

Howard University

Digital Howard @ Howard University

The Hilltop: 2000 - 2010

The Hilltop Digital Archive

11-21-2003

The Hilltop 11-21-2003

Hilltop Staff

Follow this and additional works at: https://dh.howard.edu/hilltop_0010

Recommended Citation

Staff, Hilltop, "The Hilltop 11-21-2003" (2003). *The Hilltop: 2000 - 2010*. 150.
https://dh.howard.edu/hilltop_0010/150

This Book is brought to you for free and open access by the The Hilltop Digital Archive at Digital Howard @ Howard University. It has been accepted for inclusion in The Hilltop: 2000 - 2010 by an authorized administrator of Digital Howard @ Howard University. For more information, please contact digitalservices@howard.edu.

INSIDE

Find out what makes this Bison stand out...

A2

CAMPUS



Zova Neale Hurston

Hilltop Founder

80th Year in Print

VOLUME 87, NO. 27

THE HILLTOP

The Student Voice of Howard University Since 1924

Friday, November 21, 2003

www.thehilltoponline.com

NATION & WORLD



A7

South Africa decides to give drugs to all HIV-positive...

SPORTS



B1

Basketball season is officially underway...



PHOTO BYRON ROGERS

Al Sharpton urged students to overcome barriers hindering the advancement of Black men in the political forum "The State of the Black Man in America", Tuesday night.

The State of the Black Man in America

By Melanie R. Holmes
Hilltop Staff Writer

Al Sharpton joined Howard University student leaders, faculty and community members in a panel discussion addressing the state of the black man in America Tuesday in Blackburn Center's East Ballroom.

Presented by the Howard University Student Association (HUSA), College of Arts and Sciences Student Council and NAACP, the dialogue sorted through issues hindering the progress of many black men in America.

Craig Thompson, an attorney at the Law Offices of Peter Angelos, cites the elimination of

stereotypes as key to uplifting black males.

"MTV issues are not representative of black men," said Thompson, referring to television show "Cribs". "Many artists are being pimped into thinking they have something. We need to look for a solution."

Undergraduate trustee, Kareem Merrick, believes that there are internal and external forces preventing black males from reaching their potential.

"Black people who graduate from college don't live in the community they came from," Merrick said. "They don't always give back to their community."

Merrick asserts that drugs and consequent

incarceration are outside forces that slow the black man down. He also believes that black people themselves can sometimes serve as stumbling blocks to others instead of stepping-stones.

"When you refer to someone who looks like you as 'they', you're not a part of the solution, but a part of the problem," he said.

According to Arts and Sciences Student Council Chief of Staff, Chequan Lewis, black manhood revolves around unbreakable family ties.

See AMERICA page A4

Law Library Offers Support

By Danielle Scruggs
Campus Editor

The Howard University Law Library does more than house books and provide students with a place to conduct research. It also heads numerous community outreach programs.

Under the guidance of law library director Rhea Ballard-Thrower, the library not only provides "a quality, complete collection of legal materials for the Howard University School of Law faculty and students ... and access to legal materials for the practicing attorney, as well as people of all races, creeds and colors" as stated in its mission, but also sponsors an annual Thanksgiving food drive for the nonprofit organization Bread for the City, a Senior Employee Program, and a Junior Mentee Program.

The Bread for the City food drive has been going strong for three years. It involves the entire Law School community as it donates food to the largest food pantry in the District. Bread for the City also provides free social, medical and legal services to low-income residents.

Stacey Long, deputy director of the organization's

See LAW page A4



PHOTO BY MAYA GILLIAM

R&B group 112 visited the Mecca yesterday. Their appearance attracted hordes of their fans to Cramton Auditorium.

HUCM Holds Honors and Awards Day

By Nakisha Williams
Asst. Editorials and
Perspectives Editor

A plethora of brilliant minds filled the main auditorium in the Numa P.G. Adams Building in the College of Medicine on Wednesday afternoon as faculty, staff, and students sat waiting to be awarded for their diligent efforts.

The College of Medicine Honors and Awards Day is a long-standing tradition that is well attended and celebrated within the College of Medicine.

"It is important in the first semester to recognize the accomplishments of students," Richard A. English, Interim Provost and Chief Academic Officer stated. "I am especially happy that this event awards faculty and staff."

True to the tradition's form, an individual from the College of Medicine's 10-year reunion class was chosen as a keynote speaker. This year's speaker was Sheryl L. Heron an Associate Professor and Associate Residency Director at the Emory University School of Medicine and graduate of the Howard University School of Medicine. Focusing on a metaphor of a three-legged stool, Heron educated the audience on the importance of service, academia, and research. She delivered an intense and motivational speech to an audience who frequently clapped and hung off of her every word.

"Giving your all when it feels like there is nothing left to give can be a daunting task, but it is the ministry of medicine," she declared. "You reach into the depth of your soul and you look into the eyes of your patients and you assure them that we will try to make it better."

Coupled with Heron's speech, a rendition of "His Eye is on the Sparrow" sung by Corey D. Finch of the class of 2005 helped set an inspirational tone for the much-anticipated awards presentation.

Faculty and staff awards were up next and included titles such as Distinguished Service Award, captured by Gregory L. Gray, Messenger of the Dean, and The Kaiser Permanente Award for excellence in teaching, which was awarded to Annapurni Jayam Truth, Associate Professor and Chair in the Department of Neurology.

Then came the presentation of over 35 different award titles. Students were awarded for their research, academic standing within the college, and from nominations from their peers. Scholarship money accompanied many of the plaques and certificates as an added bonus. A number of students went home with multiple honors. Second year student Kevin S. Persaud was awarded five different times, being recognized, among other things, for finishing his

See HUCM page A4

General Assembly Forces Representatives to be Accountable

By Charreah Jackson
Hilltop Staff Writer

The Howard University General Assembly met Wednesday in the Blackburn Center to discuss important issues like tuition increase and removing chronically absent assembly members.

Although the meeting began with 22 representatives from the Undergraduate Student Assembly, Graduate Student Assembly, and

HUSA, at the call for quorum only 12 representatives were present, stopping the body from making any more legislative moves.

"I feel everyone elected should serve the constituency they are responsible for. We had 22 representatives and ended with 12. This does not make any sense," College of Arts and Sciences representative, David Trotter, said.

Howard Vice-Provost, Franklin D. Chambers, and other top

University officials also attended the meeting and gave insight and facts to inquiries presented by the student government earlier in the meeting.

Although President H. Patrick Swygert was scheduled to open the meeting, he was not able to attend. Coordinator for the Graduate Student Assembly, Anika Sande, used the time to talk about last

See ASSEMBLY page A4



PHOTO BYRON ROGERS

HUSA President and Vice-President, Dan Blakemore and Faith L. Walls, along with other General Assembly members met Wednesday to discuss the removal of absentee assembly members, dorm security, and tuition increases.



CAMPUS

Students Supportive of Dorm Councils

By Kristal Knight
Contributing Writer

By hosting Meet and Greet functions, planning new social clubs, and attending to the needs of their residents, dorm council members across Howard University have left both students and administrators satisfied.

Director of On-Campus Housing, Charles Gibbs said dorm councils "continue to foster the idea of leadership for America and the global community," which is also a part

of the motto and vision for Howard University. He said that the councils give residents the opportunity to enhance leadership skills.

The dorm council serves as the students' voice for the dorm. The members serve as liaisons between residents and their community directors. Students can interact with the council members and submit their requests. The council also has many multi-purposed jobs, which may range from judiciary board to

program director. The council is also responsible for getting students involved in campus life through community service and dorm programs.

Cook Hall's community director Fred Dean said that he thinks the council is very

"The resident's just want us to do our job and fulfill their interests."

*-Kevin Chavous
Meridian Hill Hall Dorm
Council President*

effective but demanding. "It becomes a challenge when a student has to face peers because of a violation that student committed," Dean said. "It is a challenge to peers because it may be a friend of theirs."

Sheteka Ross, a senior mathematics major, is the chairman of Cook Hall's dorm council. She believes that the council is effective, but it is ultimately up to the students to keep things moving. "[The dorm council is] a way for stu-

dents to voice their opinions about what's going on in the dorm," Ross said.

Freshman political science major and Program coordinator of the Quad's dorm council, Rashell O'Neal agrees. "It's very beneficial and I think the residents will enjoy it in the long-run," she said.

