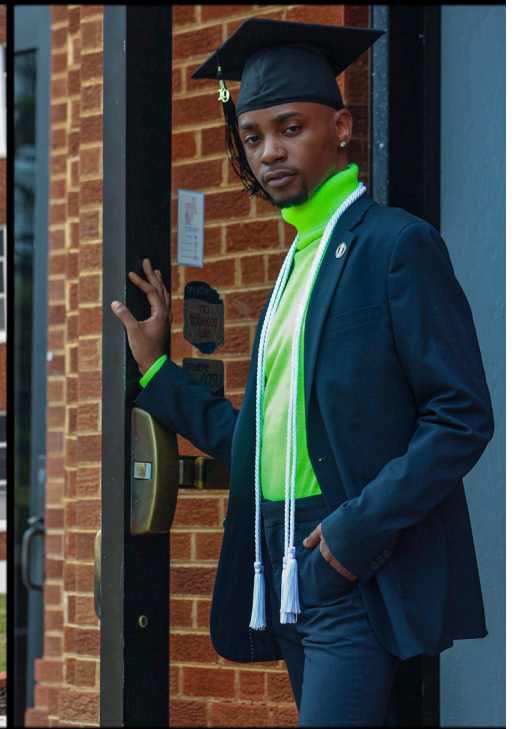


# the Gazette

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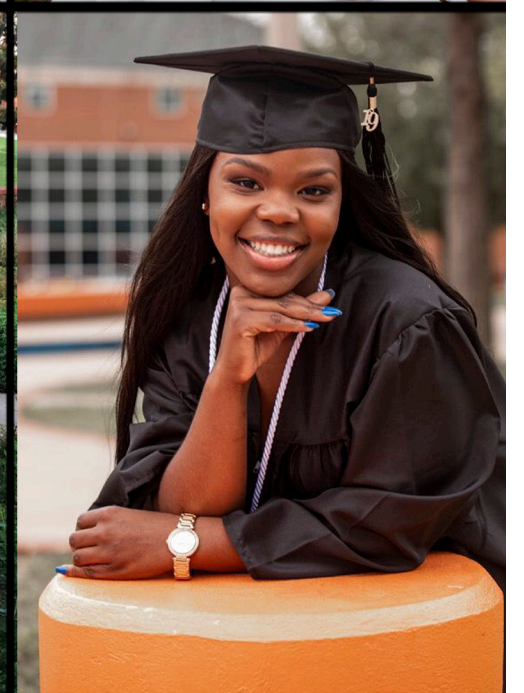
STUDENT VOICE OF LANGSTON UNIVERSITY

TUESDAY, APRIL 30, 2019



## Langston University CLASS OF 2019

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## the Gazette

The *Gazette* is produced within the Department of Communication at Langston University. It serves as a teaching tool.

The newspaper is published biweekly and is dispersed across campus every other Tuesday, except during examinations, holidays and extended school breaks.

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# Student encourages support of black-owned businesses

Black people spend more money on white businesses instead of supporting their own.

I feel like for many years it has always been about appearance in the black community. Fashion and cars are what black people spend most of their money on. They are less likely to invest in a house, life insurance and school.

According to the Bureau of Labor Statistics, black or African-American businesses are second to last for business management, while Hispanic and Latino are in last place.

This issue is important because I think the black community would excel in business more if we bought more of our own products. Many people predict that black people will be the majority soon and white people will become a part of the minority. If you are part of the black community, this should affect you the most.

The reason I say this is because it will affect generations



Ealom

to come, and it will just become a cycle.

Black people are known to be the biggest consumers in the fashion industry, but their businesses are the least likely to excel in every category because they won't support one another. Instead, they will spend their last dollar on a white-owned business.

Name brand is a big deal in the black community. If you do not have the newest pair of Gucci slides, you don't look

as nice. There are several black businesses that have the potential to thrive and succeed but can't because of lack of support. Many black celebrities have started their own businesses and have done very well, but you rarely hear them shout out another black business and tell others to go support them.

If the black community would support one another, they would not only excel in the fashion industry, but they would excel in everything. If they support one another, there will be more job opportunities and higher pay.

The more money they make, the more jobs they can provide for the black community, and the more people they can save from living in poverty. So many black people have a business mindset and are very creative but always put their dreams to the side. I think it is because of the fear of failure.

"I definitely feel like black businesses would thrive if they

supported each other more," said Kimani Woodard, sophomore health, physical education and recreation major. "I am a firm believer that you can gain support by being supportive. If we support someone else's business, maybe one day when we want to have our own business, they will support us as well."

I hope that one day the black community will strive for everything they do and not be afraid of failure. Rather, they must let the failure be a lesson.

