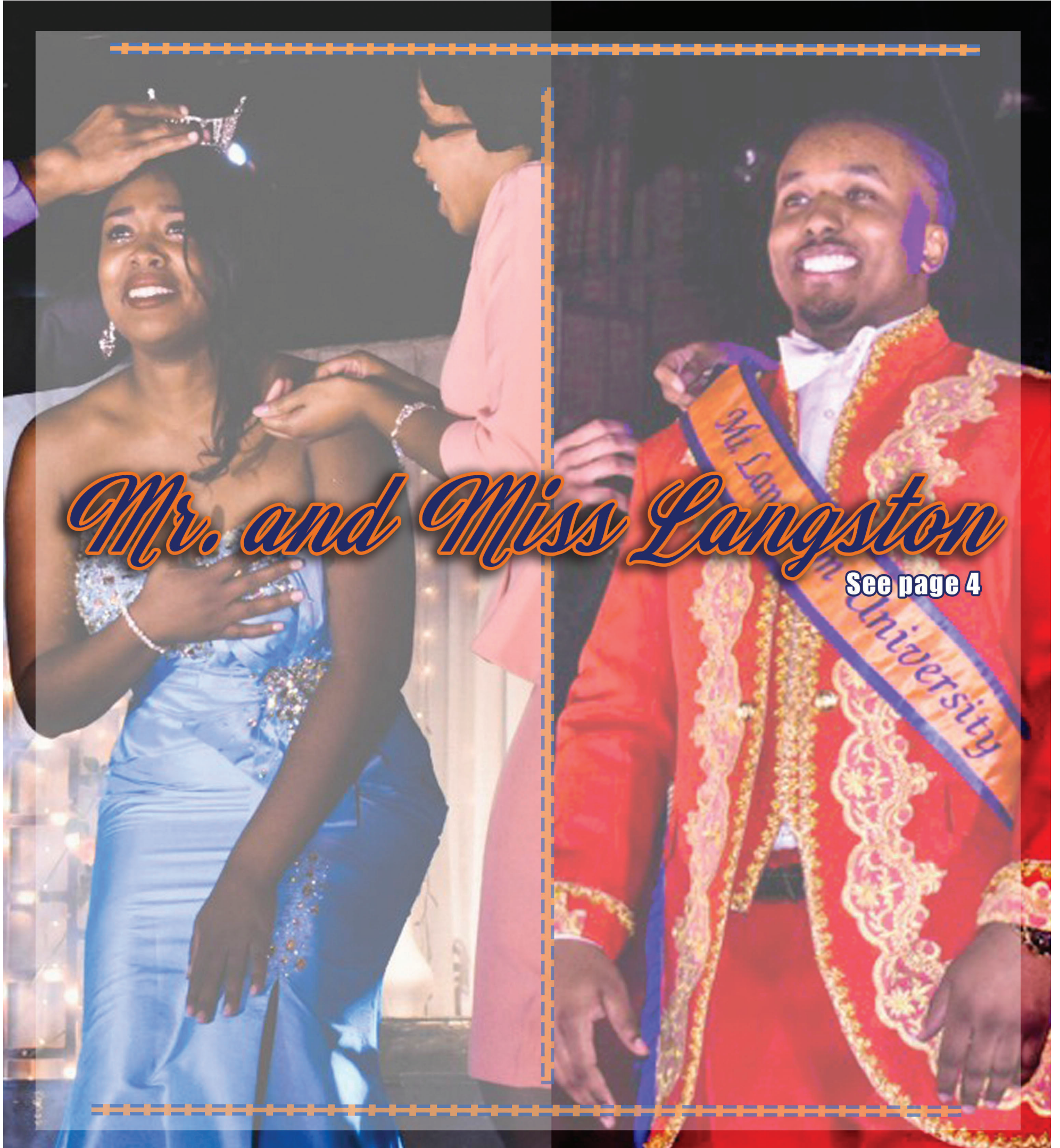


the Gazette

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STUDENT VOICE OF LANGSTON UNIVERSITY

TUESDAY, MARCH 6, 2018



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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Special poem from the editor

"Inadequate" by Kimberly Thompson

Lacking the quality or quantity required; insufficient for a purpose.

Who told you that you were inadequate?

We are born with a purpose from God. We are born enough.

So again, I ask, who told you that you were inadequate?

Purposeless, lacking quality?

Maybe your mother told you that you were inadequate.

Or maybe that ex who broke your heart and made you feel like you were not good enough.

Or maybe you tell yourself that you're not good enough.

Maybe you use your past experiences to determine if you're good enough or not.

Or maybe you applied for a job you wanted, but they said you were not qualified.

Maybe you decided to figure out what made you inadequate, your mind spinning with uncertainty.

But you can't seem to pinpoint exactly where your inadequacy lies.

