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LANGSTON BASKETBALL
WE GOT TIE
PREVIEW 2015 SEE PAGE 8

the Gazette

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Adviser

Nicole Turner

Cover Designer

Paul Pugh

Reporters

Jerrold Mitchell
Indy Nelson
Diondra Ross
Austin Terry

Photographer

Kimberly McKnight

Contributing Writers

Dayna Davis
Zhana Davis
Jessica Joseph
Jorrell Smallwood
Chelsey Watson

The *Gazette* Office
Langston University
Sanford Hall, Room 318
Ph. 405-466-3245

Send story ideas, comments and calendar events to nkturner@langston.edu. Opinions expressed in Voices are those of the writers whose names appear with the articles. Letters to the editor should be emailed to nkturner@langston.edu. Please include your name and telephone number. The newspaper 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.

Bucking Brilliant

Student learns life lessons through Asante's memoir

I have been a single-story person almost all of my life, seeing things only one way rather than being open to variety or change. But, like Chimamanda Ngozi Adichie, I now realize the danger of a single story.

I came to this realization soon after reading "Buck" by MK Asante, a memoir that chronicles the evolution of Asante and depicts various aspects of urban life and the many challenges thereof.

As a captivating and motivating story that provides the reader with a convincing example that change and success are possible, "Buck" confirms the danger of a single story.

It also has shown me how



Watson

much more to life there is. Growing up, I did not experience anything similar to what MK Asante did, nor did I ever face the trials, hardships and heartbreaks he faced.

As such, it was fascinating and unbelievably devastating to imagine someone going through what he

had to endure throughout his life. And while I have always heard stories about people who grew up similar to him, "Buck" allowed me to place myself in his situation.

While reading "Buck," I was constantly imagining myself going through life as he did and thinking about what my own thought process would be and the sacrifices I, myself, would make.

On many different levels, "Buck" had me wondering about my own life in comparison to the lives of others.

MK Asante has taught me a lot about life. Although we grew up differently, the life lessons he shares in "Buck" are ones

I will carry with me for the rest of my life. The one lesson he makes clear is that failure is never an option.

He shows that, in life, success is possible even though hard times will come and sacrifices must be made.

Even in the darkest of situations, living up to your potential is possible, too. For these reasons and more, "Buck" is the most inspirational piece of writing I have ever read.

To anyone interested in reading a great coming-of-age story, I highly recommend "Buck" because it is truly bucking brilliant.

Chelsey Watson is a freshman HPER major.

Depression hard to deal with alone

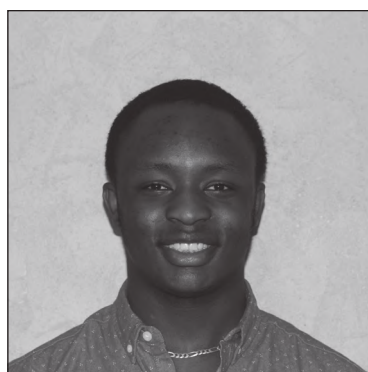
I recommend that all people, especially my friends and family, watch the short film "Curfew" because, though incredibly dark, it portrays how many people live each day.

The film shows how depression can affect the average person's life, while also showing how many people suffering from depression conceal it from others each day.

In the film, the main character, Richie, is depicted as a depressed drug addict ready to take his own life.

There was absolutely nothing that was going to interfere with his attempted suicide, except the power of family.

The people he chose to be around helped him; they made his condition of depression bearable.



Smallwood

One of the great things about "Curfew" is how well it highlights the severity of this condition.

Depression forms like a second heart and slowly pumps the toxin throughout the body until one is completely consumed.

This is an epidemic that ruins the lives of many people around the world, including many of my friends and family.

While depressed people are commonly told to "cheer up" or "choose to be happy," it is not that simple.

The film shows Richie losing the war, which is depression, while fighting that war alone.

His sister, Maggie, who only sees the drug addict in her brother, tells him to simply get over whatever is affecting him.

When people are depressed, it is almost as if they always have someone following them around and mentally assaulting them.

These people are left to fight a war alone, but what war was ever won with a one-person army?

Jorrell Smallwood is a freshman music education major.

Do you have a poem you'd like to feature in the *Gazette*?

