, students & alumni.
The N.A.A.C.P is having a membership drive.
Yearly dues are \$12. You can also make a
donation to help us help others. The N.A.A.C.P
organization was founded in 1909 in New York*

*City for the purpose of improving the
conditions under which black Americans lived
at that time. Although these conditions have
improved enormously, many differences still
exist in the rights of U.S. citizens solely
because of race or ethnic origin. The N.A.A.C.P
continues to seek a single class
of citizenship for every American.*

*For more information, please contact
Kevono Hunt at 466-3296
or e-mail lu_NAACP04@yahoo.com*

LU Health Watch: Obesity

BY MICKI BIDDLE
Senior Staff Writer

Obesity is on the rise in the United States. Fatter than any other industrialized country, more than 44 million Americans are considered obese.

According to Dr. Robert Suskind, co-director of the Weight Reduction Clinic at the Children's Hospital of New Orleans, at least one-fourth of children in the United States are overweight. Seventy percent of American children ages 10 through 13 that are overweight will most likely become overweight adults.

The more a person weighs, the more blood vessels the body needs to carry blood to the entire body. The more blood vessels there are, the harder the heart has to work, therefore causing an enlargement

of the heart itself.

According to the text "Personal Health: Perspectives and Lifestyles," other problems associated with obesity include osteoarthritis (because of extra weight

"People who are obese are digging their own grave with their teeth."

— Dr. Richard J. Flanigan, Denver cardiologist

placed on the joints), gout, bone and joint diseases, varicose veins, respiratory ailments, gallbladder disease, pregnancy and delivery complications, and a higher rate of accidental deaths.

Women who are 30 percent or more overweight are more likely to have hormonal issues, as well as to die of cancer of the breast, cervix, endometrium, ovaries and gallbladder. Obese men are more likely to develop cancers of the rectum,

colon, esophagus, bladder, pancreas, stomach and prostate.

There is no magic pill or potion out there for weight loss. The only thing that works is maintaining a healthy, well-balanced diet while making exercise a way of life.

While many overweight/obese people may want a "quick fix" to shed pounds, the Centers for Disease Control (CDC) recommends 30 minutes of moderate physical exercise most days of the week to maintain good health. But, if weight loss is desired, one must exercise at least 60 minutes at a time, several days a week.

There are a host of organizations to help with diet and exercise. These facilities are usually nominal in price when compared to what is spent daily on junk food and pop. Today is as good a day as any to get started on the path to a healthier and happier you!

Oklahoma web site helps Spanish-speaking students

Oklahoma's Spanish-speaking students and their families can now access online information that is designed to help them better prepare for college, the Oklahoma State Regents for Higher Education recently announced.

Oklahoma's GEAR UP, Gaining Early Awareness and Readiness for Undergraduate Programs, just unveiled the Spanish version of the Oklahoma Higher Education Student Center. The Spanish-language Web site includes information on planning and paying for college, the value of a college education, college costs, financial aid, college entrance requirements, high school course requirements, information on being a first-generation college student and more.

The introduction of online college preparation materials in Spanish was made possible in part through a \$75,000 grant from Lumina Foundation for Education. This grant was awarded as part of

Lumina Foundation's McCabe Fund, which supports organizations that enable students, particularly first-generation college students, to broaden and make the most of postsecondary education opportunities.

"Oklahoma's rapidly growing Hispanic community is a vital part of the social and educational fabric of our state," said Chancellor Paul G. Risser. "Contributions made by Hispanic Oklahomans add value to our culture, our workforce and our way of life here in Oklahoma," he said. "The Spanish-language Web site is part of higher education's efforts to target resources specifically designed to meet the needs of the Hispanic population. We cannot overlook opportunities to promote college preparation to any segment of our population if we want to see our state grow and thrive in the 21st century."

In addition to the Web site, par-

ent and student guides are being produced this fall to help Spanish-speaking parents and students understand steps they can take to better prepare for college. The educational materials will be shared through Hispanic civic organizations, K-12 schools and higher education institutions.

"The Spanish-language Web site is a value-added extension of the college preparation materials that students receive at school," said Risser. "The Web site reinforces early preparation while giving students the opportunity to start preparing early with access to information on every college and university in Oklahoma. There are tips on financial aid, including information on the statute permitting undocumented Hispanic students to receive state financial aid. But most importantly, the site offers students the opportunity to discover that by preparing well, college is affordable and attainable."

What's the Word?

COMPILED BY KEVONO HUNT, Editor

What are you thankful for this Thanksgiving?



"I'm thankful for living, thankful for having parents that love me, I'm blessed to be in school and thankful for life."

Ashley Lewis, junior
business management major
Tulsa, Okla.



"Most of all I'm thankful to be living—all of my friends didn't make it with me—and I'm thankful that God allows me to utilize my gifts to help others."

John Loudermill, sophomore
biology major
Tulsa, Okla.



"I am most thankful for my family, my children, my parents, close friends, and the ability to touch lives."

Stephanie Adams
executive assistant to the vice-president of student affairs
Denver, Colo.



"I'm most thankful for my health and strength and the opportunity to spend this time with my family . . . I have been away from home a long time."

Thomas Flagg, senior
music education major
Detroit, Mich.

