

TUESDAY, FEBRUARY 25, 2020

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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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Faculty & Staff Spotlight

By Monique Bonds
Editor

Since she was a child, traveling has been something Dr. Julia Reid has done frequently.

Growing up in five different states – Arkansas, Texas, Missouri, Tennessee and eventually settling down in Montgomery, Alabama – Reid has traveled to every state but two, Alaska and North Dakota.

"My dad was a sales representative, so we would travel to his territory," said Reid, assistant professor of biology. "I've had to get used to meeting people and being the new one in the class."

However, at Langston University, Reid never has to feel like the new one in class.

"Everybody's so friendly



Dr. Julia Reid

and helpful [at LU]. I remember I had a flat tire and Dr. Desmond Delk helped me my first month here."

Entering Langston in the fall of 2016 as a visiting assistant professor, Reid decided to become an official Lion in the fall of 2017 and has enjoyed every moment since.

"As far as the working atmosphere, I love the small classrooms," Reid said. "I get to know my students,

and I call them by their first names."

Growing up, Reid had her heart set on doing research with animals, but after receiving her master's degree from Arkansas State, she quickly realized her love for academia.

"You get to go to meetings, and I love teaching the classes and telling students interesting things I know," she said. "I just really loved doing the research, going to the meetings and learning new things!"

While Reid has been at Langston since 2016, she constantly learns new things every day.

"Usually when I've taught there has only been a few African Americans, so what I have really enjoyed is just learning more about African Americans and seeing all their hairstyles and how

friendly they are."

Even the National Pan-Hellenic Council (NPHC) and the historic Greek organizations were new concepts for Reid.

"I had never heard of this – a probate," Reid said. "I didn't know about that. I was in a sorority in college, but it was nothing like that."

Being at LU has allowed Reid to experience new things, such as Homecoming, the Golden Feline Dancers, the Langston University Marching Pride band, the football team and more.

Langston University provides more than just curriculum. It offers a different experience for both students and faculty.

"My future plans are to remain here at Langston, enjoying Langston and my summers off, traveling and recuperating," Reid said.

Oklahoma representative provides legislation update

The legislative session started Monday, Feb. 3, when a joint session of the House and Senate convened to hear Gov. Kevin Stitt give his second State of the State Address.

While the governor outlined his budget priorities for Fiscal Year 2021, it is important to remember the Oklahoma Legislature actually appropriates the money that comes into the state's General Revenue Fund to state agencies to deliver core government services, such as education, transportation, health care, public safety and more.

The remaining portion of state dollars – about 60% through apportionments, fines, fees and federal funding – goes directly to state agencies, with much of this dedicated to education and transportation.

The governor highlighted



Rep. Wallace

several moves by the Legislature last year that put the state in a better economic position. One was the decision to save \$200 million to bring the state's savings account to \$1 billion. The governor would like to see us save another \$100 million this year. That is a position many conservative lawmakers favor. It will help us protect core services in the event of

a future economic downturn and protect our taxpayers. Our savings also has improved our state's credit rating.

The governor also highlighted several government accountability measures taken last year that we expect to build upon this session.

The Legislature last year gave the governor direct appointment power of the directors of five state agency governing boards as well as gave the House, the Senate and the governor more appointment power over the membership of those boards.

We expect to study additional agencies this year where such changes would be beneficial. This move allows the governor to act more like the state's CEO and gives the Legislature more direct oversight of the spending of taxpayer dollars.

The governor also detailed areas where he's been able to streamline some bureaucracy and asked the Legislature to consider several changes in law to broaden that work moving forward. His requests will certainly be examined in depth. Anything we can do to shrink government without hurting the people it serves is a good idea.

Better education outcomes, an Oklahoma solution to Medicaid expansion with flexibility for healthy but impoverished adults and continued criminal justice reform efforts were also among the governor's priorities for this year. Those are all areas of focus for the Legislature as well.