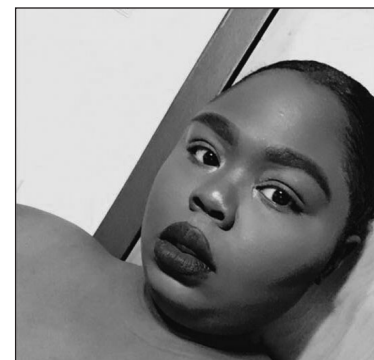
Maybe the inadequacy

lies in the thought of being inadequate, the negative thinking that you allowed others to etch into your brain, the constant questions of why you're not good enough.

But baby, you are good enough. We are good enough, despite what others say or think.

Baby, you are ENOUGH. You are ENOUGH because God created you in HIS image, not this WORLD's image.

So, baby, pick your head up and stretch it to the sky because you are ENOUGH.



Thompson

Kimberly Thompson is a senior broadcast journalism major.

Alumni Connection

The Guthrie chapter of the Langston University National Alumni Association is actively providing outreach services on the Langston University main campus.

The chapter is mentoring two young ladies who are majoring in broadcast journalism and physical therapy. Both students are from out of state, so they have been showered with care packages, home-cooked meals and many soul-searching conversations about life's expectations.

The chapter is also working closely with the Early Childhood Laboratory.

In December 2017, the chapter partnered with the Oklahoma Federal Highway Administration in a coat drive for the children.

Recently, the chapter hosted a Valentine's party for the children and staff at the ECL. The children were excited and laughter filled the air.

Before enjoying cupcakes, ice cream and punch, the children participated in hands-on activities, from making Valentine hearts to preparing per-

sonal Valentine letters to their loved ones.

A special thanks goes to the LU Office of Academic Affairs, the Department of Family and Consumer Sciences, student volunteers and the parents of the children for their support.

Two national alumni chapters have elected new leadership. At its Feb. 24 monthly meeting, the Atlanta chapter elected new officers: Tamara Anderson Johnson, president, class of 1992; Carolyn Hill, vice president, class of 1988; and Tara Walls-Moseley, treasurer, class of 1992. Candace Walker and Walls-Moseley will serve as alumni senate representatives.

The chapter also held a meet, mix and membership drive on Feb. 23. Two of the chapter's next major activities will be its Top Golf event April 22, and its HBCU Alliance Walk/Run 5K on June 29.

Outgoing president Devette Wilson said it was with great pride and honor to have served as the LUNAA Atlanta chapter president.



Courtesy Photo

Members of the LUNAA-Guthrie chapter show their Langston pride during a visit to the Early Childhood Laboratory. The chapter helped with a coat drive for the children in December 2017.

"I couldn't have done it without our officers and our members," Wilson said. "We are stronger because of our unity. We are greater because of our faith. And with every effort we will forever keep our legacy alive."

The DC Metro chapter,

which includes the surrounding Maryland and Virginia areas, elected new officers at Feb. 23 meeting.

The elected officers are Stephanie Carter-Narr, president, class of 1984; Demetria

see **ALUMNI**, page 6

Student finds mistake in textbook

By Tallorial Bonds
Staff Writer

School textbooks aren't always accurate, and Langston University student Terriana Callahan can prove it.

Callahan, freshman biology major, caught a flaw in her English textbook, "The Norton Field Guide to Writing," published by W.W. Norton & Co.

Callahan said the book included statements about a school in Los Angeles, but paired with the statements were two pictures of her former school in Oakland, California.

The book described the school as a campus that had spiked gates, almost resembling a prison, which in fact is not the case.

"It makes me mad because they basically are saying all schools are the same," Callahan said. "A bunch of black kids go to this school, and a bunch of black kids go to this school, so I'll just take a picture of a random school and use it because I know nobody would pay attention to it," she said, describing her opinion of the textbook author's and publisher's mindset.

Joseph Myers, instructor of English, helped prove Callahan's research on the error.

"It speaks to how education

is moving today, more from an education standpoint, when we are educating and bringing the information and placing it in front of students and saying, 'Engage from this information,'" Myers said. "Nowadays, education is moving more towards a business proposition, and...moving in that business-type model means that W.W. Norton needs to do a better job of editing their books because that's a product."

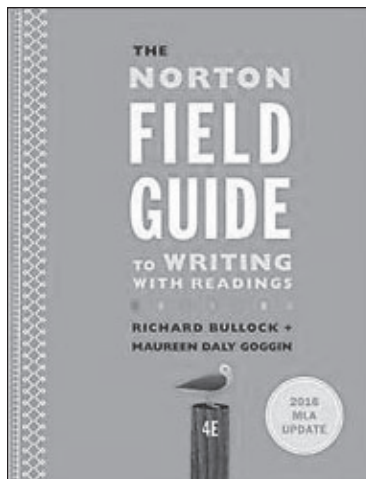
Myers was glad to see Callahan do some extra reading to catch the mistake.

