Upcoming Dates

High School Day
Nov. 11
8:30 a.m.-1 p.m.

Veteran’s Day Observance
Nov. 11
Noon
Flagpole by the Student Success Center

Omega Psi Phi — Omega Daycare Two
Nov. 11
11 a.m.-1 p.m.
Early Childhood Laboratory

SIFE Popcorn Sale
Nov. 11
11 a.m.-4 p.m.
Moore Hall

LU Women’s Basketball
Nov. 13
4 p.m.
C.F. Gayles Fieldhouse

Teams win challenge

The Black and Orange teams win the Honda Campus All-Star Challenge. The Black team took 1st place in the event Oct. 28 and the Orange team took 2nd. A total of eight teams competed. Four students among the teams will compete at the national Honda Campus All-Star Challenge in the spring, March 30-April 3, in Los Angeles, Calif. Students on the Orange team are (from left) Mary Jordan, Terry Phillips and Katlin Long. Students on the Black team are (from left) Terry Lewis II, Aalim Lankford and Angie Hendrick.

University gears for High School Day

By Ajia Harris
Contributing Writer

Every year Langston University presents High School Day. This year, High School Day is scheduled for Nov. 11 from 8:30 a.m. to 1 p.m.

Josita L. Baker, executive director of enrollment management, said High School Day is an opportunity for high school students throughout Oklahoma, and students in surrounding states to visit the campus, tour the campus and see what LU has to offer in terms of degrees and academic programs.

High School Day at Langston “has been going on for years,” Marilyn Smith said, admissions counselor/clerk who graduated from LU in 1970.

Students also get an opportunity to see the social side of Langston, such as the Greeks, Baker said.

Baker said High School Day gives students an opportunity to get perspectives of what type of students attend Langston University.

High School Day was originally prepared and held in the atrium, where tables were set up so visiting students could see each department, Baker said.

She said the High School Day committee this year includes faculty, students who are Ambassadors and volunteer students who are helping the Office of Admissions.

She said last year during High School Day, faculty thought they were not given an opportunity to showcase their areas.

Recently, faculty and students had several meetings to decide on a new way to conduct High School Day.

The committee decided that students will break up into groups and go to each department on campus.

While high school students are in each department, faculty members can talk to students for 15 minutes to showcase what they would like for the students to know, Baker said.

She said this method was done years ago at Langston, so they wanted to try it again this way.
Smoking has consequences, should be completely banned

Should smoking be banned not only from public places and work areas but from existence? If your answer to this question is "no," then consider that smoking is the leading cause of cancer in 11 spots of the body, from the throat to the bladder. In short, there is no safe tobacco product.

Specifically, of the more than 4,000 chemicals in tobacco smoke, at least 250 of them are harmful, including at least 60 that are linked to causing cancer. Smoking harms organs in the body and tears down a person’s overall health. Millions of Americans have health-related problems caused by smoking.

According to the National Cancer Institute, cigarette smoking causes an estimated 443,000 deaths each year and 49,400 deaths due to exposure to second-hand smoke. Second-hand smoking has two forms of smoke: side stream and mainstream smoke.

Side-stream smoke is the smoke that comes from the lighted end of a cigarette, pipe or cigar and mainstream smoke is exhaled by a smoker. Side-stream smoke has a higher concentration of cancer-causing agents than mainstream.

When non-smokers breathe in second-hand smoke, their body takes in nicotine and other toxic chemicals. The more smoke one is exposed to, the higher the level of harmful chemicals that are absorbed by the body. Thus, the only way to protect non-smokers from exposure is to prevent all smoking in indoor spaces or buildings, because ventilated buildings cannot keep non-smokers from being exposed.

Regarding the areas one should be most concerned about exposure to second-hand smoke, tobacco.org reports that the workplace, at home and in the car is of particular concern.

Second-hand smoke in work places increases the risk for heart disease and lung cancer among adult non-smokers. Second-hand smoke in households has been compared with direct exposure compounds that may be stirred up and inhaled with house dust or absorbed through the skin or accidently taken through the mouth.

Second-hand smoke in a car is especially harmful to children; their lungs are still developing and have a higher breathing rate than adults. Some state leaders have begun taking action by banning smoking in a car with a child.

To date, Arkansas, California, Maine, Louisiana and Oregon have enacted such laws. Smoking affects the health of not only the smoker but also the well-being of non-smokers, even if those who light up choose to ignore the negative, even deadly, effects of the cancer-causing habit. Perhaps government legislation is needed to protect non-smokers, if those who smoke will not actively seek to do so.

