

the Gazette

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STUDENT VOICE OF LANGSTON UNIVERSITY

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**KNOW
HIV ► AIDS**

SEE PAGE 3

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 Tuesday, except during examinations, holidays and extended school breaks.

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Alumni Connection

Langston University alumni chapters are not wasting any time getting busy with events, activities and planning sessions to map out their continued efforts to support Langston University.

The Chicago chapter held its first meeting of the year Jan. 28. The chapter is under the leadership of Arthur Cotman, president, and Antoine Drink, vice president.

The DC Metro chapter also met Jan. 28, which has a new slate of officers. The president is Stephanie Carter Naar, vice president is Demetria James, secretary is Clareece Glover, treasurer is Legand Burge III and the membership chair is Regina Shaw.

The Atlanta chapter will host a meeting with LU President Dr. Kent Smith Jr. on Feb. 9, and its next chapter meeting

is Feb. 24. The chapter meets quarterly. The Atlanta chapter officers are Devette Wilson, president; Candace Walker, vice president; Patrice Kemp, secretary; and Tara Walls Moseley, interim treasurer.

The Greater Dallas alumni chapter is ready to continue its efforts of representing Langston University at college fairs in the Dallas-Fort Worth area. The chapter attends an aver-

age of 14-16 such events each year.

The Oklahoma City chapter held its first meeting Feb. 3. The OKC chapter will host the first HBCU Night at the OKC Thunder game Feb. 26.

Alumni chapters across the country are excited about what will be accomplished throughout this year as they all continue to promote the well-being of Langston University.

Langston students walk for peace



Photos by Kimberly Thompson

Left: Students participate in the second annual Black History Month peace walk.

Top: Students released balloons in the Student Success Center following the peace walk. The balloons were red, black and green to symbolize the continent of Africa.

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LU offers free HIV, STI testing

By Kidan Hull
Staff Writer

According to the website, <https://www.HIV.gov>, more than 1.1 million people in the U.S. are living with HIV today, but 1 in 7 of them is not aware of it.

Langston University's health clinic offers free and confidential HIV and STI testing twice a month. Testing is located on the first floor of University Women from 10 a.m. to 2 p.m. The next testing date is Feb. 13.

"It is important to get tested because you should know if you have an infection, and if so, treat-

"After seeing my ex-boyfriend's brother pass away from AIDS, it really opened my eyes on how real and scary this disease is."

— Hevinleigh Burks,
junior nursing major

ment can start, and also to know your status and prevent the spread to someone else," said Dr. Jason White, a psychologist at LU Counseling and Health Services.

White said that about 10 to 20 students get tested for HIV and STIs at LU's health clinic each time it is offered. Because of limited testing kits, White encourages students to arrive early

when the testing sessions are scheduled. There are only 20 kits available for each session. White also encourages students to take advantage of the free condoms available at the health clinic.

African-Americans have the highest rate of HIV diagnoses compared to other races and ethnicities, according to the Centers for Disease Control website.

"After seeing my ex-boyfriend's brother pass away from AIDS, it really opened my eyes on how real and scary this disease is," said Hevinleigh Burks, junior nursing major.

Burks said people should take HIV and STIs very seriously be-

cause seeing what these health issues can do to a person made her realize that this is not a game, especially on a college campus.

According to the HIV.gov website, 44 percent of people ages 13-24 do not know they are living with HIV. In addition, heterosexual contact accounted for 24 percent (9,578) of HIV diagnoses in 2016.

"Getting tested is very important, and people should take precautions while having sex because there are so many things available to keep you and your partner safe," said Kendell Copeland, senior business marketing major.

College students cope with anxiety

By Kimberly Thompson
Editor

Attending college can be a wonderful experience – a place to network, grow and further your education. While college can be exciting, it can also be stressful, and many students often find themselves feeling anxious and overwhelmed while learning to balance school, friends and extracurricular activities.

"Anxiety has a lot of negative impacts, including time and mental energy spent worrying about things," said Dr. Jason White, director of the LU Counseling and Health Services.

