

ACCREDITATION

THE FUTURE OF LANGSTON?

SEE STORY INSIDE

The Gazette

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

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

Editors

Marcus Garlington
Kimberly McKnight

Cover Designer

Paul Pugh

Reporter

Kimberly Thompson

Staff Writers

Oneka Cayenne
Takesha Clark
Michael Colston
Jasmine Frankline
Tori Harris
Walter Harris
Taelyr Jackson
Jasmine Mayes

Adviser

Nicole Turner

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

Send story ideas, comments and calendar events to nkturner@langston.edu. Opinions expressed in Voices are those of the writers whose names appear with the articles. Letters to the editor should be emailed to nkturner@langston.edu. Please include your name and telephone number. The newspaper retains the right to edit, accept and/or reject items deemed to be contrary to the best interest of the publication, Langston University and/or any of its governing bodies.

Langston University prepares to reaffirm its accreditation

By Marcus Garlington
Editor

Accreditation. It's one of those enigmatic words, right up there with "gluten" and "alternative fact." What does it mean?

Langston University President Kent Smith Jr. defined it as "a quality assurance acknowledgement bestowed upon an institution that meets the quality education standards set forth by an accrediting body. In our case, that accrediting body is the Higher Learning Commission. HLC accredits degree-granting post-secondary institutions in 19 states."

What that means is that LU does not have the authority to evaluate itself and grant degrees on its own merit. The accrediting body, HLC, determines if LU, as an institution of higher learning, is meeting the needs of its students and community, and if it's not, then Langston must identify those weaknesses and outline a strategy that targets them. The HLC, an independent entity that is backed by the authority of the U.S. Department of Education, manages the accreditation of about 1,000 schools in the Midwest region.

"Accreditation is significant because it represents a seal of approval in higher education," President Smith said. "An accredited institution, like Langston University, has undergone rigorous evaluation and has demonstrated its ability to meet quality education standards. The absence of accreditation is a red flag; many institutions, including Langston University, will not accept transfer credit from institutions that do not hold regional accreditation.

As president, Smith oversees the process to ensure that LU is not only prepared for the accreditation site visit, but that the institution has a successful evaluation and maintains its accreditation status.

LU has a committee of individuals who have been working diligently on preparations for the accreditation evaluation. Smith checks with the committee often to monitor its progress and provide guidance as needed.

Smith will also serve as the primary representative for the university when the HLC evaluators arrive on campus for the review in late April.

Who runs point on this project? That'd be Dr. Millee Jorge.

Jorge, founding dean of the School of Physical Therapy and HLC coordinator, said the HLC now evaluates institutions every four years to determine whether or not they maintain the required standards for accreditation, instead of every 10 years. Guess who's next on the HLC's list. Dear Langston. And what exactly does the task at hand entail?

"Writing an Assurance Argument," Jorge said. President Smith described an assurance argument as "a narrative detailing how we as an institution meet the [five] criteria for the evaluation."

Jorge's position requires her to work closely with Dr. Clyde Montgomery, vice president for Academic Affairs, and the criterion committee chairpersons, who've helped gather the evidence for the argument.

"There are two things we have to do—we have to both say how LU meets the criterion and show how we're improving within each criterion," Jorge said. "Within each criterion, there are several sub-components, which are specifically addressed."

The first criterion to be assessed is LU's mission. The mission actually went through review and revision in 2014 (which is a process Jorge must describe in detail), along with the university's vision and the expected learning outcomes.

Evaluators will task them-

selves with finding out how well LU fulfills the mission, vision, etc.

The burden will lie on the LU community to prove that "Langston is not self-serving—that we serve the greater good," Jorge said. "We have lots of evidence on the many things Langston does, and not just in higher education on this campus, but across the state, the country and ultimately internationally—all of the contributions that we make."

The second criterion is integrity.

"We have to make sure that our student/faculty/staff handbooks—any documents that we have that are given to faculty, students and staff—show that we are in compliance with federal law, Title IX and especially our own policies that we outline in that documentation," Jorge added. "For instance, that we really take plagiarism or issues of academic integrity seriously."

For the third criterion, teaching and learning effectiveness, Langston must demonstrate that it has an adequate number of faculty and staff for the university.

"We have to show that faculty has the proper credentials, that the teaching loads are representative of what the Regents and what Langston determines, and also some of the ways in which faculty maintains their excellence through continuing education," Jorge said.