Rashawn Mance is a senior broadcast journalism major.

Retractions, corrections from Oct. 27 newspaper

In the story about housing arrangements on page 6, the student contributing writer did not speak with Christine Wales, Marc Flemon or Mike Harris. The student received the information through personal experiences.

In the story regarding new timesheets and procedures on page 6, compensation time is not the correct term. The correct term is compensatory time.

Some information was misinterpreted from the faculty meeting on Oct. 20. For clarification regarding the new time records and time sheets, contact Human Resources at 405-466-2985.

In the news feature about the Early Childhood Laboratory on page 7, the current total enrollment is 52 students.

Tanisha Wells, director of the Early Childhood Laboratory, said the student classes are divided into infants, 1-year-olds, 2-year-olds and pre-school children, ages 3 and 4. Currently the Lab has four infants, six 1-year-olds, 14 2-year-olds and 16 preschoolers.

Wells said the Lab also has 12 students who attend as an after-school program.

Wells said the Lab is licensed for as many as 60 students. The hours for the Lab are 7:30 a.m. to 5:30 p.m. for children of LU faculty and staff, and 8 a.m. to 5 p.m. for children of LU students.
LU-Tulsa celebrates National Food Day

Special from PR

Langston University-Tulsa celebrated National Food Day on Oct. 24 by providing education and exploration of Tulsa’s healthy-food options.

Food Day is a national food organization movement based in Washington, D.C., that was designed to provide citizens with resources to make healthier lifestyle choices.

The goal of the national movement and LU-Tulsa is to help empower everyone to make better choices with regard to their diet, exercise and environmental awareness.

LU-Tulsa’s observation of Food Day consisted of educational booths, food producers and local farmers that showcased their Oklahoma-grown produce and products.

There also were cooking demonstrations that helped give participants an idea of how to make healthy meal choices.

The event began at 2 p.m. and ended at 6 p.m.

More than 400 people attended.

OKC campus begins Orange and Blue College Days

Special from PR

Langston University-OKC kicked off the second annual tour of Oklahoma City churches Oct. 16.

Orange and Blue College Days allow LU-OKC campus promoters an opportunity to reach out to the community and encourage more citizens to get back into school.

Each church has been contacted in advance and members are asked to wear orange and blue to show their support of LU.

The church blitz was organized last year by LU alumni Penny Emory and Gertrude Harris. Harris also works for the LU-OKC campus.

“We started to do this church blitz to really go back to our roots, encourage the community,” Emory said.

“This gives people who are interested a chance to ask specific questions about the University or anything they might be concerned about, such as financial aid.”

One Sunday a month LU-OKC promoters visit at least five Oklahoma City metro area churches.

Each church has a table set up for the promoters after they make an announcement during church services. After services members can go directly to the tables to ask questions about any of Langston’s three campuses.

“We are always greeted with excitement; there are usually alumni in the house and they are always proud to represent their alma mater,” Emory said.

Emory said her passion to help people empower themselves through education stems from her love for LU.

A 1986 graduate, she considers Langston to be where she found her confidence, gained spiritual clarity and made life-long friends.

“I received my first job after graduation from relationships that I had built, while I was at Langston University,” Emory said.

“I am definitely going to always support the institution that gave me that.”
Man proudly displays school spirit, holds Langston close to his heart

By Jamie Reed
Contributing Writer

There is pride in his heart and uniqueness from head to toe, as he strolls across campus. Look out, Langstonites, a local celebrity is coming through. Here you will find a man happy to be surrounded by orange, blue and white. Hardin Dee Benjamin, “Butch” as most know him, can be seen with a smile and a bag full of compliments for everyone at Langston University.

Benjamin came to LU in fall 1961. The Ardmore native said he was originally interested in other HBCUs, but he ultimately decided to come to LU.

He had an uncle that graduated from Dear Langston in 1937, and he advised a young Hardin that LU was the best choice.

So Benjamin took the opportunity to come to an HBCU in his home state and majored in instrumental music.

With a passion for music, he envisioned himself as some of his favorite musicians and composers who went to all-black colleges as well.

Though he is no longer a student, Benjamin still plays with the Langston University Marching Pride Band.

He can be spotted at any home game loud and clear on the clarinet.

He was made an honorary member of Kappa Kappa Psi National Honorary Band Fraternity Inc. in 2004. Benjamin also is a member of the Quarter Century Club.

“I love jazz, and when I came to Langston, the band at that time played a lot of that,” Benjamin said. “I have met a number of jazz singers and musicians.”

