NABA members at LU park cars, raise money

By Aarondondo Green
Contributing Writer

Members of the Langston University chapter of the National Association of Black Accountants have been focusing on a special fundraiser this semester.

They have been parking vehicles at the Oklahoma State University football games in a parking lot in Stillwater. The particular parking lot is property of LU.

Randy Murray, instructor of accounting and advisor of NABA, said this fundraiser has helped NABA members raise more money for their organization than ever before. He said they have raised about $600-$700 at each game.

“The parking car fundraiser is directly connected to Mr. Murray and his networking,” said Tiffany Bald, senior accounting major and president.

Devy Doulou (far left), Shaquila Conway (2nd from left), Dena Martin (2nd from right) and Bart Curry (far right), members of the Langston University National Association of Black Accountants, raise money for their organization by parking vehicles at a parking lot in Stillwater for the Oklahoma State University football games. The parking lot is property of LU. NABA members have raised about $600-$700 at each game.

Students must follow specific procedures to receive financial aid award packages

By Andrenique Meigs
Contributing Writer

As each school year begins, every student goes through a number of processes to enroll for classes and prepare for a new semester.

One of the processes is receiving financial aid. This may seem like a simple one-step process, but many students can delay the process by not doing their research or filling out all required forms.

“Every time I went to financial aid they told me I was done, and then I would come back and they handed me another paper to fill out, and I’m still working on financial aid now and the semester is practically over,” said Monique Hale, a sophomore forensic science major.

Director of Financial Aid at Langston University Sheila McGill explained the process of receiving financial aid and how to avoid these types of situations.

“Common mistakes generally occur when the income and other data are reported incorrectly on the application,” McGill said. “Students should make sure they have the required supporting documents available before attempting to complete the application and review it carefully once it is complete to prevent..."
**Gang member goes ‘nonactive,’ pursues education at Langston**

It was the day I got the family that I needed; Big Red came to pick me up from school in an all red low-rider. He said, “Today, little homie, is the day you belong to the Ave.”

It was my right of passage to be a Piru. My two older brothers were in the same gang. They have the lifestyle I desired. They have the fancy cars, money, girls and the brotherhood. While driving, thoughts of doubt filled my head. Do I really want to join a gang? Do I really want to live a life of a gangster?

The car ride to the mini park was the longest ride ever. The process that followed taught me that some family cycles should definitely be broken. There’s a rigorous process in becoming a gangster. First, you must spark an interest in your local gang. By this I mean getting into trouble around your neighborhood and winning, or having a family member in that same gang.

Second, you must get jumped in the gang. This means you have to fight multiple gang members from the same set, and if you survive, you pass the second process in becoming a gangster.

Third, you have to put in work for your set. This means you have to make money for your set, kill for your set or fulfill any tasks handed to you.

So once we arrived at the mini park, I was embraced by all the members of the Avenue Piru gang. After receiving a warm welcome, it was time to get down to business.

We all walked to the back of the park — where we couldn’t be seen. Then Big Red picked three random young Pirus and said “Get her.” So it began: I was fighting for my membership. I was getting rushed from all sides. Receiving punches on every part of my body. Throwing punches in every direction. So after 15 minutes of getting the crap beaten out of me, I was left with a bloody nose, busted lip, knots on my body and a family for life.

So the celebration began after I finished fighting; Big Red handed me a bottle of Hennessey and a blunt filled with marijuana. Then he said, “Welcome to the Ave Lil B.” Lil B was the name given to me that night; I was no longer Ocean Jackson.

The last part of this process involved me being assigned a job to benefit my gang and executing all tasks that fulfill that position.

So my big homie, Bounty Hunter, took me under his wing and gave me the job of being a dope boy. My contribution to my gang was making money for them. I had to learn how to make the drug with the most profit.

At that time it was crack cocaine. Once I knew how to make and package it, the next part of my job was to sell my product to the local crackheads in my community.

After all my product was sold, I would return all the profit to my big homie. Then I would receive my cut from the profit and the rest would be distributed to produce more products for my set. After a month of doing this final step, I officially was a member of The Avenue Piru gang.

For many years of my life I was a loyal servant to my gang. After suffering many trials and tribulations from becoming a gang member, I finally realized I wanted more for my life. Even though you really never can officially get out of a gang, you can always become a nonactive member.