In addition, White said, anxiety can affect several different aspects of a student's life, including causing sleep disruption, concentration difficulties, problems paying attention in class, and irritability. It could also impact personal relationships in a negative way and cause increases or decreases in appetite, changes in weight and energy, as well as fatigue.

"And a lot of times, anxiety leads to avoidance behavior," White explained. "We tend to avoid the things that make us anxious."

Anxiety is a common feeling for most people. Particularly, students may feel anxious right before a test or when meeting new people.

If not treated, though, it can lead to general anxiety disorder, or GAD, according to the Anxiety and Depression Association of America website.

Anxiety affects 40 million adults, ages 18 and older, in the United States. This is 18.1 percent of the population, according to the ADAA website. Having

anxiety can mentally hinder a person's ability to retain information presented in class, which means this invisible disability can greatly affect academic performance.

"Anxiety can take up mental resources, which would otherwise be spent on paying attention in class," White said. "Often people with anxiety have concentration difficulties because they're distracted by anxiety-provoking thoughts or behaviors designed to re-live those thoughts."

Anxiety is a noun. According to the Dictionary website, the definition of anxiety is "a feeling of worry, nervousness or unease, typically about an imminent event or something with an uncertain outcome."

According to the ADAA website, there are several misconceptions about anxiety, one being that it's not a critical mental illness.

But, according to Dr. Allison Baker, child and adolescent psychiatrist and director of an adolescent program for Columbia University, anxiety is very serious.

"The disorder isn't something to be swept under the rug," Baker said in a Huffington Post article. "Anxiety disorder can accompany or have the potential to lead to other illness, such as depression and substance abuse problems. And many people believe that anxiety isn't worth assessing."

Derdrick White, junior broadcast journalism major, is one of many students battling anxiety.

What started off as a weird feeling, an upside-down feeling in his stomach when he was in elementary school, was ignored because it did not happen of-

ten. When it did, Derdrick explained, he used to take deep breaths to calm himself down.

"It felt like I needed to know what was gonna happen next," Derdrick said, "like I was in a rush to see what life had to offer—not in years, but like the next 5-30 minutes. It was mad weird."

When Derdrick turned 22, he went through a significant breakup. He was so miserable that those same upside-down feelings in his stomach returned, but this time, it was 10 times stronger. It was so strong that it felt like he needed to throw up. He needed to know what was going to happen next in his life after going through the breakup. Also, he said, his fear of a women cheating on him was at its highest.

Derdrick was starting to change, and his friends and family could notice the change. He was experiencing moments of loneliness, but he did not want to talk to anyone.


He often became nervous when talking to people, something Derdrick was not familiar with. Anxiety caused him to be more calculated with how he said things, and he was over thinking too much about what to say to make people at Langston like him.

Derdrick was not a quitter, though. He described himself as a fighter, and he believed that he had a choice to be happy, and as harsh as it sounds, his motto became, "You either fight and get better, or you kill yourself," and he was not ready to die.


He said he refused to live the rest of his life feeling the way he did. The pure fight in Derdrick pushed him to get his life back and seek all the help he could get.

Therefore, Derdrick took advantage of the counseling services offered on campus, and he urges other students to do the same if they have any type of anxiety or other mental health issues.


If you are someone you know is seeking help with anxiety or depression or just want to communicate with a licensed therapist, you can utilize campus counseling by scheduling an appointment at 405-466-3400. Also, the university has a 24-hour hotline students can call, which is CallSAM, at 1-855-225-2726.



MENTAL HEALTH AND COLLEGE STUDENTS



College students can easily feel anxious trying to balance school, work, friends and family while also trying to figure out the rest of their lives.



Anxiety disorders are one of the most common mental health problems on college campuses.

FORTY MILLION

U.S. adults suffer from an anxiety disorder and 75 percent of them experience their first episode of anxiety by the age of 22.

30%

of college students reported that stress had negatively affected their academic performance.¹

85%

of college students reported they had felt overwhelmed by everything they had to do at some point within the past year.¹

41.6%

stated anxiety as the top presenting concern among college students.²

24.5%

of college students reported they were taking psychotropic medication.²

FIND HELP

Most college and university campuses have mental health resources available for students.