Now that the legislative session has started, the House

see **LEGISLATION**, page 7

NASA visits Langston for payload delivery signing

By Lea Houston
Staff Writer

There is a lot of space that the Langston University Science Research Institute is getting ready to fill.

Director of Langston University NASA Advanced Research in Biology Center Dr. Bryon Quinn and his students are conducting a research project with an immune payload that tests how gravity affects human cells.

An immune payload is a small system that fits in a rocket or in a drawer on the International Space Station that will allow researchers to conduct experiments using these biological samples held inside. This will allow them to understand how microgravity affects the cell.

While in space, strange things happen to the human body – the immune system begins to degrade.

“Today is a big day. We’re going to sign a document that establishes a relationship between NASA and Langston University. The research here that will be done at Langston University is going to have transformational capabilities for space exploration for the United States... and all of our international partners...”

— Jim Bridenstine,
NASA administrator

“If your immune system suppresses a virus, it can become very difficult to get rid of the virus while in space,” Quinn explained. “When astronauts get sent into outer space, their immune system is compromised. They then start to become infected

with latent viruses due to the amount of microgravity they are sensing. We are using natural countermeasures like plant extracts and probiotics to solve this problem.”

Langston University NASA researchers, DreamUp, NanoRacks Inc. and NASA’s Johnson Space Center are collaborating to build and send

this system to the International Space Station.

On Feb. 13, Langston University and NASA performed a payload delivery signing ceremony to officiate the collaboration with DreamUp and NanoRacks Inc.

“Today is a big day. We’re going to sign a document that establishes a relationship between NASA and Langston University,” said NASA administrator Jim Bridenstine. “The research here that will be done at Langston University is going to have transformational capabilities for space exploration for the United States of America and all of our international partners around the world.”

The Langston Minority University Research and Education Project is one of the first projects that will target the development of specific immunological countermeasures that restores function to astronauts for spaceflight.

“The project is very im-

portant to NASA and the research program,” Johnson Space Center employee Dr. Brian Crucian said.

Kaci Craft, a NASA advanced researcher and also the reigning Miss Langston, is helping with the research on campus. She has been a NASA researcher since she’s attended LU, beginning spring 2018, and it has been an incredible, unique experience for her.

“Being a part of this research, I feel like I am doing the things I need to be doing to reach the goals I have set for myself,” Craft said, referring to her platform, which is titled “Black Brains and Beauty: The Growth of Black Women and STEM.” “This research has taught me things that I would not have learned without participating in the program.”

The research will last until the payload is sent to the International Space Station in the August 2020.

Quote: “Your body is the biggest investment you will ever make in your life. Don’t abuse it.” Unknown



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SPRING 2020 SCHEDULE FOR HIV/STI TESTING

LOCATION: COUNSELING & HEALTH SERVICES

UNIVERSITY WOMEN BUILDING, 1ST FLOOR

TIME: BEGINNING @ 10:00AM - *(LIMITED # OF AVAILABLE TEST KITS)

JANUARY:

Tuesday, January 28th

FEBRUARY:

Monday, February 10th
Tuesday, February 25th

MARCH:

Monday, March 9th
Tuesday, March 24th

APRIL:

Tuesday, April 7th
Tuesday, April 21st

MAY:

Tuesday, May 5th

Residents in Centennial Court forced to consolidate buildings

By Asheika Alexander
Staff Writer

Due to a significant decrease in the number of students returning for the spring 2020 semester, the university decided to relocate students within Centennial Court Apartments.

The action to consolidate Building 7 of Centennial was because it had the least number of residence, said a source from campus housing, ultimately demanding that it be vacant no later than Feb. 17.

By consolidating the building, housing and facilities can get a head start in preparing the apartments to be move-in ready by fall 2020.

These students werer given

“I have to move all my stuff to a new room with no help, not to mention I still have classes, homework and practice.”

— Kourtney Turner,
freshman technology major

the option to select another residence within Buildings 1 through 6 or 8 through 11, and they were able to keep their roommates if the accommodations were available.