As the black community grows, so should their finances. If black people start supporting one another, it can result in a lower poverty rate for the future and give a better life to future generations. First, they must recognize that if they don't support one another, they will not thrive. Then, they must be willing to make a change.

*Marquala Ealom is a sophomore broadcast journalism major.*

# Student advocates for legalization of cannabis

Cannabis is very popular in this day and age. With all of the financial and health benefits of the "drug," you'd think it would be legal in 2019, but that's not the case.

As a nation, we're in a critical time in history because we have the clear choice to finally decriminalize the herb and capitalize off the profit. There are major reasons why every state should vote for the legalization and the decriminalization of cannabis.

According to the Marijuana Policy Group, legal weed created 18,005 new jobs and added \$6.41 billion dollars to the economy of states that legalized the recreational use of marijuana. Marijuana is an absolute booming industry right now.

A product that's financially helping the economy is the same entity that sends Americans to overcrowded prisons. When there are so many people incarcerated and not out



Blue

in society, that is a problem for the whole country. There's a plethora of Americans who are in prison because of cannabis, many with their life on hold, and some who are never going to be free again due to a billion-dollar "drug."

The criminalization of marijuana affects people of color immoderately and unfairly, and this is shown vividly, not just in opinion.

It's simply wrong for pos-

session of this herb to be a crime in some states, while other states in America gain tremendous financial success. Not only does the criminalization of the herb cause time wasted, but it lowers job prospects because people simply don't want to hire people who have a record.

Also, let us be honest. We all know at least one person who likes to consume cannabis and some might be very close to us. Are they always bad people? What if your friend you've known for years gets their life put on hold because of a harmless herbal product that causes less damage than alcohol?

As a country, we literally celebrate alcohol and promote it like it's a sport, but cannabis is still illegal in most states. However, it causes 114 times less deaths than alcohol, while alcohol is the most-promoted beverage in current times. Isn't that a trip?

If that isn't enough, the health benefits from cannabis should be the cherry on top. Not only does this herb acts as a pain reliever for such diseases as Parkinson's and cancer, but it can literally improve the functions of your lungs, unlike harmful but legal packs of cigarettes.

Do you get the gist? We have something here that could stabilize the economy, create jobs for the American people and get underserving citizens out of jail.

The health benefits of this flower are more than enough evidence to push this through. In my opinion, it's time to finally take this decision into our hands and legalize the recreational use of cannabis. It's time to live life without a concern of going to jail for just consuming your veggies. Thank you for the time.

*Matthew Blue is a sophomore broadcast journalism major.*

# Kansas City Federal Reserve Bank visits Langston to recruit students

By Jade Valenzuela  
Staff Writer

Coming all the way from Kansas City, Missouri, to visit the computer science department for the first time, managers August Matlock-Carter and Don Coats Jr. of the Kansas City Federal Reserve Bank spoke about future careers for students pursuing a computer science degree.

Studying under professor Ralph Grayson, computer science majors learn the importance of coding and networking.

After these students competed in a code-a-thon hosted by the Federal Reserve Bank and doing really well, employees of the bank were impressed

with Langston students, so they decided to make a trip to the university April 4, to hire new students upon graduation.

Alumnus Deangelo Young also visited campus to share his experience working a full-time job at the Federal Reserve Bank. With his confidence, drive and love for his major, he was able to get a job after graduating and start right away.

When employees first start working at the bank, they utilize a TechEdge program. This program provides a pathway for entry-level talent to start their technical careers and incorporate a startup environment.

For nine months students

are able to find their niche and passion on what they want to do in their career while learning how to participate in effective solutions, such as software development, development operation and business intelligence, plus much more.

"One thing I really loved is the TechEdge program in itself is family oriented," Young said. "I just finished a couple weeks ago, and the four that came in behind me only worked with us for two to three weeks, and I can really call those people my friends. We were able to develop a relationship, and that's what I really loved about the program."

Matlock-Carter and Coats shared information about their

backgrounds and positions at the Reserve Bank while students asked questions of interest and shared a love for a future position.

Graduating senior Tuana Carter, computer science major, spoke on her experience meeting with the Kansas City Federal Reserve Bank representatives.

