

the Gazette

VOL. 81, NO. 7

STUDENT VOICE OF LANGSTON UNIVERSITY

TUESDAY, FEBRUARY 26, 2019



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.

Editor

Kimberly Thompson

Cover Designer

Jasmine Mayes

Staff Writers

Monique Bonds

Ronald Diaz

Devin Dourisseau

Marquala Ealom

Micah Garden

King Mason

Joshua Minger

Sakinah Muhammad

Jade Valenzuela

Malik Young

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.

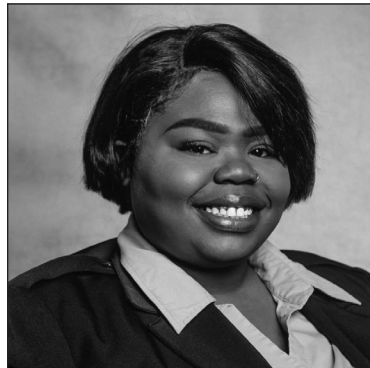
Editor offers advice on coping with stress

Midterms are around the corner, and many students are stressing out about a class or two — or five. So, I'm here to give you some tips on how to handle your stress.

Whether it's preparing for graduation or studying for quizzes, tests or other assignments, stress is never-ending in college. Not to mention that some students are even taking 18 hours or more of classes.

So, it's important to remain focused this semester and deal with our stress in positive ways because it's so easy to give in to the pressures of college in a negative way, like binge drinking on the weekends or smoking weed from time to time.

Instead, I have some extra tips that can help you deal



Thompson

with your stress. According to the Every Day Health website, it is a good practice to get at least eight hours of sleep daily. You may think that you're built to hit the hay at 4 a.m. and then attend an 8 a.m. class, but shortchanging yourself on rest can increase stress levels. Missing out on sleep has a negative effect on

how we experience the stressors of the day, according to the Forbes magazine website.

Plus, not getting enough sleep can put you at risk for serious illnesses, like diabetes, obesity and depression.

Another way to reduce stress is exercising. Yes, it might be the last thing you want to do in a stressful situation, but working out for even 20 minutes a day can help relieve stress. Try to find something you like to do, such as swimming, yoga or even just walking around campus. Finding something you like to do will be easier on you because you will be a little more motivated to actually go out and do it.

Also, Langston offers fitness programs geared toward helping students better cope with their stress. Every Monday through Thursday, from 5:15 to 6:15 p.m., students can join the Roars Walking program, located in the C.F. Gayle's Gymnasium.

Langston also offers Zumba dance class every Tuesday from 11 a.m. to noon in the Atrium. And, if that's not enough, Langston still has you covered with fitness yoga every Wednesday from 6 to 7 p.m. in the Atrium.

Also having an emotional support group can help control your stress levels. We all

know college can be difficult, and venting your frustrations to a trusted friend can go a long way in fighting that stress.

"It's a way to empty out tensions and make them lower," Forbes says.

Pick a friend or family member who isn't going to be judgmental or try to give lots of advice. Or, you can even seek help from the Langston counseling center because, after all, that's exactly why it's there.

Your schedule may be filled with lectures and study groups, but try to find at least a couple hours each week to pursue a hobby or other activity that you enjoy.

"Do something that feeds the peace of your soul in some way and stay connected with it," Forbes says. "It promotes the anti-stress physiology of your body."

Not sure what your passion is, though? It's OK! Just remember not to overload yourself with classes and extracurricular activities. It's totally OK to say no to some things — you don't have to be a super hero in school. And, finally, it's OK to limit yourself and make time for yourself with a little relaxation.

Kimberly Thompson is a senior broadcast journalism major.

