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Math department receives grant

BY TONYA GRANT

Langston University's math department recently received a \$350,000 cooperative grant. The grant, provided by the Minority Science and Engineering Improvement Program (MSEIP) through the U.S. Department of Education, will provide funds to bring the Educo Learning System and other innovative projects to the campus.

The Educo Learning System is an online web-based program covering four math courses. However, zero level math courses, including elementary and intermediate math, are the target demographics.

"Due to the fact that math is a difficult subject, there are an increasing number of students who need remedial math courses," said Anthony Hill, campus coordinator and local project director. "Students need a strong foundation in math and this system supplies that."

Some of the projects included in the program are design projects, institution projects, cooperative

projects and special projects. The projects are set out to expand the representation of science and technical careers with qualified minority parties, particularly women. Langston is one of five institutions

that will collaborate with Clark Atlanta University, the principal institution, and Dr. Man Sharma, professor of mathematics at Clark Atlanta University and the principal

please see "Math department," pg. 2

Courtney Thompson wins Ms. Black & Gold



photo by De'Shawn Saffold

Courtney Thompson, winner of the Ms. Black & Gold Scholarship Pageant.

BY KEVONO HUNT, Editor

The Miss Black & Gold Scholarship Pageant, sponsored by the Beta Kappa Chapter of Alpha Phi Alpha Fraternity Inc., was held last Thursday in the I.W. Young Auditorium.

The six contestants competing for the crown were Taryn Mason, a sophomore vocal music major from Tulsa, Okla.; Tenivia Davis, a freshman biology major from Fort Worth, Texas; Courtney Thompson, a freshman business

please see "Ms. Black & Gold," pg. 2



photo by Kevono Hunt

Catherine Perry, winner of the Ms. Blue & White Scholarship Pageant.

Sigmas crown new Ms. Blue & White

BY SHAMIA JACKSON

Years have passed since the Ms. Blue & White Scholarship Pageant has taken place at Langston University, which explains why the members of Phi Beta Sigma Fraternity Inc. were so excited to host the event last Wednesday.

"We started practicing about four weeks ago," said Damon Williams, pageant coordinator, and a junior biology major from Oklahoma City, Okla. "Each contestant is involved

in other activities on campus, so I'm sure they were tired, but they kept up the energy."

Competing for the crown were Yessenia Ovalle, a freshman general education major from Chicago Ill.; Marlena May, a freshman business major from Spencer, Okla.; Catherine Perry, a freshman education major from Stockton, Calif.; and Kwanti Allison, a sophomore business major from Tulsa, Okla.

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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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Math department *continued from pg. 1*

investigator of the grant, to get the projects rolling.

“It’s a pleasure to get the opportunity to work with Dr. Sharma because he used to be my professor,” said Hill.

In addition to funding the projects, a new lab will be built into the second floor of Jones Hall. The lab will serve as an electronic classroom, providing 35 computers, an instructor station and a mounted projection station. Students will now be able to jump on-line for tutorial services, view grades online anytime, and upload documents.

Ms. Black & Gold *continued from pg. 1*

management major from Chicago, Ill.; DaJanai Woods, a freshman business major from Aurora, Colo.; Murcedes Hooks, a sophomore biology major from Kansas City, Mo.; and Brittany Owens, a sophomore nursing major from Tulsa, Okla.

The contestants competed to win a \$750 scholarship and a chance to compete in the state Miss Black & Gold Scholarship Pageant, and possibly go on to compete at the national level. There were five different categories that the six ladies were judged on: a personal interview, physical fitness, talent, evening wear, and the judge’s overall perception of each contestant.

During the talent competition, Mason sang a song entitled

“Smile.” Davis performed a pantomime to Yolanda Adam’s “The Battle’s Not Yours.” Thompson performed an original monologue written by Langston’s own Crystal Stell called “A Fatherless Child.” Woods danced to Yolanda Adam’s “Open My Heart.” Hooks sang “My Funny Valentine” by Chaka Khan, and Owens read an original poem.

Once finished with the talent portion, Rachel Goff, the reigning Miss Black & Gold, took her final walk, saying, “I loved every minute of my reign; I had fun.”

The contestants then had an on-stage question and answer portion where they were able to show their grace under pressure. As the pag-

ant concluded, Thompson was announced as the 2004-2005 Miss Black & Gold. First runner-up was Owens, and second runner-up was Mason.

