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Interviews:
Wednesday, February 2, 1994
In reference to Howard University, what does the word “Mecca” mean to you?

Howard students find peace through yoga

By Melissa Jones

In search of better health and a means to connect with their ancestors, some members of the Howard University community are choosing to learn the techniques of Ancient Egyptian yoga.

Nura Dixon, an Egyptian yoga teacher, has been going on classes on campus for about a year at Truth Hall in the Harlem Tanem Quarulu. She said her goal is to make them focus on learning the fine arts and complete poses.

“Yoga is an art science. We’re working with chemistry, physics and energy with the spiritual, mental and physical self. When you do that, you affect the flow of blood, that’s chemistry,” Dixon said.

When you put your leg in a 90 degree angle, that will help you comprehend geometry on a physical level,” Dixon said. She also has an instructional television show called “Yoga Plus,” claims there are many benefits to the practice.

“Yoga encourages weight bearing, builds a strong body and flexibility. It helps improve concentration and focus. It’s hard to control your mind and emotions and circulation,” the yoga instructor said. “This is all of it. This is done through breathing. Most people don’t know how to breathe."

Dawn Ballantyne, one of her students, feels yoga is beneficial because it allows one to find peace.

“Yoga was not right but I felt so relaxed after that, yoga class. After a good session, you just feel energized and ready to take on whatever yoga gives you strength,” Ballantyne said. Balled was a senior Speech Communications major.

Yoga classes are open to all members of the University community. According to Dixon, there are currently 15 males and 20 females.

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Letter from HUSA: Our Black men are dying

Warning: Being a black man has become a fate worse than death. Black men are dying much faster than any race that has ever lived. This is the result of a society that has been built on a foundation of white supremacy and racial exploitation. The black man has been the victim of a system that has systematically oppressed him. The black man has been the target of a system that has systematically killed him. The black man has been the victim of a system that has systematically destroyed him. The black man has been the victim of a system that has systematically raped him. The black man has been the victim of a system that has systematically tortured him. The black man has been the victim of a system that has systematically killed him.

Black men are dying at a rate that is unprecedented in the history of the world. This is the result of a system that has systematically killed him. This is the result of a system that has systematically destroyed him. This is the result of a system that has systematically raped him. This is the result of a system that has systematically tortured him. This is the result of a system that has systematically killed him.

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**PERSPECTIVES**

**Love: A Rarity on Howard's campus?**

Tracy Mellencamp

October 22, 1993

Rarely do I feel moved to write about something that is contrary to my beliefs. However, I feel that this topic deserves another discussion of the "nigger".

The use of the nigger by African American writers is one that reflects a change in perception of the term. When one looks at the origin of the word, one finds a derogatory meaning of negro, which is a derivative of the Greek word *negros*, which means "black people".

The use of this term has changed over time, and in the African American culture, it has been accepted as a more inclusive term. It is important to recognize the evolution of this term and how it has been used in various contexts.

Overall, the use of the nigger term has evolved, and it is important to continue to reflect on how it is used and its impact on society.

**Animal rights have rights in biology too.**

A Letter from the Humane Society of the United States

St. John Balcombe

October 22, 1993

I will always remember that smelly, dark, black and white, reticulated alligator that you'd find in a state herpetology class. It would be sitting in a state herpetology class, braving the elements and possibly looking at you

I remember the first time I encountered a friendly alligator. It was a sunny day, and I was at a herpetology class. The teacher had brought in a friendly alligator, and I was fascinated. I had never seen one before, and I was amazed by its size and strength. It was a beautiful creature, and I was grateful to have the opportunity to see it up close.

I have a special place in my heart for alligators and other reptiles. They are fascinating creatures, and I am always amazed by the variety of species that exist. I believe that it is important to protect these creatures and their habitats.

- The Hilltop
Greek letter organizations must stop arguing, unite

Adrian and Shaunette Barrett

Calling ALL Greek-lettered organizations! It is time to put aside the arguments that have divided us. We are all students seeking the same goal: education. For how many years have we argued over the color of our shirts, the type of music we play, or the way we dress? The list is endless. We must put aside this petty divisions and unite as brothers and sisters.

Greeks are the cornerstone of our college experience. We have set the standards for others to follow. From the day we step onto campus, we are Greek. We have the responsibility to uphold the traditions of our organizations and to set an example for others. This is not a time for bickering or divisiveness. It is time for unity.

Fraternals and sororities have grown in our scope, but they remain true to their roots. They are based on conviction and have been a part of our lives since we were children. Our organizations have made great contributions to society and have enriched the lives of many. But it is what we bring to our organizations that makes us unique. It is our character that makes us Greek.