The fourth criterion is teaching and learning assessment.

"We have to talk about who is admitted into the university, how qualified they are to be here, how we place students, the mechanisms we have in place for mid-level/exit assessments, and we make sure every program has an assessment component that regularly and systematically monitors student outcomes," Jorge said.

This brings us to the final

criterion: resources.

"Evaluators will want to see that we have a budget that is appropriate for the activities that we do, that we have the proper space in the classroom, that we have a long-term plan for improving the campus's technology, buildings, etc.

"All of our financial reports also have to be incorporated into this portion as well," Jorge added.

The lockdown date for all from submissions is March 27. A month later, evaluators will be on campus.

Jorge's role in all of this includes managing multiple committees, gathering the data/evidence from their research, and authoring the reports that have been and will be submitting to the HLC. Why would someone take on such a hefty burden whose research has spanned four years?

"It was just a matter of need. Somebody had to do it," Jorge said.

As we sit at the conference table in the Office of Academic Affairs, Dr. Montgomery sits quietly as he works at his desk as the interview goes on, not offering a word until he denounces Jorge's modesty by interjecting, citing her "lengthy and extensive experience in higher education" as the reasoning behind her selection.

Jorge predicts that the criterion in which we'll exceed expectations is the mission.

"The service that we provide for others, the amount of service-learning, the extracurriculars in which both students and faculty partake, I feel, will shine through," she said.

As far as areas of improvement, Jorge noted that evaluators will look for "very systematized assessment throughout the campus in various ways.

"Assessment is very time-consuming and something

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Quiz team places third at tournament

By Jasmine Mayes
Staff Writer

The Langston University Quiz Bowl team traveled to Prairie View A&M for the Honda Campus All-Star Challenge National Qualifying Tournament on Feb. 4.

The Lions qualified for the playoffs after finishing a round-robin play with a record of 3-1 for a third place finish out of 10 teams.

Honda sponsors an annual quiz bowl between all HBCUs in the United

States. The quiz bowl covers various subjects, including English, math, current events and pop culture.

This year's LU quiz bowl traveling team has four members: sophomore Fisher Davis, junior Coleton Dudley, junior Troy Stoutermire and senior Alexander Smith. Smith is also the team captain, who led Langston-scorers with 160 points from face-offs.

"Our team is comprised of a few of the many scholars on campus competing to see which university is

the best," said Stoutermire, junior agricultural business major.

The teams that participated in the quiz bowl were Prairie View A&M, Southern-Baton Rouge, Grambling State University, Texas College, Paul Quinn College, Mississippi Valley State University, University of Arkansas-Pine Bluff and Jarvis Christian College.

In the competition, LU defeated Mississippi Valley State University, 315-260, defeated Texas College, 225-80, defeated Paul

Quinn, 225-185, but lost to Prairie View A&M, 270-420.

LU lost in the playoffs to tournament-champion Southern University-Baton Rouge, 350-515.

"Even though we didn't win, we gained experience and that was just enough," Dudley said.

"We experienced great times with a bunch of educated young people, and that was a trip within itself," he added.

Stoutermire said that this experience has taught him that there is always more

to learn, and it has inspired him to be a better scholar.

The LU quiz bowl team now awaits its fate for qualifying for the National Championship Tournament in April. The 28th annual HCASC National Championship Tournament features teams from America's HBCUs. The tournament takes place in Los Angeles on April 8-12.

Kyle Gregory, university recruiter and quiz team coach, said LU has earned a total of \$115,500 in grants from American Honda.

CMOB hosts many events for Black History Month

By Walter Harris
Staff Writer

The Cultural Men of Business organization is celebrating Black History Month with Langston University by hosting events for students and faculty.

Two members, Nahjee Williams, sophomore broadcast journalism major, and Cameron Bryant, senior accounting major, didn't like the lack of participation on campus for Black History Month, so they sought to change that.

CMOB has events

planned for every week in February.

"We have a five-minute presentation every week, Monday through Friday, at noon, located in the Student Success Center," Williams said.

However, if for some reason they cannot host their events in the SSC, they will give their presentations in the Allied Health Building.

Also, ever Wednesday, the men are hosting a movie night at 7 p.m. in the SSC.

"On the last day of the month, we have a peace

vigil, which is basically a peace walk around campus in remembrance of Oklahoma figures that have passed," Williams said.