To my own shame, when it’s all said and done, I wish I would have had the courage to break the dangerous and pointless cycle surrounding many young black youth in America.

Ocean Jackson is a freshman English major.
FINANCIAL AID

from page 1

 costly errors.”

McGill said there is a certain process that must be done to receive financial aid. She advised all students to first apply using the Free Application for Student Aid at www.fafsa.ed.gov, and list the LU school code.

After the application is electronically sent to Langston, it will be reviewed by the Office of Financial Aid. If any additional information is needed a request for that will be sent to the student’s lunet email address.

After all required forms are received, the Office of Financial Aid will determine the students eligibility and compile an award package for the student.

McGill said students should allow four to six weeks for processing. Once this process is complete, the student will receive an award notification, instructions about what the student needs to do to complete the process, if necessary accept awards offered and finally have the funds disbursed to their student account.

After all charges are paid in the student’s account, the remaining balance will be disbursed to the student. For best consideration, students should apply prior to March 15 and turn in all requested documents prior to April 30 to receive an award notification before the fall semester begins, McGill said.

“As in any office at an institution there is always room for improvement.”

“I think they should be trying to keep in touch with each student to ensure that their financial aid is covered,” Hale said.

McGill said, however, that the Office of Financial Aid keeps these concerns in mind and work to help the process along for students.

“To say that we do not need improvement would imply that we are perfect and we are not,” McGill said. “In the Langston financial aid office, as with any other financial aid office, we are constantly reviewing our procedures to find ways to improve the process of delivering aid to our students. This will continue to be an ongoing process.”

Balances Owed to the University:

Students who currently have balances with the university will NOT be able to enroll for spring, or if enrolled for spring, may have their enrollments cancelled if fall balances are not paid by Dec. 3.

If you need help with balances, stop by the Office of Financial Aid in the William H. Hale Student Success Center on the first floor to make sure you have turned in all needed documents.
Students promote country singer through public relations course

By Kayla Jones
Contributing Writer

A faculty member in the Department of Communication at Langston University is making moves and setting the bar for a communication course, Principles of Public Relations, that is offered to the students in the department.

This course was re-introduced to broadcast journalism students fall 2010 when a new chairwoman was hired for the department, Dr. Lisa L. Rollins.

The class is offered every fall semester for those students who may be interested in the public relations field.

Recently, the PR class, which Rollins teaches, has taken on a class project.

With a phone call from an up-and-coming country singer in Nashville, Coy Taylor, regarding public relations for his career, Rollins seized the opportunity to use it as a teaching tool for this semester's class.

Instead of Rollins conducting the PR alone, she allowed her students the experience to work for Taylor.

Students were excited and ready for the hands-on professional experience. As students learned how to complete tour press and research media markets, some of the students even took a liking to country music.

“I never really listened to country music before, but doing PR for Coy Taylor made me open my eyes to a whole other genre of music,” said Zach Holmes, senior broadcast journalism major.

As students continue to work for Taylor, some of the things that were expected of them were to contact local FM and AM radio stations that play country music, and TV stations and newspapers with reporters who were willing to sit down with Taylor to discuss his music career.

The students set up numerous interviews for Taylor in places such as Nashville, Harrodsburg, Ky., and Tuscaloosa, Ala.

“I really enjoyed doing PR for Taylor,” Holmes said. “It was a great experience.”

At press time, Taylor’s current single, “Fall for You,” was No. 65 on the Billboard Indicator charts. When the class began working with him, he was No. 118 on Music Row charts.

Oklahoma earthquakes stir student reactions

By James Scott
Contributing Writer

Oklahoma had a record-breaking 5.9-magnitude earthquake on Nov. 15, according to the U.S. Geological Survey.

The earthquake started 44 miles away from Oklahoma City near Prague.

The U.S. Geological Survey reported it to be the biggest earthquake to hit Oklahoma. It was also felt in Kansas as well as Missouri, said reporters for KMBC, a TV station in Kansas City, Mo.

On the Langston University campus, students from different regions had varying opinions about the earthquake.

“Wasn’t too surprised,” said William Walker, a sophomore psychology major and native from Fontana, Calif. “I was surprised that Oklahoma had an earthquake, but it was really how long it was that had me.”

There were different reactions from students when it came to the earthquake, mainly between those from California and those from Oklahoma.