Let us set aside our differences and work together for a common goal. We are stronger when we stand together.

Roosevelt Carter II

Once again, it's on! Out in the open.

Recently, Howard University has been experiencing a lot of "color" problems. Some of these problems are internal, such as the Blue and Gold debate. Some are seen, and some aren't.

The problems I am about to discuss are very serious, even if they are not talked about as much. If you haven't seen it, you are in the minority.

The problems are not new to Howard. They have been around for many years. But now it is time to bring this problem to the forefront. I am writing this to let you know that this is not a time for silence.

If you are a member of a Greek-lettered organization, you must take responsibility for the actions of your fellow members. You must be an example for others to follow. This is the responsibility of every member of a Greek-lettered organization.

Roosevelt Carter II

A word of caution: This article is written to the thoughtful and should be avoided by those given to knee-jerk reactions.

The phrase "an abomination of Christianity, Christianity, the arts, and the sciences" became a state religion in the 1970s and helped to shape the nation's culture. It is time that we take a stand and stop this from happening.

The Bible teaches in the Epistle to the Romans that the origins of the church are in God's, and that the state is in God's, as well. In the Court of God, the spiritual church must obey civil law, unless they are in conflict with the state. The Bible teaches in the Court of God (Acts 5:29,2). Thus, the church should take an active role in the state when the state conflicts with the Church. In the Court of America, the Church is the nation.

Paul Arnold

I am a repast of women. I have been one for a number of years, and I offer no apology for my attachment to women. To me, the war to change rape to be what many claim to be "date rape" is nothing more than a movement to erode the traditional concept of rape as an act of violence.

Recent events have shown that rape is a very real crime, and it is important to understand the effects of rape. The rape problem is a serious one, and it is important to take action to prevent it from happening.

Roosevelt Carter II

Fraternals must end color war

Reverend Derek Grier

Keeping church, state and homosexuality separate

Reverend Derek Grier is founder of Song of Faith Church of the North America.

A result of choice. If some can parade down Pennsylvania Avenue waving a banner of "gay pride," why can't we? If this painful lifestyle is O.K. and even desirable, then we can be allowed to worship, just as we are allowed to worship in the state. So let us be allowed to worship in the state.

Roosevelt Carter II

Society, not male aggression, manifests date rape

Paul Arnold

I am a repast of women. I have been one for a number of years, and I offer no apology for my attachment to women. To me, the war to change rape to be what many claim to be "date rape" is nothing more than a movement to erode the traditional concept of rape as an act of violence.
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Faculty Lounge
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Students offer relief to earthquake victims

By Kimberly M. Bryant

Hilltop Staff Writer

As a result of the earthquake that shook India's Southwestern state of Maharashtra on Sept. 30, the Asian Student Association has organized a fund to help relief efforts in India.

"The association is asking students and faculty to assist with donations," said Vennupall Durgaprasad, president of the Asian Student Association. "The money collected will be turned over to the American Red Cross, India Relief Fund.

The International Student Organization has also offered their sympathies in the Indian plea to help earthquake victims. "All Howard students can assist one of the worst humanitarian tragedies in recent memory," said Srinivas Kodandaramaiah, president of the International Student Organization.

The earthquake that hit the western side of Maharashtra at 3:56 a.m. (6:56 p.m. EDT) was rated at magnitude 6.1 on the Richter scale. It killed more than 11,000 people and left thousands of people injured and homeless.

Donations will be collected on Monday, Oct. 25 and can be made out to the American Red Cross, India Relief Fund.

"For information on where donations will be collected, contact Ms. Minna Parma at 405-545-3232," said Kodandaramaiah.

The Asian Student Association, a recognized university organization, will continue to raise money to help Asian culture and the environment at Howard University.

International flags to brighten Howard homecoming festivities

By Omowale Elson

Hilltop Staff Writer

More than 100 international flags will be displayed around the campus of Hilltop from 10 a.m. to 1 p.m. Saturday, Oct. 24, as part of the International Community's Homecoming's grand opening festivities.

"The purpose of this activity is to be a very colorful visual reminder to all students and visitors that they have the opportunity to study and interact with students and faculty from all parts of the world," said Michelle Ellis, director of the International Community.

According to Ellis, the idea was conceived as a way to express interest in the diversity of students enrolled at Howard University and the various nationalities displayed on the flags of the Howard community.

The flags of countries ranging from China to Argentina will be displayed in front of the Blackburn Center Auditorium, and will be accompanied by live music and dance performances.