HOSTED BY THE
OFFICE OF STUDENT LIFE

FEB 5TH - APR 26TH

FITNESS PROGRAMS

FOR MORE INFORMATION
EMAIL: AJAI.BROWN@LANGSTON.EDU

**VISIT: JOHN W. MONTGOMERY
MULTIPURPOSE CENTER
OFFICE 103**

CALL: 405-466-2096

EVERY
TUESDAY

ZUMBA

DANCE FITNESS
11:00 AM - 12:00 PM
ATRIUM

EVERY
WEDNESDAY

Yoga

FITNESS
6:00 PM - 7:00 PM
ATRIUM

EVERY
THURSDAY

BOOTCAMP

FITNESS
6:00 PM - 7:00 PM
MULTIPURPOSE GYM

EVERY
MON - THUR

**ROARS
WALKING
PROGRAM**

5:15 PM - 6:15 PM
C.F. GAYLES RM - 144

Retraction

In the Feb. 12 issue, a story on page 7 discussed the differences between work-study jobs and payroll jobs for students. The story stated that payroll jobs pay students weekly or bi-weekly. However, students in payroll positions on campus are paid monthly, just like work-study positions.

**Want to express
YOUR opinion?**

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

Job platform targets college students

By Monique Bonds
Staff Writer

High fives are so last semester. Langston students are giving handshakes now — but not in the traditional sense of the word.

Handshake is a new online platform built by students for students. It allows students to stay up-to-date on the latest employers and companies looking to hire college graduates.

In 2014, three students at Michigan Technological University decided to create this platform in hopes of bringing attention from bigger businesses to small colleges in rural areas.

“Handshake is an online platform that streamlines and simplifies the process of receiving [job information] for universities and students,” said Bianca Bryant, director of career and professional development. “A lot of times corporate goes after bigger universities and misses out on great students at smaller universities because they’re not going to those smaller schools, and Handshake makes that possible.”

This platform is available to all LU students through their “langston.edu” email address.

“I feel like the Handshake platform is a good idea for the students. I think it will bring more people out [to the career fair] because they will know what's going on before they get to the career fair.”

— Asia Ward,
sophomore HPER major

Students must register with their Langston email address and create a new password to access the website.

Once students sign up, they will have first glance at what organizations will participate in the spring career fair, which is scheduled from 10 a.m. to 3 p.m., March 6, in the the C.F. Gayles Gymnasium. Students also will be able to view the latest opportunities that employers are looking to fill for the 2019 summer and/or fall semester.

LU faculty and staff encourage students to attend the career fair in several ways each year. Some professors offer extra credit to students for attending, and others take their students to the career fair as a class.

Bryant advises all students to attend the career fair in

March, prepared with multiple resumes and dressed to impress because first impressions really do matter.

“I’m very excited about the career fair because I’m excited to network,” said Diamond McGee, sophomore health, physical education and recreation major. “I’m not from Oklahoma, so I don’t know a lot out here, and I feel like the career fair will help me find internships.”

Both the career fair and the Handshake platform are built to help students reach their highest potential. Handshake is available online and as a mobile app.

Its features and appearance can be compared to Facebook and LinkedIn. An article on the Fortune magazine website compared Handshake to Monster and CareerBuilder, but it’s



specifically for universities and colleges.

“Handshake looks like a version of Facebook made for job searching, with a single feed displaying personalized recommendations of jobs, content and events for each student,” according to the Fortune article. “Students can follow certain employers to make sure they receive any updates, events or other content from them.”

Once students register, they are asked to build a profile

and submit their top credentials, such as work history, organization history, skill set and their resume, all things for which employers normally ask during the hiring process.

“I feel like the Handshake platform is a good idea for the students,” said Asia Ward, sophomore health, physical education and recreation major. “I think it will bring more people out [to the career fair] because they will know what’s going on before they get to the career fair.”

Tony Coleman to speak at Langston's annual Founders Day

Special from
LU Public Relations

This year marks the 122nd Founders Day celebration!

Founders Day observes the vision that led to the establishment of Langston University in 1897. The program will be held in the I.W. Young Auditorium at 11 a.m., March 7.

Our featured speaker for the program will be attorney Tony Coleman, who was the first African-American in state history to work for the leadership of the Oklahoma Senate and first to serve three President Pro Tempores of the Oklahoma Senate within seven years.

After resigning from the State Senate in 2007, Coleman became co-founder and owner

of the law firm of Goza, Washington & Coleman. In 2012, Coleman founded the Coleman Law Firm, PLLC.