While most Oklahoma students thought it was a big deal, students from California were more relaxed and calm about the situation because they said they were used to feeling earthquakes.

Brittani Benson, a sophomore English and broadcast journalism major from Tulsa, said, “It was a shock to actually feel an earthquake in Oklahoma. I’ve heard that we have them but they’re too small to feel, but to actually feel one was a surprise to me.”

However, another student said, it didn’t phase her at all.

“It really wasn’t a reaction,” said Kadeesha Gray, a freshman education major from Sacramento.

California were more relaxed and calm about the situation because they said they were used to feeling earthquakes.

“I wasn’t too surprised,” said William Walker, a sophomore psychology major and native from Fontana, Calif. “I was surprised that Oklahoma had an earthquake, but it was really how long it was that had me.”

Some students think Oklahoma needs to be better prepared in case more earthquakes occur.

“I think it hasn’t been acknowledged a lot because Oklahoma isn’t a place that gets earthquakes often,” said Christian Davis, a sophomore broadcast journalism major from St. Louis, Mo.

“But I think that Langston or Oklahoma school systems should let students know how to react in an earthquake drill now that it’s a factor, and I feel it’s the campus’ responsibility, seeing this is our home for most of the year,” Davis said.
President’s annual concert is ‘holiday gift’ to students

By Ajia Harris
Contributing Writer

Langston University presents the 2011 President’s Holiday Concert. The holiday concert is scheduled for Dec. 1 at 7 p.m. in the I.W. Young Auditorium.

“We just want folks to come out and enjoy themselves.”

— Bonita Franklin, assistant professor of music and acting chairwoman of the Department of Music

Bonita Franklin, director, assistant professor of music and acting chairwoman of the Department of Music, said the President’s Holiday Concert is the last program before finals week for students, faculty and the entire LU campus.

Franklin said the concert has been going on for 27 years.

She said it was started by Alexis Rainbow, who was the director for the LU choir at the time, and former president of LU, Dr. Ernest Holloway.

They wanted to do something for students as a holiday gift, and to get students in the mood to study for finals while preparing for the holidays. At the holiday concert different guests and artists will perform, Franklin said.

Last year, singer and finalist from the competitive TV gospel show “Sunday Best,” Durward Davis, performed

The President’s Holiday Concert is important because it gives choir and students a different type of performing experience, by allowing the choir to perform with an orchestra, Franklin said. She said LU is trying to build up an orchestra.

“The three tenors will perform as part of the choir and show. The three tenors will perform a variety of music at the concert,” Franklin said.

Franklin also said the choir, who is performing with a hired orchestra, band and dancers, will perform.

Frazier-Galadima said she is looking for a big turnout of people supporting the choir, and Ms. Tomas performing her solo from the song “Mary Had a Baby.”

She is also looking forward to seeing alumni choir members as well as the opportunity to showcase what the choir has been working on this semester.

Franklin said each performer, music artist and guest prepares for the concert by preparing their own portion within the concert.

The President’s Holiday Concert is important because it gives choir and students a different type of performing experience, by allowing the choir to perform with an orchestra, Franklin said. She also said LU is trying to build up an orchestra.

“Being a member of Langston University’s choir is a wonderful opportunity for all music lovers, as well as inexperienced and experienced vocalists,” Frazier-Galadima said.

She also said being a part of the choir has helped her to develop vocally and socially on campus.

“The President’s Holiday Concert exposes students to a wide variety of music.”

Most students listen to a particular style of music, which isn’t necessarily classical choral music, and there’s nothing wrong with all the other styles of music, but we as college students, and as people wanting to expand our minds, we need to expand on every kind of music,” Franklin said. “It gives the student body a different kind of concert to go to.”

She said as a musician, she wants not only to play and sing well, but she also wants to educate the audience to become interested in and attend a symphony orchestra, and to see a choir performing.

Franklin said she discussed the concert with Dr. Clarence Hedge, dean of the School of Arts and Sciences, and Dr. Clyde Montgomery, vice president for academic affairs.

She said Hedge discussed the past concerts when faculty, students and the community would dress in formal attire to attend the President’s Holiday Concert.

She said it would be nice if LU could bring back the occasion of people dressing up for the concert because it is a formal event.

“It’s a legacy of sort that we’re continuing,” Franklin said. She also said that the performers who are in this concert are a part of a tradition. The admission to the concert is free.