"Well, I enjoyed KC Federal Reserve Bank coming to meet with the computer science department," Carter said. "I felt like it would be a great opportunity for us students to network, as well as seeing a recent LU graduate who is out there being successful with the company. It was inspiring and motivating for me because I sat beside [Young] in class, and it makes me feel confident as a graduating senior who has accepted an offer with a fortunate 500 company, ONEOK, a

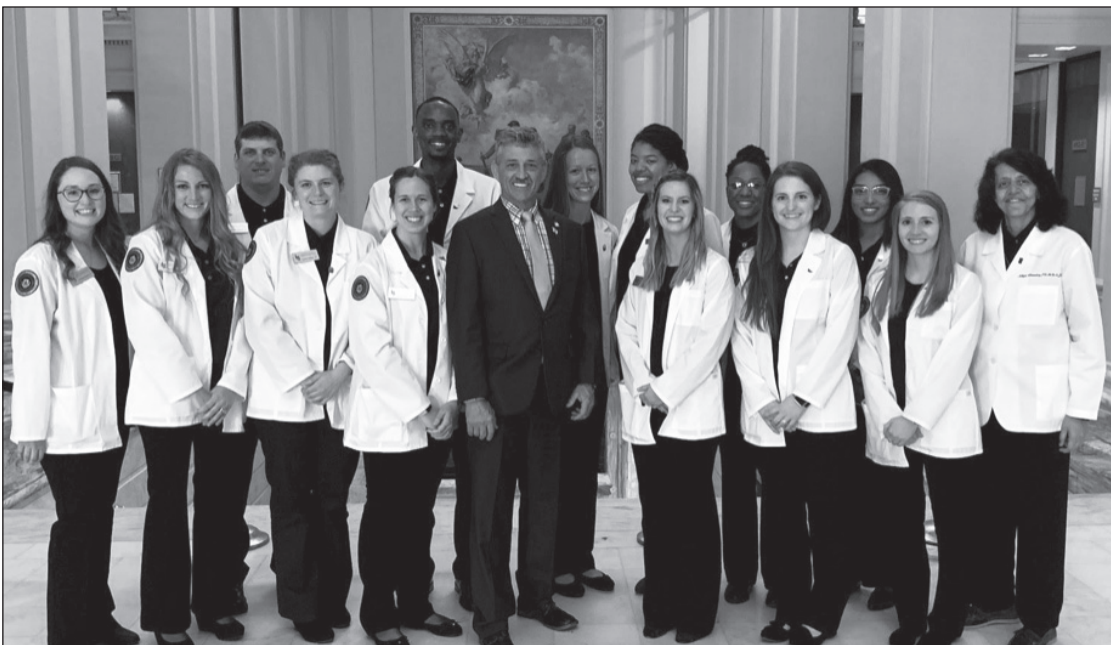
midstream oil and natural gas company, following graduation."

With about 100 applications submitted, only a few are selected, so the bank is accepting and looking to hire new people. It's not an internship but a full-time job.

"My impact on Kansas Federal Reserve Bank was one of the best things that ever happened to me in my life," said Devonte Patterson, senior computer science major.

"It opened up many great doors for me. It even got me an internship with NASA this summer in Virginia, which is a great thing and the reason why I was so happy I did the Kansas City Reserve competition code-a-thon because it actually helped me understand coding better and shows you what teamwork is all about," Patterson said.

## Advocating and Impacting!



Courtesy Photo

Representing the Langston University Doctor of Physical Therapy program, physical therapy students visited the Oklahoma Capitol to advocate for a bill that positively impacts physical therapists and patients by creating unity within the physical therapy profession, increasing job opportunities and increasing safety and access for patients. The students met with many senators and state representatives one-on-one to reinforce the importance of the bill and discuss how it will positively affect the physical therapy profession.

The physical therapy students and faculty want to extend a thank you to LU undergraduate students for their support in signing the petition for the bill and to Rep. John Talley.

## School of Education hosts competition day

By Kimberly Thompson  
Editor

The Department of Education and Professional Programs in the School of Education and Behavioral Sciences is proud to present a new recruitment activity, titled "Calling all Teachers: Collegiate Competitions."

The EPP department received a grant through the Oklahoma Teacher Connection, a division of the Oklahoma State Regents in Higher Education, to promote access to professional education programs to students across the state of Oklahoma.

Now, the School of Education will host its first "Calling All Lions: Collegiate Competitions" Day on May 3. They have accepted 123 high-school students to compete in six areas: science fair, history fair, oratorical, essay, visual arts and performing arts.

This is their third year receiving the grant but their first collegiate competition. The day will begin at 9 a.m. and conclude with a luncheon at 1 p.m. in the Atrium.

Langston University's mission states, "Grounded in its rich traditions as a historically Black college and university, and a land-grant institution, Langston University offers quality post-secondary education to diverse populations through academic, research, community engagement, extension and co-curricular experiences that lead to professional competence and degree completion."

It is with this mission in mind that the School of Education is inviting students from across the state to join them at this event for a day of competitions.



# Seniors say farewell to Langston

By Ronald Diaz  
Staff Writer

The saying that one door closes and another door opens applies to many chapters of life, but it couldn't be more fitting than graduating from college.

Graduating seniors have spent years working tremendously hard to reach this point and essentially "close the door" on college to start the next phase of their lives.

What does it take to graduate? What is the feeling like? Only a select few experience it every year, and every year it can be described as simply surreal. From incoming freshman to graduating senior, these students detailed what the journey has meant for them and how it prepared them for the future.

