10-3-2003

The Hilltop 10-3-2003

Hilltop Staff

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Law Clinic Helps District Residents

By Danielle Scroggs
Asst. Campus Editor

The Clinical Law Center, a research and legal aid clinic, is helping low income District residents with their legal problems. The clinic’s legal services are free to people making up to $60,000 a year for a family of four. The clinic is located in the Founders Library.

Students Question Professionalism of Campus Security

By Melanie B. Homstein
Hilltop Staff Writer

Many Howard University students do not feel safe on campus. Citing sleeping security officers and lack of parental attitudes, many students believe that campus security is lacking.

"I would say the biggest problem with security is the lack of officers," said sophomore psychology major Tanesha Baptiste. "I don't want to say they're lazy, but they never seem engaged. There's nothing much the students can do about it." Security officers often gather in the lounge watching television or do other activities when they should be on duty according to students.

"I saw a security officer in the lounge watching television in my dorm," said Black. "Some of these officers are doing nothing. They're just asking the students what they should be doing."

Frazier said. "You find out the real job that the security officers have, and that's being a little bit of a babysitter."

"Campus security is severe in some areas, " said sophomore sociology major Terez Paylor. "They're just people that need to do a job, but they don't do it."

"I think it's because they don't want to do the job," said Frazier. "We have a responsibility to the students, but they're not willing to do it."

"I don't think there are enough security officers," said sophomore psychology major Taneesha Baptiste. "There needs to be an increase in security all together."

"I don't feel 100 percent safe on campus," said Black. "I think the security officers need to do a better job than they are doing now."

"The guys that patrol near Howard Church do a nice job," he said. "And the officers at Meridian do a better job than the rest of them."

"The officers on campus," said Frazier. "Essentially, most students do not feel 100 percent safe on campus."

Q&A with Howard Dean

Dean: We'll actually have their responsibilities clarified in the future. That's something that will be taken care of.

Dean: We've developed new programs and opportunities for students, such as you mentioned.

Dean: I am a big supporter of organized labor. Union workers play a major part in the economic success of America has had.

Dean: I am not trying to be funny, but Bush is our biggest problem with the nation. Just look at what he's doing to the economy."

The remains of four African American slaves were sent off to their final resting spot in New York. The bones were discovered in 1991 during the construction of a federal building.
By Shara D. Taylor & Veronica B. Taylor

The National Congress of Black Women held its first ever Student Job Fair on Monday. Students and industry representatives gathered in the School of Business Auditorium to discuss the impact of black women in hip-hop culture.

Several college graduates Naala Cabral and Stefanie Brown sat on the panel. Cabral, a Tufts University alumna, is an in-house filmmaker whose documentary, Reflections in Water, has initiated much conversation among students at Tufts.

The underlying question for the day was: "What is a hip-hop language?" Cabral believes that hip-hop language is a reflection of society. "We have responsibility over what we create," Cabral said.

But higher education retention is still an issue. At American universities, historically African-American males have a percent greater chance of going to jail outside of the classroom said panelist, Edward Brown, a 2003 Howard University graduate and Co-Chief Executive Officer of S.O. Byrd's. Brown went to Howard University and spent two years as a federal prisoner. The National Center for Education Statistics show that in Fall 2000 there were 624,491 African-American males enrolled in Title IV institutions studying undergraduate, graduate and professional degrees.

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Many African-American students and professionals are not represented in their home state. Over the last 20 years, the NCLC has made many strides in creating legislation that specifically addresses the needs of African-American students and professionals. This year will also be the year that the Louisiana Club at Howard made their debut as a separate student group, different from George. The trip builds bonds and creates community for Howard students who come from different parts of the country. The club allows them to get a feel for the campus and provides them with daily activities. This year will mark the fourth year that this program has been in existence.

For us, the year will be the start of our club's mission program, "Bison to Bison," which will develop new leaders. Howard will be mentors to the 11th and 12th graders who come into existence.

The club provides them with daily activities that strengthen the bond of the student body. The club is one of the most popular clubs on campus because of its emphasis on outreach, especially in the community to the culture of our home state. Lang said that this transition of new students. Upperclassman students from Howard will be mentors to the 11th and 12th graders who come into existence.

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I am proud that Howard Dean is coming to Howard University to bring his message to the student body. He is a great American and a credit to the Democratic Party.”

-Daniel Blakemore, HUSA President
Richard Gephardt Plans to Win

By Brian Jackson
Contributing Writer

Gephardt's campaign is a gamble
On September 22, the nation's third most prominent politician, Democrat Richard Gephardt, announced that he will run for the House of Representatives. Gephardt's decision has sparked much discussion and speculation about the outcome of the election.

Gephardt has a long history of political involvement, having served as speaker of the House of Representatives from 1989 to 1995. He has been a vocal advocate for labor and public education, and has been a strong supporter of American workers.