“We just want folks to come out and enjoy themselves,” Franklin said.

Nursing students give free flu vaccines

By Jasmine Redo
Contributing Writer

Langston University nursing students gave free flu vaccines to more than 70 students and faculty members from 9 a.m. to 1 p.m. Nov. 10 in the University of Women.

LU nursing students give free vaccines as a part of the student clinicals. They also gave the vaccines outside of campus two weeks prior to the clinic.

“We also gave free flu vaccines at a local Outwell’s grocery store in Oklahoma City, on Oct. 29 from 9 a.m. to 2 p.m.,” said Neviesha Perry, senior nursing major. “Civilians were able to drive up and receive the flu vaccines while in the car or receive the flu mist outside of their car.”

By the time they finished the clinic the students had given more than 100 injections to the Oklahoma City community.

Dr. Teresa Hunter, assistant professor in the School of Nursing and Health Professions, said, “We do the free vaccines because there are often disparities in access to health care and needs that exist among minorities.”

This is the third year senior nursing students gave the vaccines to the campus. Senior nurses have not only helped with clinicals in the hospital but in the community as well.

The student nurses wear name tags and have information that identifies them as students.

“Most of the patients knew that we were student nurses, but they all seemed comfortable with it,” Perry said. “There was also other staff present if we needed anything.”

The Department of Health and Human Services defines influenza as a contagious disease.

It is caused by the influenza virus, which can be spread by coughing, sneezing or nasal secretions. According to the Centers for Disease Control and Prevention website, all people 6 months old and older should get the flu vaccine.

“I think it’s great for Langston students to be involved in the community in our school campus and outside of the campus also,” Perry said. “While being able to provide free vaccinations is great, I’m all for community involvement.”

People who received the vaccines had nothing but great things to say about them.

“I get the vaccine every year from our student nurses, and if I do catch the flu it’s not as bad after I’ve had the vaccine,” said Nathaniel Jones, a university counselor. “I feel it’s important because people die every year from the flu. I’d get the injection whether it’s free or not; I also take my children to get the vaccine every year.”
Professor travels from Zimbabwe to receive education, teach in US

By Charles Alexander
Contributing Writer

Langston University is strong on teaching students to strive for success.

The university has many professors who look to help students improve in the classroom, but one professor looks to help in more ways than one.

Dr. Patricia Chogugudza, associate professor in the Department of English, came all the way from Zimbabwe.

Chogugudza has been a professor at LU for six years. She has a total of seven degrees.

Her first is a bachelor’s degree from the University of Zimbabwe in English education. She then received a graduate diploma in teacher education and a master’s degree in women’s studies and a master’s degree certificate in women’s education.

She has a total of seven degrees.

Chogugudza received her most recent degrees, a Ph.D. in humanities, history of ideas and English and gender studies, at the University of Central Oklahoma.

At first, the plan for Chogugudza was to come to America for an education and then return to Zimbabwe, but because of Zimbabwe having issues with the British, she couldn’t return home. She said it wasn’t the safest environment for her and her daughter.

Though Chogugudza thinks she is doing well at Langston, she thinks she has more to offer the students back home.

“In Africa, there is a strong need for teachers,” Chogugudza said. “I feel if I left Langston, I could easily be replaced, but in Africa I don’t think that would be the case.”

Chogugudza said she would love to return home to Zimbabwe when everything there has ended with the British.

“I would go back to Zimbabwe because it is home,” Chogugudza said. “Langston is home to me as well, but all my memories and friends are home in Zimbabwe.”

Chogugudza has taught at other schools, but she said her agenda was better suited for an HBCU.

Her degree in gender studies, which deals with gender, race and culture, strongly influenced this realization.

Former students of Chogugudza think she was a huge help when it came to learning what she was teaching. Korace Bonner is one of those students.

“Professor Chogugudza had a strong accent, but she was really good with explaining her lessons,” Bonner said.

Students appreciate what she has done for them in the classroom, but Chogugudza is also appreciative of her students.

She said she wants her students to move ahead and do things that can change the world.

“I always get students who see where I want them to go,” Chogugudza said. “Every year I’ve been here I’ve had some that do understand where I’m coming from.”

Chogugudza said she wishes to open the eyes of her students so when they finally come around, they know exactly where they want to be.

Chogugudza said she wishes the best for her students and only hopes for them to open their eyes and their minds so they know exactly how much potential they have to be something special.

