



TEACHER WALKOUT

SEE PAGE 4

the Gazette

The *Gazette* is produced within the Department of Communication at Langston University.

It serves as a teaching tool.

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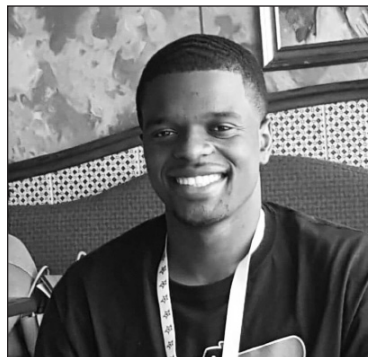
Playing video games strengthens the brain

Your brain is the strongest and most important weapon at your disposal. If you want to maintain and develop this muscle, a great way to achieve this is playing video games.

Over the years, video games have gotten a bad reputation in American society. Many people say that video games rot your brain. Others say video games negatively influence the behavior of children. These are common stereotypes that paint video games in a negative light. I hope this article will persuade you to think that video games can strengthen life's greatest gift to humanity.

I would like to highlight some scientific facts concerning the value of video games. According to the Huffington Post website, a study conducted by German researchers showed that people who played video games developed an increase in their brain size.

Using a Magnetic Resonance Imaging machine, they found that people who played games developed an increase in gray



Morris

matter in the right hippocampus, right prefrontal cortex and the cerebellum. These areas of the brain are responsible for spatial navigation, memory formation, strategic planning and motor skills.

Studies have also shown that gamers tend to have better hand-eye coordination as well. So, when people tell you that playing video games rots your brain, tell them to do some research or just refer them to this article.

Another benefit to playing video games is that they have been proven to help children

who have dyslexia and learning difficulties. According to the British Broadcast Corporation website, a study on 10-year-olds who played video games for 12 hours saw an improvement in their reading speed. Video games also allow children to increase their attention spans, which helps in battling dyslexia.

Video games can also help kids learn. Certain games, such as "Assassins Creed," have historical figures and landmarks. So, by immersing themselves in a video game, kids can learn historic facts and come to appreciate history.

According to the Mental-floss website, parents who have maps, books and other resources connected to games have reported that their children become more interested in learning. They provide a fun and creative way for children to learn as opposed to traditional methods. So, instead of putting your child to sleep with an outdated lecture, pick up a video game for them. You can thank me later.

Stress is a very serious issue that impacts people on a daily basis. Stress is very unhealthy and people try out several methods to combat it. Unfortunately, a lot of these methods tend to be unhealthy, such as drinking, smoking and medication. A better way to deal with this problem is, you guessed it, playing video games.

Studies have shown that people who play video games tend to deal with long-term stress better than non-gamers. The reason is because video games give people a release from the daily stresses of life.

Naysayers are quick to say that violent video games lead to violent behavior. As someone who has played several violent games throughout his life, I can attest that this is a faulty assumption.

People who are terrible parents are quick to blame something else to deflect from their poor parenting skills, and video games happen to be a scape-

see **VIDEO GAMES**, page 6

Alumni Connection

L'S up high to Tamara Johnson and the Atlanta alumni chapter.

The chapter brought 14 students to the Langston University Spring High School Day on March 28. All 14 students have committed to attending Langston University this fall.

The students said they enjoyed the visit and look forward to returning in August. Johnson said this is the fourth cohort of freshmen students the chapter has sent to the university and the chapter will continue recruiting students.

The Oklahoma City chapter held its monthly meeting March 10. Dr. Melvin Randle, Langston University National Alumni Association president, greeted the chapter.

Randle was in Oklahoma City for the LUNAA executive board meeting and expressed appreci-

ation for all of the support he is receiving from alumni.

Alumni Spotlight!

In 2008, Tiffany Lenox opened the Body Wrap Spalon, introducing Oklahoma City to the state's exclusive holistic weight loss spa to offer the first inch-loss mineral Body wrap of its kind. The spalon has remained the largest wellness body wrap spa in the region.

Lenox is a 2001 LU graduate with a bachelor's in organizational management, and she is a member of Delta Sigma Theta Sorority Inc.

She has been a licensed esthetician and skincare specialist for 12 years. Aside from owning the spalon, Lenox is active in treatments and performs and trains each team member with "The Spalon System" from corrective skincare to wellness services and programs.

She is genuinely passionate about the services offered at the spalon and has received certifications to train and mentor her spalon team and others in the industry, excelling each team member into leaders.