"At this university level, it's a disservice to dumb down anything for students," Myers said. "It's important to engage with a legitimate text and when we catch a situation like this, it's important that students like Terriana and Langston University bring it to light."

According to the W.W. Norton & Co. website, "The Norton Field Guide to Writing" is the No. 1 best-selling rhetorical book. W.W. Norton & Co. is known worldwide for its textbooks and has been in business for more than 60 years.

Myers said he plans to contact W.W. Norton about the error in the textbook so it can be changed before the publisher releases a new edition.

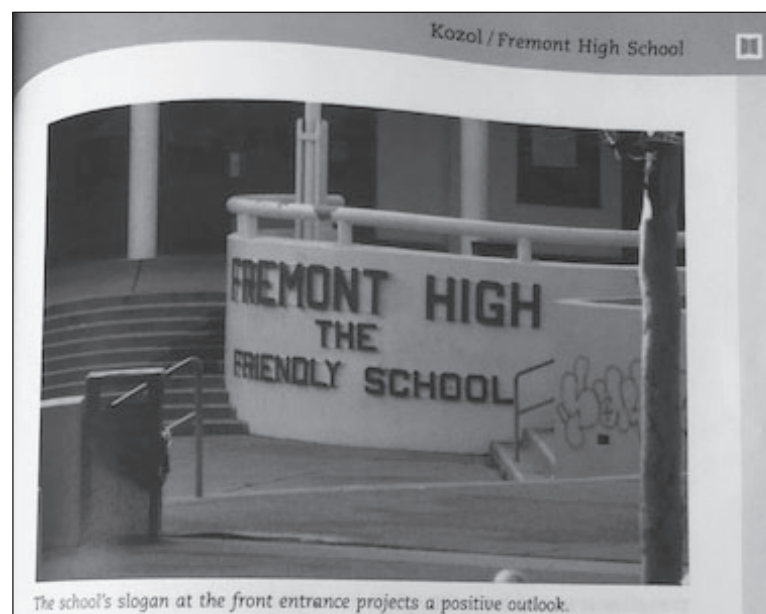
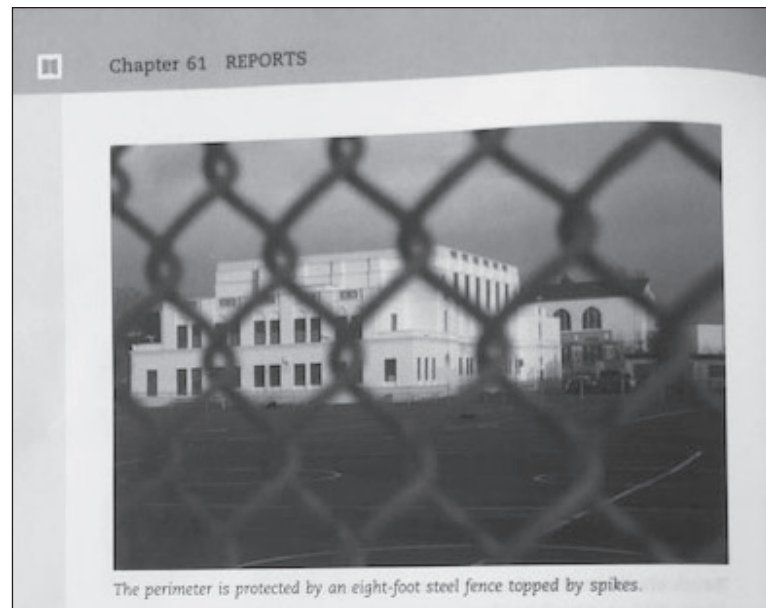
Textbook errors don't appear



The photos to the right are featured in an English textbook, "The Norton Field Guide to Writing," pictured above. The book states that these are pictures of a high school in Los Angeles, but it is incorrect. This school is actually located in Oakland, California.

to be common, but there have been other reports about similar situations.

According to the ABC News website, in 2001, 12 major science books for middle schools across the nation were "riddled with errors." Physics professor at North Carolina State University, John Hubisz, said that the books were terrible and had no acceptable accuracy.



Photos by Tallorial Bonds

Computer science majors have 100 percent job placement

By Derdrick White
Staff Writer

The Langston University computer science department, which encompasses one of the highest paying industries in the country, had a 100 percent graduation and job placement rate last May.

According to the Network World website, students who major in computer science end up making about \$5,000 more per year in salary than most other majors on college campuses.

Also, competition for tech talent puts a high price on graduates with computer science degrees, according to the website.

So what would make one

want to pursue computer science? Ralph Grayson, chair of the computer and information science department, has a definite answer.