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Final Examination Schedule

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ALL Final Examinations for evening (beginning at 5 p.m.), weekend and other classes not on this schedule will be held at the LAST REGULAR CLASS MEETING.
Faculty discuss ‘Arab Spring’

By Jamie Reed
Contributing Writer

With the wars continuing around the world, it may be hard to understand what is really going on.

Dr. Meshack Sagini, assistant professor in the Department of Social Sciences and Humanities, held a presentation Nov. 8 in the Allied Health Center about the Middle East to elaborate on these issues.

Sagini passed out a timeline of major dates and events in the Islamic civilization from A.D. 570 — the birth of Mohammed to the 1960s.

Sagini is a member of 15 professional organizations. He attends conferences, presents research papers and interacts with faculty and professors from colleges around the world.

Sagini said it is important to help students and faculty understand the causes and effects of conflict, especially in North Africa where the Arab revolution is taking place.

Sagini said the relevance from the past Middle East to today’s Middle East is that they’ve forgotten the way of the prophet. He said they accept the Western example, their economy and new cities.

“It’s impossible to go back to the old way,” he said.

Sagini explained that because civilizations are different, it causes fault lines between them. This is how the Middle East affects international relations. The “terrorists” as we know them, are freedom fighters who want to liberate their region from Western domination.

Sagini also said that in the world today, new powers have emerged.

Another issue was the possibility of China going to war with the Middle East, Sagini said.

He said Western society, especially the U.S., has interest in the Middle East because of oil, gas and trade. China’s population growth has more consumption of oil. This puts more pressure on the Middle East government to allow it to consume more oil to fulfill the need of the industrial sector.

Sagini said China would like to dominate extraction of natural resources in the Middle East, and competition may cause them to clash.

The second speaker at the presentation was Dr. James Showalter, assistant professor in the Department of Social Sciences and Humanities. He spoke about America’s response to Arab strain.

Showalter said America has to be more pragmatic, get rid of our ideologies about politics and the Middle East’s views of religion as well.

Showalter said America has an uppity attitude and our relations with Israel have to change.

“We have to stand up for something and clean up our own house,” Showalter said.

He referred to U.S. issues such as poverty.

“‘If we want to lead the world,’ he said, “we do it by example.’”

President of the Social Sciences Club Stephen Cobb said he gained a deeper knowledge of the relationship between the U.S. and other nations of political climate such as the Middle East.

“I urge students to learn the relationship [between the Middle East] and the U.S.,” Cobb said. “It’s a huge bank of knowledge, so don’t just look at it on TV, dig into it because this issue affects all of us."

Sagini said that to a large extent, the Arab Spring is an attempt by younger people whose opportunities in terms of human rights, democracy, jobs and the pursuit of happiness, have been denied by the political regimes whose leaders have had power for 30-40 years.

He said younger generations want to overthrow these tyrants and create new political regimes, which will provide more opportunity for them.

“To sum it up,” Sagini said, “it is the younger generation of people, like college students, who should pay attention and step up because the younger generation are the ones who are continuing the war against us from the Middle East.”

Students, faculty present study abroad information

Dr. Mary Mbosowo (far left) assistant professor of English, and four students (from left), Malcolm Mohammed, Mario McCottrell, Dana Freeman and Kymberly Whayne give presentations about their opportunities to travel abroad. Students and faculty gave presentations Nov. 17 in the Allied Health Center to those interested in studying abroad throughout this school year. The presenters dressed in the native clothing of the countries they visited including Wales, Turkey, Belgium and Senegal and The Gambia in West Africa.

Answer to Enigma from Nov. 10 issue

PREVIOUS SOLUTION: "Courage is the first of human qualities because it is the quality which guarantees all the others." — Winston Churchill
By Jabril Bailey  
**Contributing Writer**

The Langston Lioness basketball team started out 2-0 after defeating two tough opponents in the season openers.

The Lionesses opened their season against nationally-ranked Rogers State College on Nov. 9. Ranked 24th, the Lady Hillcats were a handful for the Lionesses.

The resilience of Rogers State College kept the game close until senior guard Ayanna Jackson hit two three-point baskets late in the second half, which led to a 66-58 win for the Lionesses.

Jackson, a transfer from Oklahoma Christian College, has been lighting up the score board with her on-target shooting.