Sophomore business insurance major, Sefanit Befekadu, is the current president of the Bethune Annex dorm council. She

plans to incorporate several new ideas for the dorm this year. "My main goal is to get the Women of the Annex [a social club] chartered," Befekadu said. She added that this organization will be similar to the Ladies of the Quad, but it will also involve community service as well as social activities. She also said that there have been a lot of complaints in the dorm and she will work on the dorms

See COUNCILS page A5

The Countdown Is On

By Isoke Nimmons
Hilltop Staff Writer

There are officially three more days left until the Thanksgiving holiday. Some Howard students will be traveling home, while others have made different plans.

Sophomore business administration major Tekia Coney will not be able to go home to West Palm Beach, Fla. for Thanksgiving because the plane tickets were too expensive. Instead, Coney plans on spending the holiday with a close friend and her family in Richmond, Virginia. "I am depressed and angry that I won't be able to sit down and eat dinner with my family," Coney said. "I am happy to be going home with my friend Ashley, but there is nothing like sitting down for dinner with your own family."

Matthew Johnston will be spending this Thanksgiving with extended family in Silver Spring, Md. He won't get a chance to visit his home in Trinidad until the end of the 2004 school year.

Many other students have been forced to make alternate arrangements for Thanksgiving because of high transportation costs. The Howard University Michigan Club organized a bus trip to accommodate students who could not afford a plane ticket or simply wanted to save money.

Junior information systems major Tiara Prater organized the trip. "The cost to travel home for four days was just too expensive," she said. She added that many students who are going home via the bus trip would not have had the option to go home otherwise. The New Yorkers Unlimited have reached out to students from the New York area by planning a bus trip for the holiday as well.

Sophomore radio-tv-film major Katrina Moore plans to use the Thanksgiving recess as a chance to make some money. She had a chance to go home to Detroit for the holiday, but chose to eat dinner with friends at school so she could work. "I plan to work double shifts all weekend so that I can buy some real-

ly nice gifts for my family and friends for Christmas," Moore said.

While some students are awaiting the smell of sweet potato pie, macaroni and cheese, turkey and dressings, others are anticipating some HBCU Bayou Classic fun.

The State Farm Bayou Classic events will take place Thanksgiving weekend in New Orleans. The Bayou Classic is an annual football game that not only brings students from rival schools Southern University and Grambling State together, but it attracts thousands of families and students across the nation.

In addition to the football battle that will take place between the Southern University Jaguars and the Grambling State Tigers on Nov. 29 at the Louisiana Superdome, there are a variety of other events planned.

Greek organizations will step it out at the Battle of the Bands and Greek Show, which will take place Nov. 28 and include a competitive battle between the "Human Jukebox" and the "Marching Tigers" marching bands. The Classic will also feature an HBCU College Fair, and a Gospel Brunch.

Freshman Cassandra Cuteo, a New Orleans native has attended the after parties for the classic for the last two years. "This year I am very excited to be going to the game," Cuteo said. She says she is looking forward to seeing the people who hang out on Canal Street.

Resident Assistants in the Bethune Annex are striving to make the Annex a great place for residents to be during the Thanksgiving weekend. They hope to have Thanksgiving dinner available for residents who remain in the dorm, but no definite arrangements have been made.

Slowe Hall will hold Thanksgiving dinner for its residents Nov. 28, a day after the actual holiday. Residents are encouraged to bring one dish to the dinner. Otherwise, they will pay \$3 in advance or \$6 on the day of the dinner.



EVERYONE'S WARMING UP FOR THE 16TH ANNUAL



HELP THE HOMELESS WALKATHON. SHOULDN'T YOU?



BRING YOUR FAMILY AND FRIENDS AND JOIN US ON NOVEMBER 22 AS WE RAISE FUNDS TO PREVENT AND END HOMELESSNESS.



LOCATION: The Walk starts at the National Mall between 7th St. and 14th St. NW.

TAKE METRO: Metro opens early, at 6:00 a.m. Take Metrorail to the Smithsonian or the Archives-Navy Mem'l Station or take Metrobus Route 30, 32, 34, 35 or 36.

DATE: Saturday, November 22, 2003 (rain or shine)

TIME: The Walk begins at 9:00 a.m. on the National Mall.

REGISTRATION: Begins at 7:00 a.m. To register in advance, log on to www.helpthehomelessdc.org or call 1-877-WALK-HTH. \$25 for adults and \$15 for youth (25 and under). Each registered participant will receive a T-shirt at the walkathon.

MILLENNIUM SPONSORS

FannieMae FOUNDATION

FannieMae



MEDIA PARTNER

WUSA 9 NEWS



VOICES & VIEWS

Thanksgiving Dinner for Kids

By Alafaka Opuiyo
Contributing Writer

Howard University Family Life Center After School Program students from Meyer Elementary School will get more than turkey and cranberry sauce with their Thanksgiving dinner at Howard. Next Tuesday they will also receive lessons in proper dining etiquette and talk with an employee of Sodexo, Howard's catering company about careers in the catering industry.

Students like fifth grader Donte Jennings are excited about the event.

"I feel that we should celebrate Thanksgiving together with Howard University and the Howard University students," Jennings said.

According to the director of the center, Valerie Brown, the after school program is a violence prevention program with a main objective of teaching students to use conflict resolution to solve their problems so as not to become perpetrators or victims of crime. Many students in the program come from troubled homes, low economic backgrounds and live in violent communities and the program helps students overcome these issues. To achieve this goal program uses six components: academics, personal development, cultural exploration, recreation, career, school bonding, and family bonding.

The Howard University Family Life Center is one of 24 university-level family life centers in the United States and the Virgin Islands. The program is funded by

the Office of Minority Health, a federal agency, under the Family and Community Violence Prevention Program.

The Howard University Family Life Center After School program started in 1997 at Bruce Monroe Elementary school in Washington DC. They moved to their current home of Meyer Elementary School last year. Since the program's arrival, test scores for fourth and fifth graders in the program who took the Stanford 9 standardized test increased. Teachers have noticed a change in students' behavior including Annetta Soyode, a fourth grade teacher at the school and a fifth teacher in the program.

"If we can get a child to stick with the

See DINNER page A5

HBCU BRIEFS



Hampton University Loses Journalism Funding

The American Society of Newspaper Editors canceled a \$55,000 grant to Hampton University last week after the school's administration refused to distribute the paper for not running an item the acting president wanted on the front page. The funds were meant for a 2004 summer training program for journalism teachers at Hampton's Scripps Howard School of Journalism and Communications. Representatives from ASNE said they were disappointed with the Hampton administration's actions. Hampton officials declined to comment.

Tennessee State Supports



Older Undergrads

Tennessee State University provides a support group for all undergraduate students over age 23 called, For Older College Undergraduate Students a.k.a. F.O.C.U.S. The organization provides a support base for older students who might otherwise feel out of place. It also provides services such as health care services, childcare assistance, financial support, vehicle repair and employment or internship assistance.

St. Augustine's Hosts NCAA Division II Championships



St. Augustine's College will make history tomorrow when it hosts the 2003 NCAA Division II Cross Country Championships in Cary, N.C. According to the athletic director George Williams, no other HBCU in Division I, II, or III has ever hosted this event. He is confident this event will bring prestige to the Raleigh, N.C. school as well as the two cities.

Morehouse Security Goes High-Tech

The Morehouse College Police Department recently tightened



campus security by installing a newly upgraded surveillance system. The system includes video cameras, access control and fire and burglary alarm panels. Currently, 22 cameras provide perimeter views of the college's administration buildings, computer labs, and recreational facilities. Police Department chief Vernon Worthy said more equipment will come along in phases.

Compiled by Danielle Scruggs



BISON WEIGH IN

The WEIGHT of REPARATIONS

By Brandon L Barber
Contributing Writer

Some students at Howard know little about reparations, but many are sure that the government owes them money because of their ancestors' hardships.

Junior public relations major Ariane Boler feels reparations are necessary for black people today. "Everything is based on legacy and tradition. I feel that reparations are owed to us for our forefathers," she said.

Despite the advances that African-Americans have made since slavery ended in 1865, reparations is still debated around the globe.

More recently, many corporations in the United States have been sued for reparations. Last year, three major

corporations, Aetna health services, CSX railroad firm and FleetBoston financial services firm were sued based on profits they made from the slave trade. According to BBC News Online, the 21-page suit read in brief, "The practice of slavery constituted an immoral and inhumane deprivation of Africans' life, liberty, African citizenship rights, cultural heritage and it (the practice of slavery) further deprived them of the fruits of their own labor."