"We've had a 100 percent [job] placement for several years now," Grayson said. "We make computer science accessible to everyone, if you want to work hard. Most of the time people think computer science is a STEM (science, technology, engineering and math), so it's difficult. But we make sure our students have opportunities when they're done."

Grayson also said the great thing about computer science is that is very flexible.

"It deals with everything in society, so you're able to do pretty much anything with

"[Employers] are always asking for our students because they perform."

— Ralph Grayson,
department chair of computer
and information science

your degree," he said. "We teach you how to problem-solve, which is what employers are looking for."

Grayson explained that the apps on smartphones and self-driving cars are things that computer scientists must come up with, along with plenty of other advanced technology inventions.

Will Mixon, a graduate of

computer science at Texas State University, said he always liked science and was always good at math. His major gave him an opportunity to do that and make good money.

Expectations are the same this semester for the computer science department. Grayson called it a "tradition," having job placement for every major after graduation each year.

"That's our culture in this department," Grayson said. "That's what we do. We expect them to work hard and perform well. It's an immutable link. You do well, the person behind you does well."

Grayson also explained that Langston graduates have jobs all over the U.S., some in Kansas, some in Texas and others in California.

"[Employers] are always asking for our students because they perform," Grayson said.

Paid internships are a part of the major as well, and they can range anywhere from \$9-\$25 an hour. For more information about the computer science department at LU, contact Grayson at rgrayson@langston.edu.

New royalty reigns at LU

Taelyr Jackson wins Miss Langston

By Victoria Garnes
Staff Writer

She's your queen to be. And the winner is contestant No. 4.

Langston University hosted the 72nd Miss Langston University Pageant on Feb. 18.

There were five contestants ready to claim the throne, but only one could win the crown. That winner was junior broadcast journalism major Taelyr Jackson.

After an upset last year of not winning the pageant, Jackson was determined to get her crown by using all the experience and knowledge she gained from the previous pageant.

"I had a good feeling about this pageant this year," Jackson said. "I learned a lot from my previous year running. When I had free time I would practice and work out; I was very de-

termined. I had a great overall experience. Me and my pageant sisters worked very hard, and we all gained so much from this."

Destinee McClain, sophomore broadcast journalism major, is one of the four other women who competed for the Miss Langston title.

"I gave the pageant my all, and I think I did exceptionally well," McClain said.

McClain performed a monologue during the talent portion. She also explained that though she didn't place in this year's pageant, she is not giving up.

"I am going to do it again," McClain said, referring to competing for the Miss Langston title again next year.

People who attended the pageant thought it was different compared to previous years. Sophomore computer science

major Aleea Baker said the pageant was "organized and fair," compared to all the other pageants.

"I felt like this was a pageant where all the girls did a very good job in every category," Baker said, "and Taelyr definitely deserves to win. She did a good job and she didn't give up. Even though she lost last year, she did it again and won—that's truly inspiring; I'm proud of her."

Jackson's platform is to bring awareness about Lupus to campus. Lupus is an autoimmune disease that occurs when the immune system is being attacked.

"It is imperative that the women of Langston...become more aware of this disease," Jackson said. "It is so common in the African-American community."



2018 Mr. & Miss Langston

Jarod Harrison earns Mr. Langston crown

By Malcolm Quattlebaum
Staff Writer

A new king has taken a seat on the Lion's throne.

As Langston University says farewell to the 34th Mr. Langston University, Mark Barber Jr., we welcome the new face of the school, sophomore agricultural business major Jarod Harrison.

The 35th annual Mr. Langston University Scholarship Pageant was held March 1, in the I.W. Young Auditorium.

The pageant was named the "Sophisticated Funk" and included four contestants.

Contestant No. 1 was junior Nahjee Williams, contestant No. 2 was Harrison, contestant No. 3 was junior Stephen Byron and contestant No. 4 was junior Jorell Smallwood.

Harrison won the title of Mr. Langston as well as the talent portion of the pageant by recit-

ing an original poem.

Harrison is ready to take on the role of Mr. Langston.

"I'm on a bigger stage, so I have to set a good example," Harrison said.

Harrison stole the eyes of many judges and audience members the moment he stepped onto stage in a red and gold dashiki suit for the formal wear portion.

"I knew I had a fly suit; I got my inspiration from 'Black Panther,'" he said.

Harrison's victory has shot a dose of inspiration to the freshman and sophomore student body.

It is rare for a second-year college student to become Mr. Langston. He has accomplished this just months after becoming a member of Kappa Alpha Psi Fraternity Inc.

"I am very excited because he is young, and it proves you

can have a big title at such a young age," said junior health, physical education and recreation major KC Session.

Harrison cherishes his victory a great deal because he was undoubtedly the underdog.