“[Rogers State College] played really hard and with a lot of effort,’ Jackson said. “In the end, we just outworked them.”

Coach Jerome Willis said the Lionesses were fortunate to pull away with a win against Rogers State College because of the Lionesses committing turnovers. The Lionesses had 37 turnovers in the season opener.

With a few days to rest, the Lionesses faced their second opponent Nov. 13 against the University of St. Thomas, the Lady Celts.

The game looked like a blowout with the Lionesses going into halftime having a commanding 48-27 lead.

The Lady Celts, however, would not go down without a fight.

After being down by 21, the Lady Celts cut the lead down to 9.

Jackson hit a three-point basket that led to another Langston run that ended the game with a 85-67 win over the Lady Celts.

Senior transfer forward Kimberly Jones led all in scoring with 26 points in her Langston debut.

The Langston Lionesses are now 7-0. They played Oklahoma Christian University on Nov. 15 at home, pulling away with a 92-79 win.

During the Thanksgiving holiday they traveled to New Orleans to play in the Xavier Classic.

They faced off against Xavier University in Louisiana and Dillard University to take two more wins.

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**Sports**

**Lionesses keep winning streak**

By Andrea Perry  
**Contributing Writer**

To qualify to be an All-American track and field athlete in the National Association of Intercollegiate Athletics, one must be one of the top six finishers in the country in each individual event as of 2011.

Langston University has nine All-American athletes on the track and field team: Julius Koger, Clyde Young, DeAnthony Henderson, Devery Bell, Mario McCottrell, Brandon Smith, Ontorio Saku, Chrishana Olds and seven-time All-American Willie Felder.

These athletes run under the instruction of Head Coach James Hilliard and Assistant Coach Alan Quinn.

The track and field team has been held to high standards in the NAIA.

“Unlike football and basketball on the NAIA level, we run against the University of Kansas,” Hilliard said. “We run at Texas Tech and Iowa State. We run at New Mexico State. We run at Air Force Academy and University of Nebraska. We run at Ole Miss. We’ll run at Drake. That kind of lets you know we run against Division 1 schools on a weekly basis.”

Many of the students, faculty and staff at LU still do not know about the talent within the track and field team.

“A lot of people on campus don’t know how good the track team actually is,” said All-American sprinter Koger. “Actually, they don’t know, because they don’t get a chance to see us run and perform.”

LU has a track, but does not have the proper track facilities for events such as the shot put, hammer, javelin, discus, pole vault, long jump and triple jump. For this reason, the track and field team has to travel to nearby colleges such as the University of Oklahoma, Tulsa University and Oklahoma Baptist University to host meets.

The track and field team has athletes in the field events but they have to be resourceful when practicing. Without a long jump and triple jump pit and shot put area, the team is flexible and uses open field areas to practice.

The Lions have been successful in their meets despite these minor problems.

“You gotta get through the season without any injuries and a few mistakes, but we have the talent to finish in the top three in the nation,” Hilliard said. “It’s a hard thing to do, because it deals with points and you have to have the right people to go in the right areas, but we got talent.”

One of the athletes with this talent is Bell, an All-American who ran a 10.06-second 100-meter dash to break the record for LU and claim the title as the fastest time in the NAIA at the Red River Athletic Conference meet.

Bell attributes some of his success to his coaches.

“Coach Quinn works very hard,” Bell said. “He takes pride in what he does. He doesn’t let you slack off. When it comes to Coach Hilliard, he’s all about business. They’re dedicated. They only want the best for you.”

Bell looks forward to staying focused and beating his times in the 60-meter, 100-meter, 200-meter and 4 by 1 races.

The Lions push one another to work harder.

“The greatest competition is here with Clyde and Julius and my teammates,” Bell said.

Koger said he has been among the top six in the country in pretty much every event in which he’s participated. He has big plans.

Koger said that if he makes it to the Olympics, it will mean that hard work pays off.

“I may not make it through every round but if I make it there, I’ll feel like I accomplished a whole bunch,” Kroger said.

The track and field team began practicing twice a day, every day of the week. They practiced once in the morning and again at 3 p.m.

Since Nov. 14, they have lessened their morning practices to twice a week but still practice every afternoon because the season is approaching.

The first track and field meet of the indoor season for the Lions is the Bob Timmons Challenge on Dec. 3 at the University of Kansas in Lawrence, Kan.