Lenox continues to elevate her career in the spa industry by becoming a wellness coach so she may assist in helping change the lives of those around her.

Her industry knowledge includes being an advocate in continuing education, having certification as a Global Corrective Skin specialist under Pamela Springer of Global Skin and being a graduate of InSPArition Management & Leap Ahead.

Lenox's dedication to research and continuing education will keep the Body Wrap Spalon above the trends in the spa wellness industry.

She continues to be innovative by adding new technology and advanced services to the spalon. In 2013, she expanded the location to accommodate for the increase in demand and services offered.

Lenox also engages in her community. She holds a seat in the Black Chamber of Commerce, participating on advisory committees at Francis Tuttle and Central State Beauty College, has been a guest presenter on more than one occasion to the university's freshman honors colloquium I & II classes, and has proudly served as an adjunct professor at Metro Technology Center.

Like so many LU graduates, Lenox said she is a proud Langston alumna and is grateful for the education and life's lessons that she gained from attending Dear Langston.

Second-Year Experience

Langston hosts special party for first-year freshmen

By Kimberly Thompson
Editor

Langston University has a new approach for helping freshmen.

LU hosted its first Second Year-Experience event April 4, that targeted all first-year freshmen. At this event, they offered door prizes, games, booths and pizza.

The purpose of Second-Year Experience is to connect with freshmen before they leave at the end of their first year in college.

"This is an initiative of the retention committee," said

"The Second-Year Experience is important because it gives students the opportunity to prepare for the next year."

— Joreal Eady,
freshman public health major

Anthony Hill, professor of mathematics and member of the committee. "What we have found is that research has shown that you need to connect students... part of the retention effects is getting them to make a connection before

they leave at the end of freshman year."

This event allows the students to connect to their academic majors and departments.

Booths from each academic department on campus were

set up so the freshmen could visit them and get to know what each one offers.

This is just one way to encourage them to come back the following academic year.

"The Second-Year Experience is important because it gives students the opportunity to prepare for the next year," said Joreal Eady, freshman public health major who attended the event.

Hill said that retention rates are primarily made up of freshmen and sophomores – the rates depend on whether or not they come back to school each year.

One of the requirements of Second-Year Experience was to get students to visit at least three different academic booths. Then, when they found interest in a particular major, that area could encourage them to return next year.

"I gained a sense of pride in my school because it put me in the mindset of the need to strive for excellence so I could finish strong at Dear Langston," Eady said.

Hill said research has shown that if students get through their first two years of college, they are more likely to stay and graduate.

High winds destroy historic church

By Joshua Minger and
Taylor Ross
Contributing Writers

The Annie Laurie Coleman Chapel, the first building used by Langston University, collapsed March 5 because of heavy winds at more than 50 mph.

According to the Langston University website, the university was opened on a budget of \$5,000 on Sept. 3, 1898, and the church was the first building used for classes.

A replica was later rebuilt, funded by the late chaplain emeritus Dr. John Coleman in honor of his wife. The chapel is the most historic building that Langston University has.

Though students on campus today have never seen the inside of the chapel, seeing the roof caved in had an impact on many.

Chelsey Gipson, senior biology major, said when she saw the roof, all she could think was, "Wow, Langston's history is messed up."

It's a classic tale of you don't really know what you have until it's gone.

"I didn't even know if I could go into the chapel," said Deirdra Marsh, junior health,

physical education and recreation major. "I wish I could. I have cousins that went here and said that they used to have classes in there. When the chapel is fixed, I will try to go see what is actually inside of there."

Another student, Fallyn Spivey, offered some ideas of how LU could have utilized the building.

"They should have preserved the church or made it into a museum, so when people visit they could know how Langston University came about," said Spivey, senior psychology major. "I also feel like they could have fixed it up so Mr. (Eric) Harris could hold church, or just simply a chapel for people to pray."

The building was scheduled for the roof to be rebuilt over the summer of 2018 before it caved in, but now the whole building will be reconstructed.

"It's a very historical building on the campus of Langston University," said Lauren Corbitt, alumna and administrative specialist in athletics. "It holds a lot of history on the the beginning of the university and represents how we started."

Plans of rebuilding the cha-



Photo by Kimberly Thompson

Winds at over 50 mph destroy the Annie Laurie Coleman Chapel. The prominent white church was a replica of the first building Langston University used to hold classes. After the roof caved in, LU tore the building down completely and is in the process of reconstructing a new one to replace it.

pel have been looked into, according to an email announcement from President Kent Smith Jr., but administration is awaiting insurance claims to be processed.