After the pageant Thompson said, “I loved every minute of the pageant. I really had fun and I recommend that every female enter at least one pageant in their time here at Langston because it’s a good experience.”

“The pageant was a success I had so much fun planning it,” said Darnell Coleman, a graduating senior majoring in organizational management. “All of the ladies were great and I appreciate them and wish them luck in their future endeavors.”

Ms. Blue & White *continued from pg. 1*

The night began with an opening number performed to Beyonce’s version of the classic jazz ballad “Fever.”

The first phase of competition was the casual wear. During this time the ladies were allowed to “strut their stuff,” showing their particular sense of style.

Next was the business wear category, which allowed the women to display how well they could adapt to the world of business.

The next portion of the show was the talent competition. The talents ranged from a step routine performed by Ovalle to an original monologue spoken by Allison.

“My favorite part was the talent portion because as hard as it was to find one, I pulled it—I did it, thanks to everyone who helped me,” said Perry.

There was no question that Perry did something that appealed to the judges because after model-

ing evening wear, which was the last phase of the competition, she was announced the winner.

“This was a good experience for me,” said Perry. “At first I was nervous, but I just prayed every day and received a lot of encouragement from the Sigmas and the Zetas.”

Now that she has won the crown she must begin preparation for further competition on the regional, state and national levels.

“Overall, I think it was a wonderful pageant,” said Williams. “This is the first time a lot of these ladies have been in a competition like this. They put in a lot of hard work and I’m proud of them.”

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, Editor at 466-4518 or kmhunt76@yahoo.com.

LU Voices

Christmas Holiday or Holy Day?

Theologian Reverend F. B. Meyer once bellowed, “We do not need to discover any new truths, we just need to rediscover

Christmas greenery or Christmas trees?”

Let us once again historically and culturally examine the origins

Maybe it's time for Black Greeks to disband

BY DR. RICKY JONES
Special to the *Gazette*
from Collegewire.com

A couple of weeks ago, one of my favorite former students—now an administrator at Fisk University—called to inquire how quickly I could get Fisk on my speaking schedule. He informed me that my fraternity brothers on the campus had become the latest victimizers responsible for the hospitalization of a young man attempting to join a black fraternity. In response to this and other concerns, Fisk’s administration had placed a moratorium on initiation for all its Greeks for a year. “We need you down here, Doc,” my old student said, “Maybe you can get through to some of these people.”

Unfortunately, like many schools, Fisk waited until someone was badly injured or killed to call. This is not to say the fault totally lies with the schools touched by the scourge of hazing. To be sure, there is enough blame to go around. In fact, as the number of young black men and women injured in pledging/hazing rituals continues to mount, it is time to place the lion’s share of the blame on the people who commit these crimes and the groups that house them—black Greeks themselves and the organizations to which they belong.

The fact that hazing continues at a steady clip is evidence enough that black Greeks’ national headquarters either do not want to stop the practice or do not know how. I would hope the latter is closer to the truth. Certainly, there is also the possibility that pledging—and the hazing that invariably accompanies

it—cannot be stopped at all. All of these options lead us to disturbing realities, which must be faced before more of our students are hurt physically, damaged psychologically or even killed.

Even though Greekdom admittedly has positives, many of today’s members have degenerated into dangerous, narcissistic near-sociopaths where the preservation of their rite of hazing is concerned. This is simultaneously a simple and difficult admission. We would be hard-pressed to find someone who would not admit that the violence, damage and death visited upon young people like Joel Harris at Morehouse in 1989, Michael Davis at Southeast Missouri State in 1995, Shawn Blackston at Louisville in 1997 or Kenitha Saafir and Kristin High at California State University in 2002 is wrong. Regardless of this, there is an almost immediate attempt by many Greeks to convolute the issue by shifting blame and refusing to take responsibility for their personal involvement in similar violent activities.

When crimes are committed in these organizations, a project is mobilized that is almost totally dedicated to the survival of the chapters. It is often marked by the use of blatant lies and the deception of other members, educational officials and legal authorities. The ploys are often successful, not because they are well thought-out or believable, but because many of the investigators historically have seemed to tacitly condone the actions of the Greeks or do not really care whether groups of black folk beat one another to death. The deceptions and those who allow them

must be stopped.