Coleman holds a bachelor’s in business administration from the University of Oklahoma, as well as a Juris Doctorate from Oklahoma City University.

Coleman is the first and only African-American in Oklahoma history to become a member and faculty of the prestigious National College for DUI Defense and is trained in DUI/DWI detection, the Administration of the Standardized Field Sobriety Test, the Intoxilyzer 3,000, 5,000 and 8,000 and Gas Chromatography.

In June 2015, Coleman became the first African-American

in Oklahoma to receive the Clarence Darrow Award.

He also is a member of The National Trial Lawyers Top 100 Trial Lawyers, The National Association of Criminal Defense Lawyers, The American Bar Association, The Texas Criminal Defense Lawyers Association, The Oklahoma Bar Association, The Oklahoma County Bar Association, The Oklahoma County Criminal Defense Lawyers Association, The Canadian County Bar Association, The Cleveland County Bar Association and is licensed to practice in the United States District Court in the Western District of Oklahoma and the United States Court of Appeal for the Tenth Circuit.



Coleman

Langston Marching Pride performs at Thunder game

By Jade Valenzuela
Staff Writer

As the final seconds counted down for halftime at an Oklahoma City Thunder basketball game, the Langston University Marching Pride took the court Feb. 7, to perform in front of thousands of fans for the first time in history.

"The experience was amazing," said Anthony Doyle, junior business administration major and bass drummer/section leader.

"We weren't nervous at all, and for it to be a last-minute televised performance, it was really good," he said. "We were notified on Tuesday that we were performing at the game, and instantly we went to practice excited to start rehearsing. They fed us good food, and we sat in the VIP section very close to the opposing team. Even though we didn't get to see any of the players or talk to them, it still was amazing to attend."

Freshman Lyric Johnson, mathematics major who plays the cymbals, described her experience at the game.

"It was a cool [experience]; we had food, and I really liked it. It was nice and we got the job done," Johnson said.

Receiving a call only two days before the event, head director of the band, Mark Gordon, was asked last semester during the football season if the band would perform at a Thunder game during Black History Month. With no hesitation, Gordon accepted.

Using their multiple skills and talent, the marching band performed a full floor show while playing a march song, Whitney Houston's "I'm Your Baby Tonight," and also playing "Smile (Living My Best Life)" by Lil Duval and "Back that Thang Up" by Juvenile. The band's halftime performance sent LU all over the internet, including Twitter and YouTube.

"The university made it happen for me; they found the money for the bus," Gordon explained.

Gordon, with the help of his sisters, helped the band put together a show in only about two to three hours. They had the remaining couple of days



Courtesy Photo

The Langston University Marching Pride band performs a floor show for the halftime entertainment during an OKC Thunder game.

to polish and clean their performance.

"The experience was good for the students," Gordon said. "It was a good look for

the university; students were excited, and we as a staff were excited and I was proud of my students."

Even with the heavy weath-

er and scrambling to get everything together, "the show was really good, while even being asked to come back to perform (again)," Doyle said.

Fairview Baptist Church hosts annual LU Day

By Marquala Ealom
Staff Writer

Fairview Baptist Church hosted a special LU Day on Feb. 10, welcoming Langston University representatives in honor of Black History Month.

The event featured a speech from LU President Kent Smith Jr. and a performance from the LU choir.

In addition, Fairview welcomed Langston alumni, current students, faculty and staff to come and embrace their culture.

Many students from at least three different LU organiza-

"The choir's performance was amazing. Our choir showed up and showed out. I was not surprised that they did an amazing job..."

— Dayjon Middlebrook,
sophomore elementary education
and secondary mathematics major

tions attended the event.

The president's speech focused on the good things happening at Langston.

"The message that the president gave was very enlightening..." said Ronrico Brown, sophomore nursing major.

"One good thing he did was have students with a GPA of 2.5 and higher stand, and there was not a student that went to Langston that did not stand up. Also, he announced that there will be academic changes that will occur at

Langston soon but did not announce exactly what they will be."