Students who were directly affected by the university’s decision, however, were not necessarily pleased with the situation.

“I have to move all my stuff to a new room with no help, not to mention I still have classes, homework and practice,” said Kourtney Turner, freshman technology major. “I don’t think they’re taking into consideration that it’s inevitable for some students to feel uncomfortable moving in with others they do not know.”

LU alumnus' film premieres in Oklahoma movie theaters

By Mar'Quan Goodman
Staff Writer

Langston University alumnus Dekoven Riggins produced the film 'Black Wall Street Burning', which hit theaters for two weeks in February for Black History Month.

Oklahoma City native Riggins and his partner, Marcus Brown of New Jersey, produced the film under their own production company, Noftis Studios, based in Oklahoma City.

"Black Wall Street Burning" is about a tragic historical event in Tulsa known as the Tulsa Race Riot (also referred to as the Tulsa Race Massacre) where a young black man was accused of assaulting a young white woman, and it led to the decimation of the black side of town. This event took place 99 years ago, May 31, 1921, and is still the largest race massacre in U.S. history, killing as many as 300 black Tulsans, leaving thousands homeless and destroying the well-established community of the Greenwood district, also known as Black Wall Street.

"Black Wall Street Burning" is significant not only for Oklahomans but for the students

of Langston as well. The Tulsa Race Riot is something that isn't talked about often, and it's rarely taught in schools outside of Oklahoma. Therefore, many LU students from out of state are not familiar with the historic event. However, some TV programs have depicted what happened, such as HBO's "Watchmen," which helped bring awareness to Riggins' and Brown's film.

"We were actually filming when 'Watchmen' happened... We were like, no! Nobody's gonna want to see the movie now that Hollywood has it," Brown said. "But when we thought about it, now people are talking about it, searching it up, and studying it... so when we finally put the movie out, people are gonna want to see more since 'Watchmen' only gave you a taste of it."

All of the actors in the film are from Oklahoma, many with no previous acting experience. The actors consisted of family, friends and associates of the writers, Riggins and Brown. They hoped for a bigger cast, but some of the people they reached out to were unsure about participating in the film

because the burning of Black Wall Street was a racially driven event.

"My white friends were hesitant because the subject is very touchy, and there is some tough language to deal with in some aspects," Riggins said.

"Black Wall Street Burning" was Riggins' and Brown's first film. The film cost around \$12,000 in total – \$5,000 to make the film and another \$7,000 to get it rated and shown in theaters. The film's first week premiere ran Feb. 7-13, at Harkins 16 Bricktown in Oklahoma City, and the second week ran from Feb. 14-20 at Circle Cinema in Tulsa.

"I want you to leave wanting more... know more about who we were as a culture and as people," Brown said, "to show black people as a culture that we can be one again and not always be angry with one another or argue over streets; that we can grow together and make something we can be proud of, and the movie shows that this did happen at one time."

There are no upcoming show dates as of now, but Riggins and Brown are pushing to make a series from the film.



Have something to say
or want us to cover an event
in your department?

Let us know!

Call 405.466.3245 or send an email to nkturner@langston.edu

LANGSTON COMMUNITY FOOD PANTRY SPRING 2020 SCHEDULE

DELIVERY

DISTRIBUTION

JAN	28 th *	10:30 am 12:00 pm	29 th * 2:00 pm – 5:00 pm 30 th * 4:30 pm – 6:30 pm Feb 1 st * 9:00 am – 12:00 pm
FEB	25 th *	10:30 am 12:00 pm	26 th * 2:00 pm – 5:00 pm 27 th * 4:00 pm – 6:30 pm 29 th * 9:00 am – 11:00 am
MAR	24 th *	10:30 am 12:00 pm	25 th * 2:00 pm – 5:00 pm 26 th * 4:00 pm – 6:30 pm 28 th * 9:00 am – 11:00 am
APR	28 th *	10:30 am 12:00 pm	29 th * 2:00 pm – 5:00 pm 30 th * 4:30 pm – 6:30 pm May 2 nd * 9:00 am – 11:00 am
MAY	26 th *	10:30 am 12:00 pm	27 th * 2:00 pm – 5:00 pm 28 th * 4:00 pm – 6:30 pm 30 th * 9:00 am – 11:00 am

Butch celebrates his birthday with students!