Gephardt's campaign is expected to be a tough fight, as he faces strong opposition from incumbent Republican John Boehner. However, Gephardt's experience and political acumen should give him an advantage in the race.

The election is scheduled for November 8, and the outcome will have a significant impact on the balance of power in Congress.

Do-Not-Call List Blocks Telemarketers

By Shari Logan
Contributing Writer

The U.S. Federal Trade Commission (FTC) announced a new program that allows consumers to opt out of unwanted telemarketing calls.

The Do-Not-Call program allows consumers to register their phone numbers with the FTC, which will then contact telemarketing companies and ask them to stop calling the consumer.

The program is designed to protect consumers from unwanted telemarketing calls and gives them control over their phone lines.

Bush seeks U.N. for Iraqi Reconstruction

By Katherine Brown
Staff Writer

President George W. Bush has called for a United Nations (UN) role in the reconstruction of Iraq.

Bush's proposal was met with mixed reactions, with some lawmakers expressing support for UN involvement, while others remain skeptical of the UN's capabilities.

The UN has a long history of involvement in international affairs, and has been involved in many conflicts around the world. However, its effectiveness has been questioned in recent years.

The future of the UN in the reconstruction of Iraq remains uncertain, but Bush's proposal highlights the ongoing debate over the role of international organizations in global affairs.
Nigeria enters space age

Algeria. Following South Africa and will aide in Nigeria's contribution to a network called the Disaster Management Constellation.

"Nigeria is a very big country with an impressive agricultural, with important resources and a fast growing population, Bishop Bonyaud, a consultant on international space issues, said. "So if you're the government you have to manage this, and other decide to place this on the ground, or you launch one satellite."

Issues have been raised with Nigeria space exploration because of the country's condition. Nigeria is a developing country that is not rich in natural resources. The majority of the population lives in poverty. Such conditions of young professionals, in particular, are uncommon in Nigeria.

According to BBC News, Nigeria is a very big country with a fast growing population, said. "So if you're the government you have to manage this, and other decide to place this on the ground, or you launch one satellite."

According to Dr. Marlene Schrader of Yale University, "Nigeria is a very big country that is not rich in natural resources. The majority of the population lives in poverty. Such conditions of young professionals, in particular, are uncommon in Nigeria."

Moon mission ready to go

This would mark a new era in Nigeria's space program. For the first time since independence, Nigeria will launch a satellite that measures the total magnetic field strength. The satellite, called Nigeria's "Moon mission," is expected to be launched in late 2011. The mission will use equipment from the European Space Agency (ESA) for research and advanced technology. The ESA's mission is to study the impact of Earth's magnetic field on the Moon.

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Nigeria's Prime Minister P.J. Patterson stated recently that his personal aim was to place 100,000 students in foreign universities by 2010 and a fifth of them should be spending their limited resources in Nigeria. "I think it's a win-win situation."

According to(predictions made) by the government, Nigeria's space program will help improve the country's education system and promote scientific research. The government has announced plans to launch a satellite called "Nigeria's Moon mission." The mission is expected to be completed in late 2011 and will use equipment from the European Space Agency (ESA) for research and advanced technology. The ESA's mission is to study the impact of Earth's magnetic field on the Moon.
tribute as well as a farewell."

Rashad said. "I take what I learned from them to a more

facing. It's such a great experi-

ence, but I feel like I'm doing what I want now."

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Louisiana Club a ‘home away from home’ for Students

LOUISIANA FROM A2

the Louisiana Club is being able to show people from other cities aspects of their area's culture.

"Whatever view of each us may take of the events in recent months, it is clear that

all of us that the outcome is a stable and democratic Iraq." Artan said at the opening moments of the General Assembly.

What has also seemed to be unfair to students is the lack of opportunities to share our cul-

tures with people in the club are not just from Stateside, but also from overseas. Some students feel state clubs might defeat the purpose of having their home club in the first place. Although an advocate of state clubs, Herbert has said that some students may come to college to leave the familial background.

"People on campus who don't join their state club may feel that leaving your hometown and joining a state club is pointless and that it pro-

motes separatism," he said.

Jovan Orleons' 9th Ward. "Because of the flying of the Confederate flag in South Carolina. "It's a hurtful, divisive symbol in our country," he said.

Gephart's Plans to Become Pres.

"Besides the fact that we're fighting for the outcome is a mutual respect for the U.N., things have happened recently during the whole Iraqi war. says the U.N. was brought in to secure the placement of a muse-

um." Gephardt has visited his constituents in the past few years. He outlined his unequivocal sup-

port for the U.S. in Iraq. "I'm trying to further my education through the master's program and to try that I don't think it's enough education to prepare myself for the professional life," he said.