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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 19

A T.G.I.F. Guesstures Tournament, hosted by Alpha Lambda Omega Christian Sorority Inc., will take place on Nov. 19. The event will begin at 7:30 p.m. in the Student Union Ballroom.

Friday, November 19

A celebration of the renaming of Highway 33 between Guthrie and Coyle is scheduled to begin at 2 p.m. on Nov. 19. The highway will be renamed the Dr. Ernest L. Holloway Highway. The event will take place at the new entrance to Langston, located behind the stadium.

Lion of the Week

BY SHAUNNA COOPER, Editor

Dwight D. Johnson

Dwight D. Johnson II, catering manager and head of the management-training center, serves up tasty dishes to faculty, staff and sometimes students in the Helen Aline Johnson Hospitality Management Center, also known as the White House.

He totally disregards the common stereotype that only women belong in the kitchen; furthermore, Johnson said that he has been cooking all of his life.

"My grandparents taught me [how to cook]. My grandpa could do it all. From frying it to baking it, my grandpa could cook anything," he explained.

Johnson came to Langston University back in 1989 from El Cerrito, Calif., pursuing a college education, but has not finished just yet.

He said that while working in "The Caf," a few years ago, his fraternity brother, Michael Crisp, told him about the position opening at the White House, and he took it.

"My frat brother was like, 'come down here and get a job, man!'" he said.

At the time, he had no idea what he was getting himself into by accepting the new job. Now, he takes care of all the catering functions for the university.

When the Board of Regents graces the campus next month for the annual Christmas festivities, they will depend on Johnson for a good home-cooked meal.

In fact, later today, following the official naming of Highway 33 after our President, Dr. Ernest L. Holloway, Johnson will be responsible for making sure that Dr. Holloway's guests are fed.

He said that the biggest group he has worked with so far came out to about 250 people.

Prior to their event, hosts must clear their menu with Johnson, who said that he has the skills to get the job done.

"We just talk. I can make whatever they want, especially the president. Whatever he feels like having, he can get it!" he said.

In addition to his culinary expertise, Johnson is also involved with Freemasonry, a fraternal organization that urges the practice of Brotherly Love, strives to promote Universal Peace, and offers doctrines on moral living.

Its primary purpose is the advancement of the doctrines of Temperance, Fortitude, Prudence, Justice, Brotherly Love, Relief, and Truth.

Johnson said that he has been involved with the organization for about five years.

"Yeah, I'm a 32nd Mason. My lodge is in Guthrie," he said.

There are several levels or degrees of the Freemasonry order, and the 32nd degree describes the victory of the spiritual over the human in man and the conquest of appetites and passions by moral sense and reason. The person possessing these qualities represents every Freemason eager to serve humanity but caught between self-interest and the call of duty.

Freemasonry also requires a belief in God, though it is not a religion or a substitute for the church.

Mixing the combination of good food and fellowship does not end with just Johnson himself. His wife, Sherry, also serves as office manager for Aramark Food Services here on campus. They have three children—Emrick, 17; Jerrick, 8; and Jevon, 6.

In regards to his work in the White House, Johnson said his job "is nothing."

"It gets a little stressful, but it's not hard. Actually it's pretty easy, I could do this with my eyes closed," he said.



Saturday, November 20

A Monday Night Football Party is scheduled on Nov. 22 in the Scholar's Inn Clubhouse. The event begins at 8 p.m. This week the New England Patriots take on Kansas City. Refreshments will be served at the event.

Monday, November 22

The Beta Upsilon Chapter of Delta Sigma Theta Sorority, Inc. will present the "Delta Connection," a dating game, on Monday, Nov. 22 in the Student Ballroom at 7:39 p.m. The cost is .50 with a canned good and \$1 without one.

Monday, November 22

The Langston University Music Department will present a senior recital on Monday, Nov. 22 in the I.W Young Auditorium at 5 p.m. Jonelle Polk, a soprano, will be performing.

Tuesday, November 23

Two Langston Lion Basketball games are scheduled on November 23. The Men's Basketball Team faces off against St. Gregory Cavaliers at the C.F. Gayles Fieldhouse. The game starts at 7:30 p.m. The Lady Lion Basketball Team will play the Oklahoma Baptist University Lady Bison's in Shawnee at 7 p.m.

Thursday, November 25

Thanksgiving Day at the Baptist Student Union will take place on Nov. 25. All students are invited to come to the B.S.U. and fellowship. More information: Call the B.S.U. at ext. 2267.

Wednesday, December 1

A candlelight luncheon in observance of World Aids Day is scheduled for Dec. 1 at noon in the Student Union Ballroom. Come out and support those affected by HIV/AIDS. The Professional Counseling Center and L.I.F.E. AID will sponsor the event.

Thursday, December 2

Poetry Night, hosted by the Alpha Lambda Chapter of Zeta Phi Beta Sorority Inc., is scheduled to begin at 8 p.m. in the Student Union Ballroom.

Saturday, December 4

A Campus Wide Winter Carnival, hosted by the Alpha Lambda Chapter of Zeta Phi Beta Sorority Inc., is scheduled from 8 to 10:30 p.m. in the multipurpose building on Dec. 4. There will be old school games played, refreshments served, and door prizes handed out at the event.