After the president spoke, the choir performed two songs. The first song was "The Battle of Jericho," arranged by Moses Hogan, and the other was "Made a Way," arranged by Bishop Larry Trotter.

"The choir performed very well on Sunday," said William Brackeen, LU choir instructor. "They sang with much enthusiasm and energy."

The choir has been attending Fairview's annual LU Day for over four years.

"The choir's performance was amazing," said Dayjon Middlebrook, sophomore elementary education and secondary mathematics major. "Our choir showed up and showed out. I was not surprised that they did an amazing job. My favorite part was when Rico had his solo. His voice was amazing."

Many people were moved by the choir's performance and spiritually affected.

Fairview Baptist Church is located at 1700 N.E. Seventh St. in Oklahoma City.

The church hosts LU Day every second Sunday of Black History Month.

Fashionology: LU students create new fashion club on campus

By Ronald Diaz
Staff Writer

Fashion has been a pivotal way for people to express themselves for centuries by putting together different combinations of style and grace.

At Langston University, an HBCU, fashion speaks volumes.

This is the main reason why a group of students has finally created an organization dedicated to highlighting fashion, modeling and distinct style. This organization is called Fashionology.

Junior supply chain management major Skyla Wincher, president and founder of Fashionology, said students can join the club by attending any of the meetings or by requesting them through Lion Links.



"Fashionology is an organization for men and women that desire to express themselves in the realm of fashion," she said.

Wincher has always been interested in fashion, and she sees Fashionology as an opportunity to express her style and catch the eye of her fellow classmates

and peers.

"My major goal for Fashionology this year is to have our first premiere runway show this spring," Wincher said.

Junior business management major Thomas Morrison III was given the title of model director, and he believes that LU students will quickly develop an interest in Fashionology and take it seriously.

"I do think other students will like Fashionology because black students love style, and they will like to put their fashion on display," Morrison said.

As the model director, Morrison is in charge of the models and has the responsibility to train them and make them runway-ready.

"A model director directs the models, pretty much showing them how to pose,

walk and how to look," Morrison said.

Morrison developed a love for fashion at a young age, and Fashionology gives him an opportunity to expand his horizon.

"Fashion is what I love, and it's art that people do every day, and I feel Fashionology will show Langston students what fashion is about and what's the point," he said.

Wincher has big expectations for Fashionology, but on a personal level, she wants it to act as a beacon of confidence for people to step out of their comfort zones.

"I expect Fashionology to encourage others and ourselves not to be afraid to get creative and express themselves while taking risks through fashion," she said.

Campus Question

What are your thoughts about the recent allegations against "Empire" star Jussie Smollett?

Compiled By Monique Bonds



Austin Hughes
Senior
Psychology Major

"This is what he gets. He deserves everything coming his way, and I say this because when the story dropped, it was already fishy. He came out talking about how people in a MAGA hat came to beat him up, put him in a noose, and it was a hate crime because he is homosexual. I just knew that was false because who would walk to a hotel with a noose around his neck?"



Kalifa Cooper
Senior
Psychology Major

"I just feel like he's foul for that. What was the point of it? What you gaining out of this? Clout? With all the things going on in this world, he would pull a stunt like this. He deserves whatever the judge gives him."



Gerald Hartford
Senior
Computer-Aided Drafting & Design Major

"Honestly, I feel like the allegations against him are pretty vivid, and I feel like he is wrong for what he did. He should have never lied because it's a lot of stuff going on as far as white supremacy and gay rights and everybody wanting to be equal. So, I just feel like he put a big damper on everything with this scheme."



Brandon Jones
Senior
Psychology Major

"I didn't want to believe he was lying at first, so when the evidence came back that he was lying, I was in disbelief because how could you go to such far lengths just to reach some type of benefit or some type of fame from it. That's not gonna get you any better exposure."

Women of Purpose ladies help to prevent cold, flu on campus

By Sakinah Muhammad
Staff Writer

The ladies of Women of Purpose want students to stay healthy as more lives are threatened by influenza across the state.

WOP hosted a cold & flu kit giveaway Feb. 6, in the Student Success Center.