"I find it devastating that the building was knocked down," said Deshauna Toombs, sophomore HPER major. "It really was something that people

could look at and know it was here since the beginning, something that came before all of us. It was the beginning of all of this that came before that has now become the campus of Langston University."

The building has been under construction for the past month, but no completion date has been released to the pub-

lic. Students drive by anxious for the return of the building they have never been inside to see where LU started.

"Honestly, I think students should have been allowed to go to the chapel. I really hope that it can be added to the campus tours for incoming freshmen [to see]," Toombs said.

Oklahoma teachers finally walk out

By Kimberly Thompson
Editor

Oklahoma public school educators rallied for an overdue salary increase and more funding for their school districts as they participated in a walkout that lasted at least a week, April 2-6.

In total, 48 Oklahoma school districts closed for the walkout, including Oklahoma City Public Schools, Norman Public Schools, Edmond Public Schools and Tulsa Public Schools.

Teachers, for many years now, have been asking, practically begging, the legislature to approve a statewide teacher pay rate increase as well as more funding for basic classroom materials and textbooks.

This has been difficult to produce, though, because of many budget cuts education has endured. With education making up almost half of the state's appropriated budget, it's getting the most cuts.

"Oklahoma has been the bottom of education funding for far too long," said Delphia Hughes, math teacher at Douglass Mid-High School in Oklahoma City. "Teachers have lost jobs due to budget cuts. Some have moved to make more money to take care of their families. Some have just gone to different professions. I have used my own money to buy supplies for my classroom."

According to the Indeed website, the average Oklahoma City Public School salary ranges from about \$32,000 per year for new teachers to about \$132,900 per year for chief financial officers.

The average Oklahoma City Public School hourly pay ranges from \$13 per hour for substitute teachers to about \$35 per hour for elementary school teachers.

"I taught for a year and a half in 2012 to 2014," said April Holloway-Nelms, former English teacher at Douglass Mid-High School.

"The issues I was faced with then are still prevalent today. The issues of minimal resources, supplies, updated technology and books, and the scarcity of funding for programs and

activities and the lack of parental and community support are all issues that still exist," Holloway-Nelms said.

According to the CNBC website, Oklahoma is one of the lowest paying states in the country for teacher salary. In Oklahoma, the average annual income for a high school teacher is \$42,460. Many make much less, though.

In fact, most teachers aren't making enough money to cover their bills, which means many of them work additional jobs to make ends meet. According to a CNN article, Shontee Branton, a teacher at Epperly Heights Elementary, only makes about \$36,000 per year but has been teaching for nine years. She has a bachelor's and master's degree. But, she supplements her income by tutoring, teaching summer school and working at Macy's in the mall several days a week.

According to an interview with KOCO TV reporters, fifth-grade teacher Jay Thomas from Newcastle even elects to sell his plasma to earn extra money. Thomas said he has donated plasma over 100 times, and, he said, he has the scars to prove it.

Other teachers have even picked up their lives in Oklahoma and moved across state lines to earn better pay.

Delyyna Kelley, a former Oklahoma high school teacher, realized what other states paid and decided to move to Arkansas and continue teaching for more than she was getting paid in Oklahoma.

"We have a passion for our students and their futures," Kelley said, "but we also have to survive."

Teachers not only have to provide for their own families, but they also provide for their classrooms as well. Many are outraged with the lack of monetary support from the legislature, which sparked the walkout.

"Funding for public education should not be historic. It should be normal," said Alicia Priest, president of the Oklahoma Education Association, during a speech she gave at the capitol.