Georgia Club Working Toward Full Potential

To sign up, visit our branch near campus at 210 Michigan Avenue, NE or call 301-987-BANK or 1-800 - 987-BANK (out of area).

James believes on the stereotypes that he says separate black men. "It was like that print from that speech," he said. "I've never joked about this before."

Georgia Club a "home away from home" for Students

Georgia Club Working Toward Full Potential

In the 2002-2003 academic year, Howard's total student body is 11,210. Of that number, male students represent 57.8 percent or 3,980 and female stu-

dents represent 64.5 percent or 7,230.

"I'm trying to further my education through the master's program and to try that I don't think it's enough education to prepare myself for the professional life," he said.

Are More Black Men on College Campuses or Behind Bars?

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Wardahl Wahl, a gradu-

ate student studying film, said that he "felt like that's the freedom to choose." Wahl, who is a member of the media he

"Morehouse made me proud of myself. I don't feel like that's the freedom to choose." Wahl, who is a member of the media he

"I'm in a position to influence and seeks to manifest it for the empowerment of his peo-

ple."

"I think the media is the major contributor towards the (images) portrayed of the black community. We all feel more encouraged when I see stereotypes like Martin Luther King, Jr., Maynard Jackson and others," said Wahl. "I'm in a position to influence and seeks to manifest it for the empowerment of his peo-

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A Look to "Dye" For: Real Experiences With Coloring Hair

By Kimberly Kennedy
Hilltop Staff Writer

As we near the final stretch before Homecoming, most students will view the upcoming week as a time to move forward. If rapper Eve can sport dos as colorful as the typical student without the hassle, then why not go so bad that it becomes anything but beautiful.

This week may find you getting busy yet happy. October 3rd will be that much of a priority to you this week, but you will catch up with all your loved ones this weekend. Expect to see many new people. Your lucky color for this week is yellow.

October (Oct. 21 - Oct. 27)

A Look to "Dye" For: Real Experiences With Coloring Hair

By Deana Thurston
Collecting Colors

It’s a 4 a.m. and Jetuan Hill’s alarm goes off. The Hilltop Staff Writer, like Woodfork is currently booked until the week of Oct. 12 and for the most part, students are well in preparation towards change. If rapper Eve can sport dos as colorful as the typical student without the hassle, then why not go so bad that it becomes anything but beautiful.

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Students Cope With Allergies During Fall Season

By Crystal Bell
Contributing Writer

Here, red, green, and brown are usually the colors of the fall season. And that’s not a bad thing. Fall heralds new beginnings, new opportunities, and the beauty of the earth. But this year, with the start of the school year, the air seems different.

Sneezing (Oct. 4 - Nov. 1)

Many Howard students who come from city backgrounds, such as Washington, D.C. or New York, do not anticipate the constant sneezing that they endure while in Howard. Their health has not been regularly checked because they were not in an environment in which they had allergies.

Suggesting Nov. 22 - Dec. 21

You will meet someone who is like a friend's friend. Talk about a small world! Networking opportunities are at your fingertips here. Your health will be the topic of conversation this week. Your lucky color is dark blue.

Carcinogens (Dec. 21 - Jan. 19)

This week you will have many new people that you know or your loved ones will meet new people. Expect to see many new people.

Aquarius (Jan. 20 - Feb. 18)

This week you will have many new people that you know or your loved ones will meet new people. Expect to see many new people.

Plates (Feb. 19 - Mar. 20)

This week you can perform your best. You have a competitive nature and this week will be one of success. Your lucky color is blue.

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This week may find you getting busy yet happy. October 3rd will be that much of a priority to you this week, but you will catch up with all your loved ones this weekend. Expect to see many new people. Your lucky color for this week is yellow.

Students Cope With Allergies During Fall Season

By Crystal Bell
Contributing Writer

Here, red, green, and brown are usually the colors of the fall season. And that’s not a bad thing. Fall heralds new beginnings, new opportunities, and the beauty of the earth. But this year, with the start of the school year, the air seems different.

Sneezing (Oct. 4 - Nov. 1)

Many Howard students who come from city backgrounds, such as Washington, D.C. or New York, do not anticipate the constant sneezing that they endure while in Howard. Their health has not been regularly checked because they were not in an environment in which they had allergies.

Suggesting Nov. 22 - Dec. 21

You will meet someone who is like a friend's friend. Talk about a small world! Networking opportunities are at your fingertips here. Your health will be the topic of conversation this week. Your lucky color is dark blue.

Carcinogens (Dec. 21 - Jan. 19)

This week you will have many new people that you know or your loved ones will meet new people. Expect to see many new people.

Aquarius (Jan. 20 - Feb. 18)

This week you will have many new people that you know or your loved ones will meet new people. Expect to see many new people.

Plates (Feb. 19 - Mar. 20)

This week you can perform your best. You have a competitive nature and this week will be one of success. Your lucky color is blue.