The kits contained an assortment of goodies, according to Jasmine Barchus, senior animal science major.

"In the kits were Kleenex, hand sanitizer, Theraflu, tea or hot chocolate, cough drops, a can of Campbell's Chicken Soup, water, a bag of chips and a fruit cup or an apple," Barchus said.

Alexa Ruiz and Jonaiyah Morris came up with the idea while researching an assignment in one of their science classes.

"My co-chair, Jonaiyah Morris, and I came up with the flu care package giveaway when

we were doing research on an assignment for Microbiology," said Ruiz, junior nursing major.

They wanted to do something on campus that would raise awareness and promote healthy habits among students.

"We saw that between 2017-2018 flu severity was the highest it's ever been for all ages," said Ruiz, WOP special events chair. "The number of deaths related to the influenza virus is what made us want to do something positive to bring awareness on campus that could lessen the chances of individuals contracting it."

Morris, also a junior nursing major, added "We realized that we have children on our campus, and half of us are still considered young adolescents. So, it was best for us to inform our peers about the causes and prevention of the flu, and that is how the packages came about."

Barchus said WOP distrib-

uted all of the cold & flu kits in less than an hour.

So, what should you do when you feel symptoms coming on?

First, it's important to know if you have a common cold or if it's a cold's more serious cousin, the flu.

According to WebMD, both cold and flu viruses enter your body through the mucous membranes of the nose, eyes or mouth.

"Every time you touch your hand to one of these areas, you could be infecting yourself with a virus, which makes it very important to keep hands germ-free with frequent washing to prevent both flu and cold symptoms," according to the WebMD site.

Langston nurse practitioner Raschelle Richardson said old-fashioned hand-washing and keeping your hands away from your face is one of the most effective ways to prevent cold and flu viruses from spread-



Image from <https://www.health.ny.gov>

ing.

Also, don't go to class if you have a fever as to prevent the risk of spreading it to others.

"If someone suspects they are getting sick, the best thing to do is first treat their symptoms with over-the-counter medications, such as Tylenol and cough syrup," Richardson said. "And if symptoms do not improve after five days, seek professional help."

She also recommended some

home remedies, such as drinking lots of water, drinking tea with lemon and honey, as well as making sure to rest and eat soup.

"There is no way to shorten the flu, which can last up to two weeks, but there are some things that can be done to ease discomfort," Richardson said. "Often people don't do anything or drink enough fluids, so they get dehydrated," which can make symptoms persist.

Cafeteria welcomes student feedback

By Joshua Minger
Staff Writer

One of the most common conversations among Langston University students is how good, or bad, the food is in the cafeteria. But being one of the few options for meals on campus, how do students really feel about the caf?

"I like it; we get different options," said La'Deriyana Ross, freshman undeclared major. "It could be worse, and we only have one option. I am grateful for it. They work really hard; they are nice, never rude, and the tables stay cleaned."

According to some students, though, the cafeteria can start to become repetitive, offering the same food options week after week. For instance, the cafeteria serves fried chicken every Wednesday and catfish every Friday.

"The caf is good overall, but it can really start to feel like the same meals every day," said Dia'Monte Hall, freshman broadcast journalism major. "They could improve on better food choices, including dessert. It would also be beneficial to have fresh fruit, but I do appreciate the hard work they put into it, making sure we are fed."

Although some students have complaints,

Sodexo takes those complaints and strives to meet students' expectations.

"When I got here five years ago, we were about to be booted off, so we made changes," said Edward Yduarte, general manager of Sodexo. "I listen to the students, and they are more than welcome to come in with suggestions, comments, compliments and/or complaints."

Yduarte explained that before he began working with Sodexo at LU, students were limited to burgers, pizza and a salad line, in addition to whatever the main serving line contained for the day.

Now, there are several options available in the cafeteria in addition to burgers and pizza, including vegan food and an exhibition station that features various types of food from around the world.

Also, Sodexo makes it a point to have unique events and food in the cafeteria during holidays and special occasions.