The Student Activities Board hosts "Butch Day" in the cafeteria to celebrate Harding "Butch" Benjamin's birthday.

On Feb. 17, from noon to 2 p.m., students, faculty and staff gathered in the cafe to sign a big birthday card and eat cake and ice cream with him in honor of the occasion.

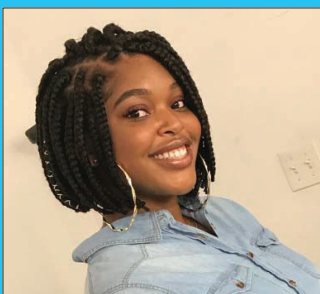
In addition, Sodexo offered faculty and staff a discounted lunch rate from 11 a.m. to 2 p.m. to commemorate the special event.

Photos by Walter Harris

Campus Question

What's your favorite thing about your major?

Compiled by Monique Bonds



Essense White
Junior
Psychology Major

"My favorite thing about my major is what I can do with my major afterwards – going in, helping people with situations they didn't know they had problems in."



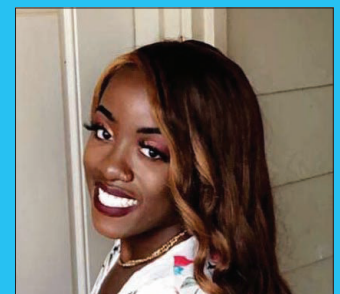
Megan Buyckes
Senior
Health, Physical Education & Recreation Major

"My favorite thing about my major is we get to play games during class. We literally get a recess since we're physical education majors."



Jasmine Guy
Junior
Computer Science Major

"I like the networking and the connections I can get within the department. Also, the advisers give us good opportunities, on and off campus."



Alexandria Neely
Senior
Public Health Major

"The favorite thing about my major is not only the amazing professors, but also gaining knowledge on how to improve people's health and their communities."

Radio station floods again

By Kammie Onyekwere
Staff Writer

When Kimberly Vick, instructor of communication, arrived to work and entered the radio station the morning of Feb. 10, she found the room flooded – again.

Vick, general manager of station KALU 89.3 FM, said the source of the problem this time was a frozen chiller pipe due to inadequate heating and air.

The contractual engineer who helps keep the radio station equipment functioning and on air, said KALU might be out of order anywhere from a few days to a couple of weeks; however, he could not give a specific timeframe for repairs because the damage is still being assessed.

Vick said this has happened before since she's been the general manager. Doristina Moncriste, administrative assistant for the School of Arts and Sciences, corroborated Vick's statement.

"I know this has previously

happened before," Moncriste said. "This is the second or third time just within the last three to four years."

The radio station being out of order has affected several students who utilize it for class or for extracurricular radio shows.

Walter Harris, senior broadcast journalism major, hosts a radio show every Tuesday and Thursday from 11:30 a.m. to 12:30 p.m. He said this incident has caused him and many other students an inconvenience because they have to put their shows on hold until they can figure out alternatives.

"We can't use our platform to reach our fans/ listeners," Harris said. "Currently, we're trying to find a new medium to broadcast to our listeners."

However, the impact is more widespread than just LU's campus. The city of Langston and surrounding listening areas cannot tune in to the station when it's off air, and it will remain off air until the damages are repaired.



Photo by Monique Bonds

The campus radio station KALU 89.3 FM, located on the third floor of Sanford Hall, sits vacant after the room flooded again. The cause of the damage was a frozen chiller pipe. This is at least the second time the station has flooded in the past five years.