At this historical moment, we must unapologetically take the stance that the mission and meaning of black Greekdom can only be respected and needed insofar as it speaks to the progress of the ongoing black humanization project in general. If some members of the community now hold Greeks in disdain, there is a reason why. The oft-encountered Greek perspective, that many non-Greeks criticize them completely out of ignorance and jealousy, simply does not hold under rational analysis.

Let’s be real—at this point in the game, everybody knows this behavior is wrong, immoral and illegal, yet many Greeks continue to engage in it. In the face of this reality, local and national Greek officials must now publicly address not only what they are doing right, but also what they are doing wrong. If they are unwilling to do this on their own, drastic measures may need to be explored. As a longtime Greek, it pains me to say it, but if these people can’t stop themselves, maybe it’s time for us to at least consider the possibility that the only way to stop them is to disband these groups. Sadly, nothing else has worked.

Dr. Ricky Jones is associate professor and chair of the department of Pan-African studies at the University of Louisville. He is the author of “Black Haze: Violence, Sacrifice and Manhood in Black Greek-Letter Fraternities,” published by SUNY Press, and a life member of Kappa Alpha Psi. Reprinted by permission of Black Issues in Higher Education.

Chapy's Corner

By Dr. Eric Anthony Joseph
Chaplain
Coleman Heritage Center



the old truths.”

My fellow Langstonites, the purpose of my 141st edition of Chapy’s Corner is not to judge religious folks, Christians, or who-soever practices certain holidays or holy days. Instead, I want to bring knowledge and understanding to my dear Langstonites who are stressing out over this yuletide time of year because of budget strains and insufficient “bling-bling” to spend on others.

Since this is the so-called “Christmas” and “Advent” season, I would like to share some thoughts that are particularly significant to help us educated folks, as we are often advised to remember “the true reason for this season.”

The real issue of this epistle is out of love, not law or legalism or traditions. I am not telling anyone that they can or cannot participate in any of the following, but we need to be real and honest with ourselves and see if we are willing to obey the Biblical account surrounding the Messianic virgin birth of Yeshuah Ben Joseph (Jesus) rather than the pagan account surrounding His birth (read: Jeremiah 10:1-5; Ezekiel 44:23; Galatians 4:8-11).

As your chaplain, dear Langston, I am aware that Christmas is one of the most exciting holidays to supposedly honor The Messiah (Jesus Christ) and celebrate His birth. But is Christmas about Jesus or is it about commercialism, Santa Claus, mistletoes, yule logs, yuletide’s, elves, gifts,

of this special event and see if it is a holy day or a holiday. However, because of space limitations we will look at the birth of Jesus and the creation of Santa Claus.

What about the Christmas date? Was December 25th the actual birth date of Jesus’ physical birth? We really do not know specifically when Jesus was born; there is neither scriptural nor secular evidence to establish the actual date of His birth.

Nevertheless, we do know three axiomatic truths about it. First, Jesus was physically born. Second, it was not in the Roman month of December. And third, the calendar went from B.C. (Before Christ) to A.D. (Anno Domini—year of our Lord) when He was born into the Roman Empire.

Moreover, what we do biblically know is that Jesus was born six months after his cousin John the Baptist’s birth. Jewish tradition places John’s birth during the Passover (Easter) month of Nisan (March/April). That places Jesus’ birth during the fall season, either in mid-September during the Jewish festival of Roshashana or early October (read: Dr. Luke’s chapters 1-2).

One reason that this is certain is that when He was born, Jewish shepherds were “living out in the fields, keeping watch over their flocks by night” (Luke 2:8, NKJV). In an agricultural society such as Israel, shepherds do not sleep out on the ground with their flocks in

Please see “Chapy’s Corner,” pg.6

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

Sports

Lions stand 3-3 after six games

BY JAMUEL WALLACE
Senior Staff Writer

After winning their conference opener 70-58 Saturday night against the Texas A&M International Dust Devils, the Langston Lions are now 3-3 on the season.

The Lions opened the season with a buzzer beater victory over the Northwestern Oklahoma State Rangers. The Lions then traveled to Denver, Colo. to face off against two NCAA Division Two powerhouses in the Metro State Classic tournament—the Metro State Roadrunners and the Colorado Christian Crusaders. The Lions lost to the Roadrunners 63-43 and to the

Crusaders 92-65. The bright spot for the Lions was center Nafiy Blakewood being named to the All-Tournament Team during the tournament.