One student was enlightened by the presentation from CMOB.

"The Cultural Men of Business presentation was excellent. What brought me in more was when they started talking about being a black man in America, and I can relate to that," said Brandon Jones, sophomore psychology major. "It was very intriguing to me."

A new professor on campus decided she wanted to partner with Cultural Men of Business on their project. Brown is a recent addition to LU's faculty as an assistant professor of English.

"To me, at an HBCU, Black History Month is vital," Brown said. "I began asking questions about Black History Month and if there were any events going on [on] campus. I was directed to Cultural Men of Business. We sat down and they gave me a list of ideas and we started brain-

storming and the rest is history."

CMOB has plans for every Black History Month in the future.

"Next year, we will have bigger and better events because this is an HBCU, and February is our month. We should be embracing it," Brown said.

"We just want to get the students at Langston to show pride in their HBCU and their culture and also educate students on parts of our culture that we are traditionally not taught," she said.

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that almost everyone gets recommendations on how to do better, and I don't think we'll be any different," Jorge added with a quiet laugh.

She regained her solemn composure and also mentioned LU's retention rate.

"But we're working on that," she said. "And we've been working with the Commission on a plan...it's not something they don't know about. And they're helping us."

So, what's the worst that could happen?

President Smith said the university could receive a sanction or be placed on pro-

bation with HLC if LU fails to meet the criteria for accreditation. If this occurs, LU will maintain its accreditation status with HLC and be asked to submit a number of reports providing HLC with updates on progress.

The probation period is two years. If LU addresses all areas of concern within that two year time period, the institution will be removed from probation and put back into the accreditation evaluation cycle.

If an institution fails to meet accreditation criteria after having been on probation, HLC could take further action up to and including withdrawing accreditation.

The best? LU maintains its current status as a fully ac-

credited, four-year university.

"My greatest hope is that we will demonstrate that we have excellence across the campus in so many areas," Jorge said. "We may have some needs, but we have more greatness than we have needs."

"We certainly have prepared—you have to be honest and tell where you're struggling and what you're doing to get better. They don't expect you to be perfect, but they do expect you to have a plan of action for any concern that you've identified."

"My greatest fear is that people won't see our strengths and focus on what we don't have versus what

we do have," she said. "Of course, these last couple of years have seen budget constraints and everybody's wearing multiple hats, but we are still a very high-functioning university, and I would expect that to be perceived."

All in all, Langston doesn't have as much to worry about as rumors around campus might suggest.

The university has strengthened enrollment and retention significantly over the past four years through the hard work of its faculty, staff and students. LU now has a unified, recognizable brand that is gaining traction throughout the state, region and country.

When the university set out

to develop the unified brand in 2013, it was using a variety of different logos and insignia, which did not fit into a collective brand presence.

But that has changed, and the university has benefited through enhanced marketing opportunities, which, in turn, lead to increases in enrollment and retention, along with providing the opportunity for all LU constituents to be unified under one brand, which helps to advance the message and mission of the university.

Since 1897, Langston has produced doctors, lawyers, politicians, entrepreneurs, sports legends and world-class talent acts. And we don't see that stopping any time soon.

Little wins 71st Miss Langston title

By **Tori Harris**
Staff Writer

Crown after crown, just to be crowned again – Kyara Little is the 71st Miss Langston University.

From being Miss Orange and Blue when she first stepped onto campus the fall 2014, to winning Miss Black and Gold in spring 2016, to finally Miss Langston, Little has been preparing for this moment for years. Part of her preparation during the past few weeks included fasting, working out five days a week, practicing every day and most of all, praying.

"I feel as though God has favored me; he has left his signature in my life and on this campus," said Little, junior accounting major. "I hope that this accomplishment will inspire girls who are wondering about pageant life to try it out and compete."

Eight contestants took the stage Feb. 9, to leave a mark on campus as the new Miss Langston. The eight ladies prepared themselves for the moment for about five consecutive weeks with the guidance of the adviser of

the Elite Connection, Courtland Fisher.

"One of the greatest goals accomplished as pageant sisters is we had no drama, nobody was arguing, there was no hostility," said second runner-up Asia Currie-Clay. "We all said we were going to be happy, no matter what."

Maya Jackson, the 70th Miss Langston, has known Little since she was a freshman, and Jackson has always known her to be highly involved on campus.