ON-CAMPUS	OFF-CAMPUS
- Visit your campus health or counseling center and ask about their counseling services.	- Visit your family physician, who may be able to treat you or refer you to a professional who specializes in the specific disorder.
- Call the psychology or behavioral health department and ask about counseling sessions with graduate students.	- Confide in a parent or relative. Ask him or her to support your efforts in finding help.
- Visit your school's chaplain, religious or spiritual leader.	- Search the ADAA "Find a Therapist" database for a mental health professional in your area.
- Confide in a friend, RA, professor or mentor. Ask him or her to go with you to seek professional help.	- Find a local support group. Many counseling centers, hospitals, community centers, and places of worship run or host support groups.

Alumna returns as science professor

By Tallorial Bonds
Staff Writer

Cherie Ognibene, also known as “Ms. O,” is an Oklahoma native, Langston University alumna and, since fall 2017, a Langston instructor of biology/chemistry and the Title 3 coordinator for developmental biology.

Ognibene first experienced Langston University when she was chosen to work on a summer college preparation program in high school. Coming from Guthrie, LU was an easy college choice for her after high school because it wasn’t too far away from home.

During the summers while in college, she was part of LU’s integrated network college program, which was sponsored by Dr. John Coleman, assistant professor and chair of the chemistry department.

“I have had programs here that Ms. Ognibene was part of, and you probably see her name on the list of science presenters that won awards throughout different presentations she made throughout the country,” Coleman said. “So whatever part that I may have played, I’m flattered.”

While in college, Ognibene traveled often. She went to the University of North Texas for glaucoma research



Ognibene

and to the University of Oklahoma, in collaboration with Oklahoma State University, where she studied the cytotoxic effect of how fullerene aggregates are synthesized.

While there, she became interested in OSU’s osteopathic program. The summer after she graduated from LU in 2008, she completed an internship at OSU where she was recruited to study micro RNA research making plants that would be resistant to aphid infestation. There, her primary investigator relocated to Pennsylvania but not without asking her to go as well.

“I didn’t go to Pennsylvania,” she explained. “I stayed and finished my master’s in 2012.”

After her master’s program, she started working in the School of Veterinary Medicine at OSU where she first studied bromine respiratory disease, also known as “shipping fever,” in the cattle industry. When grant funding ended for that project, she went into the veterinary pathobiology department at OSU and studied vaccines for viruses that affect cow infants.

Tired of the drive from Guthrie to Stillwater every day, Ognibene started to search for a career closer to Guthrie.

“I ended up running into one of my professors from Langston where she recommended going into teaching,” Ognibene said. “I then taught alternatively for the sixth to the 12th grades.”

Ognibene first began her career at LU as an adjunct professor, teaching concurrently enrolled high-school students at Guthrie High School. After doing that for two fall semesters, Langston hired her as a full-time biology and physical science instructor.

Her students have been satisfied with her method of teaching and her classroom setting. She has influenced students in more ways than she knows.

“She’s motivated me in an interesting

way,” said Julien Hill, junior chemistry major. “It’s cool to know that she was a student not too long ago, which makes her relatable because you can see the path that she took; and it’s nice to get that second-hand knowledge from somebody that is doing something that I want to do.”

Ognibene tries to stay open-minded when it comes to teaching, and she is always trying to ensure her students comprehend the material.

“I don’t have some of the textbook background that some other professors have, but I also feel young enough that I still remember what it’s like to be in the classroom,” Ognibene said. “So I try to remember things that worked for me and what didn’t.”

Ognibene wants to hear feedback from her students, so that whatever she needs to change, she can. She said course evaluations are very important for her classes. She never shies away from questions and always keeps her door open for students.

“Langston is a very friendly environment, and it’s more like home, more of a family environment,” Ognibene said. “On a professional level, my goal overall is not to just see students graduate but also to see them become successful students of the global community.”

LU hosts formal celebration to honor Martin Luther King Jr.

By Davanya Hudson
Staff Writer

The Langston University Office of Student Life presented a Martin Luther King Jr. celebration dinner Jan. 29, in the John W. Montgomery multipurpose building. Formal attire was required.