Do you have an opinion you'd like to express regarding life, politics, entertainment or other various topics?

Then this section of the *Gazette* is for YOU!

Simply submit your ideas, poems and/or opinion-editorials to nkturner@langston.edu or call 405-466-3245.

Naidoo travels to Africa, Paris

By **Diondra Ross**
Reporter

Dr. Gnanambal Naidoo, assistant professor of biology, spent her summer traveling across the world.

She was one of 17 African Diaspora scholars who was selected to travel to Africa to be part of the Carnegie African Diaspora Fellowship Program.

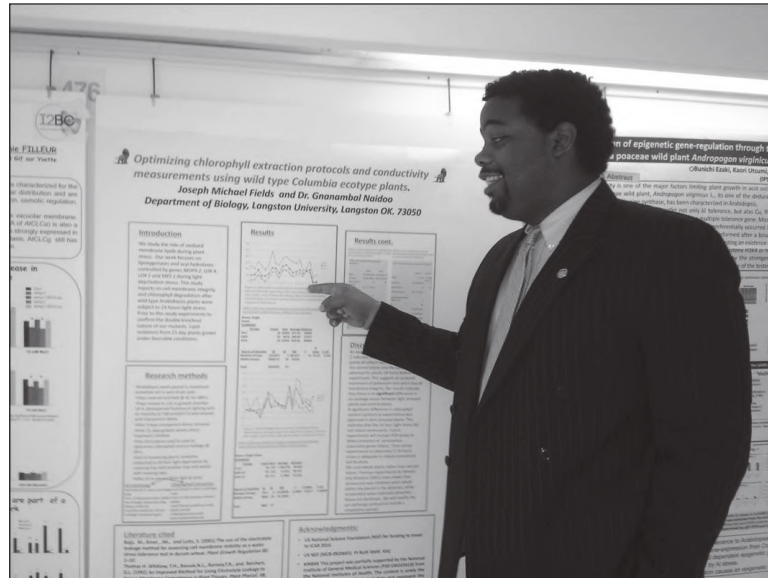
The program was offered to professors born in Africa who are currently teaching in the United States, Canada and in Africa.

Naidoo was given the opportunity to come together with professor Mark Laing from the University of KwaZulu in Pietermaritzburg.

"I was fully aware of professor Laing's reputation as an accomplished scientist and scholar," Naidoo said.

Naidoo also said she was open-minded as she began the program. She was able to present seminars at two locations of the host institution, and she reviewed the undergrad and graduate plant pathology curriculum and mentored graduate students.

Naidoo said she interacted with more African scientists during her fellowship than



Courtesy Photo

Joseph-Michael Fields, senior biology major, presents his research poster about the effect of light on chlorophyll content and membrane integrity at the 26th International Conference on Arabidopsis Research in Paris, France.

she has in the last 25 years.

"The Carnegie African Diaspora Fellows Program exemplifies Carnegie Corporation's enduring commitment to higher education in Africa," said the Institute of International Education President and CEO Allan E. Goodman.

After being in Africa for seven weeks, Naidoo took another trip across the globe to Paris, France.

There, Naidoo attended the 26th International Conference on Arabidopsis Research with senior biology major Joseph-Michael Fields.

At the conference, Fields presented a poster about the effect of light stress on chlorophyll content and membrane integrity. He conducted his research regarding this topic at Langston University.

This trip was granted



Courtesy Photo

Dr. Gnanambal Naidoo, assistant professor of biology at Langston University, stands in front of a building at the University of KwaZulu in Pietermaritzburg, Africa.

Naidoo was one of 17 African Diaspora scholars who was selected to participate in the Carnegie African Diaspora Fellowship Program.

through a travel award from the North American Arabidopsis Steering Committee.

However, it would have never happened if it weren't for Fields' eagerness and determination. Fields would constantly remind Naidoo to email the grant so they could be eligible for the trip. The day the grant was due, Fields went to Naidoo's office to ask if she called to

check eligibility.

She called and left a message around 4 p.m., saying, "I have a student in front of me who is bugging me, so I just want to make sure that, in fact, I am eligible, and I know it's due tonight."

Around 6 that night, she received a call saying she had 40 hours to complete and send in all information to go on the trip.