Gov. Mary Fallin's response

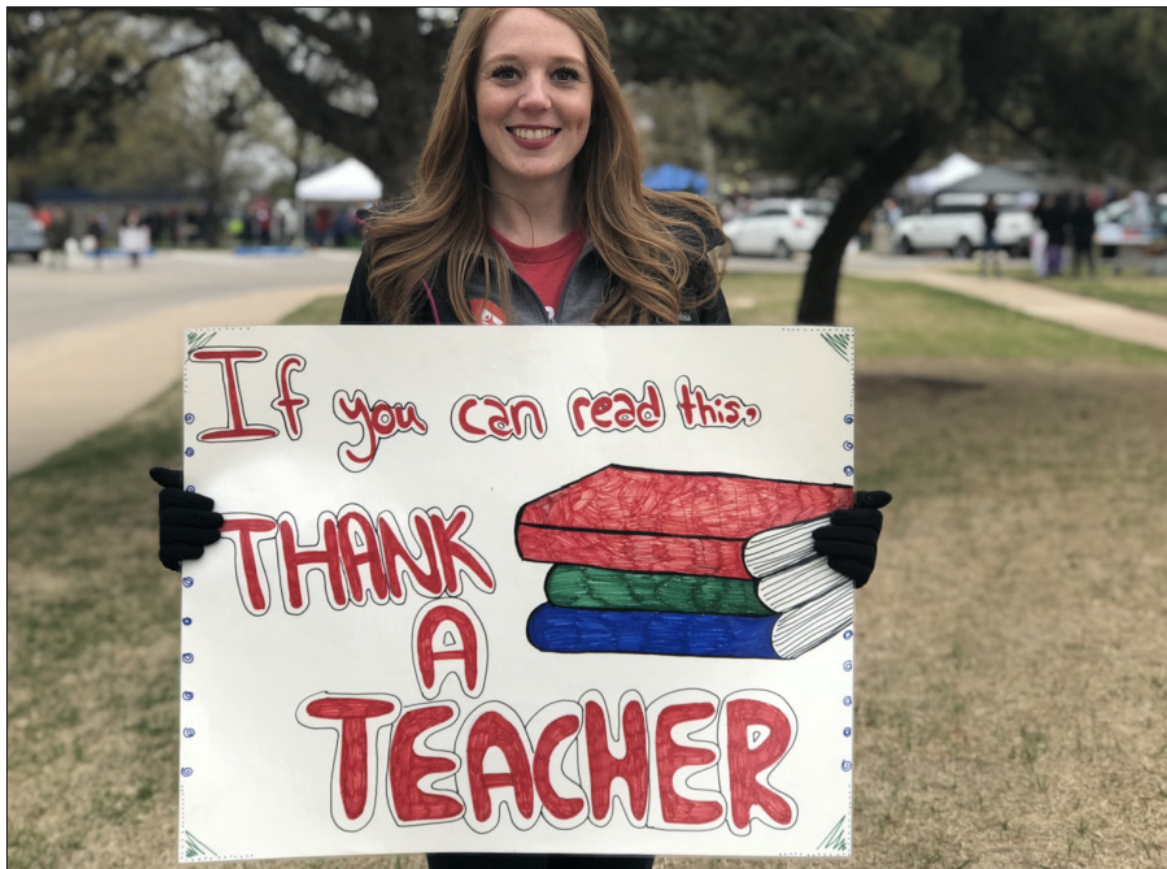


Photo from CNN.com

Above:

Jessica Jerneagan, a fifth grade teacher at Bixby North Intermediate school, holds her protest sign during the teacher walkout at the Oklahoma Capitol.

to the walkout has stirred up controversy in the state.

"I appreciate teachers coming to the capitol today to talk with their elected officials," Fallin said in a statement. "During the past three years, I have called for an increase in teacher salaries. I was very proud to join with leaders of both parties to sign the largest teacher pay increase in Oklahoma's history. This legislation will provide an average teacher pay raise of \$6,000 to our teachers. That is a 16 percent average pay increase for teachers."

Fallin continued, "An additional \$50 million was allocated for the state aid funding formula and textbooks. In total, this represents a 19.74 percent increase in the appropriations for public schools."

"Just like Oklahoma families, we are only able to do what our budget allows. Significant revenue-raising measures were approved to make this pay raise and additional school funding



Photo Courtesy of Delphia Hughes

Delphia Hughes, a teacher at Douglass Mid-High School, holds a sign she made for the teacher walkout.

possible. We must be responsible not to neglect other areas of need in the state such as corrections and health and human services as we continue to consider additional education funding measures. I look forward to continuing to talk with legislative leaders and teachers as we forge a positive pathway forward for education."