Currently, Benjamin works in custodial services for LU. But when he is not working, he likes to spend as much time on campus as he can, he said.

He spends each day in the G. Lamar Harrison Library from 1 to 3 p.m. and eats in the cafeteria among the students.

He received the name “Butch” the day he was born.

At a theme park in California while on a vacation, he found his nickname on a sign with a definition that said, “Butch — bright and noble.” He said he identifies with the definition.

Benjamin is a traveler who has gone all across the country. He spent every summer in Hollywood from 1987 to 1993.

“When I was 7 years old in 1949, my family went to New York, Maryland, Arlington and Boston, and that’s what inspired me to travel,” Benjamin said.

Clarence Harkins Jr., systems coordinator for LU Libraries, said he first met Benjamin as a high school student in 1971. His sister, who at the time was a student at Langston, told him about how extraordinary Benjamin was.

“I didn’t appreciate Butch until I worked here at Langston,” Harkins said.

Harkins sometimes drives Benjamin to the bus station when he goes on trips, and he said that riding with him is a wonderful experience as well.

He said Benjamin has an excellent ear for music and it amazes him when he recognizes every song that is being played on the radio.

“He has the most extraordinary mind I’ve ever seen in my life,” Harkins said. “He reminds me of a savant, always a person of kindness and grace.”

Patrick Franks, public service assistant for the G. Lamar Harrison Library, has known Benjamin his whole life and has good memories of him.

“I remember when I was about 7 years old,” Franks said. “Butch had asked my parents if he could borrow my toy guns and holster. Butch at that time, depicted in a confident manner, a distinct smile on his face, he looked toward the ceiling and said he respects Benjamin.

“He’s such a knowledgeable man, and being around him is always an extraordinary experience,” Ellis said. “He plays at the games with us and even if he doesn’t know the music, he plays the chords.”

As Benjamin sat with his legs crossed and head raised in a confident manner, a distinct smile on his face, he looked toward the ceiling and said he would like to send a positive message to all of the students at LU.

“They should know that it pays to carry themselves in an appropriate manner because you never know who’s watching,” Benjamin said.

“It also pays to maintain courage, not to give up,” he said. “Discouragement doesn’t help or get you anywhere. You’re going to find all kinds of people anywhere: fools, and you’ll hear more about the negative than you will the opposite.”
LU Society of Professional Journalists present guest speaker M. Scott Carter

By Andrea Perry
Contributing Writer

Award-winning journalist and author M. Scott Carter will give a speech about the Freedom of Information Act and his work as a political reporter and author. He has expertise in marketing, public relations, communication and photography.

Carter also serves as state president of the Oklahoma Professional Chapter of the Society of Professional Journalists. Carter said he is excited about coming to Langston University to speak to those interested in attending, and he encourages all questions.

“Langston is a wonderful school and a gem for the state,” Carter said. “To say that I’m honored that your school and its students would want me to come and speak is an understatement.”

He now covers state legislature for the Capitol Bureau of Reporters and would like to share information about his career and the process of writing a book, to name a few.

Carter’s new book, a young-adult novel titled “Stealing Kevin’s Heart,” was published by Road Runner Press in October. “With regards to my book, so far it seems well received,” Carter said. “The book has generated several excellent reviews, including one from School Library Journal, the teen edition.”

“I’m excited. It feels like things are moving well. Of course it’s only been a month. But I’m a patient man and I’m happy to wait and see.”

M. Scott Carter

This is a free event open to all who are interested in journalism, writing, broadcast, politics, photography and other related fields.

HIGH SCHOOL
from page 1

“Ambassadors support High School Day,” Dasha Jordan said, sophomore biology major who is an Ambassador for Langston University. She is also a part of the committee for High School Day this year, and said this year Ambassadors will interact with high school students.

She said Greeks at Langston are what make High School Day interesting. Jordan said High School Day is important to her because she was once in high school, and has the need to share information that can benefit high school students in the future.

“I think High School Day is important because kids can interact about what classes to take in college,” Jordan said.

She also said students can learn how to obtain knowledge about college. A new feature to High School Day is that students will vote on which sorority or fraternity steps the best on the yard.

Baker said the fraternity or sorority may win a trophy or certificate.

She also said that Interim President Dr. Henry Ponder will give a closing speech at the end of the day’s events.

“We really want to be able to define ourselves; I think that is something very important that I’ve learned about Langston, being here for just a short time,” Baker said.

She said High School Day is an opportunity to engage high school counselors to let them know what Langston is about.

Baker said three students will be selected to speak to high school counselors who attend.

These students will talk about where they are from, their major, why they chose Langston and what their experience has been so far.