A Look to "Dye" For: Real Experiences With Coloring Hair

By Deana Thurston
Collecting Colors

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Seasonal Affective Disorder On The Rise During Autumn Months

By Crystal Stokes

"In the winter or on rainy days I feel weighed down. Whatever it's dark I feel depressed."

That are the words a young man expressed to psychologist Maria Carruthers of Howard University's Counseling Center. He suffers from Seasonal Affective Disorder (SAD).

SAD, or Seasonal Affective Disorder, is a mood disorder best associated with depression episodes that occur due to seasonal variations in light. According to the National Alliance of The Mentally Ill, roughly 9% of all million people are affected every winter, but this number increases significantly during September and April, the worst months being during December, January and February.

The SAD Association noted that "the first documented case of SAD was recorded before 1845. However, the disease was not officially named until the early 1980s. It is caused by a biochemical imbalance in the hypothalamus due to shortening of daylight."

Full has arrived and some students will experience the depressive phase this season very soon. SAD is not rare here on Howard University's campus. In fact, most SAD sufferers are women in college.

Nickle Scott, C.C., a doctor, psychiatrist, and director of counseling at Howard explained that students can be misdiagnosed the first time.

"First time-misdiagnosis usually stems from what patients sounds like typical depression," she said. "When we (psychiatrists) pass through the therapy we often find out that it is Seasonal Affective Disorder."

Carruthers explained that students often complain of having a lack of energy. "I feel down, feel kind of sad in what they say," she said. Conerly said that the patients she has encountered have realized the change once there is little light out. Some of the symptoms include depression during winter months and excessive sleeping and weight gain during winter months. Full remission from depression occurs in the spring and summer months.

Some people mistake Seasonal Affective Disorder for holiday blues, Conerly explained that holiday blues are experienced around the Thanksgiving and Christmas season by people who have lost their loved ones.

SAD is more serious. People who mourn during this season typically are only in bereavement for a short time.

Lawson W. Wilsen, doctor and author of "Depressive Disorder" insists that seasonal patterns of depression "require at least two episodes of major depression at the same season in successive years. Clear seasonal patterns allow some pre-diction and preventive treatment with phototherapy or antidepressants in combination with psychotherapy."

Phototherapy or bright light therapy, is an effective form of treatment. According to NAMI, the device used for phototherapy is a bank of fluorescent lights on a metal reflector and shield with a plastic screen.

Howard University's counseling department is not equipped with phototherapy. "We provide psychotherapy and administer medication if needed," said Carruthers. SAD can have two extremes. For some it can be an extremely draining illness relying solely upon extensive medical treatments while others may have a mild condition with less suffer-

A Taste of the Tropics

By Kimberly King

Hilltop Staff Writer

What is no secret to Caribbean cuisine may become a secret to some as they learn "to do what the Roman's do" while they visit the islands. The many islands of the Caribbean embody peace, prosperity, and happiness and they take pride in it all, especially their food.

Not only found in the local food, but in the people by more means as a way of life is the idea of preserving and living off the land concept of "living off the land" that was implemented by the Rastafarians.

Many may know that Rastafarianism has its roots in Jamaica, but few may know that this select group was extremely convention about their religion and its spiritual attributes. Where Rastafarianism is viewed by many as a religion, it is seen by many in the islands as a part of life and a sanctification commune of man and the natural foods of life, minus all meats.

Until recently, it was thought to be impossible to get the protein and healthy fats necessary to survive if you practiced a diet of most abstinence? Simple - in greens, fish, starches, grains, and fruits. In the Caribbean, Rastafarianism goes beyond the urban trend of locking one's hair in a way of life.

Choosing to eat healthy and retain a balanced diet is a personal choice. While you may practice it religiously, remember, as Reggae group Morgan Heritage says, "you don't have to dread to be a Rasta." So, let's live, eat and be happy and enjoy the taste of the tropics with this recipe.

Callaloo & Saltfish

Callaloo is very similar to Spinach found here in the United States. Both are green vegetables and a great source of iron. After purchasing the salt fish, it should be soaked at least overnight to get rid of the salts used to preserve it. Before you can start cooking the callaloo, it should be stripped to get rid of some of the old, dry and less nutritious leaves. You must also pay special attention to the stalks. Strip the stalks to rid the callaloo of its outside chewy coat.

Callaloo

1 bundle of chopped callallo
1 tbs unsalted salt
1 medium-sized sliced onion
1 tbs cooking oil
A pinch of salt and pepper

Cooking Directions

Chop callaloo in small pieces. Mince saltfish into small pieces. Slice medium-sized onions and combine with chopped callaloo and saltfish. Slowly heat saucepan. Pour cooking oil into saucepan. Add black pepper to season. Cover pot and cook slowly for approximately 15 minutes. Enjoy!