“The MLK commemorative programming has always been around, but what made me want to do a dinner was to create an event more inclusive to the faculty and staff and the Langston University community,” said Terri Link, director of Student Life.

Three people received the MLK spirit awards at the event: Dr. Sonia Brown, assistant professor of English, Pritchard Moncriffe, LU chief information officer, and Chellsy Carter, Miss Black Langston. MC Lyte, actress and rapper, was the emcee for the evening.

“It is definitely a different kind of unique social event that

“It is relevant to continue to celebrate [Dr. King], whether it’s something large scale or on a smaller scale, but something to show that HBCUs are still relevant because of his contributions.”

— Terri Link,
director of Student Life

Langston University doesn’t usually experience because it brings a different feel to our Langston community to honor someone with all their hard work and dedication helping the black community,” said Joice Crawford, senior biology major and Student Government Association president.

Moncriffe explained how he felt after receiving the award.

“I felt honored and overwhelmed,” Moncriffe said. “I always follow this quote: ‘follow what you believe and always

strive for greatness.’ Bro King paid the ultimate sacrifice—his life. His mission was the elimination of racism and to bring all people, race, creed and all colors together with the ability to vote your conscience.”

Moncriffe wants to be remembered at Langston as a genuine person who is always willing to help students and fellow colleagues.

“We will educate and always keep our students strong in mind and spirit,” Moncriffe said.

The purpose of this celebra-



Courtesy Photo

Three members of the LU community receive MLK spirit awards during the Martin Luther King Jr. celebration dinner. The recipients are holding their awards and standing with Mr. and Miss Langston. Pictured are (from left) Mark Barber, Pritchard Moncriffe, Chellsy Carter, Dr. Sonia Brown and Kyara Little.

tory dinner was to reflect and celebrate Dr. King’s contributions and commitment toward social justice, diversity and inclusion.

“It is relevant to continue to

celebrate [Dr. King], whether it’s something large scale or on a smaller scale, but something to show that HBCUs are still relevant because of his contributions,” Link said.

Sheryl Underwood visits Langston



Comedian and co-host of "The Talk" Sheryl Underwood visits Langston University as part of her HBCU House Party tour. Underwood stopped at LU on Feb. 2, where she mingled with many students, staff and faculty.

Photos by
Kimberly Thompson

Women create vision boards at luncheon

By Destinee McClain
Staff Writer

Have you lost motivation for your life and want to know how to get that back? Mary Sumo, founder of Visionsumo, can show you how.

The "Bold Your Vision" vision board brunch was held Jan. 28, at the Langston Baptist Student Union to inspire women of all ages to build a vision for their lives.

"My vision is to connect women to one another, to empower them so that they can dream again," Sumo said. "Actually, not just dream but get different techniques and tools that they can implement in their daily lives."

The event included different activities that taught women

how to get out of their comfort zones, such as walking around the room and talking with one another, eating with people they've never met before, and creating a vision that would be put on paper.

"My absolute favorite part was building the vision board," said Dwanique Smith, freshman broadcast journalism major. "When they said to close my eyes and envision my vision, I felt like my dreams could actually come true."

Ayanna Najuma, national motivational speaker, was the keynote speaker at the vision board brunch. She started speaking for the Civil Rights Movement, then over time she started speaking about women's empowerment.

Najuma said she had spoken to many organizations around the country and when Sumo asked her to be the keynote speaker, she thought it was a perfect opportunity to bring her voice to the Langston community.

In addition to building vision boards, attendees were served food and given a "swag bag" at the brunch.

"The event was phenomenal and I love the fact that Mary provided steps for the women to keep their goals," said Kimberly Mackall, master of ceremonies for the vision board brunch. "I also was very encouraged; there was a lot of participation and, most of all, the faces around the room were all women who knew that this was their time."



Photo by Kimberly Thompson

Creator of Visionsumo, Mary Sumo (right), stands with keynote speaker Ayanna Najuma.