African history graduate student Ana Cardoso feels the adverse effects of slavery are still present today.

"The effects of slavery [are] still present and seen in the position of our people and the services that were ren-

See WEIGHT page A4

The African and American Divide

By Tomi Akinmusuru
Contributing Writer

An African growing up in the United States probably has an entirely different perspective on life than a Black American might have. The rise of African immigrants in colleges and universities across the nation has aroused the question of whether or not the relationship between Blacks and Africans is where it should be.

"There might be a slight dissonance, but I do not think that there is any tension between Africans and Blacks," said freshman international business major Jai Lartey, a Ghanaian native from Atlanta said. "There is definitely a connection between the Africans and the Blacks, but many Africans feel that Blacks aren't utilizing the availability of quality education to its full potential."

According to Ayo Langley, an African Studies professor and Gambian native, there have been far too many

Africans and Caribbean immigrants in-and-out of Howard over the last two decades to merit any kind of xenophobia on campus. Many famous Africans like Kwame Nkrumah and Nnamdi Azikiwe have attended the University. Langley does see room for improvement in the relationship between Africans and black Americans, however. "I wish that there was a lot more interaction between Africans and Blacks because they really aren't all that different," he said. "African media is overwhelmingly influenced by the Western culture, and Black American culture is a spin-off of many African styles and traditions."

On the other hand, Yasmin Hamud, a graduate student and Somali native, does not fully agree with that generalization. "There is some tension here between Africans and Blacks. I attribute that mostly to perceptions created by the media, especially

See DIVIDE page A5

A DAY IN THE LIFE...

Quynn Johnson

By Alison Brock
Contributing Writer

They scuffle around, their tiny feet pattering across the floor, the taps under their leather shoes dragging and scraping against the wooden surface as they make their way to their places. "Five-Six-Seven-EIGHT!!" a voice calls over the playful commotion. The children, ranging from ages six to twelve begin their warm-ups, lightly tapping their toes, and gradually working their way to flaps and shuffles before the class really begins.

After the students have successfully completed their routine warm-up, tap teacher Quynn Johnson begins to review time-steps. As a teacher at DanceMakers Studio, Johnson spends twelve hours per week working with youth between the ages of three and eighteen, four days a week. But today is a Monday, meaning that after instructing a younger class, Johnson must make her way to campus and work with an older group of students, specifically her peers - the members of NSAA Dance Ensemble.

A transfer student from Michigan State University, Johnson began her junior year at the Mecca shortly after the death of her mother. Johnson's mother lost her bout with colon cancer in June of 2000. Having lived in Michigan for the majority of her life, Johnson felt that a change of scenery would be best at that time.

"I had never even heard of Howard until I came to visit my sister in Virginia," Johnson claims. Immediately she was intrigued by NSAA founding members Mylah Garlington, Lesina Martin, Mesi Walton, and the late KiShawnda McRoyal.

"I saw them on the yard and [Walton] asked me to pass out some fliers. They basically put me to work before I even joined," remembered Johnson.

The rest is history. Johnson is now the Artistic Director of the African Dance Ensemble, a group that celebrated its third year of existence on November 13, 2003.



PHOTOS COURTESY OF QUYNN JOHNSON

NSAA dance troupe member and tap dance teacher Quynn Johnson.

The growing organization currently encompasses over thirty members, a huge leap from the founding four members of three years before.

"I've been dancing with NSAA since 2001," said Johnson, the Artistic Director of the 2003-2004 academic year. "Being Artistic Director has been a lot of responsibility. I want to see if we can be as productive under my direction as we have with other Artistic Directors," said Johnson.

A tap teacher by day and African dance teacher by night, Johnson's talents range not only between those two styles, but encompass ballet, modern and salsa as well. Regarding the difference between teaching younger and

See JOHNSON page A5



NEWS

Community Receives Support

LAW from A1

Southeast site is pleased with Howard's participation and wants to see it grow, since the majority of Bread for the City's clients are black.

"It seems like a natural fit," Long said. "I'm hoping after this year our relationship will be even stronger than it is now."

The Senior Employee Program, started two years ago, provides part-time jobs to senior citizens who have retired but still want to be a part of the work force. According to Hakim Muhammad, community outreach coordinator and law library employee, the senior citizens working at the library are excellent role models. "They provide valuable experience, mentorship, and wisdom."

The Junior Mentee

Program encourages junior high school students to work part-time at the Library after school. Muhammad views this program as an excellent opportunity for young people. "It gets them exposed to the library environment and it could spark a light in them to go college or get into law," he said.

He added, "One of the core values of the University is being a servant-leader. It's a value we really believe in. We're seen as leaders and we see ourselves as servants of the community." Muhammad, who has also worked at the Georgetown Law Center and American University's law library, said he is impressed with the level of commitment he has seen at Howard.

Eileen Santos, who has worked at the law library for over two years, is enthusiastic about the community programs she has been

involved in while working at the library.

"Last month we sponsored a mental illness awareness week. It was cool because we [cooperated] with the mental health clinic on the main campus and we don't get that kind of interdepartmental work that often," she said. "It was not heavily attended but the people there got a lot out of it. It's not your everyday community outreach program but we felt it was important to address that issue [mental illness]."

Santos added that the library sponsored a workshop for 110 Girl Scouts earlier this month. Lawyers and law students held a mock trial and representatives from companies like Lexus and the FBI spoke to the young girls about online research and crime scene investigation.

Said Santos, "It was fun and educational for every-

Leaders Discuss Black Man's Role



PHOTO COURTESY OF WWW.SHERMANHINES.COM

Politicians, student government members, University officials and others discussed problems currently plaguing Black men Tuesday night in Blackburn's East Ballroom.

HUCM Honors and Awards Day

HUCM from A1

freshman year as the highest-ranking student. "I'm happy for the recognition but mine is not an individual effort," Persaud disclosed. "Only a med. school student can know all the trials and tribulations that we go through. We do it together."

The program lasted for approximately two and a half hours as student award recipient received their award. "Every year this program gets longer and longer," chuckled Sterling M. Lloyd, Jr., Associate Dean for Administration and Planning. "But it's because different people want to support us."

As each of the honorees sat poised with a proud look on their face and an award in their hands, it was apparent that the Howard University School of Medicine is truly a place that is, as Heron attributed, "giving [scholars] the wings to soar."

Assembly Meet to Discuss Important Issues

ASSEMBLY from A1

year's 6.5 percent increase in tuition for undergraduate students and 7 percent for graduate students.

"Students definitely need to know more information," Sandy said. "People are resistant to things they do not understand about. At howardgsa.com I have information on Howard's tuition compared to other universities. If students see data they can make informed decisions. They can also e-mail the site for any additional facts they need."

University officials shared with the assembly facts on the national level, and shared that although Howard tuition has risen and will likely continue to rise, Howard is lower than the average cost for a private institution, and compared to other private Historically Black institutions such as Spelman, Clark Atlanta, Hampton, and Morehouse, Howard is lower in its percentage raised, as some of these increased by 15-30 percent.

"Tuition covers only 20 percent of Howard's costs. Although Howard does raise tuition ... we are lower in our tuition and our increases compared to Universities of our caliber and type. Our students are always our top priority, and with that we have

to provide the best services, which inevitably cost," Vice-Provost Chambers said.

The assembly moved on to the implementation of an Ethics Code, which would apply to all student government officials.

The initiative is a part of the current HUSA administration's "Restoration" platform.

Although members of the assembly did not oppose an ethics code, they argued about why the assembly was not allowed to vote on something that would inevitably affect them.

Next the assembly quickly passed a resolution recognizing The Hilltop for being named a top student newspaper and a resolution commending the 2003 Homecoming Steering Committee for a job well done.

As representatives of the students of Howard, the assembly discussed the issue of dorm check-in, which currently is a major concern of many students.

HUSA President Dan Blakemore shared with the assembly that Residence Life had already implemented a "sticker system" for the ladies of the Tubman Quadrangle.

Before Christmas, all students should receive a color-coded sticker for their particular dorm to put on their Capstone Card to flash as

they enter their respective residence halls.

During Committee reports, the progress of organizational funding was shared and the General Assembly Elections committee offered a packet of provisions to the body and discussed changes that needed to be made, as elections moved to the assembly.

Although the online could not effectively use its power after the majority of assembly members left, the meeting continued as students presented a Pan-African Proposal for Campus Organizational Unity.