Health clinic offers convenient services

By Antonice Johnson
Staff Writer

Did you know the Langston University health clinic doesn't require health insurance to be seen?

Oftentimes, college students struggle with paying for health care, but the cost of the clinic has already been covered in tuition, so no money is required upon visits.

"The health clinic is available to all Langston University students with a valid ID," said Velma Glover, a nurse at the clinic. "Sometimes we also provide hygiene products and condoms to the students [as well]. Langston University has a clinic because we want students to know this is a safe place."

In addition, students don't have to worry about invasion of privacy when visiting the health clinic because "student records are confidential, and

they're able to come in and be seen about anything," Glover said, "whether it's a stomach-ache, cold, STD testing or over-the-counter medication."

The health clinic is located in University Women, Room 112.

"The clinic is open Monday through Friday, 8 a.m. to 5 p.m., and you'll be seen by nurse practitioner Rachelle Richardson," Glover said.

However, the nurse practitioner can't accommodate everyone who comes in because the clinic is not equipped to handle extreme medical situations.

"If it's a situation that's out of her control, the ambulance will be called," Glover said.

Charles Leggs, senior broadcast journalism and business management major, has visited the health clinic a few times.

"The health clinic does have a lot of benefits since it's on campus and you can walk there," Leggs said. "I've been

sick before and could only make it to the clinic. The nurses were nice and assist you right away."

However, he also said he thinks the staff at the clinic could do better with promoting its services, such as posting flyers, having events and staying "active with students so that can make people comfortable and want to come to the health clinic," Leggs said.

While some students utilize the health clinic to its fullest potential, others prefer to go to the hospital.

"I was aware of the health clinic we have on campus, but I never considered going," said Kimberly Brooks, freshman biology major. "I honestly would rather go to a hospital in case of an emergency, just to always be on the safe side. However, I do think it's very convenient and considerate to have a health clinic on campus for students."

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LANGSTON UNIVERSITY'S VOICE OF DIVERSITY
KALU 89dot3

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CIA agents visit LU

By Ebony Lucas
Staff Writer

The Langston University Department of Engineering and Technology hosted an event welcoming the CIA on Feb. 8. The event was put together by Dr. Franklin Fondjo Fotou, associate professor and chair of the department.

The CIA gave a presentation explaining the hiring process, student programs, studio scholarships, job descriptions, retirement plans and job benefits.

"I feel like being able to at-

tend this event where I got to ask the CIA agents questions and listen to all the different jobs and opportunities was very eye-opening for me," said Robert Couch, sophomore computer science major.

The CIA also provided information about the best time to apply for jobs and internships.

"I wanted the CIA to come by themselves because there are more than just one type of job that most people know about," Fondjo said.

This event was open to all students on campus.

"I wanted to host this event

so that all students can know the job opportunities in the CIA field because minorities have not been informed about that area that much," Fondjo said.

According to the official CIA website, the CIA is an independent agency responsible for providing national security intelligence to senior U.S. policymakers.

The director of the Central Intelligence Agency is nominated by the president with the advice and consent of the Senate. The director manages the operations, personnel and budget of the CIA.

LU NEWS BRIEFS

- The 2020 Spring Career Fair will be held on Wednesday, March 4, 2020, in the C.F. Gayles Gymnasium from 10 a.m. to 3 p.m. We encourage you to come out and meet some of the top companies from across the country to help you plan for career success!
- Langston University is participating in the Home Depot Retool Your School Campaign where Dear Langston could win up to \$50,000 in campus improvement grants. All we need is your votes to win!

How to vote for Langston University:

- 1.) Visit retoolyourschool.com/vote, click on the "Cluster 2" tab, then click on the Langston University logo to vote.
- 2.) Posting with the hashtag "#LANGSTON_RYS20" on your Instagram and Twitter post. Social media accounts must be public in order for votes to count

You have unlimited daily voting from each device you use, so vote daily and often from your PC, tablet and mobile devices now through April 5, 2020! Together, we can help LU better serve you and the community through this grant funding opportunity.