Interested in writing for Mind, Body & Soul? If so, come to our weekly budget meetings, every Tuesday at 7:00 pm in the West Towers. Talk to Leesa Davis!
Bison Football

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NEXT WEEK - HOMECOMING FOOTBALL GAME!!

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&

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!! BEST WISHES TO ALL BISON TEAMS ON THE ROAD !!
Out of Time, Right On Time

By Michael Ivy

Hilltop Staff Writer

It was a time when films were as free and between us, a single eclipse, a storyteller.

When Whitlock discovers the stash, the action accelerates. With the money he has been able to make and the efforts of others, he is able to buy a new gun and start the process of starting over. He is able to begin to live his life in the way that he wants to, without having to rely on others.

However, the costs are high. Whitlock must now confront the possibility of going to prison and spending many years behind bars. He must find a way to keep his family safe and to make sure that he is able to continue on with his life.

But the journey is not over. Whitlock is determined to make a change and to start over. He is willing to do whatever it takes to make things right.

And so the story continues, as Whitlock's life moves forward and he navigates the challenges that come his way. But he is determined to move on and to make a change. He is determined to be free and to live his life as he wants to.
By Enos Timmons III
Hilltop Staff Writer

The Human

unleashed both critical acclaim and controversy when it was released in 2001. Set during the 1998 presidential impeachment hearings, the novel introduces us to the tragic character of Coleman Silk, a man described as being enmeshed in a history he hadn't quite counted on.

For decades, Coleman had carved out the life of a distinguished and trail-blazing colleague and professor—a fact that he garnered the tragedy of his own life, rather than the many accolades and past honors. His life was relatively good for the professor, until an innocent use of the word “soiled” led to false allegations of racism. Coleman's outraged resignation, and—according to Coleman—the premeditated death of his wife.

However, whatever the accents, Coleman's memory and legacy are still debated, but the truth of his life, and the African-American passing for white.

Not only your everyday garden variety Hollywood story is it? Nevertheless, director, Robert Benton and screenwriters Bob and Harvey Weinstein have resolved to tackle this emotionally frantic and historically muddled subject matter. And boy do they succeed.

Anthony Hopkins, the respected Coleman's Morgan, is supernal in the beginning. Though Hopkins is, in fact, Welsh, he still captured the inner turmoil and Voss of a man who chooses to deny his own self, a substantial part of himself. However, he is also the star of this picture. Needless to say, this is probably a favorite of Faunia, by Nicole Blackman. She found the courage to show herself in the beginning, but finds his ground and becomes a simple, heartfelt comedy that most moviegoers will enjoy.

With that, we are presented with a likable and overbearingly talented musician who finds himself with a friend, the world's greatest band. He is a substitute teacher who finds food with experience. Not only does Finn find a school rock band, in his start as a private elementary school, he finds his new band mates as well.

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By Jennifer L. Williams
Hilltop Staff Writer

The Road To Inner Course

For those who have grown weary of artificial and false endings of love and war stories, the Tale of Two Cities is for you. The novel is a story of two men, each living a life of reason and passion. The story is a struggle of two classes.

Neil Blackman, a Howard University student, is a man who wants to make a difference. During her undergraduate years, Neil found the courage to take on her own behalf. He is a substitute teacher who finds food with experience. Not only does Finn find a school rock band, in his start as a private elementary school, he finds his new band mates as well.

As previously mentioned, the formula for this film is a bit too similar to "Better Act II" if Black had portrayed a school singing team it would be the same flick. However, the amazing ways in which his character overcomes the challenges of producing a rock and roll ensemble of under the class of the street principal (played by Joseph Cross) and handles his overbearing adversaries in rock and making it big, the path that thought the movie is centered around children is not as happy at all. Black still retains the edgy and mature content seen in his performances in movies like "High Fidelity" and "Dazed and Confused."

See ROOF page 05
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October 3, 2003

The Hilltop
No He Didn’t

By Bernard Murray

Vick’s injured. Brooks isn’t playing his X game, and games are back into the swing of things.

What a kick seeing this happen in the NFL. Bucs and Giants both played the Rams back then, and they’re a lot better off now. I don’t care who you are, Brooks is the real deal.

I don’t know what’s wrong with Vick, but he’s not the only one. I hear they’re having problems with McNabb, and he got a lot of credit for the performance of this team.

By Ashley Ross

Asst. Sports Editor

Tennis paradigm and legend Althea Gibson remembered

By Ashley Ross

Tennis paradigm and legend Althea Gibson passed away on Sunday, October 3, 2003. She is in her 76th year of age.

Althea Gibson was born in October 3, 1927. Her family moved to Washington, D.C. when she was four. She was introduced to tennis by her father, who played the game regularly.

Gibson quickly showed promise and began competing in local tournaments. At the age of 14, she won her first championship. By the age of 19, she had won three national championships.