The last legislation to pass before the call for quorum was the new regulation including committee meetings in the rule that if a representative of the General Assembly misses two meetings they will be recommended for removal from their position.

"I am very pleased to see three out of four of the legislations offered passed," HUSA Director of Policy and Development Tahman Bradley said. "It is absolutely important and in true service that the General Assembly made Committee meetings mandatory. The committees and the representatives have to do work outside of the assembly meetings."

AMERICA from A1

"You have to see them as a reflection of yourself," he said.

Sharpton, however, holds steady in the "back in the day" approaches of marching, rallying, and other practices of the civil rights movement. He claims that people similar to current Howard University students were responsible for the success of the movement and believes today's generation is capable of such achievements as well.

"The struggle for our rights wasn't a fashion like bell bottom pants," Sharpton said. "It continues unless you talk about the issues."

The issues, according to Sharpton, are dedication, pride and perseverance on behalf of black men.

"We can't be afraid or

ashamed," he said. "There are plenty of things to do if you're committed. Even if you're not responsible for being down, you're responsible for getting up."

Thompson encouraged black males to take back their minds by recharging their mental, cultural and spiritual being to overcome the psychology of fear. White supremacy, he said, is one of the most important issues we'll face in life, but is not something we should have to deal with.

Sophomore advertising major Kenneth White found encouragement in the discussion and feels these kinds of events are needed to get black males in America out of their state of emergency.

"There are 99 black men in jail for every one black male in college," White said. "It motivated me to volunteer to

help out younger black men and be the catalyst in their life."

"We've been systematically taught to be afraid," Thompson said. "We need courage to change the system to challenge legislation."

Rasheem-Ameid Rooke, the Associate Director of Student Affairs, feels that a general fear of education permeates throughout the black male community.

"There is a healthy sense of paranoia when dealing with education," Rooke said. "The state of black men in America is kind of confusing and I don't have a definitive answer."

Sharpton, on the other hand, finds the solution to problems of the state of black men in America quite obvious.

"The answers you're looking for are you," he said.

Should Blacks Receive Reparations?

WEIGHT from A2

dered to corporations and industries in the past for free," she said.

The National Coalition of Blacks for Reparations in America, (N'COBRA), which has fought for reparations since 1987, views ascertaining reparations as a process of repairing, healing and restoring a people injured because of their group identity and violation of their fundamental human rights by governments or corporations.

"There first must be a passage in the path of government sanctions, change in the systems and developing a self-determination [of who we are as African Americans]," said founding member Kalonji Tor Olusegun.

Olusegun added that reparations is much more than a paycheck, it calls for education of African Americans.

"It will take time for us to determine who we are. On the way to reparations, we must educate ourselves about the crimes of slavery. And as an injured people we need to be repaired," he said.

Junior speech commu-

nications major Jaime Reeves agrees with Olusegun in the call for reparations in the form of educational programs.

"The money from reparations should be dispersed from companies or individuals who benefited [from] slavery, to cultural museums, black arts, research, and educational endeavors. Reparations should not just be dispersed to common citizens whose lineage is directly from slavery," Reeves said.

Junior engineering major Duane Howard agrees with Olusegun and Reeves.

"It would be impactful and perhaps counterproductive to issue over 38 million checks ... reparations programs to uplift the socio-economic status of African Americans," Howard said.

He added, "I know that these programs already exist in some form, but they are clearly not broad enough to alleviate the damages done by the injustice that was slavery."

However, rtvf major Gabrielle Talley disagrees with her peers' sentiments. Talley feels this generation

does not need reparations.

"We as [citizens] of the twentieth century do not deserve reparations because we are so blessed to have choices in our lives, and are able to enjoy the rights of freedom," she said. "[African Americans] back then did not have that luxury, right and ability to better themselves."

Currently, A Year of Black Presence Coalition (AYBP) and N'COBRA are lobbying Congress to pass the H.R. 40 bill. The purpose of H.R. 40 is to acknowledge the injustice of slavery in the United States. They also want to establish a commission to examine the current racial and economic discrimination against African Americans.

According to Olusegun, black people should first understand where we come from and revert from colonial and ideological nooses of ourselves. We should also not think of reparations in myopic views of money.

Said Olusegun, "If you deny a person of their history you denigrate them."

Interested in writing for The Hilltop? If so, Call (202) 806-4728. The last issue of the semester will be on December 5th.

HU's Family Life Center

DINNER from A2

program, they will exhibit social and academic changes, Soyode said.

Central State University in Ohio distributes the funds to all the universities who apply for grants to have the program on their campus. The Family Life Center at Howard was awarded \$750,000 for the next three years.

Jennings will use the Thanksgiving dinner to thank the people at the program.

"Thanksgiving means giving lots of thanks to the people who take care of you like Ms. Brown who buys us snacks and the volunteers who help us with our homework and take their time to be with us," Jennings said.

The Thanksgiving dinner event is just one of the activities children in the program participate in. Earlier in the year, the

program took students to a National Association For Equal Opportunity in Higher Education conference. The purpose of this visit was to expose the students to concept of going to college. Over the summer the program took the students to Six Flags amusement park in Largo, Md. for a day of recreation.

For more information about the program call 202-806-9298.

Differences Between Africans/Blacks in the U.S.

DIVIDE from A2

American media," she said. "It is extremely powerful. Most of what Americans see is somehow tied into the theory that all Africans are barbaric and live in the jungle like Tarzan."

Langley feels one of the problems is that students do not have enough time to socialize and truly interact with peo-

ple like they used to in the earlier days. "When I went to school, we had all the time in the world to make friends and get to know each other. The world is moving too fast for students to do that nowadays," he said.

Hamud added she feels the relationship between Africans and Blacks is strained and probably will continue to be until Africans and Blacks real-

ize they are one and the same. She added that a societal rift that was put in place by the government and Caucasian people. "They basically told us that Africans and Blacks are not the same, and so we should steer clear of each other. I really believe that if we come together as one, we will truly be a force to be reckoned with," Hamud said.

A Day in the Life of Quynn Johnson

JOHNSON from A2

adult audiences, Johnson claims that none exist. "You have to break it down for children as well as adults," said Johnson, a graduating senior health management major.

Her goals with NSAA are to take all performance to "the next level," whether on the stage, or in the classroom. The African dance troupe seeks to "educate ourselves first, and thereafter the student body of Howard University, about the culture, and history of Africa and the African Diaspora through dance, song and movement," as stated by the Ensemble's Constitution. Johnson particularly enjoys learning about her heritage through

the ensemble.

Though rooted in tap dancing, having been a member of the tap community since the age of five, Johnson claims it was not difficult for her to make the transition into a predominant African dance group. In turn, Johnson was able to introduce tap to NSAA, as tap is another dance form found in the African Diaspora. "The members already knew what tap was, it was just up to me to teach it," said Johnson. "The rhythms of African dance made it easier for them to learn to tap."

In her 17 years of tapping, Johnson most fondly remembers the New York Tap Festival on May 28, 2000. In the presence of tap greats such as Buster Brown, Diane

Walker, Leonard Reed and Savion Glover, Johnson and her troupe at the time were able to perform and get feedback from esteemed members of the tap community.

"It was great because all of the people who put tap where it is today were there. We got to perform for them and see what they thought."

Johnson especially admires tap dancers such as Jeni Lagon, the Whitman sisters and Diane Walker for their contributions to the art as a whole.

"Older people inspire me because those are the people that had to but on blackface to perform ... and endured it," she said.

Dorm Councils Please Students and Administrators

COUNCILS from A3

involvement by interacting with everyone.

"Another one of the main goals is [to involve] the freshmen, because if they don't have a good year they are not likely to come back," she said.

President of the Meridian Hill dorm council Kevin Chavous is enthusiastic about the council this year.

He said that he has received positive feedback from the residents. "The residents just want us to do our job and fulfill their interests,"

he said. Sophomore theatre arts major and Meridian Hill Hall resident Bradford Benham is not as receptive to his dorm council, "I really don't see the purpose [of a dorm council] because I don't even know who my council is," Benham said. He added he thinks it is just another resume builder.

Nevertheless, most students like what their dorm councils are doing. Said Shuntea Weaver, a junior nursing major, "My dorm's council is very positive and they are trying hard to incorporate the residents in every

decision that is being made about and for us." She believes that if residents go against the council, then it will be hard for them to accomplish anything.