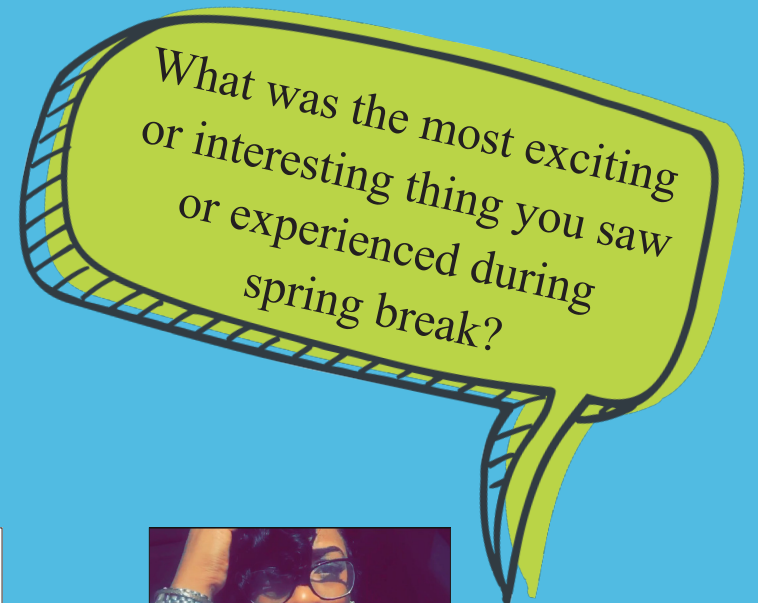
However, many educators are disappointed in Fallin's re-

sponse.

"[Fallin] wants her supporters to believe teachers are greedy and [that] she has given the teachers an adequate amount of funding," Hughes said. "Not true. Ever since she has been in office she has continually promised teachers raises and nothing has ever happened. All that has ever

see **WALKOUTS**, page 7

Campus Question



Deandria Thomas – Junior
HPER Major

"The most interesting thing that happened to me during spring break was going to Padre and seeing artists and hundreds of people."



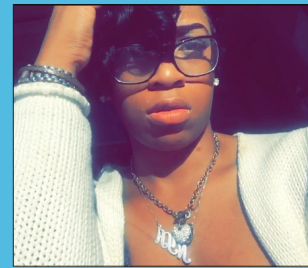
Demonta Felix – Junior
HPER Major

"The most interesting thing I did for spring break was visit family that I haven't seen in awhile. I also got to explore Oklahoma City more!"



Kaylyn Dickerson – Senior
Corrections Major

"The most interesting thing I did for spring break was just chill with my girlfriend and go to new places around OKC where we haven't been before."



Nya Fowler – Sophomore
Nursing Major

"One interesting thing I did during my spring break was go back home to Los Angeles and visit family."

LU students create new TV program

By Ronald Diaz
Contributing Writer

The culture is starting to rise again.

Not long after Black History Month ended, a group of African-American students kick-started "Culture Clique," a student-run and student-organized production company that focuses on media, news and entertainment.

Led by junior sociology major and broadcast journalism minor Jeremiah Carthron, "Culture Clique's" goal is to bring media and television back to Langston University. Carthron said he got the idea for the show from an older Langston newscast, "Stay Tuned."

"I just kind of wanted to merge it with something more relevant to current times because we are such a technologically driven generation..." he said.

The sky is high for "Culture Clique." Carthron said he has multiple projects in the works.

"It's a TV show. We also have a reality show and, eventually,



we will start hosting events on campus and creating podcasts," Carthron said.

Carthron's only concern is to be able to communicate and connect with his peers on a grander scale.

"It's a production company; it is designed to raise awareness here at Langston University and help entertain us because our campus can be really dry," he said.

Carthron said "Culture Clique" is always accepting applications. To apply, submit a brief summary of your interest in

the 'Culture Clique' family and include your school and work schedule, a headshot and a brief description of yourself. Send this information to culturecliquepd@gmail.com.

Students already think that "Culture Clique" will be a huge success at LU because of its appeal to young African-American adults.

Sophomore business management major Thomas Morrison could have taken the words straight from president and director Carthron's mouth by repeating the same sentiments.

"It is something different. I feel like we need a bit of entertainment because our campus has been a little dry," Morrison said.

Morrison also said he thinks "Culture Clique" will be a great way to bring the fun and excitement out of LU.

"'Culture Clique' can really express the joy in our culture and what it means to us," Morrison said.

"Culture Clique" offers many opportunities to students, including acting, producing, modeling, anchoring or writing.

"I feel like everybody can have a position, even if you like to be in the background," Morrison said.

When it comes to establishing a career in the entertainment field, Morrison is confident that "Culture Clique" will help him and his peers get there.

"Culture Clique" has not only caught the eyes of other students, but has also caught the eyes of the professors and faculty at LU.

Agricultural Research Communication Specialist Courtney Brown is excited to see what Car-

thron and his "Culture Clique" team can bring to LU while recognizing the need for an interconnected community.

"I think it is awesome; it's forward thinking just to provide students with information so quickly," she said.

She also said "Culture Clique" can inspire students to get more involved in events that happen on campus.