Sigma Tau Delta comes to LU

By **Derdrick White**
Staff Writer

Langston University's educational diversity has spread to an English honor society.

Sigma Tau Delta honor society is for students who excel at the art of English and are dedicated to "fostering literacy and all aspects of the discipline of English," according to a Sigma Tau Delta brochure. As the second largest member of the Association of College Honor Societies, Sigma Tau Delta has 875 chapters in the U.S. and abroad and keeps growing.

"Scholarships, internships and a yearly convention are provided," said Dr. Sonia

Brown, assistant professor of English.

Brown has been a member of Sigma Tau Delta for 17 years.

"I got invited [to join] in college because of my GPA," Brown said. "You don't have to be an English major or minor to be invited to be a member of Sigma Tau Delta. The most important thing to me was that honor cord. Being from the hood, that [cord] meant something to me because I had core values when I graduated for my work. When I was asked about my cores, I was able to say I was a part of Sigma Tau Delta national English honors society, and that really meant something – almost like prestige or clout."

Promoting a student's work is also a

perk of joining Sigma Tau Delta because work could be published in the society's magazine, The Torch, or many of the journals the society uses.

"No matter what you want to do, they attempt to help you," Brown said. "Whether it be by the conference helping you meet people, with research, or providing available internships in your field, they do a good job of connecting you with people."

Students could see change in the near future to Sigma Tau Delta because Brown wants to raise the GPA requirement. Right now, it is a 3.0.

"Next semester I would like to get it to a 3.5, so students will take it seriously and recognize it as a rigorous course that

they can be proud of," Brown said. "So people will say they would like to gain membership into that."

Members are also encouraged to do community service, which the chapter at Langston will be doing, to get out into the community and "enjoy something bigger than themselves," Brown said.

Members also have lifetime achievement recognition because they can use their honor society affiliation as a sign of academic success, which could even help students advance in their careers.

For more information about the honors society or to pick up an application, students can go to Jones Hall, Room 104, to speak with Dr. Brown.

The deadline for application is Feb. 28.

Langston daycare implements healthy programs

By **Nahjee Williams**
Staff Writer

Langston University's Early Childhood Laboratory is bringing in new ideas and programs for kids and parents.

The daycare is a certified healthy school this year through one of its new programs, TSET. This program trains families to eat healthy

and educates parents about second-hand smoke. The daycare is required to go through assessments each month regarding the program.

"I think it's great because Oklahoma is ranked with a high obesity rate," said Sonya Davis, acting director of the Early Childhood Laboratory. "The program is geared toward nutrition, health pro-

motion, safety and healthy environments and professional development for our teachers."

The teachers at the daycare are excited about the new initiatives. Matana Truitt, one of the teachers and a senior early childhood education major, has several methods she wants to try this semester.

"I'm excited and ready to

bring in new ideas," Truitt said. "I want to also get the parents more involved with the kids, dealing with a weekend event and the families around Langston."

According to the Langston University website, one of the programs is the Council for the Accreditation of Educator Preparation (CAEP). It

prepares Langston students the education field to teach students from kindergarten through 12th grade.

The daycare has 27 children in the program this semester, and 14 early childhood education majors are enrolled as teachers. The Early Childhood Laboratory is open from 7:30 a.m. to 5 p.m. on weekdays.

Langston University School of Business offers 11 degree programs to its majors

By **Charles Leggs III**
Staff Writer

According to the Niche website, business or business management is the second most popular major on college campuses.

The Langston University School of Business offers studies in financial planning, business administration, accounting, finance, economics, financial economics, management, management information systems, computer information systems and entrepreneurial studies, according to the LU website.

"I plan to know the in's and out's, ropes and guidelines for being an owner of a business," said Albert Allison, junior business management major.

The School of Business also offers classes that teach stu-

"I plan to know the in's and out's, ropes and guidelines for being an owner of a business."

— *Albert Allison,*
junior business management major

dents the laws of opening a business. Other classes show students how to market products.

Allison said he thinks the School of Business should expand more. Though LU offers 11 majors within the school, there are some majors left out, such as marketing, international business, human resources management and healthcare management.