"We try and do a lot of different events and things for the students," Yduarte said. "For example... we just did the Valentine's Day dinner. Every year, we do student surveys — that is the time we would like to hear everyone's concerns, so we can better accommodate the students."

LISTEN TO
LANGSTON UNIVERSITY'S VOICE OF DIVERSITY
KALU 89dot3

FOLLOW US ON @KALU89DOT3 KALU89DOT3

CALL (405) 466-3248

New professional football league begins official inaugural season

By Micah Garden
Staff Writer

A new professional football league, the Alliance of American Football, began its inaugural season Feb. 9, airing two games on the national television station CBS.

The AAF began with eight teams that consist of 43-player rosters. The Western Conference comprises Arizona, Salt Lake City, San Antonio and San Diego, and the Eastern Conference consists of Atlanta, Birmingham, Memphis and Orlando.

In terms of compensation, every player signed the same contract, giving the players an increase from the base \$80,000 to \$100,000 if they stay in the league for three years. This pales in comparison with the NFL, where the highest contract is for \$22.5 million, but this is understandable considering the AAF is a new amateur professional league.

Regardless, the AAF is already rounding up fans across the country.

"My favorite team is the San

Antonio Commanders," said G'ahri Gassaway, senior broadcast journalism major and AAF fan. "The reason that I chose the team is that they are the closest team to Oklahoma."

The league presents an exciting time for many football fans, in which they get to choose their favorite team conscious of the fact of its play style and personnel. The league has embraced this fact, creating its "Join the Alliance" campaign across many social media platforms like Twitter, Facebook and Instagram.

"This is the perfect opportunity for people of my generation to get to choose their team," said football fanatic Dedrick White, senior broadcast journalism major. "For many people, their team was picked for them by their family with little input from them."

With the first four games of the past, people have started to pick a team to root for during the remainder of the season. Most people have chosen one of the three teams that won the first week – the Birmingham Iron, the Arizona Hotshot, the



Photo from <https://aaf.com>

The San Diego Fleet defensive line gets set just before the Atlanta Legends hike the ball during a game in San Diego on Feb. 17.

San Antonio Commanders and the Orlando Apollos.

The AAF plays in a ten-week season with the games being played every Saturday and Sun-

day. The AAF also introduced an app where fans can watch and interact with the games, check the schedules and scores and buy merchandise for their

favorite team.

For more news about the new AAF league, stats or team rosters, visit the AAF website at <https://aaf.com>.

Lady Lions softball team has rough start to season

By Devin Dourisseau
Staff Writer

The Langston Lady Lions softball team is hitting the season off with a rough start.

The team faced two tough losses to Ottawa University in Kansas on Feb. 3.

The game was a double header, with the Lions battling it out and coming up short with a score of 4-3 in the first game and losing the other with a score of 9-1, according to the Dakstats website.

The Lady Lions hit for a combined five hits with three runs and three RBIs in the first game of play, according to Dakstats, with senior catcher Cameron Jenkins going three for two at-bats and having two runs. Also, freshman shortstop Rachel Miller went three for one at-bats and had a hit.

In the second game of play, the Lady Lions went for a combined 16 for one at-bat, having senior catcher Julia Bagley going two for one at-bat and Jahnae Davis-Houston, center fielder, having an RBI.

Starting off the season with two losses, outfielder Monique Collins explained how she feels about the season remainder.

"I don't think those two losses will affect the rest of our season," Collins said. "It was our first time playing together in the spring, and even though we lost, we played hard and worked together."

Barely starting off their season and knowing they have high hopes for it, senior first baseman Ryann Gibson addressed the team's strategy moving forward.

"If we continue to work hard for each other, we are capable of winning lots of games this season," Gibson said.

**Your on-campus
Ad could go
somewhere
in this
publication!**

**Call
405.466.3245
for more
information.**

Langston track competes at OU

By King Mason
Staff Writer

Don't chase your dreams. Run them down!

The Langston Lions track and field team competed in the University of Oklahoma Indoor track meet, hosted by the University of Central Oklahoma.

At the Feb. 9, meet, the men and women had a great experience competing against teams across the country.