"I felt like everything was against me," Harrison said.

Other audience members were just as surprised as he was when he was announced the winner.

"I wasn't expecting him to win," said Dasia Runnels, sophomore business management major. "I'm excited to see what he will bring to the campus, and it gives LU 2020 hope and inspiration."

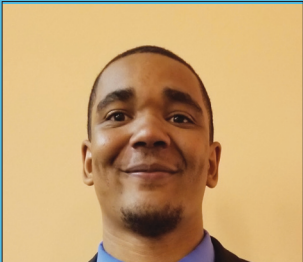
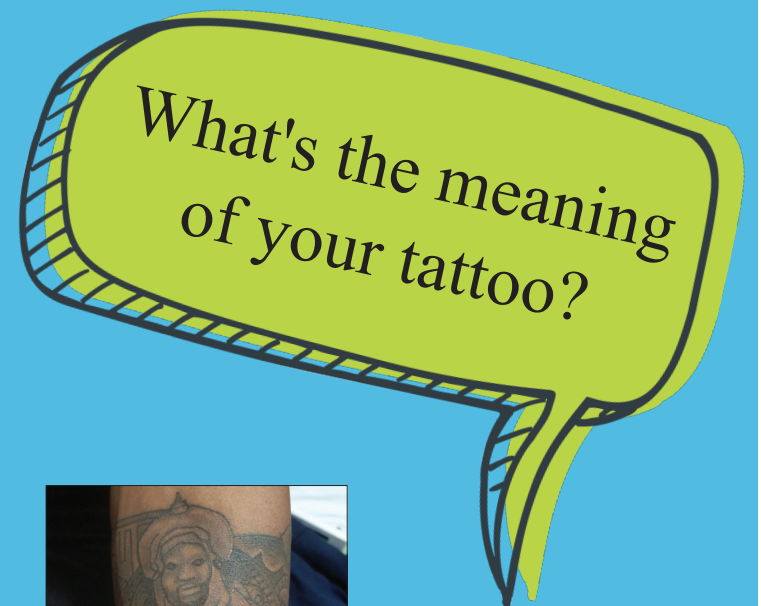
In Harrison's term, he plans to do a lot of community service as well as connect with other universities to prove that there is more to Langston University than what meets the eye.

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

Then let us know!

Contact
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Campus Question



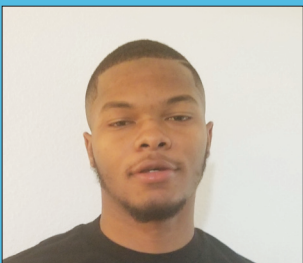
Michael Mills – Junior
Corrections Major

"My tattoo is dedicated to my grandma who passed away."



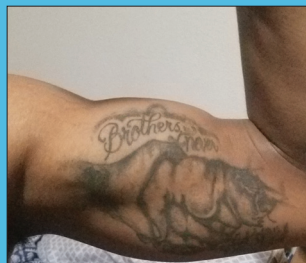
Edward Williams – Senior
HPER Major

He has a tattoo of a historical Mali king, who was wise, generous and selfless. Williams said the tattoo represents his personality characteristics as well.



Tresjon "Rocket" Thenarse – Sophomore
Psychology Major

"It symbolizes my brother because I am my brother's keeper."



Desjanay Banks-Hill – Junior
Early Childhood Education Major

"I got this tattoo because I believe that when a feather appears an angel is near." She also said that this concept is from a Bible verse in Proverbs.



Soul food restaurant comes to Langston

By Remi Jackson
Staff Writer

Are you hungry now and don't want to drive to Guthrie or Stillwater or even Oklahoma City just to get a bite to eat? Well, you're in luck because there's a new restaurant right here in Langston, Tevin's Home Cooking.

This restaurant specializes in authentic soul food. Owner Tevin Williams Sr. is a New Orleans native and a professional cook. Williams developed a love for cooking when he was growing up as he watched and

learned from his mother, who used to make and sell dinner plates on Saturdays.

"I just really love to cook," Williams said.

As a 1991 graduate from Langston University, Williams said that there were different small restaurants for students to dine in back then. Now, he said, there are very few options for students.

"I'm going to give the students something they never had," Williams said.

While displaying a comfortable atmosphere, Williams wants students to feel like

they're back home, eating a nice, home-cooked meal.

"It always smells so good walking in," said Megan Buyckes, junior physical therapy major and customer.

Tevin's Home Cooking has a mission to create a family, friendly, community atmosphere with a good reputation for great southern comfort food, according to the restaurant's menu.

"Tevin's takes me back to my grandmother's Sunday dinners," said Ryan Taylor, senior health administration major and customer.



Tevin's Home Cooking is located at the Langston Retail Plaza, 401 W. Hale, next door to the

university book store. It is open Monday – Saturday, 11 a.m. – 8 p.m. and it's closed on Sundays.