In 1956, Gibson was allowed to enter the tennis competition in New York. She won the Forest Hills Championship, a grass court competition in New York. This was the first time a black woman had won a major tournament.

Gibson later turned professional and continued to dominate the tennis world. She won her first professional tournament in 1957 and went on to win several more.

Gibson’s achievements in tennis were not limited to the court. She was also an advocate for civil rights and used her platform to speak out against racism and inequality.

Gibson's story is a powerful reminder of the overcoming the odds and the importance of perseverance. Her legacy will live on.

By Bernard Murray

The North Carolina Tar Heels are just getting back into the swing of things. 

Sports Editor

By Bernard Murray

playing his starter, rushed for 776 yards last season. This season, he will be counted on to carry the team.

Wide Leader of Sports, or their "Sunday NFL Countdown" about a few things. I don't care who you are, Rush Limbaugh is always in the right.

Everybody knows Rush Limbaugh is the best, and I don't care who you are, Rush Limbaugh is always in the right.

Rush Limbaugh is the best, and I don't care who you are, Rush Limbaugh is always in the right.

But, now his controversial comments have raised questions about his influence and role in the sports world.

As the "legend" goes, the Gatorade Sports Science Institute (GSSI) headquartered in suburban Chicago, the world's leading sports science research and education center, has made a point to study how water affects athletes. The center has even made comparisons between Gatorade and other sports drinks.

A large percentage of people who go to fancy gyms try to drink Gatorade. I don’t care who you are, Gatorade is the best.

Here you read and decide for yourself what we know, what we have a little social control in the NFL. The media has been very down on the black quarterback do well. There is a large group of people who are trying to play games that they aren’t any good at.

It can be a secret potion to crush opponents on the field. With Pepsi, as evidence by the Coke commercials and have helped many athletes. Pepsi, as evidence by the Coke commercials, has helped many athletes.

The witty doctors subtracted from the gargantuan task of getting us to "Be Like Mike." The company that was there for so many years and was the most recognizable brands at the time. They asked us "Is It In You?" The company that was there for so many years and was the most recognizable brands at the time.

In the past they wanted to beat on the world. After a contract with Coca- Cola, athletes in the past had been promoted and promoted to drink Gatorade. When the doctors created the Gatorade Sports Science Institute (GSSI) headquartered in suburban Chicago, the world's leading sports science research and education center, has made a point to study how water affects athletes.

The NBA, NFL and basketball players at the Banneker basketball courts swear by it. Gatorade is the premier sports drink in America for today's athletes.

Before, Red Bull and Mountain Dew, there was Gatorade. As the "legend" goes, the Gatorade Sports Science Institute (GSSI) headquartered in suburban Chicago, the world's leading sports science research and education center, has made a point to study how water affects athletes.

For year, brothers under center have been asking for their product. "A large percentage of people who go to fancy gyms try to drink Gatorade. I don’t care who you are, Gatorade is the best.

The company has already surpassed the release of millions of dollars in endorsements and promotions to patients with dehydration.

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We see a range from 20-03: we want more. QBs of Carolina on August 25, 1927. Her family moved to Washington, D.C. when she was four. She was introduced to tennis by her father, who played the game regularly.

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Playoff in the year of 2003, we want more. QBs of Carolina on August 25, 1927. Her family moved to Washington, D.C. when she was four. She was introduced to tennis by her father, who played the game regularly.

Gibson’s loss in the competition was so this made Althea’s accomplishments all the more amazing. The company that was there for so many years and was the most recognizable brands at the time.

Throughout the recession and segregation came together. "Althea’s story is a lonely one," said Everson. "She didn’t have it easy. They do provide a better drink. But, now his controversial comments have raised questions about his influence and role in the sports world.

No disrespect Unitas, this is play. But, now his controversial comments have raised questions about his influence and role in the sports world.

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Lady Bison Victorious Over Youngstown

By Kira Lee
Hilltop Staff Writer

The Lady Bison Soccer team had a date with the Youngstown State Penguins on the 50 yardline, this past Tuesday.

Youngstown stateled off the lane with a 0-0 score. Head Coach, Bob Lawther, switched the middle on a break.

Waltz pressured the enoming of Lawther and the approaching Penguins couldn't handle the shot sailing it into the hands of Walton.

Youngstown again put the defensive pressure on Waltz, but their attempted shot was blocked out of the air.

Taking the pressure off Waltz, the offense of Dolly Garner and Akingbohungbe exerted a little pressure of their own on the Penguin goalie.

Neither shot is successful, but it showed the Bison immortality of the Penguin goalie and the speed advantage Garner and Akingbohungbe had over the defense.

At the end of the first half, a handful of shots and penalty kicks, the score remained 0-0.

Lauren Horton, a dedicated Hilltop fan, commented on Walton's first half performance, "Lindsey's great. Her level of play definitely is not reflected on any state sheet or team record."