Ashford Thomas, a sophomore theatre arts major and Meridian resident, said, "I think the council is great. They are really trying to make themselves known through flyers and the Meet and Greet they had earlier this semester."

He added that the council is very receptive to student's requests and concerns.

TAKE A COURSE IN SOCIAL SCIENCES.



COLLEGE NIGHTS: MONDAY-THURSDAY 6:00PM - CLOSE
(thru May 2004)

SHOW YOUR STUDENT ID AND GET \$20 IN GAME PLAY FOR
ONLY \$10 WITH THE PURCHASE OF ANY PEPSI PRODUCT.*

11th & E STREETS, NW | 202-783-ESPN | ESPNZONE.COM

*PLUS \$1 ISSUANCE FEE FOR ALL NEW GAME CARDS.

ESPN ZONE
COLLEGE NIGHTS



©DISNEY

S.A. Battles AIDS: Free Drugs for All Infected

South Africa to Distribute Antiretroviral Drugs and Educate Women About AIDS Prevention

By Naeesa Aziz
Hilltop Staff Writer

The South African government has decided to distribute free AIDS drugs to all people in the country who are HIV/AIDS.

According to Zackie Achmat, S.A. AIDS activist, the antiretroviral drugs should have been distributed years ago, and that he considers the decision to be an enormous victory.

There are 600 people who die of the virus as well as 1,500 new cases reported daily, Achmat told the BBC.

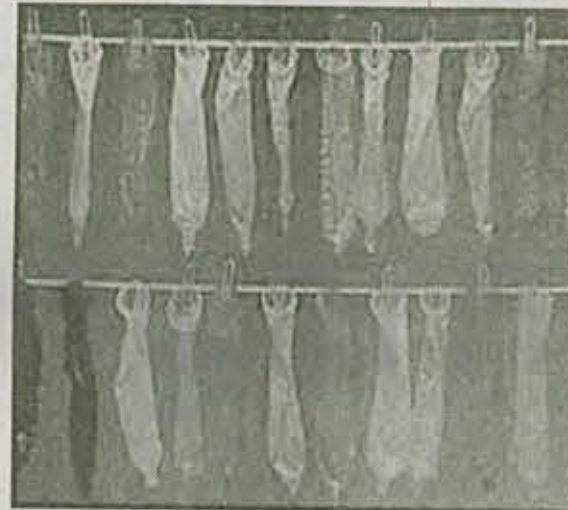
Traditions, customs and gender expectations - in place well before the start of the epidemic - play a major role in the spread of the virus through developing nations. Although a worldwide epidemic, reaching all classes, genders and countries; South Africa seems to suffer the most. Carrying the largest case-load in the world, over 12 percent of the country's 45 million population are infected. Despite often

they are expected to have multiple partners as a sign of superior masculinity and think of sex with condoms as "eating sweets with the wrapper on."

In result, young women feel pressured to please their partner for fear that he may leave her and find a young woman who will have unprotected sex with him.

"We're fighting the same social stigmas here. The only thing I think would help is better education," said Cassieta Pringle, senior pre-physical therapy major. "I think it's only going to change when big countries step in to educate other countries about the disease. We need to talk to these people and find ways that we can better reach them."

Poverty and the shadow of Apartheid are also not to be overlooked in the figuring of the South African AIDS problem. A large mobile population exists in the country composed of traveling workers, miners and



that these mobile workers aren't getting the message. Many cited getting robbed or hijacked as greater threats than contracting HIV.

Prevention groups are urging women to take control over their situation. However, attempting to empower a population who is economically dependent on its men has proven to be very difficult. Many women are forced to enter into unequal relationships with men because of their poverty and therefore are forced to succumb to the man's will.

Although pamphlets, programs and empowering speeches are helping to empower women, scientists are working on something more potent which will help both genders and reach far beyond the country's borders.

Nov. 13 marked the beginning of a new age in HIV/AIDS prevention. Scientists in South Africa and Switzerland began the first phase in the trial of a new AIDS vaccine. In addition to freeing dependant women from the shackles of the possibly loose or questionable sexual behaviors of a partner who refuses to wear a condom, the vaccine would, in large, save the world.

"An AIDS vaccine would be the



PHOTOS COURTESY BBCNEWS.COM

The S.A. government is attempting to combat the spread of the disease through education, prevention and treatment programs. Women are considered most vulnerable to the virus, since they are economically dependent on men, who often refuse to use condoms.



"An AIDS vaccine would be the ultimate female-controlled prevention tool"

-Geeta Rao Gupta, President of the ICRW

South Africa is fighting against age-old gender stereotypes that are perpetuating the rapid spread of the disease. According to reports, men see themselves as the possessors of power and control.

As the initiators of sex, they feel that they also have the right to distinguish the terms. The younger population is at an even greater risk as ignorance and immaturity play a large role. Young men in particular feel as if

of the job coupled with less than desirable working conditions leave these mobile men to find comfort and intimacy in multiple partners along the way.

Partners of these men range anywhere from their own wives to prostitutes picked up at rest stops. The biggest problem with this practice is

Restoring Power in South Africa

Still limping from the wounds of its Apartheid past, South Africa is working toward the rehabilitation of its lame limb; they're fervently working toward black economic empowerment.

The government and its people are acknowledging a fact that should resound clearly with African Americans and any other oppressed people; in order to be a productive, integral and respected part of society, a group must take control of its own social and economic destiny - a destiny that for many years was controlled by the powerful minority of whites.

Although the re-distribution of wealth, land, power and opportunity is never easy, its ideals and elusive practices are beginning to take hold around the continent with each success fueling yet another change.

After President Mbeki released the Black Economic Empowerment (BEE) charter this past February, opposing cries of injustice and rightful retribution came from South African citizens. And although the charter is well underway, cries declaring injustice can

still be heard. Is it possible to right the historical wrongs of a country can be rectified without following in the same footsteps as the oppressor himself?

The South African approach to the issue of black empowerment isn't simply Affirmative Action type measures. A large piece of the BEE charter is to ensure that blacks are equally represented in the ownership of businesses. In his State of the Nation address, President Mbeki described the government's intentions to "lay greatest stress on black economic empowerment that is associated with growth, development and enterprise development and not merely redistribution of existing wealth."

It's an ingenious idea. Not only should policy such as this have been instituted after the independence of other African countries from colonial rule, but this philosophy would be great form of repa-

Eye on Africa
With Naeesa Aziz

"The [S.A.] government is acknowledging a fact that should resound clearly with oppressed people: in order to be a productive, integral and respected part of society, a group must take control of its own social and economic destiny."

power and impact, blacks are still the majority and most importantly, a black man holds the office of the presidency; a reality that African-Americans cannot boast.

The charter is helping to move blacks in to all positions within all industries ranging from mining and farming to winemaking. As expected, the BEE has its opponents, but in the country, there is an overwhelming feeling among whites that amiable cooperation and co-existence with blacks is vital to the overall progression of the nation. It's an unexpectedly humble approach from a people who were not so long ago ruthless dominators and oppressors.

Although the BEE sounds like a social and economic dream, it does have its pitfalls. One of the greatest concerns regarding the BEE is the possible downfall or collapse of the South African Economy. Completing the

objectives of the program won't be cheap. Despite the \$15 million donation from the EU, the South African government is spending serious money on the initiative. BEE coupled with the AIDS pandemic are two of the top spending initiatives on the government's table.

The BEE can't simply clear the way for black people to move into high-level positions, because of widespread poverty and unemployment, the children of Apartheid, blacks must be intensely trained and educated in the fields they wish to pursue. A tough task, but one that the BEE is working to handle.

Only time will tell if Mbeki's experiment in empowerment works out, but the signs are clear that the country has come quite a long way. As we see everyday in America, no amount of legislative actions or programs can quickly wipe away long held social stigmas between racial groups; but hopefully the BEE will be successful in establishing true equality within the country.

Whacko Jacko Under Arrest

PARKER from A6

Jackson has always denied the allegations and said he settled the suit because he did not want a drawn-out legal battle and he wanted to put the matter behind him.

Michael Jackson will be charged with multiple counts of child molestation and has been ordered to surrender to California authorities, Santa Barbara County Sheriff Jim Anderson has

told a news conference. He said Jackson had been charged with several counts of child molestation. Bail has been set at \$3 million dollars, Anderson said on Wednesday. Dozens of police on Tuesday, armed with a search warrant, spent more than 14 hours at Jackson's sprawling Neverland Ranch in central California. Jackson was in Las Vegas filming a video. While his publicist has

denied all accusations and he has hired Mark Geragos, who is currently working on the Scott Peterson case to negotiate the warrant.