Senior broadcast journalism major Kidan Hull appreciates what Langston University has done for her.

"I came in as a transfer, and when I first transferred here, I wanted to move back home, but then I stuck it through and I can honestly say that Langston helped me become the woman I am today," Hull said.

Langston puts time and effort into students, making sure they leave here with a mindset to thrive and be successful, something Hull has experienced firsthand.

"Langston has helped me prepare for the future by teaching life lessons that I will need and by molding me into a strong and educated black woman," she said.

Langston is home to countless memories for every graduate, and Hull is now one of them.

"My favorite memory of Langston would have to be hosting the African Student Association pageant because I got to teach my school more about my culture," she said.

While Langston has merely been one chapter of her life, Hull is eager to begin the next.

"I plan on moving back to California after graduation and work more on my social media platforms," Hull said.

The college experience is different for everyone, as is the case for senior broadcast journalism major Derdrick White.

"I've learned so much from my college experience from when my journey started fall

2013. I've met so many great people I still connect with, but the main thing I've taken from my personal journey is perseverance," White said.

Getting through college is an accomplishment on its own, let alone graduating, and White understands what it took to get to this point.

"College is a tough task to complete—tougher than I anticipated—but being almost done, it'll be the biggest accomplishment I've ever reached in my life."

As far as how Langston prepared him for the future, White said he is certain he developed the necessary tools.

"Langston taught me how to be tough and never give up. If you really want something, you'll go get it, no matter the circumstances," he said.

Because Langston is smaller than most colleges, the students have a stronger sense of togetherness, and White will miss that particularly.

"The thing I will miss most about Langston is the family atmosphere," he said. "It can be annoying at times that we see each other every day, all

day, but it forms a bond that you can't get at another bigger school. We are taught by the same teachers, use the same places and go to the same parties. As a person that has been to a D1 where 200 kids could be in a class, it's hard to form that bond with so many people and it could be very overwhelming. Langston provides a true bond that's formed between students and teachers all around," White said.

Graduating college is step one in getting out into the world and living a true adult life, and White is optimistic about it.

"I'd like to think I'm ready, but I would be lying if I said I wasn't nervous," he said. "I've taken semesters off and just worked, but I haven't actually paid rent, a car note and for my own groceries."

One of the things about school is it is where we meet most of the people we know, something White is prepared for.

"It is going to be weird having to meet people because what they don't tell you is the people that you know from elementary to college, you met because of school. Plus, the anxiety of be-

ing a professional and understanding how to talk in a professional way," he said.

Regardless, though, White is ready.

"I am ready to be making more money than I know what to do with. I'm excited more than I am nervous, but it does come with its second guesses," White said.

As far as a plan for life after college, White knows exactly what he plans to do.

"I plan to jump right into the workforce and change my lifestyle completely as far as being a true adult and taking care of real responsibilities," he said.

As far as his favorite memories of Langston, White said it lies in the people who's helped create them.

"My favorite memory by far will be the people I met. I mean, I truly formed a brotherhood here, and it's going to make me want to come back to visit. Also, the football talks we had and being so passionate for our favorite teams during the season was so much fun," he said.

When it comes to favorite

see **SENIORS**, page 5

## LU celebrates annual International Day

By Danielle Watson  
Contributing Writer

International Day at Langston University is a time to celebrate and showcase diversity and different cultures that are represented on campus.

This year's event was held April 9, in the Student Success Center Great Room.

Dr. Aliya Chaudry, associate professor of physical therapy and chair of the International Affairs Committee, said participants showcased their cultures to the audience so attendees could ask questions and learning more about the different cultures.

To begin the program, Kidan Hull, a student from Ethiopia, led the parade of honors with her fellow officers, faculty and staff. They carried in the flags of their respective countries. After the introduction given by Chaudry, Hull and a few of

Langston's foreign professors showcased their clothing and explained why each garment is worn in their countries.

"I was glad when I got the opportunity to host the International Day celebration," said Hull, senior broadcast journalism major. "It allowed me to teach students more about my culture and other cultures here at Langston."

Hull is the president of the International Student Association and has done her best to work side by side with the International Affairs Committee to bring awareness of different cultures around the world.

There were many performances at the event, such as a Vietnamese, Native American and Indian cultural dances. One of the performance highlights was Dr. Kounsil's, "Bhangra" Folk Punjabi dance. The audience stood and learned the cultural dance step by step and

joined in with him as he went through the moves.

There were also performances from the Langston University percussion band, the concert ensemble and a clarinet recital by Hardin "Butch" Benjamin. There were many vendors that donated diverse foods, such as Mt. Everest Cusines, Carino's Italian restaurant, Baba Gannoush Mediterranean and Tikka Craze.