Track, football field under construction



Photo by Kimberly Thompson

Construction workers begin pulling up the football field and demolishing the track. LU is set to have a new track and football field by May 1, tentatively. It is closed to all students, faculty, staff and the public until the project is complete.

Students demand gun control

By Kidan Hull
Staff Writer

There have been at least eight school shootings in 2018 so far, according to the CNN website. The most recent of these shootings was in Parkland, Florida, at Marjory Stoneman Douglas High School, which left 17 people dead.

Both high-school and college students have responded to these tragedies and think something must be done to stop them.

"Seeing things like this breaks my heart because these are innocent children dying and getting hurt for no reason," said Nya Fowler, junior public health major.

She also said that students need to unite and do something about gun control laws, which could determine children's lives in the future.

Another student, Deandria Thomas, junior health, physi-

"I believe that the government needs to get serious about gun control because other countries have very strict laws, and we need to follow in their footsteps."

— Deandria Thomas,
junior HPER major

cal education and recreation major, echoed Fowler's opinion on gun control laws.

"I believe that the government needs to get serious about gun control because other countries have very strict laws, and we need to follow in their footsteps," Thomas said.

Yosabel Tekeste, a junior at Berkeley High School in California, expressed her concerns about the safety of schools today.

"As a high-school student, watching the news and seeing the terrifying things on there, it makes me afraid to go

to school because I know that I am not safe there," Tekeste said.

According to the NRA-Institute for Legislative Action website, Oklahoma does not require a permit to purchase, registration of or licensing for shotguns, rifles and handguns.

Though a permit to carry is not required for shotguns and rifles, a person must have a permit to carry a handgun in Oklahoma.

For more information about gun control laws in each state, go to the NRA-ILA website at <https://www.nraila.org/>.

Beta Kappa Alphas win chapter of year

By Charles Leggs III
Staff Writer

The Beta Kappa chapter of Alpha Phi Alpha Fraternity Inc. has won chapter of the year in Oklahoma for seven consecutive years.

Members of the Beta Kappa chapter attended the 2018 Alpha Phi Alpha Oklahoma district convention Feb. 3-4, where they discovered they won the award again this year.

Joice Crawford, treasurer and intake coordinator for Alpha Phi Alpha, said the district convention is a quarterly meeting and competition among Alpha Phi Alpha chapters from universities in the district. The chapters compete in seven different phases of competition, including chapter of the year.

"For the past seven years, Beta Kappa has taken home the title of district chapter of the year, which is the top award," Crawford said.

Each chapter has to create a tri-fold presentation board, showcasing everything the chapter has accomplished throughout the year. The tri-fold may consist of work that the chapter has done in the fraternity, community and nation.

Stephen Byron, member of the Beta Kappa Alphas, said the chapter plans to get better and learn from past mistakes to keep the chapter-of-the-year streak going and to excel in future endeavors.

ALUMNI from page 2

James, vice president, class of 1994; Legand Burge III, treasurer, class of 1992; and Clarice Glover, secretary.

Carter-Narr said the chapter's mission during her term is a simple one — support the students of Langston with their time, experience and resources.

She added that her education at LU redefined her outlook on many things and shaped her consciousness to become aware of not only who she was, but who she was meant to be.

"I learned as much from students as I did in my courses, and for that I will be forever grateful," Carter-Narr said.

The chapter has several events planned for the year. In March, the chapter will have its annual Founder's Day Wreath Laying ceremony at the gravesite of John Mercer Langston, whom Langston University was named after, and its Stay at Home Tea.

Carter-Narr said we need our HBCUs to serve our communities and educate our youth, especially those who may not have considered a college education as part of their future endeavors.

The Oklahoma City alumni chapter's first HBCU Night at the OKC Thunder game was Feb. 26, when the Thunder hosted the Orlando Magic. Tracey Chester, OKC alumni chapter fundraising chairwoman and event organizer, said HBCUs are important to our community, and the OKC alumni chapter wants to make sure that our presence is seen in the community wherever possible.

The HBUCs represented were Langston University, South Carolina State University, Grambling State University and Prairie View A&M University.

Plans are to have this event yearly and hope to expand the attendance and create other events around Oklahoma City to help enhance the HBCU presence in the community.

Student reviews 'Black Panther'

By Clifton Thurman
Contributing Writer

The "Black Panther" film is based on the Marvel comic book of the same name. "Black Panther" has undoubtedly stood out from the rest of the Marvel Cinematic Universe movies, hitting record-breaking box office numbers to date. During its opening weekend, the film raked in over \$100 million.

Marvel's "Black Panther" comes after the events of "Captain America: Civil War." After his father's death, T'Challa (portrayed by Chadwick Boseman) takes on the title role as the new

king of Wakanda.