The future doesn't look too bright for Michael Jackson, but in the end, I just hope that the parents who have an opportunity for their kids to go to Neverland, that they say "never."

The year may nearly be over, but the news never stops.

If there's something you'd like to see covered in the Friday Nation & World section, contact Shani at sohjournal@aol.com

S.A. Battles AIDS: Free Drugs for All Infected

South Africa to Distribute Antiretroviral Drugs and Educate Women About AIDS Prevention

By Naeesa Aziz
Hilltop Staff Writer

The South African government has decided to distribute free AIDS drugs to all people in the country who have HIV/AIDS.

According to Zackie Achmat, S.A. AIDS activist, the antiretroviral drugs should have been distributed years ago, and that he considers the decision to be an enormous victory.

There are 600 people who die of the virus as well as 1,500 new cases reported daily, Achmat told the BBC.

Traditions, customs and gender expectations - in place well before the start of the epidemic - play a major role in the spread of the virus through developing nations. Although a worldwide epidemic, reaching all classes, genders and countries; South Africa seems to suffer the most. Carrying the largest case-load in the world, over 12 percent of the country's 45 million population are infected. Despite often heard reports of prostitutes and adulterous women, a new report shifts the blame to men.

South Africa is fighting against age-old gender stereotypes that are perpetuating the rapid spread of the disease. According to reports, men see themselves as the possessors of power and control.

As the initiators of sex, they feel that they also have the right to distinguish the terms. The younger population is at an even greater risk as ignorance and immaturity play a large role. Young men in particular feel as if

they are expected to have multiple partners as a sign of superior masculinity and think of sex with condoms as "eating sweets with the wrapper on."

In result, young women feel pressured to please their partner for fear that he may leave her and find a young woman who will have unprotected sex with him.

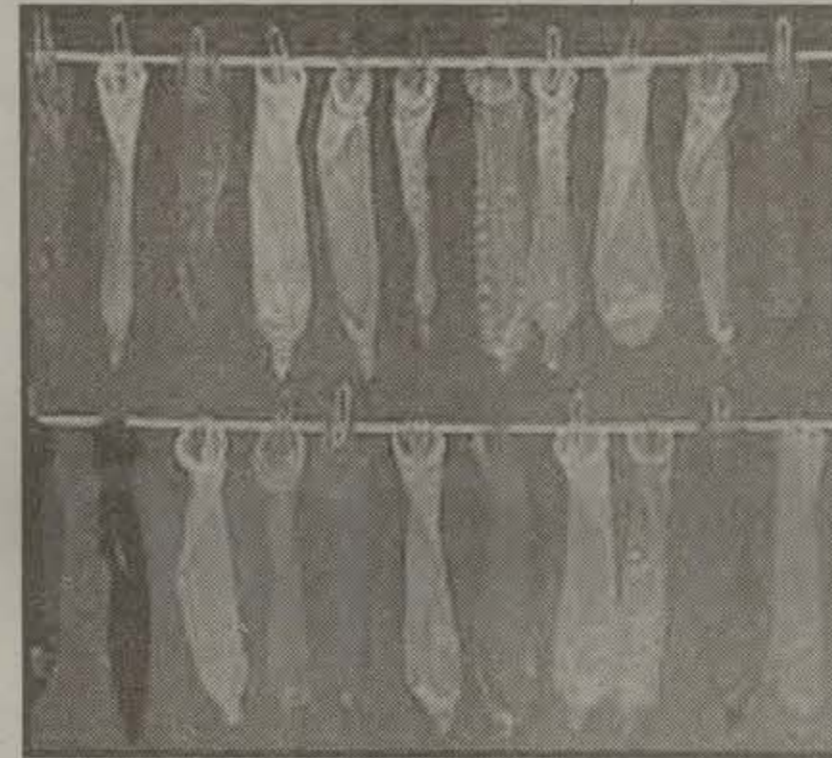
"We're fighting the same social stigmas here. The only thing I think would help is better education," said Cassieta Pringle, senior pre-physical therapy major. "I think it's only going to change when big countries step in educate other countries about the disease. We need to talk to these people and find ways that we can better reach them."

Poverty and the shadow of Apartheid are also not to be overlooked in the figuring of the South African AIDS problem. A large mobile population exists in the country composed of traveling workers, miners and truckers.

This group's population is sizable giving their sexual behaviors quite an impact. The traveling nature

of the job coupled with less than desirable working conditions leave these mobile men to find comfort and intimacy in multiple partners along the way.

Partners of these men range anywhere from their own wives to prostitutes picked up at rest stops. The biggest problem with this practice is



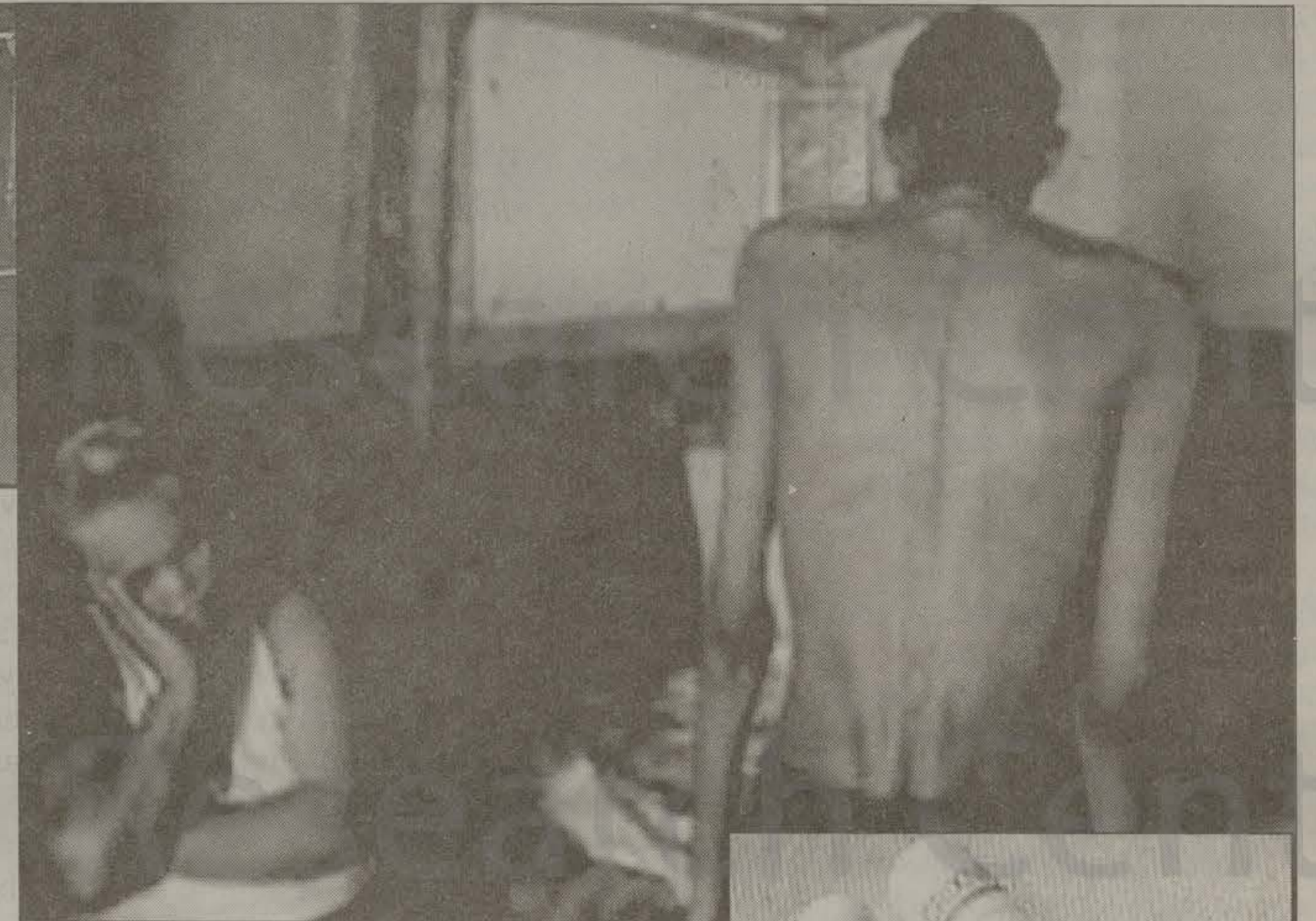
that these mobile workers aren't getting the message. Many cited getting robbed or hijacked as greater threats than contracting HIV.