"Hopefully, people will want to get involved with the activities that are going on here at Langston University," she said.

Carthron and his "Culture Clique" team are ready to take on the challenge and are ecstatic to bring entertainment and TV back to LU.

"We expect to bring originality and we expect to bring realness," Carthron said.

And, he is more than ready to ignite the "Culture Clique" flame within anyone who will follow his lead.

"We want diversity. We want opportunities. And, we are here to help anybody who needs it," Carthron said.

Student develops 'Snacklife TV'

By Micah Garden
Contributing Writer

"Snacklife TV" is a name that has risen to fame around campus and beyond.

G'ahri Gassaway, junior broadcast journalism major, also known as Snacklife by fans, described "Snacklife TV," which is a YouTube channel, as a collection of works from individuals who do various things in terms of comedy, music and modeling. Music is one of the starting pillars that Gassaway incorporated into "Snacklife TV." He was inspired by his favorite artist, Curren\$y, who has released two comedy mixtapes in the last year.

"Snacklife TV" originated from a group of funny people coming together to help each other progress. Gassaway said "Snacklife TV" includes a lifestyle with the motto of living truth, working on one's art and staying ahead of the curve.

"It's a fun experience being around them because we are family at the end of the day," said Clifton Thurman, member of "Snacklife TV" and junior economics major. Thurman is also known as Mike. "We just want to have fun and make people laugh," Thurman said.

Gassaway described "Snacklife TV" as a continuation of his brand.

"We are connected because they noticed that my brand is a strong one, and the way I can connect to a key audience is a very smooth transition of promotion," Gassaway said.

Also, "Snacklife TV" has started to collaborate with "Culture Clique," a new TV program in the Langston University communication department. Through this partnership, Gassaway has become a skit writer for "Culture Clique."

This type of collaboration is not a foreign concept. It is akin to a feature of one rapper on another rapper's album. Both "Snacklife TV" and "Culture Clique" plan to merge their fan bases so both parties have a growth in followers.

"Snacklife TV" traces its fame to the first viral video the group produced, which was a "Law and Order" parody. The plan for "Snacklife TV's" brand is to expand outward until it's worldwide.



G'ahri "Snacklife" Gassaway

Men on campus support their female counterparts

By Kidan Hull
Staff Writer

Black women remain a topic of conversation on social media, and black males have something to say.

Some of the many stereotypes that African-American women constantly hear include "the angry black woman" or "the ratchet and ghetto girl." So, how do black men really feel about black women?

"I think without black women we wouldn't have the intelligence that we have or be who we are without them," said Keoantae Boyles, freshman broadcast journalism major.

Another student, Corey Myers, thinks black women are more caring and have a stronger connection to African-American males.

"I think black women are all beautiful, smart and inspiring, and they do so much for us black men..."

— John Johnson,
junior HPER major

"I feel like black women understand black men more than anyone else, and we receive the most support from black women," said Myers, senior health, physical education and recreation major.

Myers also said that he thinks African-American males connect with black women because they come from the same background and culture, and they grow up around one another.

According to the Black Demographics website, 85 percent

of black men were married to black women in 2017.

"I think that black women are all beautiful, smart and inspiring, and they do so much for us black men, which makes me as a black man appreciate them in so many ways," said John Johnson, junior HPER major.

Johnson added that he thinks black women do not get the acknowledgement they deserve, and, he said, they should always be treated like the queens they are.

VIDEO GAMES

from page 2

goat. Researchers say more work needs to be done, but studies have shown that there is no direct link to violent behavior and violent video games. With that in mind, the next time you have a hard day at work, don't pick up that cigar or chug a 12 pack of beer. Instead, pick up a controller and play the stress away.

Among the many benefits of playing video games, one benefit stood out to me in particular. Researchers have suggested that video games may help slow down the aging process. According to the Gamedesigning website, a study conducted at the University of Iowa showed that 10 hours of playing games is enough to slow the decline by multiple years.

Other stories have indicated that video games can also help diseases, such as Alzheimer's and dementia. The logic behind this is because video games help work out your brain, similar to reading. Games require you to make quick decisions and come up with clever strategies to solve problems. The brain is a muscle, just like the other muscles in your body. The more you work your brain, the stronger it becomes.

Video games offer a mountain of benefits. The jury is out. Your brain is the strongest and most important weapon at your disposal. It is your duty as a human to use it to its utmost potential. No more excuses. Live life, love, laugh and play more video games.