Media outlets fail to broadcast Million Man March

By **Zhana Davis**
Contributing Writer

The Million Man March in Washington, D.C., on Oct. 10, wasn't broadcast on media outlets.

The Million Man March is a gathering en masse African-American man in Washington, D.C., originally Oct. 16, 1995. Led by the honorable minister Louis Farrakham, a million black men gathered together to declare their rights to justice, atone for their failures as men and accept responsibility as the family head, according to a Nation of Islam article titled "About The Million Man March: A Glimpse of Heaven."

"It frustrates me that social

media broadcasts almost everything negative in the African-American community, and nowadays, our teens are watching it," Lashonda Williams said.

Williams is a counselor at many different schools in Oakland, California, where she dedicates her time, energy and money to help young teens in her community in need of help and support.

"I think media outlets should broadcast both aspects of the African-American lifestyle and show our teens there is good in our culture, and they can be a part of something (as) amazing as the Million Man March if they wanted to," Williams said.

This year marked the 20th

anniversary of the Million Man March, where the allegedly retired Nation of Islam leader Louis Farrakham gave a speech with many topics. One topic that struck the audience the most was the "Black Lives Matter" movement.

"Black lives do matter, just like's whites, Mexicans, Asians and Filipinos," Amber Sudd said. "It's the fact the outside world go out of their way to make the African-American community look bad, although sometimes, we make ourselves look bad."

Sudd, a junior health administration major at Langston University, has lost a lot of family to gun violence and the jail system.

"This situation hits home for me," Sudd said. "I have family members who didn't know about the march until they seen it on Facebook..." Sudd said. "I think that if kids that don't live close or near where the march happened, at least broadcast it nationwide for others to see and learn from. It can help our communities all over."

Some suggest that the Million Man March was an event that might have lacked interest from the majority of people.

"Media reflects what people want to see," said Todd Spessard, director of Channel 9 news in Oklahoma.

"There was tragedy, riots, fears and all of that with the

Ferguson riot—that tends to attract people's attention," Spessard said. "The march got attention but just not on the scale of something like the Ferguson riots."

Though both events are important, the Ferguson incident had more news value than the march.

"With the Million Man March being a highly historic point for African Americans, I'm not happy that the media outlets didn't broadcast it," said Britni Logan, junior business management major. "Even though it may not have made a big enough impact in the eyes of the media outlets, it was a major impact for the African-American community..."

One-man show

Omega wins step show by himself

By Alisa Chestnut
Contributing Writer

Omega Psi Phi fraternity made history at the Langston University Homecoming Greek Step Show when one man won the competition by himself.

The winner, Daymond Gardner, is a senior broadcast journalism major and a member of Omega Psi Phi. With only three brothers on the yard who are seniors, their schedules did not coincide with one another to actually practice for the Step Show, so Gardner decided to make a sacrifice for the chapter and participate alone.

"I didn't feel any type of way, I was just glad to represent," Gardner said.

When Gardner realized he was officially going to perform for the step show as a solo act, he practiced every day leading up to the competition date.

"Every day, I practiced all day, at any given point, mentally and physically," Gardner said.

He also had huge support from his fraternity brothers. Kenan Roberson, a member of Omega Psi Phi, assisted him with anything he needed, whether it be critiquing Gard-

ner's hops or uplifting his spirits with mental and verbal encouragement.

"I was very satisfied with his performance and full of enthusiasm!" Roberson said. "He worked hard consistently and was rewarded in the end with highest honor of the night."

The last time Omega Psi Phi Fraternity Inc. won the Greek Step Show was in 2012. Some people are amazed that Gardner won the show by himself.

"I am so amazed at Daymond for hopping, not stepping," said Brian Hall, who attended the event. "The Ques hop; they don't step, first and foremost. I am amazed he hopped for those whole 10 minutes by himself. He held his composure the whole time. He was not even once sloppy in his performance... It is history. Congratulations to him..."

Gardner joined Omega Psi Phi Fraternity Inc. through the Phi Psi chapter in spring 2013.

He was inspired from his father, Daymond L. Gardner, who also is a member of Omega Phi Psi. Gardner also was inspired from a few other role models who helped him initially become interested in the fraternity to see the high characteristics and qualities of the brotherhood.