### Right:

Dr. Sohita Ojha performs a traditional East Indian dance during International Day.

The event featured at least eight different international performances highlighting different countries around the world.

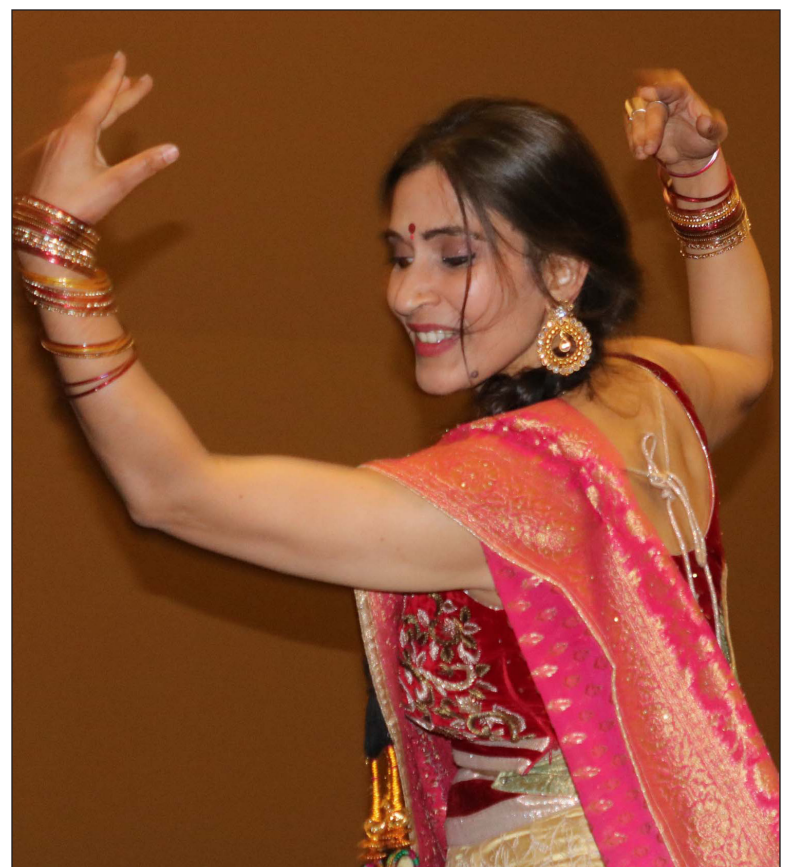


Photo by Kimberly Thompson



# McClain wins Blue & White pageant

By Ashlynn Coffee-Harris  
Staff Writer

It's that time of the year again when the Beta Epsilon chapter of Phi Beta Sigma Fraternity Inc. crowns the 2019-2020 Miss Blue & White.

On April 16, in the I.W. Young Auditorium, two ladies, Destinee McClain and Lauren Gavon, competed for the title, but the one who took home the crown was McClain.

"In my opinion, having your ladies helping you get dressed, wearing a big, white, formal gown, and being chosen as queen feels similar to what I believe getting married feels like. Overall, it's a really great and magical feeling," McClain said.

In the Miss Blue & White pageant there are five stages of competition, consisting of pri-

vate interview, on-stage question, swimwear, talent and eveningwear.

"I like that [McClain] was so confident and personal while performing her talent," said freshman early childhood education major Beyonce Cox.

Two years ago, McClain participated in the Miss Blue & White pageant and earned first runner-up. Then, she wrote and performed the self-written poem called "The Crown is Heavy." She wrote this poem to encourage herself and everyone who hears it that the journey may be hard and lonely, but with endurance, you can change the world. She chose the same poem to perform this time because it still holds the same value and is still very impactful to her.

McClain's platform is called

"Warriors 4 Christ: If God is For You, Who Can be Against You." This platform specializes in building three aspects of human health — the mind, body and spirit.

The goal is to produce an event that falls under each category per month, totaling three events each month.

Through the pageant, McClain's biggest challenge was not doubting herself. During the pageant process, she began to learn a lot about herself. It's easy to believe that bad is worse than what it actually is and your good is not good enough, she said. However, uttering this Bible verse, "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future," Jeremiah 29:11, it reminded McClain that God can make the unqualified qualified and that she is made perfect just as she is.

"Destinee's win is a story of perseverance to us all," said junior biology major Marissa D. Wilson. "She is persistent, passionate and dedicated to her platform. Lauren Gavin and Destinee McClain both performed well, but McClain spent a year perfecting her platform. I am excited to see her vision for the Langston University campus."



Courtesy Photo

Destinee McClain, junior English major, earns the Miss Blue & White crown.

## SENIORS

from page 4

memories, senior sociology major Tania Davis was more specific.