Prevention groups are urging women to take control over their situation. However, attempting to empower a population who is economically dependent on its men has proven to be very difficult. Many women are forced to enter into unequal relationships with men because of their poverty and therefore are forced to succumb to the man's will.

Although pamphlets, programs and empowering speeches are helping to empower women, scientists are working on something more potent which will help both genders and reach far beyond the country's borders.

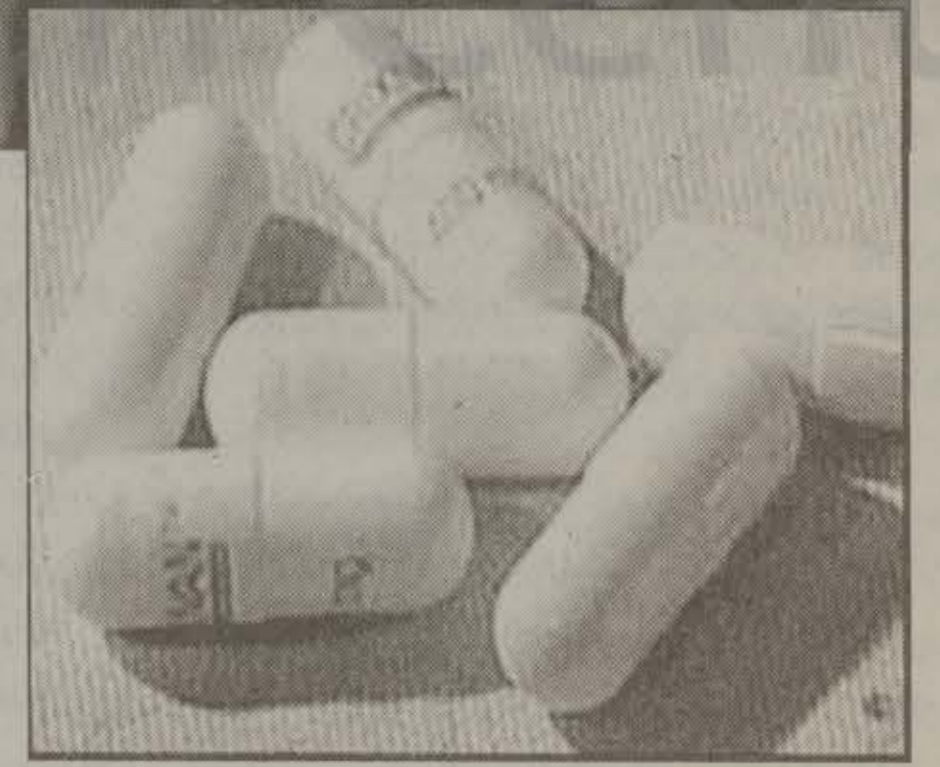
Nov. 13 marked the beginning of a new age in HIV/AIDS prevention. Scientists in South Africa and Switzerland began the first phase in the trial of a new AIDS vaccine. In addition to freeing dependant women from the shackles of the possibly loose or questionable sexual behaviors of a partner who refuses to wear a condom, the vaccine would, in large, save the world.

"An AIDS vaccine would be the



PHOTOS COURTESY BBCNEWS.COM

The S.A. government is attempting to combat the spread of the disease through education, prevention and treatment programs. Women are considered most vulnerable to the virus, since they are economically dependent on men, who often refuse to use condoms.



ultimate female-controlled prevention tool," said Geeta Rao Gupta, President of the International Center for Research on Women (ICRW).

Many believe that the AIDS epidemic will ever end without an effective vaccine. The vaccine is being tested in both Africa and Europe to minimize the time it will take to determine whether the vaccine is effective.

Dec. 1 will mark World AIDS Day and will be commemorated with a concert from South Africa. The problem with HIV/AIDS is that although South Africa has the most infected, every

country has its own infected population with some on the verge of rivaling South Africa's.

President Thabo Mbeki has announced that South Africa is set to quadruple HIV/AIDS spending in the coming years and the U.S. has also pledged more money to Africa. Coupled with the vaccine, increased spending isn't the only way out of the pandemic.

Changing attitudes, stereotypes and economically empowering women could be the treatment that could lead to the cure.

"An AIDS vaccine would be the ultimate female-controlled prevention tool"

-Geeta Rao Gupta, President of the ICRW

Restoring Power in South Africa

Still limping from the wounds of its Apartheid past, South Africa is working toward the rehabilitation of its lame limb; they're fervently working toward black economic empowerment.

The government and its people are acknowledging a fact that should resound clearly with African Americans and any other oppressed people; in order to be a productive, integral and respected part of society, a group must take control of its own social and economic destiny - a destiny that for many years was controlled by the powerful minority of whites.

Although the re-distribution of wealth, land, power and opportunity is never easy, its ideals and elusive practices are beginning to take hold around the continent with each success fueling yet another change.

After President Mbeki released the Black Economic Empowerment (BEE) charter this past February, opposing cries of injustice and rightful retribution came from South African citizens. And although the charter is well underway, cries declaring injustice can

still be heard. Is it possible to right the historical wrongs of a country can be rectified without following in the same footsteps as the oppressor himself?

The South African approach to the issue of black empowerment isn't simply Affirmative Action type measures. A large piece of the BEE charter is to ensure that blacks are equally represented in the ownership of businesses. In his State of the Nation address, President Mbeki described the government's intentions to "lay greatest stress on black economic empowerment that is associated with growth, development and enterprise development and not merely redistribution of existing wealth."

It's an ingenious idea. Not only should policy such as this have been instituted after the independence of other African countries from colonial rule, but this philosophy would be great form of repa-

Eye on Africa
With Naeesa Aziz

"The [S.A.] government is acknowledging a fact that should resound clearly with oppressed people: in order to be a productive, integral and respected part of society, a group must take control of its own social and economic destiny."

power and impact, blacks are still the majority and most importantly, a black man holds the office of the presidency; a reality that African-Americans cannot boast.

The charter is helping to move blacks in to all positions within all industries ranging from mining and farming to winemaking. As expected, the BEE has its opponents, but in the country, there is an overwhelming feeling among whites that amiable cooperation and co-existence with blacks is vital to the overall progression of the nation. It's an unexpectedly humble approach from a people who were not so long ago ruthless dominators and oppressors.

Although the BEE sounds like a social and economic dream, it does have its pitfalls. One of the greatest concerns regarding the BEE is the possible downfall or collapse of the South African Economy. Completing the

objectives of the program won't be cheap. Despite the \$15 million donation from the EU, the South African government is spending serious money on the initiative. BEE coupled with the AIDS pandemic are two of the top spending initiatives on the government's table.

The BEE can't simply clear the way for black people to move into high-level positions, because of widespread poverty and unemployment, the children of Apartheid, blacks must be intensely trained and educated in the fields they wish to pursue. A tough task, but one that the BEE is working to handle.

Only time will tell if Mbeki's experiment in empowerment works out, but the signs are clear that the country has come quite a long way. As we see everyday in America, no amount of legislative actions or programs can quickly wipe away long held social stigmas between racial groups; but hopefully the BEE will be successful in establishing true equality within the country.

Whacko Jacko Under Arrest

PARKER from A6

Jackson has always denied the allegations and said he settled the suit because he did not want a drawn-out legal battle and he wanted to put the matter behind him.

Michael Jackson will be charged with multiple counts of child molestation and has been ordered to surrender to California authorities, Santa Barbara County Sheriff Jim Anderson has

told a news conference. He said Jackson had been charged with several counts of child molestation. Bail has been set at \$3 million dollars, Anderson said on Wednesday. Dozens of police on Tuesday, armed with a search warrant, spent more than 14 hours at Jackson's sprawling Neverland Ranch in central California. Jackson was in Las Vegas filming a video. While his publicist has

denied all accusations and he has hired Mark Geragos, who is currently working on the Scott Peterson case to negotiate the warrant.

The future doesn't look too bright for Michael Jackson, but in the end, I just hope that the parents who have an opportunity for their kids to go to Neverland, that they say "never."

The year may nearly be over, but the news never stops.