"This event is an opportunity to celebrate the cultural diversity of our student body and to promote international understanding," said Ellis.

The event will coincide with the community's Homecoming festivities, which will feature cultural performances, international food, and a special guest speaker.

Prime Minister Sandiford suffers mild heart attack

By Omowale Elson

Hilltop Staff Writer

Prime Minister Brainard Sandiford of Barbados suffered a "mild heart attack" on Tuesday, according to Barbados government officials.

Students interested in attending the event are asked to contact Omowale Elson at 405-405 or Gale Baker at 405-405 or Gale Baker at 405-4145 or 405-6547.

The event is being held in honor of international students and faculty who have contributed to the Howard University community.

The event will feature a special address by Prime Minister Sandiford, who will discuss the importance of international education and the role of Howard University in fostering global understanding.

The event is open to all students, faculty, and staff who are interested in attending.

Have any ideas or stories you'd like to see on the International page?

Contact the international editor at 506-6866

US envoy calls for changes in 'United Nations' system

As the spiritual bounds of the international community are being redefined in the wake of the recent UN's role in the Somalia crisis, the US envoy for the UN is calling for changes in the UN's system.

"The international community is in a state of crisis," said Ambassador Zalmay Khalilzad, US envoy for the UN. "We need to re-examine the UN's role and how it can be made more effective in the face of new challenges.

"The UN should be more flexible and responsive to changing circumstances," said Khalilzad. "We need to empower the UN by giving it more authority and resources to address emerging threats.

"The UN should be more accountable to the peoples it serves," said Khalilzad. "We need to ensure that the UN is truly representing the interests of all member states, not just a select few.

The US envoy is also calling for a new approach to peacekeeping, which he believes is needed in the current era.

"Peacekeeping is not enough," said Khalilzad. "We need a more comprehensive approach to addressing the root causes of conflict."
Area hotels to profit from homecoming festivities

By Alexis Alexis

Henderson. The 12 acres of land form the "park's lack of security. Dick Gregory has set up tent in the middle of 15th St., E., with the support of several volunteers. Gregory plans to stay in the middle of the area and speak up against the illegal drug dealing that has been occurring in the area.

The Malcolm X Park, formerly known as The Meridian Hill Park, was established in 1912. It is located at 7th St. and Connecticut Ave. N.W. The park is named after Malcolm X, who was a prominent civil rights leader.

The park is a significant cultural and historical site, and it is a popular spot for community events and activities. The park is open to the public and is free to visit.

The park is home to several historic landmarks, including the Malcolm X Plaza, which is dedicated to the memory of Malcolm X, and the Malcolm X Statue, which was erected in 2000.

In addition to the historic landmarks, the park also features several community gardens, a playground, and a basketball court.

The park is managed by the National Park Service, and it is open 24 hours a day, 7 days a week.

The park is a popular destination for community events, such as picnics, concerts, and festivals.

The park is also a popular destination for tourists and visitors who are interested in learning about the history and culture of the area.

In conclusion, the Malcolm X Park is a significant cultural and historical site that is a popular destination for community events and activities. The park is open to the public and is free to visit.

# Malcolm X Park
# Community Park
# Historical Site
# Cultural Landmark

For more information, visit: https://www.nps.gov/parkinfo/malcolm_x.htm
PU professor stresses importance of Afrocentric way of thinking

By Leslie Martin

Howard University economics professor Patricia Thurston-Thompson recently emphasized the importance of Afrocentricity and African nationalism. "It is important for all Africans to free themselves from menial jobs," she stated.

The event was held at the Howard University campus. "Many people have stereotyped Africa as places where people are always fighting for survival," she said.

Angela Davis was speaking on the role of women in the struggle for freedom. "We must continue to fight for our rights," she said.

The discussion was held in conjunction with the celebration of Black History Month.

Palestinians ready to make word peace their goal

By Charlie McFadden

Palestinians are willing to work toward world peace if they are treated with the respect they deserve. "If we are considered partners in world peace," one Palestinian expressed, "then we will work toward world peace." The Palestinian leader added, "If we are not treated as partners, then we will not work toward world peace." The Palestinian leader emphasized the importance of respect.

Caribbean student hold political forum to support Haiti

By Sted N. Mihill

Support for Haiti was the item that topped the Caribbean Students' Association's political forum on Oct. 15. At the forum, students agreed that the United States and the United Nations must not turn the country into a "zone of violence." Haiti, they added, must be freed from U.S. control.

"There is a need for a cultural revolution before peace can be achieved in Haiti," said Maryland.

"Haiti is a failure," said Smith. "The United States must recognize this fact and work toward a peaceful resolution."