"My favorite memory was when myself and my two best friends, Denetra and TJ, put on our very own fashion show. We were sophomores with no money or budget, so we just had to work with what we had," Davis said. "What made it so memorable was the fact that we put in all of this work and it was appreciated. People came out in groups, and so many people attended that the police threatened to shut it down because we'd reached maximum capacity in the Great Room. We all were so proud of ourselves," she said.

Davis described her journey from incoming freshman to graduating senior as simply challenging.

"My journey to graduation was definitely an uphill one. Each year, I added more and more to my plate, as far as leadership roles, while still maintaining my wonderful GPA. Langston has a way of changing people, and I'm so thankful for my change," she said.

Just because her journey was tough does not mean her time at Langston was miserable.

"My time at Langston was a fun one. I learned so much since 2015, and I wouldn't trade the experience for anything," she said.

For someone who had such a great time at Langston, Davis still had trouble identifying what she would miss the most.

"I'm going to miss my 'family' and the sense of unity that I feel when I'm here," she said. "We always hear about there not being enough safety precautions, but I actually feel safer at Langston than I do back home. Langston has sheltered and nurtured me, much like my actual family, and that is what I'll miss the most about this institution."

As far as her plan, Davis knows the direction she is trying to go and how to get there.

"I plan to start a nonprofit organization in my hometown geared towards underprivileged children. I would love to truly have a direct impact on my own community," Davis said.

We wish nothing but the absolute best for Hull, White, Davis and the rest of the class of 2019. Congratulations, from The Gazette staff.

## Cheer squad ready for new season

By Joshua Minger  
Staff Writer

Langston University cheerleaders have started building a new foundation by creating a legacy of their own.

As student-athletes, the cheerleaders practice and train just as hard as any other sport while still continuing to uphold and promote school spirit. Many students at Langston University are excited to see what the cheerleaders will bring next year as they are under direction of a new coach with a promising background.

Deonne King, the new coach, started spring 2019.

"I think the cheerleaders are moving into a better direc-

tion," said Ashlynn Ferguson, junior health, physical education and recreation major. "The unity seems to be there and that's the core of being and having a great squad. I'm interested to see the new cheers, ideas and stunts that will be brought throughout the upcoming school year. We have so much talent here, so I'm sure the wow factor will be there."

The school year is coming to an end and the cheer team has started working and practicing for next school year.

"We are bringing things that Langston University has not been exposed to in the past," said Coreyonn Kirkendoll, sophomore accounting major and LU cheerleader. "That

means bigger stunts, better tumbling and the HBCU flare all combined into one. I know we have something to prove next year, which is why we are working 10 times harder for next year."

The cheerleaders are held at a high standard and admired by many alumni.

"I am very excited to see what new skills are brought to the team," said Fallyn Spivey, alumna. "With me being a former captain of the squad, I always will want to see them take greater strides and build the program for the better. I definitely will make it a mission to be at games to support my babies for the upcoming school year. They will do great, I can feel it."



# Broadcast journalism major accepts fellowship in California at Berkeley

By G'ahri Gassaway  
Staff Writer

A Langston University student has recently earned an opportunity to attend a journalism fellowship program at the University of California-Berkeley.

The student, Monique Bonds, a junior broadcast journalism major, accepted the invitation to attend the Bloomberg-UNC-Berkeley Business Journalism Diversity Program, which focuses on business journalism. Bonds and students all over the United States will have an all-expenses paid trip to this program June 3-7, 2019.

"They paid for my flight, for my food, for my hotel and any other expenses I'll need in California," Bonds said.

Although her focus is not business journalism or law at the moment, Bonds thinks this fellowship could potentially help her land opportunities in this field after graduating from Langston.

According to the Bloomberg-UNC-Berkeley fellowship of-

ficial website, this program is an intensive, four-day workshop based at the UC-Berkeley Graduate School of Journalism and Bloomberg News in San Francisco.

Students will come to Berkeley for three days of intensive instruction in business journalism and then will visit the Bloomberg newsroom in San Francisco to see how reporters and editors put their journalism skills to work.

"I'm pretty sure this opportunity could turn into a business opportunity, but I am not interested in business law as my focus right now," Bonds explained. "I just think that this is a dope opportunity, and I did not want to miss out on the chance to learn more about my field, for free."

Bonds' chance for this fellowship spurred from an email that a professor sent to her because he knew she could be a good fit.

"Actually, this opportunity was interesting. Mr. [Lonnie] Johnson emailed me about the opportunity, and I hesitated to



Bonds

apply, but eventually I applied and made a 500-word essay, and a few weeks later I got an email for a Skype interview," Bonds said.

Though she was nervous about the interview, Bonds did extremely well and was quickly offered the fellowship. One of her professors, Nicole Turner, instructor of communication and adviser of The Gazette, said she is incredibly proud of Bonds.