"Black Panther" is making history with a rating of a 97 percent on Rotten Tomatoes, making it the highest-rating film in the MCU. On IMDb, it has a score of 7.8 out of 10 and a score of 88 on Metacritic.

"Black Panther" grossed over \$700 million in box-office sales well into week two of its release, and it's still growing. The film still needs to release globally; it was released in Japan on March 1, and it is slated to release in China on March 9.

The movie, which is directed by Ryan Coogler, is remarkable. This director has come a long

way since his past projects, including "Fruitvale Station" and "Creed." He's also working on directing another film with Michael B. Jordan called "Wrong Answer," which is based on the Atlanta Public Schools cheating scandal back in 2009. Coogler also made short films, such as "Locks," "Fig" and "The Sculptor." Coogler first started directing his movies in the School of Cinematic Arts at the University of Southern California.

Coogler is moving and shaking the film industry. This is the third film where he has worked with Michael B. Jordan. Jordan immersed himself in his role in

"Black Panther." As the villainous character Erik Killmonger, Jordan plays the part with a gritty intensity, investing the same amount of hard training he did for his title role in "Creed."

Jordan was inspired by Heath Ledger's role as the Joker in "The Dark Knight" and truly stands out from the rest of the characters in the film because he exemplifies one of the best villains in the MCU. He has brought a reality to the role that we all can relate to.

Back in 2014, Chadwick Boseman was introduced as Black Panther for "Captain America: Civil War." Since then, there

has been a lot of anticipation regarding this role. Boseman has done a marvelous job on his portrayal of Black Panther.

Now with "Avengers: Infinity War" coming out April 27, Black Panther has helped set up Infinity War just like the rest of the films in the MCU. Also other films the MCU is releasing are "Ant-Man and the Wasp," "Captain Marvel," "Spiderman: Homecoming Sequel," "Guardians of the Galaxy Vol.3" and the "Untitled Avengers Sequel." Are all are coming out at later dates but until then, the MCU will continue to rise to greatness for its films.

NFL sponsors HBCU Battle of Brains

Special from PR Newswire

The HBCU Battle of the Brains, LLC in partnership with the National Black MBA Association-Austin Chapter is pleased to announce the National Football League as its presenting sponsor for the Second Annual HBCU Battle of the Brains, a competition to be held March 9-10.

Several dozen teams of the top STEM and business students of HBCUs will come to Austin this spring to spar for

college scholarships and bragging rights in the HBCUBOT-Brains hackathon-style event.

These teams will take a business case and, in 24 hours, provide a panel of industry leaders with comprehensive strategies, go-to-market plans and technology solutions for a chance to win some of the \$50,000+ in college scholarships.

"The NFL is honored to serve as the presenting sponsor of the 2018 HBCU 'Battle of the Brains' hackathon," said Brian Lockhart, NFL media vice president and senior coor-

minating producer of original content.

"Events like these that work to encourage and inspire young minds have a lasting impact on not only the participants but also any company that strives to find the best and brightest talent for their brand," Lockhart said.

The NFL sponsorship helps with college scholarship awards, travel stipends for several teams and provides partnering in the competition business case development and judging.

"We're excited for the opportunity to follow up on our participation at the NBM-BAA's 2017 annual conference with the 'Battle of the Brains' hackathon sponsorship," said Robert Gulliver, NFL executive vice president of human resources. "Leveraging our partnership with NBM-BAA members at events like this works to deepen our pool of talented candidates for future roles with the NFL."

In 2017, the inaugural competition drew seven teams from HBCUs across the coun-

try and crowned Paul Quinn College as the HBCUBOT-Brains first winner.

"We are proud to have the NFL on board as our presenting sponsor to engage with HBCU students," said Gregory Gibson Jr., founder and executive director of HBCU Battle of the Brains. "The HBCUBOT-Brains competition brings some of the best and brightest among HBCU students with employers around the global icons convergence of the South by Southwest® (SXSW®) Conference & Festival."

Sleep or exercise: Which is more important?

Doctor says regular exercise turns into better sleep

Special from Oklahoma Medical Research Foundation

Jobs. Kids. Commutes. Spouses.

With wall-to-wall daily schedules, it's tough to carve out time for healthy habits. Too often, packed days claim two victims: adequate sleep and exercise.

But if you're forced to choose between the two, should you hit the gym or the pillow?

"That's like asking whether food or water is more important," said Oklahoma Medical Research Foundation President Dr. Stephen Prescott. "Both are cornerstones of good health."

Still, he said, "If we could get everyone exercising regularly, we would be better off as a society than if everyone was getting eight hours of sleep nightly."

Working out helps stave off the effects of aging, fights heart disease and type 2 diabetes, and controls obesity, which has reached epidemic levels.