Jadason Morris is a junior broadcast journalism major.

Students react to gun control politics

By Malcolm Quattlebaum
Staff Writer

More than 200,000 people crowded the narrow streets of Washington D.C. on March 24. Their mission was to influence policymakers to enforce stricter gun laws.

The march was motivated by the shooting at Stoneman Douglas High School in Florida in February.

According to the official March for Our Lives website, "March for Our Lives is created by, inspired by and led by students of all ethnicities, religions and sexualities across the country. We will no longer sit and wait for someone else to take action to stop the epidemic of mass shootings."

Gun violence is a hot topic on

"As long as citizens hold the right to bear arms, harsher laws or not, we will always be at risk of possible mass shootings occurring around the country..."

— Ron Diaz,
sophomore broadcast journalism major

Capitol Hill, and a few Langston University students voiced their opinions about it.

"I definitely believe the gun laws we have now need to be stricter," said sophomore business management major Dasia Runnels. "Everyone can see that America has a murder problem, and the root of this problem is weak gun regulations. It makes no sense that hundreds of innocent people

have been murdered in mass shootings and there still is virtually no change."

According to a CNN article by Kara Fox, Americans own the most guns per person in the world, and about four in 10 people say they either own a gun or live in a home with guns, according to a 2017 Pew Center study. Also, 48 percent of Americans said they grew up in a house with guns.



The United States make up less than 5 percent of the world population, but hold 31 percent of global mass shooters.

"This topic is near to my heart," Runnels said, "because I am from Colorado and have witnessed two mass shootings destroy lives and families in my state."

Although, one could speculate that the current guns laws play a minimal role in the

problem, and American people and their sometimes-poisoned minds are, in fact, the real issue.

"As long as citizens hold the right to bear arms, harsher laws or not, we will always be at risk of possible mass shootings occurring around the country, whether it be a student or a person of professionalism," said Ron Diaz, sophomore broadcast journalism major.

New findings on vaping raise red flags

Special from Oklahoma
Medical Research Foundation

For years, vaping has been touted as a safer alternative to cigarettes, but "safer" doesn't mean "safe."

Yes, vapor from electronic cigarettes doesn't have the tar, carbon dioxide or other tobacco products in it, said Oklahoma Medical Research Foundation immunologist Eliza Chakravarty, M.D. But data and studies increasingly point to the dangers of e-cigs.

People who vape might be exposing themselves to several of the same cancer-causing chemicals present in traditional cigarette smoking, according to a new research study from the University of California, San Francisco. The researchers analyzed urine samples from teens who used e-cigarettes and found a host of dangerous and potentially cancer-causing compounds.

"The chemicals they found sound like an organic chemist's nightmare," said Chakravarty.

Because of the lack of regulations for e-cigs, the chemicals aren't listed on the ingredients; they simply fall under the umbrella of "flavoring." But that generic term masks the presence of carcinogens such as acrylonitrile



and propylene oxide and acrolein, which is toxic and a strong irritant for the skin, eyes and nasal passages.

"The takeaway message is: this is not water vapor, it is chemical vapor," she said. "It is absolutely not a safe habit to pick up out of the blue."

Although the devices can help long-time smokers of traditional cigarettes lower nicotine levels and kick the habit, "the big concern is that it is incredibly alluring to teens, and even middle schoolers," said Chakravarty.

The National Institute on Drug Abuse reports that teens are now more likely to vape than to smoke cigarettes. According to the Institute, 9.5 percent of eighth graders, 14 percent of 10th graders and 16 percent of high school seniors have used e-cigarettes within the past month.

"What makes it so enticing for teens and tweens is not only that the 'cool factor' of smoking is very high, but it's also technology, which is exciting and compelling," Chakravarty said. "E-cigarettes are also very easy to acquire."

Another big driver is the mistaken belief that vaping is harmless. "Teens feel invincible," Chakravarty said. "But with all the chemicals being inhaled, we just don't know what the long-term health effects will be."

For the OMRF researcher, vaping conjures memories of another supposedly healthy innovation in smoking.

"It reminds me of when they added filters to cigarettes, and people started smoking more because it was perceived as safer," said Chakravarty. "We know how that turned out."

WALKOUTS

from page 4

happened has been continuous cuts to education funding year after year after year. If it had not been for the small amount of pressure, nothing would have changed. I think they should take matters seriously and have a sustainable fix instead of a temporary fix."

This walkout didn't just affect educators; it is affected students as well, including high school senior Shatoni Milton, who attends Douglass Mid-High School.