Fashion Show successful, but cut short for late start

By Jessica Joseph
Contributing Writer

Langston University alumni Jasmine Redo and Ray Westbrook hosted the annual Homecoming Fashion Show with the theme, "Fashion's Fight against Breast Cancer."

The doors opened at 7:30 p.m., but it didn't start until about 9 p.m.

The Dolls opened the fashion show with a dance performance while the models were displaying the first collection.

"The Dolls did an amazing job; the performance was phenomenal," said Jasmine Franklin, junior psychology major.

One of the fashion collections was "Die or Elevate." This line consisted of silk hoodies.

"This piece had a very earthly tone, and the models came out barefoot. I loved the uniqueness," Franklin said.

There were over 10 collections that were supposed to be modeled, but the show was cut short because it did not start on time.

"Virtuous Style by Landi P. is a very vintage and retro line. I really enjoyed her clothes because it was very unique to her as well," said Maya Jackson, member of the Student Activities Board.

Virtuous Style is one of the many vendors that were not able to display their line.

"The fashion show was unorganized, and the room was freezing cold," said Lauren Gantt, junior education major. "The setup was pretty dope, but everything just took too long."

This was Gantt's first year to not be in the fashion show since 2012. She said, hopefully, she can make a difference next year.

Campus Question

What is your favorite thing about the fall season?



Kyara Little—Sophomore Accounting Major

"My favorite thing about fall is the change of the season and the holiday of Thanksgiving. It forces me to reminisce on the blessings I have been graced with over the year."



Anthony James—Sophomore HPER Major

"My favorite thing about fall is the weather because it's not too hot but not too cold, and you can wear cardigans."



Alexis Newland—Sophomore Broadcast Journalism Major

"My favorite thing about fall is the beautiful weather, sweaters and being able to wear a burgundy lipstick."



Shaquille Anderson—Senior Business Management Major

"I love the fall... it's the perfect time of year where you can be flexible in your attire. The weather is perfect; there are homecomings all across America! It's the start of some of the most beautiful holidays that bring people together that may have not been together all year. To top it off, my birthday is in the fall."

Two TV shows vie for same viewers

By Dayna Davis
Contributing Writer

Two black-based shows are being aired in the same weekly time slots.

"Empire" and "Blackish" both air on Wednesdays, "Empire" at 8 p.m. on FOX and "Blackish" at 8:30 p.m. on ABC.

According to the TV Series website, the original air

date for the show "Blackish" was Sept. 24, 2014. The first season aired 24 shows and earned 7.1 million viewers.

In the show's second season, views slightly increased to 7.4 million.

On Jan. 7, 2015, the new show "Empire" came onto the scene. In its first season, it earned 21.4 million views, and now, in the show's sec-

ond season, views have declined to 16 million views.

Do the two shows have a fair chance to gain as many viewers as they can, despite airing at the same time?

"Blackish" is a positive, functional, black family vs. 'Empire' is a dysfunctional, negative family," said Tiana Jackson, sophomore nursing major.

"Producers know blacks

will turn to the negative drama vs. positive reinforcement," Jackson said.

According to TV One, in 1992, "Martin" and "A Different World" began to air at the same time. Shortly after, "A Different World" ended.

"Because 'Blackish' comes on the same time as 'Empire', it will never reach its full potential," said Malasha

Allen, sophomore special education major.

However, Allen said, she would probably watch "Blackish" if it didn't come on at the same time as "Empire."

"Because 'Empire's' viewers keep going up, I don't see 'Blackish' lasting much longer", said Alexis Wilson, sophomore psychology major.



By Jerrod Mitchell
and Indy Nelson
Reporters

It's been five years since Erykah Badu released music.

She dropped a seven-minute remix to Drake's hit single "Hotline Bling" in early October and said the remix would be featured on a mix tape that she is releasing during the first week of November.

In an interview with Noisey, Badu said the mix tape would be titled "But You Cain't Use My Phone." The title of the mix tape is a reference to her 1997 track "Tyrone."



Celebrity singer and songwriter Ciara was surprised by her celebrity fiancé Russell Wilson on Oct. 24, with

a blowout 30th Halloween birthday party, though Ciara's actual birthday is Oct. 25.