"I expect the next Miss Langston to be a queen to the people and to implement her platform whole-heartedly," said Jackson, senior broadcast journalism major.

To take on such a prominent role for the university is not only important, but it is also considered an immeasurable responsibility. Little is now the face of Langston University, and she will take on leadership roles, such as the official Goodwill ambassador, serving as a student adequate. She will also participate in the Miss Oklahoma pageant in June, and she will implement her "Foundation First" platform.

"This year, we're going to

stand on the motto that decisions that you make today will ultimately shape the future that you'll have tomorrow," Little said.

The Miss Langston legacy continues and will impact many people involved with the university.

"Legacies could vary from queen to queen, just as long as she honors it and holds the crown to the standard that is expected to be held, and that standard is high," Jackson said.

Currie-Clay encouraged anyone who feels like they want to take on a role such as Miss Langston or any other pageant to go for it.

"I really want girls that think they might not fit the profile of doing a pageant or don't fit what it means to be a Miss Langston, I want them to know that you don't have to fit a certain box or be a certain type of way," said Currie-Clay, junior business management and financial planning major. "I don't want anyone to think a pageant isn't for you. You need to be saying, 'What can I do in this pageant and how can I branch off and make it broader for other people?'"



Courtesy Photo

Kyara Little (right) wins the title of the 71st Miss Langston University. Little competed against seven other women to win the crown Feb. 9.

BK Alphas crown new Miss Black and Gold

By **Taelyr Jackson**
Staff Writer

Sophomore Desiree Atkins is the new Miss Black and Gold.

On Feb. 2, eight Langston University women competed in Alpha Phi Alpha's Miss Black and Gold pageant. Atkin's not only won the crown, but she won the talent competition as well.

"My platform is AALLL, which stands for All About Little Lives Learning," said Atkins, education major.

She plans to create a mentor program on campus through her platform.

"I want to bring elementary-, middle- and high-school students to Langs-

ton to show them what it's like going to an HBCU," Atkins said.

The ladies in the pageant were judged on four phases of competition, which included on-stage question, swimwear, talent and formal wear.

The contestants also were interviewed by the panel of judges before the pageant.

Rickel Boyd, a sophomore elementary education major, placed as the first runner-up.

"I prepared myself by ensuring that I knew my platform well," Boyd said.

She knew what events she would hold as well.

"I was prepared to provide without reward to

show that having a crown shouldn't hinder you from giving back," Boyd said.

Boyd plans on doing another pageant in the future.

"I will continue to pick myself up and not allow a loss or win hinder me from being a true queen," she said.

The pageant was held at 7:06 p.m. in the I.W Young Auditorium and was hosted by broadcast journalism major Jasmine Mayes and biology major and member of Alpha Phi Alpha JD Crawford.

As the winner, Atkins competed in the district Miss Black and Gold Pageant on Feb. 11, an placed first runner-up.



Photo by Paul Pugh

Contestants model their swimwear during the Miss Black and Gold Pageant.

LU Fashion Police

Valentine's Day has come and gone, but Black History Month continues to stand strong! For 28 days every year, 29 on a leap year, African-Americans worldwide celebrate their cultures and heritage by remembering their roots.

Everyone celebrates Black History Month in their own way. Some are religious, some are cultural and some offer subtle acknowledgements. As far as the fashion police are concerned, we are celebrating Black History Month through fashion!

Over the past year, African textiles, patterns and accessories have become a fashion trend that everyone has gradually followed.

"Each symbol, color and even the shape of the clothing can have a very specific purpose or meaning," said Wayne, the author of the African Imports African Business

Blog. "African clothing can be a symbol of status, creativity and allegiance to tribal roots."

Kente cloth is always recognized for African clothing. Some colors of kente cloth have a particular significance as they interpret the meaning of the pattern. For example, red symbolizes death, green symbolizes fertility, white expresses purity and blue signifies love.

There is another form of African clothing, originally from Mali's Bamana culture, called mudcloth (or *bògòlanfini*). This type of cloth is an ancient art form that involves weaving cloth and dyeing it with fermented mud. This cloth was worn by hunters, serving as camouflage ritual protection and a badge of status.

As for the women who wear mudcloth, it symbolizes their initiation into adulthood and immediately after childbirth. Mudcloth is explained and

believed to have the power to absorb dangerous forces released under such circumstances.