"I am so excited about this opportunity for Monique,"

"I hope this experience makes me a better person, and by that statement I mean I want this program to help build me to be a better business woman and to learn more about my major from a different perspective."

— Monique Bonds,  
junior broadcast journalism major

Turner said. "She is a hard-working, dedicated, bright student, and I know she will gain extreme benefits from this fellowship. I'm just so proud of her and can't wait to hear about her experience when she returns. She definitely deserves it."

After accepting the fellowship, Bonds offered some advice to other students who are looking into these types of programs and opportunities.

"Just go for it! Don't be scared of the outcome, just have faith,"

Bonds said.

Bonds is grateful for the opportunity for the fellowship but also hopes she is able to enjoy California (the Bay area) as a place of vacation as well.

"I hope I have some free time while I am in Cali because I'd hate to be doing work all day," she said. "I hope this experience makes me a better person, and by that statement I mean I want this program to help build me to be a better business woman and to learn more about my major from a different perspective."

## Students lands job with ONEOK

By Monique Bonds  
Staff Writer

With graduation quickly approaching, many graduating seniors are stuck deciding what their next step in life will be.

For one graduating senior, though, she knows where she's going and what she's doing.

"Interning at Devon Energy located in Oklahoma City as an information risk and security intern gave me the experience I needed to obtain a full-time position following graduation," said Tuana Carter, senior computer science major.

Accepting a full-time position with a fortune 500 company, Carter will be working at the ONEOK headquarters in Tulsa. According to ONEOK, the company is a leading mid-stream service provider and

owner of one of the nation's premier natural gas liquid systems.

Being a first-generation graduating senior, Carter is making many of her believers proud as she, unlike many others, knows exactly what she'll be doing post graduation.

Being from Seminole, Oklahoma, and graduating from Seminole State College as a nursing major, Carter faced numerous challenges that eventually led her down a different path.

"My second semester of college I realized that nursing wasn't for me," Carter said. "I decided to join the Oklahoma Army National Guard as an intelligence analyst, which made me realize the importance of technology."

Having these epiphanies led Carter to one of the greatest



Carter

places in her journey — Langston University.

Since attending Langston, she's been blessed with amazing opportunities that continue to unfold. She is now the computer science club president, and she's earned a great internship and even has a job secured once she graduates. Carter is a great example of finding the lion in you.

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# Campus organizations observe Sexual Assault Awareness Month

By King Mason  
Staff Writer

Langston University organizations honored international Denim Day during Sexual Assault Awareness Month in April.

On April 24, Women of Purpose and other organizations, including the Langston University Counseling Center and Wings of Hope Family Crisis Services, engaged in sexual assault awareness. In addition, to represent the program, they wore jeans with a purpose.

Lynette Waller, sexual assault advocate and an employee of the Wings of Hope Family Crisis Services, explained the purpose of the event.

"This is an international event. It's called Denim Day, and it's in honor of sexual assault survivors around the world," Waller said. "It originated from an Italian Supreme Court case back in the '90s where a rape conviction was reversed. The Italian Supreme Court said the girl who was raped had to consent because the jeans were so tight that she would have had to take them off herself."

Engaging new voices can result in learning how to be

an active bystander, learning what consent is, or learning how to support survivors.

Women of Purpose 1st Vice President Vanessa Smith, junior accounting major, shared ideas about the events.

"We've been able to work together with the counseling center as well as Mercy and Wings of Hope to bring some more awareness to the campus," Smith said. "We've got jean patches for people to write messages on; also, we are passing out teal ribbons, and we have hand prints for people to make a nice memo."

With this in mind, Women of Purpose is making impactful outreach to the student body.

"Sexual assault does not only affect women but as a women's group, we work together as a whole to reach the student body, and we find that it's best because it's awesome for students to outreach other students instead of adults because it's easier," Smith said.

No matter the circumstances there are ways for you to attain services or reach out for guidance.

Behavioral health adviser Shelly Whiting, an employee at Mercy Hospital, explained when services are available



Photo by King Mason

Women of Purpose, in conjunction with the LU Counseling Center and Wings of Hope Family Crisis Services, host Denim Day in honor of Sexual Assault Awareness Month.

and how to provide and help the students.

"You guys have an excellent counseling service on campus, and we are available 24/7, 365 days a week, and we help whenever Langston is closed or on holiday breaks

or if somebody would rather instead of make a face-to-face appointment but to talk over the phone using Call SAM," Whiting said.

"In Mercy, there's a program called "Call SAM" (Student Assistance by Mercy). We of-

fer in-the-moment counseling support, which is answered by all mental health professionals. We can help them with community services, and we can help them with brief counseling just in case they're feeling suicidal," she said.

# Students strive for 'healthy, balanced lifestyle'

By Sakinah Muhammad  
Staff Writer

With another semester almost over and busy college life in full effect, it's important that students maintain a healthy, balanced lifestyle.