For more information about the Retool Your School grant, visit <http://retoolyourschool.com>.

- Students can now apply for the Langston Campus Continuing Student Scholarship. The scholarship is available to Langston University students who are currently full-time students enrolled in a minimum of 15 hours on the Langston campus. The deadline for submissions is Sunday, March 1, 2020. Applicants must have completed at least one full-time semester with a minimum cumulative grade point average (GPA) of 2.5 for undergraduates, and 3.0 for graduate students and must have the completed 2020-2021 FAFSA on file. Apply today for the 2020 Langston Campus Continuing Student Scholarship.

LEGISLATION

from page 2

has first and second read the almost 1,400 bills and resolutions filed this session and assigned many of those to committees. Committee work started this week. A bill must pass in committee before it is eligible to be heard on the House floor.

The deadline for bills and resolutions to pass out of an Appropriations & Budget subcommittee is Feb. 17. We have until Feb. 27 to pass measures out of regular committees. We then have until March 12 to vote on House bills be-

fore passing them to the Senate. Then we start the process of hearing Senate bills in committee and on the floor.

In addition to the bills filed this session, we are able to consider bills from last session as well. Usually there is a reason these bills didn't pass, but it's possible that during the interim a lawmaker worked to rectify a problem with a bill and we will be able to consider any changes in open committee meetings or session.

Kevin Wallace serves District 32 of the Oklahoma House of Representatives. He can be reached by phone at 405-557-7368 or via email at kevin.wallace@okhouse.gov.

SCHOOL OF AGRICULTURE AND APPLIED SCIENCES
DEPARTMENT OF FAMILY AND CONSUMER SCIENCES

CCAMPIS

CHILD CARE ACCESS MEANS PARENTS IN SCHOOL PROGRAM

CHILDCARE FUNDS ARE NOW AVAILABLE TO ASSIST QUALIFIED LANGSTON UNIVERSITY STUDENTS WITH CHILDCARE COSTS.

GRANT FUNDED BY:
THE U.S. DEPARTMENT OF
EDUCATION

DATES:
OCT. 1, 2019 -
SEPT. 30, 2020

ELIGIBILITY REQUIREMENTS:

Participant(s) must provide copies of current enrollment at Langston University and award summary of the Pell Grant. The CCAMPIS stipend will only cover the balance of childcare cost after the Department of Human Services (DHS) has paid.

HOW TO APPLY: Applications are available below for child care stipends immediately. Please call: Dr. Evia Davis (405) 466-3338 or Mrs. Sonya Moore-Davis (405) 466-6167 for additional information.



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information.

Langston Lions fall short in double-overtime game

By Savion Harvey
Staff Writer

The Langston Lions fell short at home Feb. 8, as they faced Central Christian College in a highly competitive, double-overtime game.

The Lions overcame a 6-point deficit in the first overtime with a last-second basket from Alfonso Anderson. In the second overtime, Ben Glover of Central Christian hit a 3-pointer to give his team a 90-87 win. Five players landed in double figures for Langston, with John Godwin leading with 15 points.

Philip Stitt, head coach of the Langston men's basketball team, said the team knew adjustments had to be made after Central Christian attempted 21 free throws in the first half.

"We needed to adjust to how the game was being called by the officials in the second half,

and I think we did a good job of that," Stitt said. "We were more disciplined and focused on playing good team defense."

Godwin had 15 points in 17 minutes, making four 3-pointers in seven attempts.

"The 3-point shot is something John is very good at," Stitt said. "As a team, the 3-point shot is not an emphasis for us. However, we're third in SAC in free-throw percentage."

The Lions' last five conference games have resulted in a deficit of 3 points or fewer.