According to *People* magazine, Ciara was instructed to dress up as Cat Woman and meet her fiancé, who was featuring her son, Future Zahir, in a batmobile.

Surprisingly awaiting Ciara were family and friends in their Halloween costumes.

Ciara was full of emotion because of the huge surprise. The celebrities' friends who attended included Beyoncé,



Serena Williams, Kelly Rowland and many more.

L'U Fashion Police



Oklahoma has shown us that it is officially sweater weather. Yet, some feel the need to dress as if summer were still here.

Today's topic is dressing according to weather changes.

In Oklahoma, trying to dress according to the weather is a bit of a hit-or-miss concept. Although some check the temperature for the day, others choose to follow their own mind and bear with their ensemble.

Autumn season is embracing the subtle earth tones that coordinate with all shades of maroon, brown, emerald, etc.

The fashion sense that the student body of Langston University has embodies a sense of creativity and uniqueness to where it can't be measured.

Some looks work well, but other looks need some work. Keep in mind, the colder the weather, the more the clothes.

Halloween is near. We are wondering who or what we should be for the occasion.

The Fashion Police is keeping an eye out on the best and the worst costume out there. From gleaming goddess to groaning ghouls, we will be waiting to see what costume becomes the next piece of couture.



The Fashion Police wants to hear from you; keep an eye out for us on social media.

SAB to host first Fall Fest

By Jerrod Mitchell
Reporter

Langston University Student Activities Board is encouraging students to be thankful this November by hosting the first Fall Fest.

"After Homecoming, there's usually a lack of events," said Paul Pugh, activities coordinator.

"This event will encompass fall and give our students with children something to do," Pugh said.

"This event will be us giving back to the students."

Fall Fest is scheduled for the week before Thanksgiving, Nov. 16-20, and it is a two-day event.

At the event, there will be a food giveaway, inflatables for children, arts and crafts and free food.

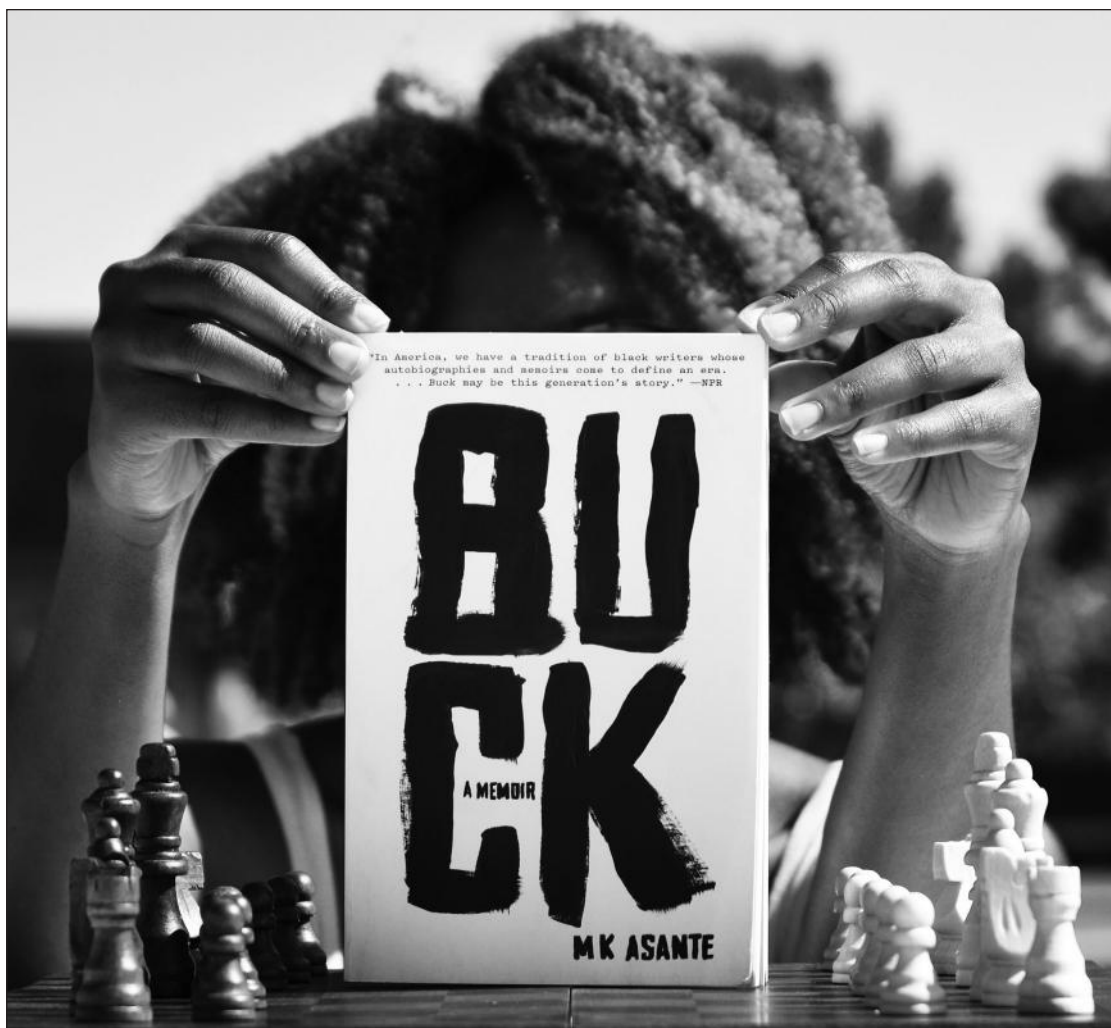
"I feel like we should give back to the student body, regardless of the season," said Kierry Cain, chair person of the community service committee for Langston University.