The Lions split their last two non-conference games against Sooner Athletic Conference teams—a 62-52 win over the St. Gregory's Cavaliers and a 95-85 loss to the University of Science and Arts of Oklahoma Drovers last Wednesday.

"We are up and down like you expect from a young team. We have our good nights and bad nights," said Lions Assistant Coach Jerome Willis about his team's performance thus far. "As

long as we stay consistent on the defensive end we should be fine. But defense is going to be the key to us having success this season."

Quentin Beaty, an honorable mention all-conference player last season leads the team in scoring with 17.3 points a game and 6.5 rebounds. Kendrick Mebane, who scored 26 points against the Drovers, is second on the team with 15.8 points a game. Steven Alexander, a transfer from University of Central Oklahoma, is third in scoring with 12.3 points a game and 5.8 rebounds.

The Lions face off against the 0-7 Texas Permian Basin Falcons tonight at 7:30 p.m.

Lady Lions pick up first win of the season

BY JAMUEL WALLACE
Senior Staff Writer

The Lady Lions won their first game of the season Saturday night with a 74-47 victory over the Texas A&M International Lady Dust Devils, making their record 1-7 on the season.

Five of the Lady Lions' seven losses have come at the hand of some of the nation's top-ranked teams—a 70-51 loss to the Park College Lady Pirates, a 67-24 loss to the #16 ranked Oklahoma Baptist Lady Bisons, a 70-62 loss to the Dillard Lady Blue Devils, a 69-47 loss to the #15 ranked Xavier Gold Nuggets, and a 92-62 loss to the #3 ranked Oklahoma City University Lady Stars last Wednesday.

"I think we have a good group of girls. They are playing hard and I think personally as a coach I need to do a better job of getting them prepared to play," said Lady Lions Assistant Coach Tony Greene.

Jessica James, an honorable mention all-conference player last season, is leading the team in scoring with 11.1 points a game. Kimberly Braxton, a transfer from Central Arizona College, is second on the team in scoring with 10.1 points a game and first in rebounding with 7.6 rebounds a game. Sophomore Imani Miller is third in scoring with

8.5 points a game.

The Lady Lions will play their second conference game of the

season as they host the 3-3 Texas Permian Basin Lady Falcons tonight at 5:30 p.m.



photo by De'Shawn Saffold

Lady Lions guard Natoshia Rouse (#33) drives in with a left hand layup in the second half against the Lady Stars of OCU last Wednesday.



photo by De'Shawn Saffold

Lions' guard Kendrick Mebane (#13) knocks in three of his 26 points during the Lions' game against the USAO Drovers last Wednesday.

LU Choirs & The Langston University Music Department

Celebrate the 20th President's Christmas Concert with a Reunion Choir

Dec. 9, 2004 @ 7:30 p.m.
in the I.W Young Auditorium

The Cantata performed will be "Born to Die" by Oklahoman Glen Burleigh

The Reunion Choir will perform three choral favorites "In Silent Night," "Precious Lord," and the "Hallelujah Chorus"

Come and join us as we celebrate the LU way

Sports

Seven Lions named to All-League Team

BY JAMUEL WALLACE
Senior Staff Writer

Seven members of the Langston Lions Football Team recently had the honor of being named to Central States Football League's All-League Team.

The Lions compete in the Central States Football League along with seven other teams—Texas College Steers, Southern Nazarene Crimson Storm, Bacone College Warriors, Northwestern State Rangers, Peru State Bobcats, Southwestern Assemblies of God Fighting Lions, and Haskell Indians Nations.

Coaches from each school nominate players every year to be a part of the All-League Team; players are chosen based on their stats during the season and contributions to the team.

Jeff Martin (#84) was named to First Team Offense. Martin, a sophomore tight end from Wichita, Kan., emerged late in the season as second option on the Lions passing offense. Martin was third on the team in catches with 21, and tied for second in touchdowns with four.

Dexter Falls (#8), a senior linebacker from Rock Hill, S.C., was named to First Team Defense for a second straight season. Falls was second on the team in tackles with 77, second in tackles for loss with 12.5, and first in sacks with 4.5.