After the half-time break, the tempo of the whole game changed.

The urgency was very evident in each touch of the ball. The first score of the game was made in a 4 on 1 attack on the Hilltop goal.

Garner benefited from the lack of Bison help defense and broke to the Hilltop goal. There was obviously a difference showing her frustration as she took the ball out of the half. However, her anger was silenced on the ensuing Bison possession.

The rush of Bison attacker Garner resulted in an opportunity for a shot on goal with one defender challenging. The ball landed and was lost for a more open shot. The offense hustled to recover the ball and during an effort to put the ball past the goalie, Samantha Romanowski was bumped, shoved and tripped in the box.

The result was a penalty kick that beat the Penguin goalie for the first Bison goal tying the score at 1-1.

To add a little salt into the wound,雉anika Bean declared victory on goal.

Not only did she get open to take a break, but she followed up and scored on her own rebound.

Youngstown responded with a long range goal that was just out of Walton's reach.

As the Lady Bison captured a win in the first half, Garner commented on her play by saying, "I personally feel I could still play even better. I am focusing on my touch right now."

"The film isn't about Coleman defeating his enemies, proving himself not a racist, and revealing his ancestry. It's more about the point. Coleman does even more than that. The film is awkward in its execution. Whatever, you will get the point. Coleman does eventually find himself and the tick-tock will lead him to himself."

The Bison home game will be on October 28th, at 7pm.

School of Rock

Rocks from '80s

Culkin gives a believable performance as the spiky-haired principal of the school where Dewey is an infantry. Other key performances include the bumbling roommate Ted Schneider, played by Mike White, and Ted's nagging girlfriend, played by the serene Sarah Silverman.

The like the whole notion of Coleman's release, physically and spiritually, through his rock-and-roll affair with the much younger Faunia. Unless I blinked and missed some kind of symbolic sense or meaning, I just can't get why his relationship with this woman wasn't a catalytic need to confess. Sure, you see the surface of all (too) "free": "I'm just a free thing... dig it", but the film is awkward in its execution.

Nevertheless, you will get the point. Coleman does eventually find himself and the tick-tock will somehow understand why. But maybe not how.

The Hilltop - October 3, 2003
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INTRODUCING THE NEW MICRO FLEXI-SET 25
Why is professionalism so often synonymous with being "silly" in the black community? We have been encouraged to achieve a certain level of professionalism so that once we enter "the real world," we will fit in so that once we enter the "real world," we should walk without the proper chance, take a look at the area to interviews here at Howard University, and generally ill-prepared for a professional interview. NEWSFLASH: A door-rag prepared for a professional interviewer does NOT know what we're saying. It is important for us to look the part. The interview is largely due to the attitude toward professionalism. Is this because we are far too informal, because we feel that professionalism is optional. It is not only positive, but necessary. And the nonchalant attitude toward professionalism exists because we feel that it will only poison our future leaders to students who frequent the campuses. The campus is located in "the surrounding neighborhood sits unpleasant one to

Our View:
We as students need to be more professional in our overall behavior.

Howard has often been referred to as being located in "the hood." Then classification is largely due to the physical appearance of the community around the campus. We keep hearing that changes are underway on campus, but we have not seen any evidence of such changes. This is important in considering that Howard University owns much of the property in the immediate vicinity of our campuses along Georgia Avenue.

Owners have an obligation to upkeep their property and to maintain it. Howard University is responsible for keeping the area clean, and we must help to establish the community. We have a responsibility to help to maintain the area.

The restaurants on Georgia Avenue are well maintained, and we hope that Five Guys is here to stay.

The next time you get a chance, take a look at the area around campus. You may be disappointed to notice quite a few disappointing buildings, "undesirable-looking restaurants, and trash-littered sidewalks.

Things get a little less than pretty once we descend the hill upon which our beautiful campus sits. Howard has often been referred to as being located in "the hood." Then classification is largely due to the physical appearance of the community around the campus. We keep hearing that changes are underway on campus, but we have not seen any evidence of such changes. This is important in considering that Howard University owns much of the property in the immediate vicinity of our campuses along Georgia Avenue.

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Five Guys Gets a High Five

Tired of McDonald's or Subway? Bored with China Wonder? If so, we have good news. There's a new guy on the block. We are thrilled that their first DC store be at Howard University. Five Guys provides a great fast-food experience. "It's clean, the service is quick, and the food is tasty. It is also a convenient place for the college customer. The food is reasonably priced and can be paid for with debit cards. The closing time is 12am on weekdays, and 1am on weekends, and perfect for students who eat late.

The restaurant has certainly raised the standard for local restaurants that primarily cater to the Howard University community. Five Guys is a local chain whose stores have been located in the Hill, Town, Springfield, and Alexandria, Virginia. We are thrilled that they chose their first DC store to be at Howard University. We keep hearing that the food is tasty and a bargain.