We've been told since we were little that breakfast is the most important meal of the day so we can start off with a boost of energy.

"I like to start my day with breakfast every morning because I tend to eat dinner early, which means I'm really hungry in the morning," said Jasmine Maxwell, junior nursing major. "Plus, when I don't eat break-



fast, I drag throughout the day."

There are many reasons to stay active and for some, family history plays a major role. Maxwell is one of them.

She said exercise is important to her because diabetes runs in her family and she knows that

"I try to go to the gym every day, but I make sure to go at least three times a week."

— Tresjon Thenarse,  
junior psychology major

exercise is key to maintaining a healthy balance.

Another student, Tresjon Thenarse, junior psychology major, said he likes to work out to stay healthy.

"I try to go to the gym every day, but I make sure to go at least three times a week," he said. "I eat well, and I haven't

ate fast food in a month. Also, I maintain self-control, cook for myself [and I] don't eat everybody's food!"

For many students, Walmart is their go-to for food such as fresh fruits and vegetables because they think on-campus dining does not provide options that are both healthy and tasty.

"People have to want to be healthy and nobody wants to eat in the caf if they don't have to," said Khalil Muhammad, sophomore computer science major. I honestly don't feel the caf gives you the option to maintain a healthy lifestyle, so students have to make that trip to Walmart if they want to achieve that."

Though dining off campus is appealing, according to ScienceDaily website, 92 percent of both chain and local restaurants serve meals that exceed the recommended calorie intake for a single serving.

Therefore, moderation when eating out is key.



# Lions play spring Orange & Blue game

By Devin Dourisseau  
Staff Writer

The Langston Lions looked pretty good wrapping up their spring season with the Orange and Blue scrimmage at W.E. Anderson Stadium on April 25.

Langston University students and alumni attended the annual game to get an early glimpse at the 2019 football team as it prepares for the fall 2019 season under head coach Quinton Morgan.

The Orange and Blue football scrimmage serves as a chance for players to get a final assessment on their play to show the coaches what they can do on the field. It's an inner-squad scrimmage of offense versus defense, but the coaches still want them playing hard and competing.

Before the scrimmage, offensive coordinator Darryl Mason had high expectations for his offensive group.

"I'd like to see our guys offensively compete and ex-

ecute, in that order, and to improve their techniques and assignments," Mason said.

On the other hand, the defensive coaches were making their final preparations before the scrimmage. Defensive coordinator Kevin Griffin said he expects "everyone to stay healthy and have a good time, competing and playing within the system."

Prior to the spring game, Mason explained what coaches and players gain from spring training.

"Spring football in general is about developing and identifying the players that are going to play for us next fall," Mason said. "The team is really building in the spring, and we identify most of those players who's going to help us in the fall."

Instead of keeping score during the scrimmage, it consisted of 20 minutes of offense versus defense and 20 minutes of skill versus skill.

Head Coach Quinton Morgan discussed how the team



Photo by Jadason Morris

The Lions play against one another in the annual Orange & Blue spring football game.

looked overall this spring and during the scrimmage.

"We looked good offensively and defensively, but we still got work to do," he said.

The Lions finished 9-2 overall last fall season, clinching the Sooner Athletic Conference championship and received a berth in the NAIA football

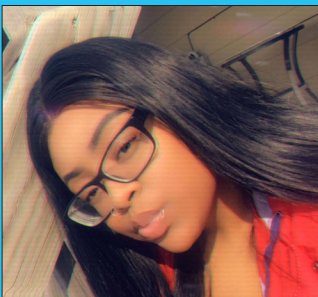
championship series playoffs.

As the Lions wrapped up their spring session, they're mindset is to go into the fall season locked and loaded.

## Campus Question

How do you plan to end the school year off strong?

Compiled By Lakeria Kelley



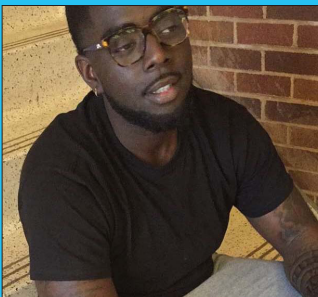
**Na'Tianna Stocker**  
Sophomore  
Broadcast Journalism Major

"My plan to finish the school year off strong is to limit my procrastination, study more and be confident in my ability to do well."



**Jordan Presley**  
Junior  
Sociology Major

"I'm going to wake up early, go to sleep on time and talk to my professors more."



**La'Charles Maloee**  
Junior  
Criminal Justice Major

"I'm going to end the semester off strong by staying in the library longer and complete my homework on time."



**Sha'Kayla Sherman**  
Sophomore  
Criminal Justice and Corrections Major

"I plan on doing good on my finals."