The men's 4x400-meter dash team, consisting of senior Bryan Vinson and freshmen Shamel Allwood, Joshua Archer and Josiah Wright, dropped their time by three seconds and finished in second place.

Senior sprinter Romiki Dorris addressed the overall involvement of the athletes.

"It was a really good experience," Dorris said. "I feel like as a team we did good. We showed up and really surprised some people. We showed that we have tough skin at a lot of races. We just got to continue to run and drop those times."

Along with their teammates, the women's track and field members had an exceptional performance as well.

Sophomore shot putter Fortuneit Traylor credited herself and her teammates for their hard work and dedication.

"The shot put is a work in progress," Traylor explained. "Throwing against people who are a lot bigger and stronger than me is something I try to work at, and I'm getting better every time."

As for the rest of her team, Traylor thinks they all performed well overall.



Traylor

"Everybody is making good progress and doing what they are supposed to do to qualify 'cause that's all that matters," Traylor said.

Assistant track and field coach Julius Koger has remained positive about the

"I feel like as a team we did good. We showed up and really surprised some people. We showed that we have tough skin... We just got to continue to run and drop those times."

— Romiki Dorris,
senior sprinter

team's achievements. He looks at it as great progress, but there is always room for improvement.

"We are not where we're supposed to be," Koger said. "I want us to be on the top of the charts from day one. We are a young team with mostly freshmen and a few seniors, but with their leadership, those freshmen are developing well with the senior class we have. We need to focus and trust our

training.

"In that moment, we take the work really seriously and the next day after that we build upon that. By the time we get to the meet, it's time to have fun!"

The Lions resumed action at the Kansas State University track meet Feb. 16. To see results of the meet, visit the Langston Sports website at <https://www.langstonsports.com>.

Men's basketball team wins one, loses one

By Malik Young
Staff Writer

The Langston Lions men's basketball team faced two tough challenges last week at home against Texas Wesleyan and Southwestern Assemblies of God University.

The first faceoff against Texas Wesleyan on Feb. 14, was themed "Black Love" in honor of Valentine's Day, which brought lots of energy from the crowd.

Senior guard Gregory McDowell enjoyed the way people came out and supported the team.

"I expected a lot of people to come out, which a lot of people did," McDowell said. "It was a great environment, which was one of the best we had this season."

With much crowd anticipation, the Lions didn't let the people down. With the game being tied with three seconds left in regular play, Texas Wesleyan missed a free throw, which led to overtime. The Lions started overtime on a 7-0 run, which helped secure the rest of the game.

The Lions survived a 77-72

"We got people working too hard for people to just be throwing games away. Blowing a 20-point second-half lead is distasteful."

— Knowledge Darby,
junior forward

overtime victory. This win helped the Lions capture a 20-win season and 12-7 record in conference play.

Two days later, Feb. 16, the men's basketball team faced another tough task against SAGU. The theme for this game was "Black Out," which brought out another decent crowd in the C.F. Gayles Gymnasium.

The Lions' first face off against SAGU was a sight they didn't want to see or feel again. The Lions lost 90-66 on the road back in January. This time around, the Lions started the game with a sense of urgency and something to prove.

At the end of the first half, the Lions held a 20-point lead. It seemed as if nothing could go wrong until SAGU went on a 52-31 run in the second half, which led to a

tie of 90-90 with 18 seconds left in game play. SAGU then hit a 3-pointer with three seconds left in the game to take a 93-90 lead.

This led to a foul that put the Lions on the free-throw line. They made the first free throw but missed the second. The Lions suffered a devastating loss of 93-91.

Junior forward Knowledge Darby was not pleased with the loss.

"We got people working too hard for people to just be throwing games away," Darby said. "Blowing a 20-point second-half lead is distasteful."

The loss left the Lions at 12-8 in conference play. The team returned to action on the road Feb. 21, against John Brown University. The Lions lost, 91-71, putting the team at 12-9 in conference play.



Courtesy Photo

No. 25 Gregory McDowell takes the ball down the court during a home game in the C.F. Gayles Gym.