That certainly doesn't make sleep less important, though, said Prescott. Adequate sleep helps maintain a healthy immune system and, like exercise, plays a role in maintaining healthy weight.

"Most of all, it keeps us alert and allows us to concentrate, whether at our jobs or while

driving," he said.

Indeed, the National Highway Traffic Safety Administration estimates that drowsy driving is responsible for 72,000 accidents in the U.S. each year. An analysis found that those who'd had five to six hours of sleep in the previous 24 hours were twice as likely to get in an accident as drivers who'd slept for seven hours or more.

"Sleep needs vary by individual, but most of us fall somewhere between seven and nine hours a night to get all the health benefits needed," Prescott said.

Hitting that seven-hour mark, he said, is crucial. But,

perhaps, he suggested, once you reach that mark, if you have to choose between an extra hour of sleep and exercising, getting up to hit the gym could be worthwhile.

"If you can do this and not suffer any consequences from it—falling asleep during the day, disrupted metabolism, reduced energy—then I believe it's a worthwhile pursuit," Prescott said.

"Still, I don't like the having to pick between the two," he said. "And if we're really honest with ourselves, most of us don't have to sacrifice one for the other. We can find the time if we make it a priority.

"I would encourage anyone with a 15-minute window to get up and do something," he continued. "Even if you can't make it to the gym, take a quick walk. Go up and down the stairs. Do something that gets your heart rate up and makes you work."

These quick bursts of exercise aren't optimal, Prescott explained, but they're preferable to inactivity.

"Once you start any type of regular exercise, you'll sleep better," he said. "And better sleep means more energy. It's a wonderful cycle of positive effects; you just have to commit to finding the time."

Track team prepares for outdoor season

By Jadason Morris
Staff Writer

The Langston Lions men's track and field team recently concluded the indoor season and started outdoor season March 5.

On Feb. 16, the Lions attended the Nebraska Tune-Up in Lincoln, Nebraska. The men's 4x400-meter relay team finished in fourth place, with a time of 3:24.844.

Sophomore Romiki Dorris ran the first leg with a time of 53.006, freshman Devonta Trotter ran the second leg with a time of 50.478, freshman Cinque Sambula ran the third leg with a time of 51.201 and junior Bryan Vinson ran the anchor 50.160 seconds.

With outdoor season off to a fresh start, Vinson said the team still has more work to do to improve.

"We need to focus on holding each other accountable," Vinson said, "making sure

everybody's doing what they need to be doing, not worrying about what everybody else is doing, and just make sure we're doing what we need to do to get that national championship."

According to the TFRS website, Vinson has the team's best times this year in the 60-meter and 400-meter dash with times of 7.26 and 50.21, respectively.

Vinson is also a part of the team's fastest 4x400-meter relay effort. The team's best time in the 400-meter relay this year was a 3:23.99 at the Pittsburgh State Invitational on Jan. 27, in Pittsburg, Kansas.

Along with Vinson, sophomore sprinter Solomon Carson looks forward to helping the team win a national championship.

Carson holds the team's best times in the 200- and 300-meter dash with times of 23.58 and 38.84. He sees the indoor season as a chance

to round back into form and said that he has noticed his improvement but knows he needs more work individually and with his teammates.

"I feel more confident at this point of the season compared to last year," Carson said. "I'm in better shape and my starts are more explosive and fluid. Our coaches have done a great job of preparing us, and I look forward to getting in more work with my teammates heading into outdoor season. Winning the national championship is our ultimate goal. We don't plan on settling for anything else."

The team will travel to Fort Worth, Texas, for the Jet Relays on March 10, at Herman Clark Stadium.

The track meet will include other Historically Black Colleges and Universities, including Grambling State, Prairie View A&M, Southern University and Jackson State, among others.

UNIVERSITY COLLEGE TUTORING WALK-IN AVAILABILITY

UNIVERSITY WOMEN 3RD FLOOR COMPUTER LAB
4:30-9:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BIOLOGY	HUMANITIES	ACCOUNTING	TRIGONOMETRY
ACCOUNTING I	ECONOMICS	FINITE	
FINITE	PSYCHOLOGY	PHYSICAL SCIENCE	

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1. VISIT WWW.RETOOLYOURSCHOOL.COM
2. CLICK THE **ORANGE** "CLICK HERE TO VOTE" BUTTON
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DID YOU
KNOW?

1. The movie "Black Panther" made \$704 million in three weeks, only having a \$200 million budget.
2. Langston University made it to the TOP 25 best HBCUs out of 101, ranking No. 18.
3. On March 2, 1962, Wilt Chamberlain scored 100 points in a single basketball game.
4. One March 3, 1923, the first issue of TIME magazine was published.
5. On March 21, 2006, Twitter was founded.

Compiled By Michael Colston