However, the LU School of

Business does look for opportunities to obtain funding for new programs.

"The Deputy National Director of the National Science Foundation will conduct a seminar on funding opportunities for HBCUs in April of 2018," said Dr. Joshua Snively, dean of the School of Business.

Snively also said the School of Business will honor its graduates with a senior awards program in May.

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Government shuts down after parties disagree

By Malcolm Quattlebaum
Staff Writer

The United States government has allegedly been “shut down” or put on pause after failing to agree on a funding bill before the Friday, Jan. 19, deadline.

For the bill to pass, it had to be agreed upon by 60 percent of Congress. The voting results were far from that threshold, receiving a 50-49 turnout.

Don't worry, though, you will still receive your FASFA, and the American coasts are still guarded by our Navy. However, according to *USA Today*, many other people in federal positions were told to sleep in the following Monday.

Some federal agencies affected include Congress, The

Department of Agriculture, Department of Commerce and Department of Education, but other agencies, such as the military, Social Security and air traffic control are not affected by the shutdown. Also, all federal employees will receive a compensation check called backpay, whether they are required to report to work or not.

This is the first time a party (Republican) has run all phases of the government and allowed it to shut down, but who's to blame for the current collapse? Well, according to BBC news, “Republicans are labeling it the Schumer shutdown, blaming Senate minority leader Chuck Schumer, who led the Democrats to block the bill. But Democrats say they had a deal on immigration – a major stick-

ing point – before the president backed out.”

A couple Langston University professors weighed in on this conflict.

“According to the news that I have read it was the Democrats that stopped [the bill],” said business law professor Dr. Norman Hollingsworth.

Hollingsworth said that, allegedly, the Republicans had a bill in place but because it didn't include the DACA program, the Democrats allowed the government to shut down. The Republicans did in fact include President Donald Trump's Mexican wall plan in the budget, though.

Hollingsworth thinks Trump's wall is necessary because there must be a way to stop the influx of illegal im-

migrants, and once the wall is up, it's over. In the long run, Hollingsworth said, it will save money because the man power and equipment needed to effectively protect the borders are very expensive.

On the other hand, history professor Dr. James Showalter thinks the Mexican wall project is a waste of U.S. tax dollars, and the residents around the border don't want it built. Showalter thinks this government shutdown is worse than the one in 2013 because we have a president who doesn't have any political experience.

“America's problem is the lack of presidential leadership,” Showalter said. “He has no control over his emotions, and he has no base of knowledge.”

Trump has been one of the

most controversial presidents in recent history, and his mental health has often been questioned.

However, Hollingsworth defended Trump.

“He is a business man, not a politician,” Hollingsworth explained. “Yes, he is an elitist, but he is running the country like a big-time CEO. He is a billionaire for a reason.”

Hollingsworth said that since Trump has been in office, the market has gone up.

The White House has until Feb. 8, to resolve these issues and determine a new budget plan. Both Showalter and Hollingsworth think the government will not be able to agree on a budget plan by that deadline, though, and will be forced to extend the deadline again.

Influenza virus strikes Oklahoma hard

Special from Oklahoma
Medical Research Foundation

OKLAHOMA CITY, Jan. 30 — This year's flu outbreak is shaping up to be the worst in a decade, with millions infected and hospitalization and fatality rates rising sharply across the U.S.

The flu season has hit Oklahoma hard, having claimed 74 lives as of Jan. 26, and resulted in more than 2,000 hospitalizations, according to the Oklahoma State Department of Health.

But what makes the flu season so different from year to year? Why is this year worse than the last?

To understand that, said Oklahoma Medical Research Foundation immunologist Dr. Eliza Chakravarty, we first have to understand how the virus works.

The virus spreads mainly by droplets from infected individuals, typically through coughing, sneezing and even talking. Once inside us, the virus uses our own cellular ma-

chinery to replicate.

“All influenza viruses have two molecules covering them: hemagglutinin (H) and neuraminidase (N),” Chakravarty said. “H opens the door by sticking to cells before injecting them. That process hijacks cells and forces them to pump out copies of the virus. N makes sure the virus doesn't get stuck when leaving cells.”