Jimmy Early (#19) and Isaiah Thompson (#72) both made Second Team Offense.

Early, a sophomore wide receiver from Detroit, Mich., stepped in for the Lions after star receiver Robert Moore suffered an injury in the spring. Early has led the team



Jamal Harley (#4)



Dexter Falls (#8)



Isaiah Thompson (#72)



Jeff Martin (#84)

in catches (42), yards (931), and touchdowns (7). Early's 931 receiving yards was the third best single season receiving mark in school history.

Thompson, a senior offensive lineman from Chicago, Ill., helped anchor the Langston's offensive line, which finished third in the conference in total offense with 348 yards per game.

Enjai Bush (#92), Jason Fobbs (#1), and Jamal Harley (#4) were named to Second Team Defense.

Bush, a junior defensive lineman from Tampa, Fla., was fourth on the team in tackles (54), first in tackles for loss with 16.5, and second on the team in sacks with 3.5.

Fobbs, a senior linebacker from Houston, Tex., led the Lions defense in tackles with 86, and tied for first in fumble recoveries with two.

Harley, a junior cornerback from Denver, Colo., was seventh on the team in tackles (44). He also had two interceptions, two forced fumbles, two fumble recoveries, and three touchdowns for the season.



Enjai Bush (#92)



Jason Fobbs (#1)



Jimmy Early (#19)

LU Athlete of the Week

Steven Alexander

BY JUDY YATES

Steven Alexander, #23, is a 6'4" small forward for the Langston Lions Basketball Team.

Alexander attended Midwest City High School in Midwest City, Okla. He was a member of the track and basketball teams. He excelled in basketball his junior and senior years, making the All-State Team both years.

He was also a member of the Big All-City Team his senior year. His high school basketball honors were capped off by being named a McDonald's All-American Honorable Mention player.

After graduating in 2000, Alexander continued to play basketball at Seward County Junior

College in Liberal, Kan. Two years later, Alexander transferred to the University of Central Oklahoma in Edmond, Okla.

During his junior year at UCO, Alexander suffered a broken wrist in the tenth game of the season.

Now, in his senior year and majoring in physical education at Langston University, Alexander is back in full stride with basketball.

Alexander has one sister, Danielle, and two brothers, Xavier and DeAngelo.

DeAngelo played basketball at OU in 2003 and then transferred to UNC at Charlotte, NC.

To his parents, Denise and Steve Sr., Alexander wants to say "Thanks to my mom and dad for raising me to be the young man



that I am today."

After graduating from Langston, Alexander plans to be a coach and maybe play semi-pro basketball overseas.

Do you know someone who deserves to be Athlete of the Week? Send your suggestions and the athlete's contact info to LUGazette@yahoo.com

“Chapy’s Corner” continued from pg.3

December, because it is much too cold. In winter, they lead their flocks out in the day time and bring them in at night.

Historically, also remember that during the very early Christian centuries Jesus’ birthday was not celebrated by the Church at all. For instance, during its first 300 years, the so-called true church in Rome, established by emperor Constantine I (b. A.D. 280?—d.337), maintained a staunch position against all pagan beliefs and practices; however, many new “converts” were reluctant to give up their familiar celebrations including this emperor, who even changed the Christian worship day from the last day of Satur(n)—day (Sabbath), to the first day of the week, our “Sun-day,” named after the sun-god.

One of the most popular holidays in the Roman year was the Saturnalia. It was a week-long festival with torch-light processions, gift-giving and merry-making, culminating in a winter solstice feast on December 25th, called “The Birth of the Unconquerable Sun.” The holiday honored the strength of the sun and the fertility it would soon bring to the earth.

In 375 A.D., the Catholic Church announced that the physical birth date of Christ Jesus would be celebrated on December 25th also, and allowed some of the older celebrations, such as feasting, dancing, reveling and the exchange of gifts, to be incorporated into the observance of Christmas.

The use of greenery, however, popularly used to decorate homes and holy places during the Saturnalia, was still prohibited as pagan idolatry. Later, over the centuries, the decorum was incorporated into Christmas and Americans have been “decorating in green” ever since.