sity.

"But, more so for Thanksgiving because you have to be thankful for what you have," Cain said, "and some people are not fortunate enough to have certain things that others have. We want our student body to feel at home and appreciated."

Be on the lookout for posters and fliers on campus that will contain more details about the upcoming Fall Fest.

#LUBuckShot



For a chance to win exclusive Buck merchandise and a free dinner in OKC with MK Asante, author of the memoir "Buck," enter the LU BuckShot Challenge by posting on social media a creative pic of yourself and the physical presence of the memoir and by using the hashtag #LUBuckShot. Here's an example of an LU BuckShot! Good luck!

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#LUBuckShot CHALLENGE

Instructions:

Take a photo of either your style or your culture or what you perceive to be BUCK

Rules:

Must be a Langston University student/employee/alumni and must post to social media (FB, IG, Twitter)

Must Include:

- The physical presence of the memoir *Buck*
- Hashtag #LUBuckShot
- Tag @MK Asante and @Ricco Wright (FB)
- Tag @mkasante and @moderndayplato (IG)
- Tag @mkasante and @jabriajanae (Twitter)

Winner:

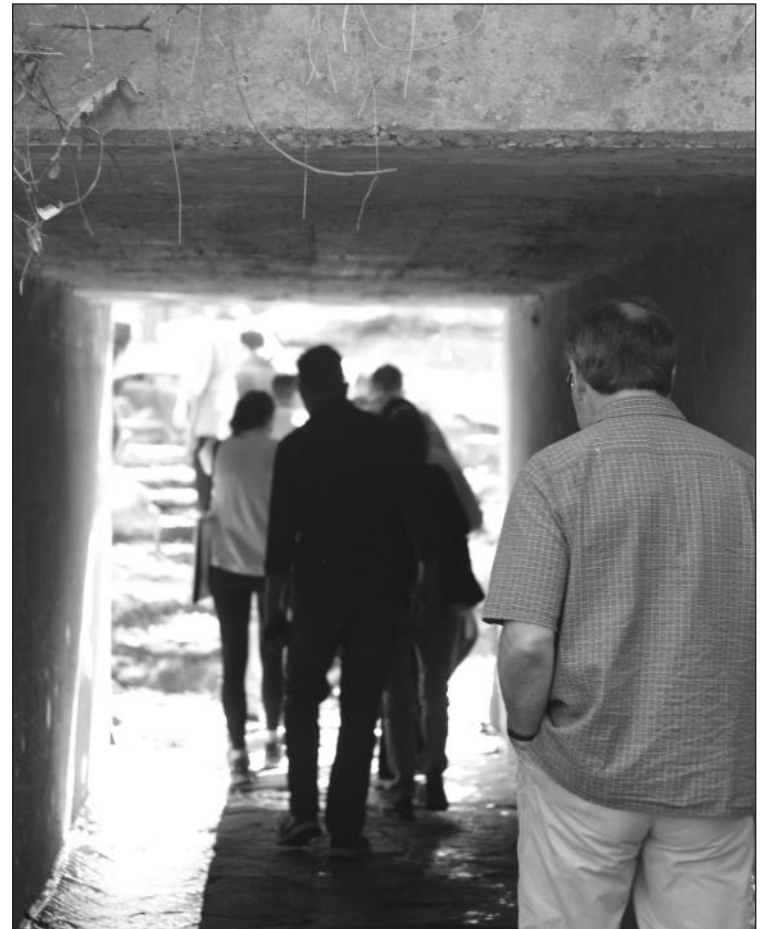
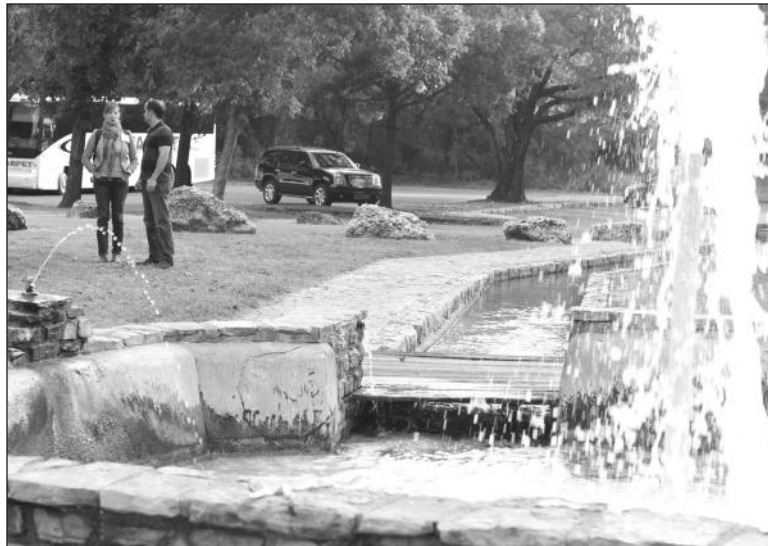
MK Asante will choose the most creative post and the winner will receive a lunch date with him in OKC

Sponsored by The Royal Mien Collective and Invented by Jabria Janae

Students visit Oklahoma land gems

Langston University students had the opportunity to tour several Oklahoma environmental locations during the 2015 annual Society of Environmental Journalists Conference, Oct. 7-11.