"Since 1980, *bògòlanfini* has become a symbol of Malian culture identity," Wayne said.

With African clothing, colors are very important. Some of the main colors found in African clothing varies in meaning, depending on the group of people.

According to Wayne's research, the most common meanings for the colors that are commonly used go as follows: gold represents wealth and fertility; red represents tension in the spiritual or political world and is viewed as the color of blood; blue represents love and peace, symbolizing the sky, and it is a harmonious color; green represents prosperity and life and is also a medicinal color; and white represents spirituality and purity.

Though the trend is wearing African material as headpieces, scarves and dashikis, there is more thought and meaning when it comes to choosing the African attire that suits you, your personality, as well as your heritage and culture.

"You can truly experience Africa by choosing a color or fabric that has a significant meaning to you or to the culture," Wayne said.

The next time you want to express your style through your culture, hopefully some of these tips will ease your mind and narrow your options. Stay beautiful, Lions!



Campus Question

What were you expecting to get this year for Valentine's Day?



Morgan Lee,
Senior
Psychology Major

"I didn't expect to get anything, because I don't have a significant other."



Aczavius Smith,
Senior
Computer-Aided Drafting Major

"I expected to get a home-cooked meal, but because of Mr. Langston practice, I didn't get one. But I did get some king-sized snacks and a well-written note."



Kyara Little,
Junior
Accounting Major

"I really expected to get some chocolate-covered strawberries and cake balls, and that's exactly what I got."



Lea Grant,
Sophomore
Computer Science Major

"I expected to get a big stuffed animal, but bae doesn't know he's bae yet. It's OK because my parents love me."

Two professors launch film club

By Oneka Cayenne
Staff Writer

LIGHTS, CAMERA, ACTION!

Joseph Myers, English instructor, and Dr. Margaret Johnson, assistant professor of English, are starting a film club at Langston University, which will involve production, screening films, screen writing and film competitions.

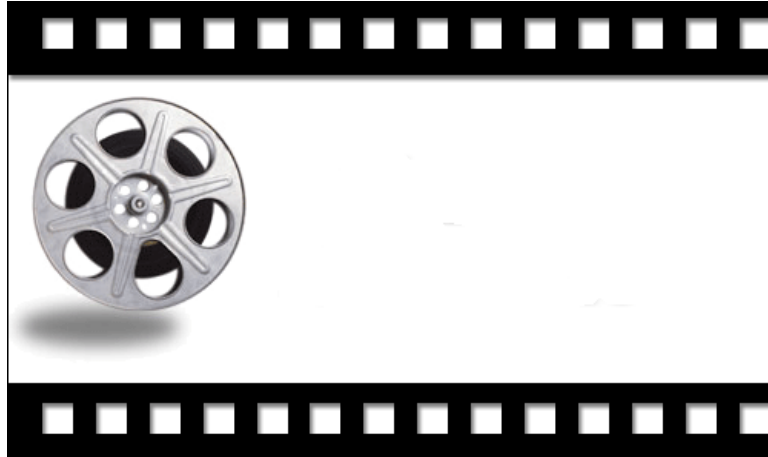
Comments, such as, "I really want to be a screen writer" and "I wish LU had a film club," as well as students showing interest in anything film related, motivated Myers and Johnson to start an organization soon to be affiliated with LU called Film Crew.

Since the informational on Jan. 31, eight students have joined the organization.

Film Crew is open to students, faculty and anybody who wants to witness what goes on in a film club.

Myers said the purpose is to educate students on different techniques in film, allow students get in touch with one another, know what their audience wants and compete at film festivals for cash prizes of \$500 or more.

Myers has a background in screen writing and produc-



ing. He made and co-wrote a feature film in 2008, which came out in 2009. It was a Christian Act Adventure film, which won awards at the Christian Film Festival. Also, Myers has written other scripts and has been competing for seven years.

"I am the more theoretical side to [film], where we watch a film; we dig through it and decide what symbolism is, what kind of critical theory might apply to it," Johnson said.

Johnson has a background in film studies.

Each month, Myers and Johnson will have the students shoot a five-minute film, and they will rotate the different positions in the crew. Each student will get a taste of the different responsibilities in the field.

"One month you might be the writer. Next month, you might be the director. Next month, you might run sound," Myers said.