Now, in the second part of our re-

search, let us discuss Who was Santa, Santa Claus or Pere Noel. Many pagan societies have worshipped a hearth god, clad in red, who came down the chimney to bless those who pleased him and to curse those who did not. Food and drink offerings were left for him on the hearth or mantel as an effort to please and appease him. There are still such red-clad hearth gods worshipped in India and China today. Santa Claus, as we know him in the 21st century, is a composite of many European ethnic and cultural traditions. Depictions by Clement C. Moore in 1823 and Haddon Sundblom’s Coca-Cola advertisement from 1931 to 1964 have only added to the character myth that many Americans now perpetuate.

For instance, today he is clearly supernatural—attended by a host of supernatural elves (spirits); he is able to travel over the entire surface of the Earth in only a few hours (also climbing down millions of chimneys, except in the ghettos, of course). In fact, he even knows whether we have “been naughty or nice.” He is known to bless with gifts those who have found favor and are rightly related to him, and to leave bundles of switches for those with whom he is not pleased.

In the fourth century (300 A.D.), there was believed to have been a faithful and generous Bishop of Myra (modern-day Turkey) who was remembered for giving gifts to children. Because his name was Nicholas, the name “Saint

Nicholas” has been blended into the Santa Claus tradition. Today, he has been commercialized and re-invented as a red-nosed, fat-bellied and pipe-smoking “jolly old elf.” He is completely pagan in origin, and has displaced the Christian representative Christ Jesus, becoming the undisputed spirit, symbol, centerpiece—or may I dare say—idol of Christmas.

My dear Langstonites, as a scholar and theologian, I am mandated by my vocation to give you the background surrounding the historical and miraculous birth of the Lord Jesus Christ. Now, do not call me “The Grinch Who Stole Christmas,” because these pagan traditions existed before I or any of you were born.

The term pagan is used in this epistle because these aforementioned celebrations had their early roots in secular, hedonistic and irreligious activities. Nevertheless, I am aware that many of us know the “true reason for the season.”

In conclusion, I beseech you all to do your own research on the history of Christmas, as well as to see if it is a holy day or a holiday (Acts 17:11). I hope and pray that this article lit a spark under you to stand on biblical truth rather than pagan traditions!

Dr. Eric Anthony Joseph was born and raised in Los Angeles, Calif. He is in his eighth year as a dean, professor, chaplain and chairman at John Mercer Langston University. For further information you may contact Dr. Joseph at (405) 466-2901 or E-mail him at: eajoseph@lunet.edu

Alphas surprise family with holiday dinner

BY CHONDRA KIRKLAND

The Beta Kappa chapter of Alpha Phi Alpha Fraternity, Inc. has once again touched a family’s life for the holiday season. A week before Thanksgiving Day, three representatives of Beta Kappa presented a ham and a turkey to one Langston family living in the community, or the “village” as Langston University students call it.

Every year the Alphas donate to a family randomly selected by the housing authorities in the cities of Langston and Coyle. This past Thanksgiving the Rednose family received the special gift.

Martha Rednose happily accepted the donation on behalf of her family. Although she did not have much to say, she was very grateful and said that the gesture was “very nice.”

The Rednose family has been living in Langston off and on for eight years, but is originally from Kingfisher, Okla. They are one of many families in the community that the Beta Kappa chapter has helped and will continue to help in the future.

Along with holiday community service, the Beta Kappa chapter also participates in 5th grade day, high school day, café service/clean up, and their national project “Go to High School-Go To College.”

“We have some more national projects we’ve been working on, but are not yet completed,” said Cory Rowland, a junior physical education/recreation major.

More students urged to utilize writing lab

BY WILLIS HUFF, JR.

The writing lab can be a valuable resource for students needing to improve their writing skills or work on English and other writing assignments.

Located in Jones Hall, Room 115, the lab is open Monday through Friday from 9 a.m. to 5 p.m. Cassandra Canada, associate professor for the English department, is the director of the writing lab; Lorretta Franks and Phylisha Gassaway serve as instructors. There are also student peer tutors in the lab to assist students.

The tutors have turned out to be extremely beneficial and help the students in many ways.

“We give students diagnostic tests to pinpoint where their problems are, as far as writing goes. We also offer one-on-one help with the students. This is to make sure that the student gets the time he/she needs with that tutor,” said Gassaway.

Students offer different reasons as to why they do or do not use the writing lab. Some use the writing lab right after class or whenever they have free time. Still several students miss out on the lab times because they may have other classes to attend, other coursework, or they just do not get off of work in time to use the lab.