Kimberly McKnight, junior broadcast journalism major, visited the Chickasaw National Recreation Area in Sulphur Springs, where the Arbuckle-Simpson Aquifer provides water to 40,000 people.



Above: SEJ members walk through a tunnel at the Chickasaw National Recreation Area on a tour called "Water Rights—Water Fights."

Top Left: The Vendom Well, drilled in 1922, shoots up water nearly 30 feet in the air. The water is clean enough to drink.

Bottom Left: A natural spring runs through the Chickasaw National Recreation Area.



Photos by Kimberly McKnight

Human body is scarier than Halloween

Special from Oklahoma Medical Research Foundation

There are plenty of haunted houses, ghost stories and scary movies out there to evoke goosebumps around Halloween. But did you know that some of the day-to-day goings-on in your own body are enough to make your skin crawl?

Kicking off the "creepy but true" list is a sobering thought: you are only 10 percent human.

No, it's not some dystopian future of cyborgs and androids; it's microscopic organisms. Your body is so bacteria-filled that human cells are outnumbered by a whopping 10-to-1 margin.

"We're a minority in our own body," said OMRF President Dr. Stephen Prescott, a physician and medical researcher.

"We've known for a long time

that these bacteria exist in us, but the staggering scale of it has only been recognized over the past decade or more," Prescott said.

Even though there are roughly 100 trillion of these tiny visitors inside us, there's no need to be scared. The vast majority of these microorganisms are friends, not foes.

"Most of the bacteria play a role in keeping you healthy, and the more diverse the collection, the healthier you are," said Dr. Hal Scofield, a member of OMRF's Arthritis and Clinical Immunology Research Program.