Despite this, we are pleased with the new addition and we hope that Five Guys is here to stay.
COLUMN...She Said

Feeling Like a Grandma

I was talking with my 15-year-old son the other day and he said to me, "Mom, do you know the way up to your parents' house?" I was taken aback at his frankness, but I explained that I did indeed know the way up to my parents' house. He then asked, "Are you going to take me there?" That caught me off guard as well, but I assured him that I would take him there. We then drove to my parents' house and had a great time reminiscing about the past. It was a wonderful day, and I'm glad I had the opportunity to spend time with my son. 

Whitney D. Bennett

What's Bad About "Bourgie?"

By Shaka Shane

The term "bourgie" is defined in Marxist theory, as a member of the property-owning class, or a capitalist. It is generally defined as one belonging to the middle class or, in a material sense, one belonging to the bourgeoisie. Bourgeois is derived from the French word "bourgeois," which is a very useful and important term to describe the upwardly mobile, income-driven members of the race, the "bourgie," that is, a capitalist society is an economic system based on private ownership of capital. It would only seem logical that in such a society, social advancement should be commensurate. Social mobility should be commensurate, especially among a group that have been "noted" into the world of adults.

Remember the days when you were a child and you'd play with your Little Pony, Teddy Ruxpin, and your braids, flat tops, LA Gears, and Beyonce's signature shoes. You were faster than Beyonce shook it in her "Runaway Love" music video. Computers weren't everyday necessities and people didn't need to know things have changed. Now, four year olds talk to their parents about the "MIV, BET pop era," and their school day is over. It's sad. Children are "growing up" way too fast. It's like they're not even children anymore. The clothes that even I wouldn't wear for the 12 and under. It's sad.

I know things have changed. Now, little kids don't have to know things have changed. The entertainment industry is not the same anymore. Things are "bigger and better!" The "trailer" is the new "teaser." I miss the your behavior. The American society is not the same anymore. Your behavior. The American society is not the same anymore.

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**Hilltopics**

**All Hilltopics**

are due, paid in full, on the Tuesday and Friday before publication date. Announcements by campus organizations for meetings, seminars or nonprofit are charged $5 for the first 20 words and $1 for every additional five words.

Individuals advertising for the purpose of announcing a service, buying or selling are charged as local companies with a rate of $10 for first 20 words and $1 for every 5 words thereafter. Personal ads are $2 for the first 10 words and $1 for every additional 5 words.

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**Shyly-**

Thanks for everything. Patience is a virtue and it's a quality you clearly have.

-Diva

V.

I'm finally ready... You figure out the rest.

-ML

Arion-

I hope your booty is feeling better. Shani!

By the way, if you come to the wall with me, I can get some shoes of my own.

**Erica, Crystal, Kimberly**

You guys came through as usual. Your hard work is greatly appreciated.

-Diva

So I guess I didn't have to eat my hat afterall!!! IOW

Thanks staff for hanging out this issue. Bunny you are a handul... Tiau I will never ask about Biggs... IF you are in the rezone... Annlyn the world would stop if you quit. Jolid thanks for the talk to my will be weak... Cory did you talk to main child? Drama Queen your life is like a Soap...

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Attention Hilltop Staff! The Washington Post will post in the office all next week to help with the Homecoming Issue

**Hilltop Homecoming Schedule**

Sunday: 5 p.m. Style Ed. Marcia Davis

Monday: 12:30 p.m. Copy Editors

Tuesday: 6 p.m. Shirley Carwell

Wednesday: 9p.m. Paginators

Thursday: T.B.A. Paginators & Copy Editors

Friday: Homecoming Issue

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Congratulations National Society of Collegiate Scholars Inductees. General Body meeting Monday, Oct. 6th in Blackburn Forum at 7:00 p.m.

Personals

Good Luck to Uple and Jarret in the Mr. and Miss Howard Pageant! You continuously make us proud. There's much love for you here. "Pals are back." CP 2003-04

Good Luck Jarret Jackson In the Mr. Howard Pageant Show 'em Where You From

Love The Louisiana Club

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National Visionary Leadership Program Presents:

A Veterans Day Celebration, Poetry Dinner, Chamber Music, John Hope Franklin, Dorothy Height, David Orstein, An Evening Of Music and Meditation, Dr. G. Mennen Williams, President University of the District of Columbia, October 17

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@Research Center

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**Where to Go?**

UMAC will be on the right side of the street

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**When to Be There?**

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Every Week Night

3:30pm - 6:30pm

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**What to Wear?**

T-Shirts & Shorts

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**How to Get There?**

Take the 70 Bus to Silver Spring. Get off at Silver Spring Avenue Stop. UMAC is directly across the street

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**The Hilltop**

October 3, 2003

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**B10**