“I have seen many students’ writing improve remarkably by using the writing lab,” Gassaway said. “I had one student, Phillip Scott, who was failing my English class. Phillip had an “F” in the class before he started using the writing lab. When Phillip started using the writing lab, his papers improved and he ended up passing the class with one of the highest grades.”

Gassaway said that not enough students have taken advantage of the writing lab.

“A lot of students know what their problems are! The best time to come to the writing lab is when you know you are falling behind in class. Students should come to the lab even if they are not taking writing during the semester,” said Gassaway.

Do you have
HIV/AIDS?

How do you know if you
haven’t been tested?

LU Health Watch—Diabetes

BY MICKI BIDDLE
Senior Staff Writer

Stories about obesity and diabetes right before the holidays are not the most enjoyable reading. However, it is important for people to understand the ramifications of certain actions concerning their health if enjoying future holidays is to be expected.

In the United States alone, there are 18.2 million people who suffer from diabetes, or 6.3 percent of the population. An estimated 13 million have been diagnosed, while 5.2 million people (or nearly one-third) are unaware that they have the disease.

Because of these alarming statistics, the American Diabetes Association (ADA) has gathered information on the impact of the disease and its complications.

Diabetes is the result of the pancreas being defective in its insulin production. Insulin controls the amount of sugar (glucose) in the bloodstream and the rate cells absorb glucose. Cells need glucose to produce energy. Glucose builds up in the bloodstream of those with diabetes instead of being taken into and used by the cells. This causes hyperglycemia, or abnormally high levels of glucose in the blood. Eventually, this leads to damaged blood vessels, which in turn may cause eye disease, heart disease, nerve damage in the limbs and organs, and kidney disease.

There are two types of diabetes, Type 1 or insulin dependent diabetes, and Type 2, non insulin dependent diabetes. Type 1 affects about five to 10 percent of people with the disease and it usually starts early on in life.

Type 2 is by far the most common form of diabetes and affects 90 to 95 percent of all diabetes sufferers. This type usually begins later in life, although it is beginning to become more prevalent in younger people. People who are obese, have a family history of diabetes, a prior history of gestational diabetes (or diabetes during pregnancy), impaired glucose tolerance, or are physically inactive, have a

higher risk than others of developing Type 2 diabetes. Type 2 is also more common among Latinos, American Indians, African-Americans and American-Asians than Caucasians.

The symptoms for hyperglycemia (what happens when too much insulin is in the blood stream) are fatigue, a constant need to urinate, extreme thirst, a constant feeling of hunger, loss of weight, and problems with eyesight. If a diabetic doesn't take precautions and eat the right kinds of food at frequent intervals, then hypoglycemia (less than normal levels of glucose in the blood stream) can develop. Too much exercise or a bad reaction to too much insulin can also cause hypoglycemia. The initial signs and symptoms are hunger, dizziness, sweating, confusion, palpitations, and numbness or tingling of the lips. If not treated quickly, the indi-

vidual may experience double vision, trembling, disorientation, and may eventually go into a coma.

According to the ADA, in the year 2002, diabetes was the sixth leading cause of death in the United States. Altogether, diabetes contributed to 213,062 deaths. Overall, the risk for death among people with diabetes is about twice that of a person without the disease.

Fortunately, research indicates that Type 2 diabetes can be controlled, if not prevented, with a few lifestyle changes such as eating a healthy diet and moderate-intensity physical activity such as walking for 2 ½ hours a week.

Although there are no known methods to prevent Type 1 diabetes, clinical trials of new medications are being planned.

For more information, visit the ADA's website: www.diabetes.org.

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
Keveno Hunt at 466-3296
or e-mail lu_NAACP04@yahoo.com

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What's the Word?

COMPILED BY KEVONO HUNT, Editor

What adjective would you use to describe President Bush and why?



"Power Hungry—The only reason we went to war in Iraq is because he wanted to show that he could."

Justin Goldstone, senior special education major
Kansas City, Mo.



"Trifling—He says he's going to do one thing but does another."

Ebony Wakefield, sophomore biology major
Little Rock, Ark.



"Devious—Everything he does turns out to benefit him or his family and friends."

Melissa Williams, junior psychology major
Tulsa, Okla.