"They might sound like something you don't want inside you, but without them, you wouldn't be around,"

The next entry might have you reaching for a Swiffer. Humans shed 600,000 skin particles per hour on average, or roughly 105 pounds

of dead skin by the time they reach age 70.

"It's said that every 10 years your mattress doubles in weight," Scofield said. "I don't know if that's true, but it definitely gets heavier, and those extra pounds are likely skin cells. In fact, almost all dust in your house is human skin."

Gross? Yes. But necessary.

The body requires the protection these skin, or epithelial, cells provide. They're constantly exposed to the elements, and because they cover so much space, sloughing them off a bit at a time is the only way they can regenerate while still serving as a safeguard for everything inside of us.

Last of all, have you ever wondered how far blood actually can spurt from your body?

All the old slasher flicks seem to paint a pretty gory picture, with

blood spraying forcefully across a room when a villain does his evil deeds. But is that just shock value for the sake of horror?

"Hollywood isn't too far off when it comes to gore potential," Scofield said. "Your blood circulates through your entire body in just about a minute, and the heart itself is powerful enough to shoot blood as far as 30 feet."

So, reality could trump Hollywood, given the right circumstances, because there's no shortage of peculiar processes at work in your own body.

"If you're in the mood to get grossed out this Halloween, you need not look much further than a few medical textbooks or journals. Or just look in the mirror and think about what's going on inside you," Prescott said. "That can be pretty scary in itself."

Basketball season underway

By Austin Terry
Reporter

It's that time of the year where the leaves are changing color and the temperature is dropping. It is time to start putting away the shorts and bring out the sweaters.

This time of year also means that basketball season is underway.

The Langston University men's and women's basketball teams are now in preparation for the 2015-2016 season.

For the women's team, after last year's season brought great success, a lot is expected of the Lady Lions and Head Coach Cheryl Miller.

Miller led the Lady Lions to a 28-4 record, beating opponents by an average of at least 18 points.

Her team also played great defense, holding their opponents to 60 points per game. The Lady Lions posted multiple double-digit win-streaks, including starting the season 17-

0.

After coming up short of making it to the national championship in her first year, Miller and her Lady Lions are focused and ready to get back at it.

No longer the underdogs, the Lady Lions know that teams will be giving them their best efforts, game after game.

"After last year, teams are going to come for us," said Shanequa Gaston, senior HPER major. "We know a lot is expected of us, and Coach Miller constantly pushes us to meet those expectations."

With star player Lynette Holmes and other seniors gone, players like Gaston will be asked to step up for the team.

Gaston said this year is different from last in several aspects, however.

"We have more height and great guard play," Gaston said. "Also, the team is a lot better at communicating."

The Lady Lions hope to use these attributes to build



Photo by Kimberly McKnight

Lady Lions Shanequa Gaston and Tkeya Mason (left) and Lions Miles Eglin, CJ Jones and Terrell Jones gear up for the 2015-2016 season by showing off some basketball moves and one-on-one plays.

upon last year's success.

"We want to win a championship, and to do that, we are going to work together," Gaston said.

The men's basketball team takes the court against the University of Science & Arts of Oklahoma at 7 p.m., Nov. 3, in Chickasha.

The season opener for the women's basketball team is at 1 p.m., Nov. 7, at the C.F. Gayles Gym against Oklahoma City University.

LU welcomes former coach as new athletic director

By Indy Nelson
Reporter

Langston University welcomes back former basketball coach Donetta Drain as the new athletic director.

"I received the opportunity for this position as an athletic director by Dr. Kent Smith," Drain said.

She has an extensive

background in basketball, and she has coached at several universities, including Grambling University and the home of the Lions, Langston University, for 13 years.

Because Homecoming is long gone, Drain has been able to create new ideas for the sports program.

Some specific initiatives she is implementing in-

clude a letterman's club and a basketball homecoming, which has been scheduled for Feb. 27, 2015.

"My strength is being able to be on both sides of the table of men and women," Drain said. "Being an administrator... you know what both coaches and players are thinking."



Drain

Lion Football — Three Games Left

Oct. 31

Nov. 7

Nov. 14

Lyon College

Wayland Baptist

Texas College

Batesville, Arkansas

Plainview, Texas

Booker T. Washington High School
(Tulsa, Oklahoma)