"As a high school student, I feel the walkout is much needed," Milton said. "The walkout is important to me because it affects my education and future children's education. The outcome I'm looking for after the walkout is for better teachers and for our teachers not to struggle financially."

Like Milton, many other students strongly support their teachers as well.

"I think it's unfair for the teachers because they make such low pay and have to deal with kids all day," said Joshua Ledbetter, junior at South Moore High School.

Teachers are finally standing up for what truly matters. Holloway-Nelms agrees with the walkout and thinks it was overdue. She said she is proud that the teachers are taking a stance and making their voices heard. Helms also offered a long-term solution to the problem.

"My solution would take years to implement," she said. "Before finding a solution, the problem must be addressed. The problem is that Americans do not value the profession. Parents, children, politicians and society in general do not value teachers as professionals. America would have to redefine the role of a teacher and give more respect, credibility and value to the position."

Tallorial Bonds contributed to this article.

Note: This issue went to press before the end of the teacher walkouts, so there was no way of knowing if they would continue beyond April 6. We only provided information that was available up until that point.

Intramural basketball returns to LU

By **Jadason Morris**
Staff Writer

Resident Director for the Office of Residential Life and Housing Services Eric Harris Sr. re-established intramural basketball for Langston University students.

The league consists of eight teams comprised of current and former basketball players, along with other students to ensure proper balance. Teams are also required to include at least one female athlete as a member.

Games are played Mondays, Wednesdays and Fridays at 6, 7, 8 and 9 p.m. in the multipurpose gym. Admission is free to all students and faculty.

Harris said that LU did intramural sports during his time as a Lion, and he explained the impact the league had on the university.

"Back in the late '80s, early '90s, we had a league, the intramural league, for every sport there was," Harris said, "softball, football and basketball, and it was a big thing. It kept the student-body live. It gave everybody something to look forward to, to show school spirit, team spirit. It kept down animosity. It kept down fights."

Initially, Harris went to Acting Director of Residential Life and Housing Services Ricky Jenkins to pitch the idea to bring intramural sports back. Jenkins supported the idea, which led to a draft and ordering T-shirts.



Photos by **Jadason Morris**

Above & Right: Teams compete in the new intramural basketball league.

ported the idea, which led to a draft and ordering T-shirts.

Junior supply chain management major Edward Bullock is a member of the league and spoke about his experience and the impact it has made on him.

"My experience in the league has been quite a great one," Bullock said. "Pastor Harris has made it seem like an actual league. It helps build team-building skills and it gives people a chance to be a part of a team, and it's fun for everybody."

The playoffs began April 6, and

the teams are looking to clean up their mistakes and round into form. All teams are participating in the playoffs.

Junior business administration major and league member Baldwin Hamilton discussed the improvements his team needs to make heading into the postseason.

"The best improvement we can make is on the offensive end," Hamilton said, "getting consistent buckets every single play because our defense is lock-up."



Powder puff football battles begin

By **Victoria Garnes**
Staff Writer

Sugar, spice and everything nice might be the perfect ingredients to make the perfect little girls, but attitude, class and a little bit of sass make out the perfect powder puff player.

Langston University Student Activities Board has put together a powder puff flag football tournament.

Powder puff football is a chance for females to play football, except there is no tackling involved, and they do not have to wear equipment – the only thing they have to do is retrieve flags. There are a total of four teams comprised of at least 14 players.

Team 4th Quarter Gang and

team Melanin Mafia faced each other March 29. The game went into double overtime, giving both teams an advantage.

Stress began to rise as one of the 4th Quarter Gang's players got hurt running the ball into the endzone, leaving the team to make a critical decision, which was to play or take a forfeit. However, if they did forfeit the game, Melanin Mafia would take the win.

4th Quarter Gang made the decision to play, but in the end Melanin Mafia took won, scoring a touchdown on the 2nd down by the team's quarterback.

Dominick Foy, senior health, physical education and recreation major, is the head coach for Melanin Mafia.

"Like I said before, we gonna win. And, what happened? We won," Foy said. "I didn't make it up, but, I will say the other team was good..."

Desjanay Banks-Hill, junior early childhood education major, who is the manager of the winning team, made sure she played music for both teams to get them hyped up throughout the game.

"Both of these coaches have turned these girls into some real athletes," Banks-Hill said. "Both teams did a good job, and you can tell they all worked really hard. But, of course, I want to see my team go into the championship."

All games are played on the grass field behind the football stadium.

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