She said she hopes these selected students will disprove a stereotypical idea that many people have about LU.

She said she wants to show that Langston does have bright, articulate and diverse students.
Contributing Writer

By Aaronondo Green

During the month of October, Langston University students completed the midterm test-taking cycle and for some students, the thought of being tested caused some anxiety, said counselors at LU.

Test anxiety is defined as a situation-specific anxiety trait with emotionality and worry as its major components covered in the Diagnostic and Statistical Manual of Mental Disorders.

In the terminology of the manual, test anxiety is a specific phobia, situational type. The situation is test-taking.

Dr. Ladonna McCune has been a counselor and adjunct professor for 22 years; eight of those years she has served as a counselor at LU.

“Test anxiety affects people mentally, physically as well as emotionally,” McCune said.

She also said that although there are cases of test anxiety during midterms; most anxiety is seen during finals, but the indication of test stress is always present when students don’t hold themselves accountable.

“The best way to avoid test anxiety is to be prepared; don’t wait until the last minute to study,” McCune said.

McCune pointed out that students need to rest, eat properly, study and if needed, seek help from the Counseling Center.

She said students have to be aware that they are the first line of defense against test anxiety in their lives.

“Signs that you may be feeling the effects of test anxiety are headaches, nausea, muscle tension and even high blood pressure,” McCune said.

Wesley Richards, a sophomore business major, decided to access the resources provided by the Counseling Center.

“I am confident that I did well on all of my [midterm] exams, even biology and Western Civilization,” Richards said.

He said that studying and more studying was essential to his success but it was not the only essential thing.

“I had to get a lot of help with biology before the test,” he said. “It was not a joke, but now I know what I have to do to maintain.”

For that reason, Harvey Braggs, financial literacy counselor/adviser, said, “Most students are reluctant to seek out help, especially freshmen,” Braggs said. “They have a tendency to get caught up with their new-found freedom.”

Braggs, who has been teaching and advising students for many years, said, “The University is doing something different this year. By moving all freshmen to one location, curtailing some of their freedom and taking a stronger approach with their classroom attendance, faculty is getting a handle on poor academic performance as well as the anxiety that goes with it.

“In addition to all the new programs Langston has implemented, the one program that is changing the level of test anxiety is the Grades First program that allows faculty and advisers to see how the students are progressing,” Braggs said.

Deandre Broadway, a freshman undecided major, said he used to get stressed about tests and he would even become light-headed, aggressive and non-responsive.

When he realized the Counseling Center could help him deal with his stress associated with test taking, he began utilizing the program.

“It never occurred to me that I was going to have to tighten up my behavior,” Broadway said.

Since Broadway has received counseling, he said his anxiety levels have gone down and he now understands what needs to be done to receive the favorable outcomes he desires from his exams.

For more information about test anxiety and how to cope with it, contact the Counseling Center at 405-466-3400.

Counseling Center offers students assistance with test-taking anxiety

By Andrea Perry

Contributing Writer

Faculty in the School of Nursing and Health Professions at Langston University have been working toward a tobacco-free campus through a tobacco control and prevention program called Project STUN.

STUN stands for Stop Tobacco Use Now.

Project STUN is a community coalition based on LU’s campus, funded by a grant from the Oklahoma Tobacco Settlement Endowment Trust.

Shayla Spriggs, coalition member and LU instructor, said they are in the initiation phase of making LU a tobacco-free campus.

Project STUN members advocate for a tobacco-free community by handing out literature, working with children and families and planning events to inform and encourage good health habits.

In doing so, Project STUN has partnered with BACCHUS, an international college network, in honor of the American Cancer Society’s 36th Annual Great American Smokeout, to host an event from 9 a.m. to 1 p.m. Nov. 17 in the Student Success Center Seminar Room.

Project STUN members will give away prizes as well as hand out literature to inform students about the dangers of smoking.

Acting Coalition Liaison Lewis Robinson III said the event is a tool they use to promote Langston becoming a tobacco-free campus.

“Students will watch a 15-minute video presentation of previous tobacco users and how it affected them in their lives,” Robinson said.

It is important to members of the coalition to educate the community about the affects that tobacco use may have on one’s own life and the lives of others.

Project STUN Program Coordinator Ayesha Factory said, “It’s not about people’s right to smoke, but about the health of the three-fourths of people that don’t use it [tobacco].”

Project STUN has already been successful in implementing a 24/7 policy in Guthrie, Crescent and Coyle public schools, banning the use of tobacco on any of the premises and school vehicles.