"We are very proud of our guys' effort level throughout this tough stretch," Stitt said. "Our last five conference games have come down to the final possession with a pair of double-overtime losses and another overtime loss. We feel this team will be rewarded for their hard work." The Lions racked up to 12 losses this season with six

games left, three games going against teams ranked in the top 20 in the NAIA.

Donnell Rainey, junior business major who attended the game, said the Lions have potential to go on a winning streak.

"This team plays hard in every game they play," Jones said. "Yeah, I know they're losing games, but the good news is that they're not getting blown out. If the team can keep up this energy and play, I think they'll be able to win the remaining games of the season."

Right: Langston's Andrew Reddick, junior point guard, pushes his way through the Central Christian defense as he makes his way toward the basket.

Photo by
Na'Tianna Stocker



A day in the life of a researcher, mentor, student, athlete

By Na'Tianna Stocker
Staff Writer

Madyson Saulsberry, a bacteria and carcinogenic azodyes researcher, math tutor, executive member for the Student Activities Board and student-athlete balances a busy life while trying to stay on top of her grades.

Saulsberry, who normally goes by Mady, is a junior biology major from McKinney, Texas, and strives to be the best in all she does. She said some days are harder than others, but it's all about knowing what you can handle as a person, and she is not the type of person to give up.

"Everyone isn't built for this type of lifestyle," she said, "but God doesn't put me through anything that I can't handle, and giving up is never an option."

Having a goofy personality and constantly being around her peers doesn't mean that she

"You can dig yourself into a hole, but that doesn't mean you have to stay there. I am learning that it is OK to talk about these things with people and not let them build up."

— Madyson Saulsberry
junior, women's track

doesn't have some tough days.

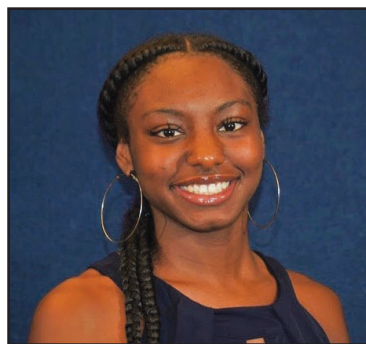
"If I'm getting a new opportunity, I start off motivated, excited, organized and ready to work," she said. "But I have moods where I just want to shut down and not do anything, and that puts me back in my classes, on the track and in my organizations."

Not being mentally focused causes a lot of her responsibilities to pile up on her at once and she becomes discouraged and depressed, but they never last too long for her because she knows what she's capable

of.

"You can dig yourself into a hole, but that doesn't mean you have to stay there. I am learning that it is OK to talk about these things with people and not let them build up," she said.

Jada Meads, a junior public health major, track manager and close friend of Saulsberry, said Saulsberry handles everything pretty well. She said Saulsberry is a strong woman and unless she comes to vent to her, she is the type of person that doesn't need anyone micromanaging her.



Saulsberry

A typical day for Saulsberry begins with her waking up at 6 a.m. to go to her first track practice. Saulsberry is versatile in track and field; she competes in the triple and long jump, runs the 4x4, the 200-meter dash and the 4x1 when her coach needs her to.

"My favorite events are the triple jump and the 4x4 because that's what I was recruited for," she said.

Saulsberry's personal record for the triple jump is 38.4, which is .2 off of the Langston record that she plans to beat,

and her personal record for the 4x4 is one minute flat.

"The 4x4 is also something I know I can get down because I have bad running mechanics that slow me down," she said.

After her morning track practice, she will then go to her three classes, which all have labs, and she will go to the research lab a couple times a day. If she gets the chance, she's able to grab lunch, but if not she's snacking on the go.

"After that, I go to track practice again for about two or three more hours, and then there's usually an SAB event or meeting after that," Saulsberry said.

Tutoring students in the library for a couple of hours and then studying for her own classes is how she ends her day. When Saulsberry finally gets free time, all she ever wants to do is eat, sleep and play games on her game system. Though it's a small window, this is the time she values the most.