Kimberly Thompson, junior broadcast journalism major and a member of Film Crew, said she loves that something like this is being brought to LU.

She cannot only work on her craft, but she can teach others what she already knows. On top of that, she wants to compete and win the cash prizes.

If students are interested about the Film Crew, please visit Myers or Johnson in the English department, located in on the first floor of Jones Hall. Also, students can email Myers at jlmyers@langston.edu or Johnson at majohnson@langston.edu.

DOUGHNUTS

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is selling

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Doughnuts!

March 1, 2017

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\$1 Individual Doughnut

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before they sell out,
see a member of
Women of Purpose.

Professors say education majors must have good advising

By Jasmine Franklin
Staff Writer

"Good teachers put their heart and soul into teaching students and guiding them," said Dr. Melissa Brevetti, a professor for the School of Education and Behavioral Sciences at Langston University.

To be a good teacher, students in the education program at LU must have good advising. During the time students spend at the university receiving

their bachelor's degrees in education, the students will have to complete 124 hours of classes within the school.

The students are required to take three major exams before graduating, consisting of the Oklahoma General Education exam, Oklahoma Specialties Area exam and the Oklahoma professional teaching exam.

Therefore, Assistant Professor of Elementary Education Dr. Marsha

Herron, said that when students get admitted to the university, it is very important that they are advised by professors within the school of education.

"What a lot of people don't know is that indirect advisement really can add time to your program," Herron said.

Aria Sanders, a senior elementary education major, said she has been receiving the best advisement since she has at-

tended the university as a freshmen in fall 2013.

"The teachers are great. I enjoy my classes, and I feel like I have been on the right track since entering the education program," Sanders said.

Throughout the semester, the education program offers scholarships, internships and most importantly, relationships between the students and the advisers.

"So, what we can do is chart out a course of study

for the students, and we have created a newly designed plan of study that leads to a 12-hour degree program, which is better because it used to be a 145-hour degree program," Herron said.

The School of Education and Behavioral Sciences is located on the second floor of Sanford Hall. If any education majors have questions, or if students are interested in becoming an education major, call the office at 405-466-3382.

Immigration ban gets restraining order

By Takesha Clark
Staff Writer

U.S. Senior District Judge James Robart issued a nationwide restraining order on Donald Trump's immigration ban.

"No one is above the law, not even the president," said Washington's Attorney General Bob Ferguson on behalf of Robart's ruling. "Not everybody may like this decision – I'm certain the president will not like this decision – but it is his job, it is his responsibility, it is his obligation as president to honor it and I'll make sure he does."

He also went into depth, giving a clear statement explaining Robart's exact orders. Ferguson said that anyone with a valid visa is allowed into the country by Customs and Border Protection. American citizens were initially being blocked from returning to the country.

According to CNN, President Trump's original plan for the immigration ban was for individual immigration officers to detain and deport undocumented

"I am not a fan of this migration stuff because my family is not originally from here. English isn't even my first language, but my parents moved us here because they believed life in America would be more beneficial."

— Ashley Bah-Tou,
student activities coordinator

citizens. Other media, such as *USA Today*, *The New York Times* and "Good Morning America" think it was a new way that Trump decided to take on the Isis terrorists. *The New York Times* also shed light on the fact the immigration ban is illegal.

Over 50 years ago in the 19th century, Congress outlawed discrimination against immigrants based on national origin. When Robart blocked Trump's immigration ban, Trump turned to Twitter and tweeted,

"When a country is no longer able to say who can, and who cannot, come in &

out, especially for reasons of safety & security – big trouble!"

Students on campus have expressed relief that the ban has some sanctions.

"I was happy that somebody finally did something about Trump's ban," said Bianca Anderson, senior nursing major. "People have built their livelihood here and may not have a place to go back to!"

Trump was also displeased with the media for broadcasting his immigration ban as a "Muslim ban." Again, Trump turned to Twitter, saying, "Calls to Muslims from entering

the U.S. are offensive and unconstitutional." He later tweeted, "Everybody is arguing whether or not it is a BAN! Call it what you want, it is about keeping bad people (with bad intentions) out of country!"

Media labeled Trump's ban as a Muslim ban because there were seven countries banned from coming into the U.S., and they were all Middle Eastern countries whose citizens predominantly practice Islam. The countries were Syria, Iraq, Iran, Libya, Somalia, Sudan and Yemen.