Under the direction of Project STUN, SWAT (Students Working Against Tobacco) was created. Robinson also works as the SWAT coordinator.

“SWAT is a youth-led organization with youth from 6th grade to 12th grade,” Robinson said.

“And what we want with those kids is just to promote tobacco control, and for those children not to become the next smokers by exposing what tobacco does to your body and get them information that will empower themselves to make healthy choices.”

SWAT members will have an event called Butts Pickup Saturday from 10 a.m. to noon at Mineral Wells Park in Guthrie.

Robinson said the youth will pick up cigarette butts and count each one to record how many were collected.

Lunch will be served in conjunction with the community service project.

The students will then prepare a presentation for the Guthrie City Hall Park Board’s annual meeting, which is scheduled for 6:30 p.m. Nov. 17 at Guthrie City Hall.

Project STUN moves LU toward smoke-free campus

“— Ayesha Factory, Project STUN program coordinator

“It’s not about people’s right to smoke, but about the health of the three-fourths of people that don’t use it [tobacco].”

— Ayesha Factory, Project STUN program coordinator

“…”
By Darrell Strong
Contributing Writer

“Definitely to be humble and keep God first and understand the platform being the face of a university brings, and take pride in your position as quarterback.”

That was advice given to the next Langston University Lion quarterback from current quarterback Darrion Lewis.

Lewis has been the starting quarterback for the LU Lion football team for the past three years. He has been through the ups and downs of a college athlete, and he said he is looking forward to his last year of college football.

“It means a lot that this is my senior year and having a new coach we stand behind,” Lewis said.

His teammates not only stand behind their coach, but they look to their quarterback as a leader as well.

“We follow him,” said junior running back Carlos Ross.

Lewis has seen highs and lows in his career.

“When you win everybody loves you, but when you’re losing you have to take the blame,” Lewis said.

One of Lewis’ toughest moments came when he had to lead a drive of 80 yards in 37 seconds to win the game and he ended up throwing a game-winning touchdown.

That moment solidified him as a college quarterback.

Even though it is Lewis’ senior season, he said he doesn’t see any reason that he can’t achieve the goals he has yet to reach.

“I’m sticking to the plan,” Lewis said. “I still have every opportunity to complete my goals, which are to be Langston’s most winning quarterback and to become a national champion.”

Lewis’ football career almost didn’t happen. When he was younger, his mother didn’t want him to play, but his father thought otherwise. They eventually allowed him to play at the age of 7.

“My mom was scared to let me play,” Lewis said.

Lewis began playing quarterback in the 8th grade. He looks up to two NFL quarterbacks.

“From an athlete’s perspective, I look up to Michael Vick and from a complete quarterback standpoint, Aaron Rogers,” Lewis said.

Lewis also prides himself on being a student athlete, and working hard at both academics and his sport.

“Being a student and an athlete is demanding – you put time in the classroom and then you have to put double the time in the film room, but it’s worth every minute of it,” Lewis said.

Senior quarterback Darrion Lewis looks to throw the football to a teammate. Lewis played his final home game of his football career Nov. 5. The Lions defeated Texas College.

Senior quarterback Darrion Lewis prides himself on being a dedicated student, not just an athlete.
Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

```
5 9 1 6
7 4 3
3 6 1 4 8 7
4 1 6
6 9 7
3 5
8 9
7 6 1 5
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DIFFICULTY: ★★★★

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**Special Section**

**ENIGMA**

Enigma cryptograms are created from quotes and proverbs from around the world. Each letter stands for another letter. Hint: "X is "E".

"KPEHGBX FU SVX JFHUS PJ VEIGY REGZFSFXU NXKGEUX FS FU SVX REGZFSM DVFKV BEHGYSXXU GZZ SVX PSVXHU."

Previous Solution: "Experience is not what happens to you; it is what you do with what happens to you." — Aldous Huxley

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Answer in next issue Dec. 1

**Question of the Week**

What are you doing to prepare for your finals?

“I plan on getting in the library and studying.”

Marcus Hill, junior business management major

“I plan to take less shifts at work and rigorously adapt to all elements beneficial for me to obtain high grades.”

Darion Taylor, junior English education major

“To prepare for finals I am getting good sleep, studying hard and praying to God to guide me.”

Nanci M. Cooper, junior corrections major

“To prepare for finals I am putting in countless hours to study, read, review and equip myself with the knowledge needed to pass all of my finals.”

Anthony Crawford Jr., senior English education major

“I plan to go to sleep at night and study more.”

Tyiesha Moses, freshman criminal justice major

Compiled By
Sherrard Curry