It doesn't take long for our immune system to identify that something is amiss.

“This leads to your body pumping out hormones in attack mode; that's partly what makes you feel so miserable,” Chakravarty said. “It causes fever, body aches, coughing, fatigue and chills.”

The immune system also responds by creating antibodies to the virus to prevent it from hijacking our cells next time around. This is also how vaccines work, stimulating the immune system to create antibodies—without actually getting sick.

Unlike many other viruses, the flu virus is constantly mu-

tating or changing.

“This mutation problem is why we need a different flu vaccine every single year,” Chakravarty said. “The fact that it's constantly changing, even between the time where the vaccine is made to when the flu hits us, is partly why the vaccines can be very hit-and-miss in their effectiveness.”

Unfortunately, it looks like

this year's vaccine is mostly a “miss.” Although this year's dominant strain, H3N2, has been known for 50 years, reports indicate that the vaccine is only about 10 to 30 percent effective.

While certainly discouraging, Chakravarty said that if you haven't received the flu shot, you still should.

“Those statistics aren't good to see, but another way to look

at it is that it still lessens your risk of contracting the flu by 30 percent. That can still make a huge difference,” Chakravarty said.

“The other benefit is that even if you do still get the flu, you often get a much less severe version,” she said. “So, get a flu shot. It really can save your life. And if you think you have the flu, please stay home to avoid spreading it.”



Is it a cold or the flu?

SYMPTOMS	COLD	FLU
Fever	Rare	Usual; high (100°F to 102°F, occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe

Source: NIH

Lions basketball has strong season

By Jadason Morris
Staff Writer

The Langston Lions men's basketball team has gotten off to a strong 12-6 start this season. Despite their success, the Lions know that more challenges lie ahead.

After reaching the quarterfinals for the first time in school history last season, the Lions are looking forward to returning to the national tournament and reaching their ultimate goal.

However, the Lions will attempt to do this with an almost completely new team. This year's team has 10 players, nine of whom are transfers. Of the nine transfers, six of them are seniors.

The Lions are led in the frontcourt by senior forwards Dante Bailey and Brandon Eb-oigbodoin. Bailey is currently the team's leading scorer with 15.28 points per game and Eb-oigbodoin leads the team in rebounds (9.39), steals (1.06) and blocks (0.39) per game.

Rounding out the starting five includes senior guards Diamonte Langston, Bj Jenkins (second leading scorer with 14.1 points per game) and team assist leader Kevin Booze (three assists per game).

The second unit for the Lions consists of senior guard James Morris Jr, as well as junior guards Devin Campbell and Ryan Scales, junior forward Justin Parker, and it concludes with sophomore guard Keeto Browne.

Though the team has started strong, head basketball coach Stan Holt talked about the importance of the team staying focused and maintaining its level of play.

"We've shown flashes of being able to play high-level basketball, but we've shown stretches where we've not been very good at all. We need to learn how to be more consistent," Holt explained.

According to the Dakstats website, the Lions are 16th in the nation in scoring offense with 87 points per game.



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

Senior forward Dante Bailey brings the ball down the court during a home game.

Campus Question

What do you think about the bookstore moving off campus?

Journi Scott – Freshman
Elementary Education Major

"I feel that it is unfair because a lot of kids have to walk far to the bookstore now. It was more convenient for it to be in the SSC because it was right there in the center of everything."

Monique Bonds – Sophomore
Broadcast Journalism Major

"I don't like it. I think they should have done it the other way around; the varsity store should be off campus and the bookstore should be on campus. Students don't have a way to the bookstore, so it's not really fair to us."

Thomas Morrison – Sophomore
Business Management Major

"I feel like it's not a smart idea because it's inconvenient for people who don't have vehicles and transportation. Right now, it's kind of cold and nobody feels like walking and carrying heavy books all the way to their dorms."

Brijona Gatewood – Freshman
Biology Major

"I feel that it has made it really hard for people to get their books because the first week it was less than 3 degrees, and I was not walking all the way over there to get books. I feel it was an unnecessary move because it was perfectly fine where it was."