According to The Atlantic, shortly after Trump signed the executive order to execute his ban, people began protesting in airports and the streets and in front of the White House. New York, Chicago, Washington D.C., Los Angeles, Houston, Seattle, Philadelphia, Dallas, Boston and Atlanta are some of the major places where large protests broke out.

During these gatherings, the protestors prayed together in unison. In the Dallas International Airport, a picture was taken

of a young girl holding an American Flag with women in their hijabs bowing and praying behind her. After protests began striking the news, HBCU Twitter and Instagram pages began posting pictures of college students sharing their stories on why their families migrated to America.

Like many citizens of the U.S., LU students were also concerned about the ban.

"I am not a fan of this migration stuff because my family is not originally from here," said Ashley Bah-Tou, student activities coordinator. "English isn't even my first language, but my parents moved us here because they believed life in America would be more beneficial."

Not only has Trump's ban affected immigrants and other citizens, but it has affected his own supporters as well. Because of Trump's ban, his supporters took their frustrations to Twitter, admitting their regrets of voting for him. A trending Twitter page called "Trump Regrets" has over 200,000 followers of ex-Trump supporters.

Cold or flu? Early signs help determine when to see a doctor

Special from
Oklahoma Medical
Research Foundation

Scratchy throat. Watery eyes. Stuffy nose. Throbbing headache.

To make matters worse, other symptoms often show up along with those, too. And the question that inevitably follows is no picnic, either: "Is this a cold or the flu?"

The two infections share overlapping symptoms at the beginning, making it important to distinguish which one it is as early as possible, said Oklahoma Medical Research Foundation immunologist Dr. Eliza Chakravarty.

"They start similarly, but a cold will leave you feeling under the weather for a few days, while the flu can be life-threatening," Chakravarty said.

"Understanding the differences

in symptoms could go a long way toward not only lessening the severity of your sickness but also helps prevent you from spreading it to others," she said.

The common cold and the flu are respiratory illnesses caused by viruses, accompanied by cough, sore throat, runny nose and body aches. But, ultimately, the flu is far more dangerous and kills roughly 36,000 people in the United States each year.

While the divide in the long-term threat of the two is great, with so many similarities at the onset, it can make it difficult to tell which one you or a loved one may have. So what is the first step toward discerning the difference?

"Ask yourself, 'what is the severity of the symptoms?'" said Chakravarty. "Cold symptoms tend to be much milder than those caused by the flu."

The flu will give you a high temperature, usually over 101 degrees, as well as intense body aches, Chakravarty said. With a cold, you will most commonly suffer with congestion.

If your symptoms are of the more severe variety, time is of the essence. The sooner you see your doctor or an urgent care facility, the better the treatment options will be.

Medicines such as Tamiflu are quite effective in lessening the symptoms and duration of the flu, but they must be taken within the first 48 hours of onset for optimal effectiveness. Also, because both conditions are viral, neither responds to antibiotics.

From that point on, the recovery processes also mirror one another.

"With either, my recommendation is to stay home, stay warm, stay hydrated and eat warm foods

like chicken soup until you feel better," she said. "Also, ask your doctor about appropriate use of medications, such as pain relievers, antihistamines and decongestants while you're sick."

Chakravarty said even though colds aren't severe, the symptoms can still last for several weeks, so it's important to be patient as your body recovers. And despite what commercials may claim, there are no medications that completely relieve cold symptoms, although they may reduce them.

If you've managed to steer clear of sickness, good for you. But Chakravarty offers one last bit of advice.

"Wash your hands, get eight hours of sleep and stay active. These things seem basic, but they go a long way," she said. "Also, if you haven't yet, go get your flu shot. It's not too late."

LU men's basketball team wins two back-to-back road games

By Perry Smith
Reporter

The Langston University men's basketball team won back-to-back road games in Texas.

Langston defeated (15-7) Our Lady of the Lake 96-73, Feb. 9.

Langston came out strong against Our Lady of the Lake, shooting 59 percent from the field goal and hitting seven of 14 three-pointers in the first half. Langston also led by 15 at the end of the first half.

In the second half of the game, with about 5:27 left on the clock, Langston had its largest lead of the night by 29, the score was 87-58 after two made free-throws by Jamal McDowell.