"Idiotic—He's wasted billions of dollars with our occupation of Iraq, and even with the help of a speech writer he can barely put together a complete sentence without making an error."

Chaz Foster-Kyser
journalism instructor
Ft. Worth, Texas

Lion of the Week

BY SHAUNNA COOPER
Editor

Although the road to success may not be an easy one to travel, Precious Williams knows that if one just endures the rigors of difficult times, the fruits of that labor will taste very sweet.

Williams, a “graduating” senior accounting major from Omaha, Neb., already has a job lined up when she completes her coursework later this month.

After her second stint as an intern with the Department of Interior Land Management, company officials offered her a job as a budget analyst in Anchorage, Ala.

Critics of our dear university claim that LU graduates, and even graduates of other HBCUs, are not as equipped for the “real world” as their competition once they leave school, but Williams disagrees. In fact, she says that she always knew she would attend an HBCU once she graduated from high school.

“I feel that whichever college you go to, it’s up to the person to gain as much knowledge as they can. I mean, if I went to OSU or OU, I would still get the same type of knowledge; it’s up to me to learn how to study, to pass and get that grade,” she said.

In addition to being secretary for the student chapter of National Association of Black Accountants, an active participant with the Wesley Foundation and the Scholar’s Club, Williams most recent accomplishment was being inducted into the Alpha Chi honor society.

She said that although she is a bit stressed from time to time, she does not feel overwhelmed.

“I like being active, I like being involved. There’s a lot of work involved, especially when it comes to being an accounting major,” she said. “It’s a lot of homework, a lot of studying that you have to do to pass those tests and to be prepared for your lecture class. I do feel stressed sometimes, but that just come with being a student.”

To help cope with stress, Williams advises her fellow students to have a healthy social life to balance out all that schoolwork so that one is not burned out easily.

“It’s also good to have a support system, as far as friends who are on the same track as you and doing the same thing as you, instead of pulling you down by doing anything negative,” she said.

She acknowledges her own friends for encouraging her to stay the course, including her longtime boyfriend, Benedict Parsons.

“He’s been there for me, and I’m there for him,” she said.

Williams and Parsons came to Langston University four years ago and had plans to graduate together, but he will be deployed to Iraq on Dec. 10, which will set him back at least a year.

Nevertheless, Williams said she would continue to progress once she leaves LU. Next fall, she wants to begin working on obtaining her MBA, with an emphasis in management.

“My advice to everyone is don’t give up. You’re only here for four years and it’s not as long as you think it is. You’ve got a whole life ahead of you. Just study hard and work hard and it will all pay off in the end,” she said.



Final Examination Schedule

Fall 2004

CLASSES STARTING ON	AT THIS TIME	TEST DATE	TEST DAY & TIME
Monday	8:00AM	December 17, 2004	Friday, 8:00AM-10:00AM
	9:00AM	December 16, 2004	Thursday, 10:00AM-12:00AM
	10:00AM	December 17, 2004	Friday, 1:00PM-3:00PM
	11:00AM	December 14, 2004	Tuesday, 1:00PM-3:00PM
	12:00PM	December 14, 2004	Tuesday, 8:00AM-10:00AM
	1:00PM	December 15, 2004	Wednesday, 3:00PM-5:00PM
	2:00PM	December 16, 2004	Thursday, 3:00PM-5:00PM
	3:00PM	December 15, 2004	Wednesday, 8:00AM-10:00AM
	4:00PM	December 15, 2004	Wednesday, 1:00PM-3:00PM
	Tuesday	8:00AM	December 17, 2004
9:30AM		December 16, 2004	Thursday, 1:00PM-3:00PM
11:00AM		December 13, 2004	Monday, 8:00AM-10:00AM
12:30PM		December 14, 2004	Tuesday, 10:00AM-12:00PM
2:00PM		December 17, 2004	Friday, 10:00AM-12:00PM
3:30PM		December 15, 2004	Wednesday, 10:00AM-12:00PM
Wednesday	4:00PM	December 16, 2004	Thursday, 8:00AM-10:00AM
Thursday	4:00PM	December 14, 2004	Tuesday, 3:00PM-5:00PM

All Final Examinations for Evening (beginning at 5:00 p.m.), Weekend and other classes not on this schedule will be held at the LAST REGULAR CLASS MEETING.

*The Gazette staff
wishes you a happy
winter break!*