Langston had four of five starters to score in double figures for that game. Also scoring in double digits was off-the-bench guard Myles Elgin, who scored 18 points and guard Mike Harris with 17 points.

Langston guard Curtis Jones led the team in points, scoring 19 and adding five assists, five rebounds and two steals.

"It meant a lot to get that win," Jones said. "We needed it bad, especially how close we are to making it to the conference tournament..."

Though Langston beat

"I give all the credit in the world to our guys."

— Stan Holt, head basketball coach

Our Lady of the Lake by 23, the team's match against the Hutson-Tillotson Rams was a competitive one, and the Lions only won by eight points. On Feb. 11, Langston beat the (7-14) Hutson-Tillotson Rams, 73-65.

At the end of the first half, Langston was down by 13 as the score stood at 40-27 against the Hutson-Tillotson Rams,

"Hutson-Tillotson came out and really played well in the first half," said Head Coach Stan Holt. "We also battled fatigue because it was a warmer day in Austin, and there was no air conditioning in the Hutson Tillotson gym and it was homecoming."

But as the second half of the game started, the Lions came out with a defensive effort for the comeback win, outscoring the Rams 46-25.

"I give all the credit in the world to our guys," Holt said. "They did a great job of working through a tough homecoming crowd, a tough environment of not having any air in that building and it being extremely hot and

understanding that we just had to keep fighting to win a very, very tough game, and we did."

Langston guard Harris was the high scorer of the game with 18 coming off the bench; this was the fourth straight game that Harris scored in double figures.

Langston is now on a four-game winning streak with a record of 16-8 overall and 9-6 in the Red River Athletic Conference. Langston is in fifth place, falling behind (9-5) Wiley College who is in fourth place in RRAC.

"We can't assume anything," Holt said. "We've got tough games still coming up; I believe mathematically we can clinch a conference tournament berth if we win Thursday night. Hopefully, we get a lot of students, faculty and alums to come out and support the game because it's a really big game."

The Langston Lions faced Jarvis Christian Bulldogs on Feb. 16, at home in the C.F. Gayles Gymnasium. However, the time of the game was after this publication was



Photo from <https://www.langstonsports.com>

Langston's Daryle Morgan, senior forward, jumps up to defend his opponent in an effort to block his shot. As of the Gazette's publication deadline, the men's basketball team was 9-6 in conference play.

printed.

"These guys have all accepted what we need them to do," Holt said. "That's why we've been so successful, so they need to be recognized for that."

"It's not everything that shows up in the stat sheet. There are just different things that are needed for different games, and each guy steps up to do that so that we could win."

Track team finishes indoor season, prepares for nationals

By Michael Colston
Staff Writer

The Langston University track team is ending the indoor season and looking to have an outstanding outdoor season.

Going into his 24th year of coaching at LU, Head Coach James Hilliard thinks a few of his runners have a "good chance at nationals this year."

This past meet, which was Feb. 10-11, at Pittsburg State in Kansas, was the last indoor track meet of the season.

Hilliard took six runners:

- Daquavion Pilot (senior): 60-meter hurdles, 60-meter dash and the 4x4 men's relay
- Tara Howard (senior): 60-meter dash, 200-meter dash and the 4x4 women's relay
- Bryan Vinson (sophomore): 400-meter run and the 4x4 men's relay
- Alexandria Nealy (freshman): 400-meter run, and the 4x4 women's relay
- Demorea Carter (freshman): 400-meter run
- Kendal Odle (freshman): distance runner

Howard qualified B-Standard for the indoor national championship in the 60-meter dash, and Hilliard wants to get her time down to an A-Standard, which would make her an automatic qualifier.

"I want to qualify in the 100-yard dash (outdoor) for nationals and the 4x1 and the 200," Howard said. "I surprised myself this past indoor season when I qualified for nationals in the 60-meter dash..."

Vinson is a young returner who runs the 400, 4x4, 4x1 and the 200-meter dash. He ran the 400-meter for his last indoor meet of the season.

"I'm excited to start the outdoor season and trying to qualify individually in the national 400," Vinson said. "I have to run a 48.5 to qualify, and I plan on doing just that and making it into the top eight to win it all."

According to the stats and ranking website, <https://www.athletic.net>, another runner, Magnus Scott, missed making the national outdoor 100-meter dash by one position, finishing ninth in the country last season.

The track team's first outdoor meet is March 24, at Oral Roberts University.