If there's something you'd like to see covered in the Friday Nation & World section, contact Shani at sohjournal@aol.com

WEEKLY HOROSCOPES

Week of (Nov. 21- Nov. 27)

Sagittarius (Nov. 21- Dec. 21)

Symbolized by the archer, half-man and half-horse, Sagittarians are always ready for adventure. The ruling planet of Sagittarius is Jupiter, which is associated with good fortune and abundance. People born under this sign are generally jovial, confident and optimistic. On the flip side Sagittarians are inconsiderate, hot-tempered and tend to be irresponsible.

Famous Sagittarians:

Jimi Hendrix 11/27/42
Britney Spears 12/2/81
Jay-Z 12/4/69

Capricorn (Dec. 22- Jan. 19)

A good friend may soon develop into romance. Do not let your fear of getting hurt ruin a good opportunity. You will be financially stable this week, which is always a plus.

Aquarius (Jan. 20- Feb. 17)

A new romance may develop but do not jump the gun. This relationship will take time to build. Many friends will help you out in a tight situation.

Pisces (Feb. 18- Mar. 19)

Obstacles may come by your way causing challenges in accomplishing your goals. Be willing to take risks. Your charm will save you from certain responsibilities.

Aries (Mar. 20- Apr. 19)

You will be extremely busy this week but you will have time for romance. You are still psyched about an upcoming trip.

Taurus (Apr. 20- May 19)

You will find yourself scurrying around to tend to last minute duties. Your workload at work has you feeling stressed out. You will get the job done but it will not be easy.

Gemini (May 21- June 20)

This week you will find yourself being that social butterfly. While everyone else is stressed, you are not. You understand that the job will get done eventually, though you are upset with yourself for procrastinating with certain projects.

Cancer (June 21- July 21)

An upcoming interview may have you on edge but other than that, you are determined to have your priorities straight. This weekend should be a time for you to check out a good movie, clear your mind and complete tasks.

Leo (July 22- Aug. 22)

Attending a concert or show of some sort is highly in your favor this weekend. You will also find yourself splurging on items that you do not need to be purchasing.

Virgo (Aug. 23- Sept. 21)

A good friend will help you out in a situation that has been on your mind for days. A new romance may develop but you want to take things slow for now.

Libra (Sept. 22- Oct. 22)

Stress is something that you do not deal with too well, particularly because of your laid back approach to life. You may find yourself ignoring certain obligations and people as a way of coping with your stress.

Scorpio (Oct. 23- Nov. 20)

Plans for a trip in the near future are occupying your thoughts. You will be the head person in charge of putting on a certain event. Others may perceive you as bossy at this point in time.

-Compiled by Leesa Davis

Body Flex Weight Loss Program Sued For False Claims

By Erica Williams
Asst. Mind, Body & Soul Editor

Body Flex, a popular weight loss program featured in television infomercials, has been sued for false advertisement. The government charges that the weight loss program does not help users quickly lose fat and inches off their waist, contrary to claims on its infomercials.

The Federal Trade Commission stated that Body Flex made claims that aren't true and filed the lawsuit just a few days ago. These claims stated that users of Body Flex would drop four to fourteen inches across six body areas in a week. This exercise regimen consisted of a breathing regimen and exercises with a plastic bar and elastic band. The company stated that the routine could be done sitting down for 18 to 20 minutes a day.

Consumer Protection Bureau Director, Howard Beales, in an Associated Press article said, "These claims of fast, easy inch loss without

diet or exercise exploit the millions of Americans looking for an effective weight-loss exercise program." Beales believes that Body Flex's claims have no truth to them, thus Body Flex should suffer severe consequences.

Time usually doesn't permit a serious exercise regimen. In many cases, people give up their diet until they watch an infomercial guaranteeing a program that can help lose weight quickly and effectively. Many people order this program only to find out it's a fluke.

The product has been sold for over 10 years. It costs \$40, paid in "two easy installments of \$19.95." The product is a bar with a resistance band that is used to isolate muscle groups using body movements in a seated position. The Body Flex weight loss program barely mentions food, which is a vital part of living.

Tim Meyers, a doctor at Georgetown University Hospital says

See SUEd page A11



The ab body rider, as seen on television, is one of Body Flex's advertised products.

Howard Athletes Concerned With Health, Trying to Keep a Good Diet

By Kimberly King
Hilltop Staff Writer

According to the Market Data Enterprises, Americans spent about \$40 billion last year on health clubs, diet beverages, diet books and videos, artificial sweeteners, weight-loss centers and liquid diets. By the year 2006, this number is expected to increase to \$49 billion.

Americans are now more health-conscious, as new findings state that eating healthier and exercising will prevent high blood pressure, diabetes and heart attacks.

Out of the billion weight loss regimens, the Ornish and Atkins diets are both causing ruckus in Hollywood and average homes. The Ornish, named after Dean Ornish, M.D., Clinical Professor of Medicine at the School of Medicine, University of California, San Francisco, is said to reverse the progression of severe coronary heart disease by making significant changes in the diet and lifestyle.

A vegetarian diet contains only 10 percent calories of fat, excludes all cooking oils and animal products and eliminates plant foods such as avocados and nuts high in fat.

Freshman nursing major, Mercy Harrison, has a history of hypertension and diabetes in her family. In fact, her brother recently had to under-

go a strict diet like that of the Ornish.

A native of Zimbabwe, South Africa, Harrison is no stranger to a full-course meal prepared around a hot stove. It was not until migrating to the United States that she discovered how unprepared she was for a lifestyle complimentary to fast food restaurants.

However, when Harrison's twin brother, became ill and was told he would have more permanent health related problems if he did not follow a more strict diet, he decided to change. "At first it was hard but now it's become so easy. I drink lots of water and I never eat fast food," Harris said.

"My brother- my hero- underwent such a strict diet that there were times when I doubted he would recover, but he did," Harris said. "If he could survive, anyone can. Heart disease and diabetes kills but they are all non-biased. We can all be effected at any moment; it is how we eradicate the problem that truly matters."

Jemar Smith, a sophomore psychology major, is an athlete. Each day on the field, the running back is filled with pride and enthusiasm for the sport. With a hectic schedule and unhealthy eating habits, he is forced to consume protein supplements and other substances to make up for what he is not provided in the

Blackburn cafeteria. In fact, Smith and teammates live off peanut butter sandwiches, which he says are high in energy.

Concerned with keeping up their muscle mass in a facility they say is discouraging to the inexperienced student athletes, he and others buy in to the different health/diet plans that are on the market. "Where he once maintained a healthy eating habit, with the start of the season, he was right back to popping pills and drinking protein supplements and other substances to maintain," Smith said.

Sophomore marketing major and forward for the women's basketball team, Sherice Gamble enjoys the benefits of women's basketball. Gamble is very conscious of what her body intakes. Although jogging is nowhere in her vocabulary, the athlete drinks a lot of water. "I rarely drink soda. Water is the key drink for me," Gamble said.

As a student athlete, she tries to intake as much pasta and grains as possible. In fact, ritualistic of the women's basketball team, Gamble engages in a pre-game feast at Olive Garden with her coach and fellow teammates almost every game.

"It's something new, it's healthy and it works," Gamble said.

Lower Back Pain Common Among Young Adults

By Janeen Straughn
Hilltop Staff Writer

Back pain, particularly lower back pain, affects millions of people worldwide, all ages and ethnic backgrounds. According to the Sports Injury Bulletin, 80% of the world's residents suffer from lower back pain.

Though back pain is considered an adult problem, many young adults- even on Howard's campus suffer from back problems. Some students have more severe cases than others.

Heather Evans, a sophomore business finance major, has experienced back pain for about a year. Evans doesn't consider her case to be severe. "It happens at any given time, especially if I'm lifting stuff," she explains. "I think it's a result of strenuous activity and putting too much pressure on my back, but it doesn't really bother me that much," said Evans.

Senior human marketing major Kristin Tanner has been experiencing back pain ever since she came to Howard. "I had a growth spurt and my spine curved," said Tanner. She continued, "I think it's a result of walking up hills and walking a lot." Shoes also play a role in how well your posture is while standing. Appropriate shoes that are comfortable and don't cause pain are important. "It hurts a lot when I wear heels, so I don't wear them unless I have to," Tanner said.

Back pain is common among athletes, particularly those who partake in sports that involve an overuse of the spine. Physically demanding occupations that require repetitive bending and lifting have a high incidence of back injury. Jobs that require long hours of standing, like a hairdresser or salesperson can often cause back problems as well. A tightening or spasm of the muscles that connect to the spine results in extreme back-aches as a result of over-

See PAIN Page A11

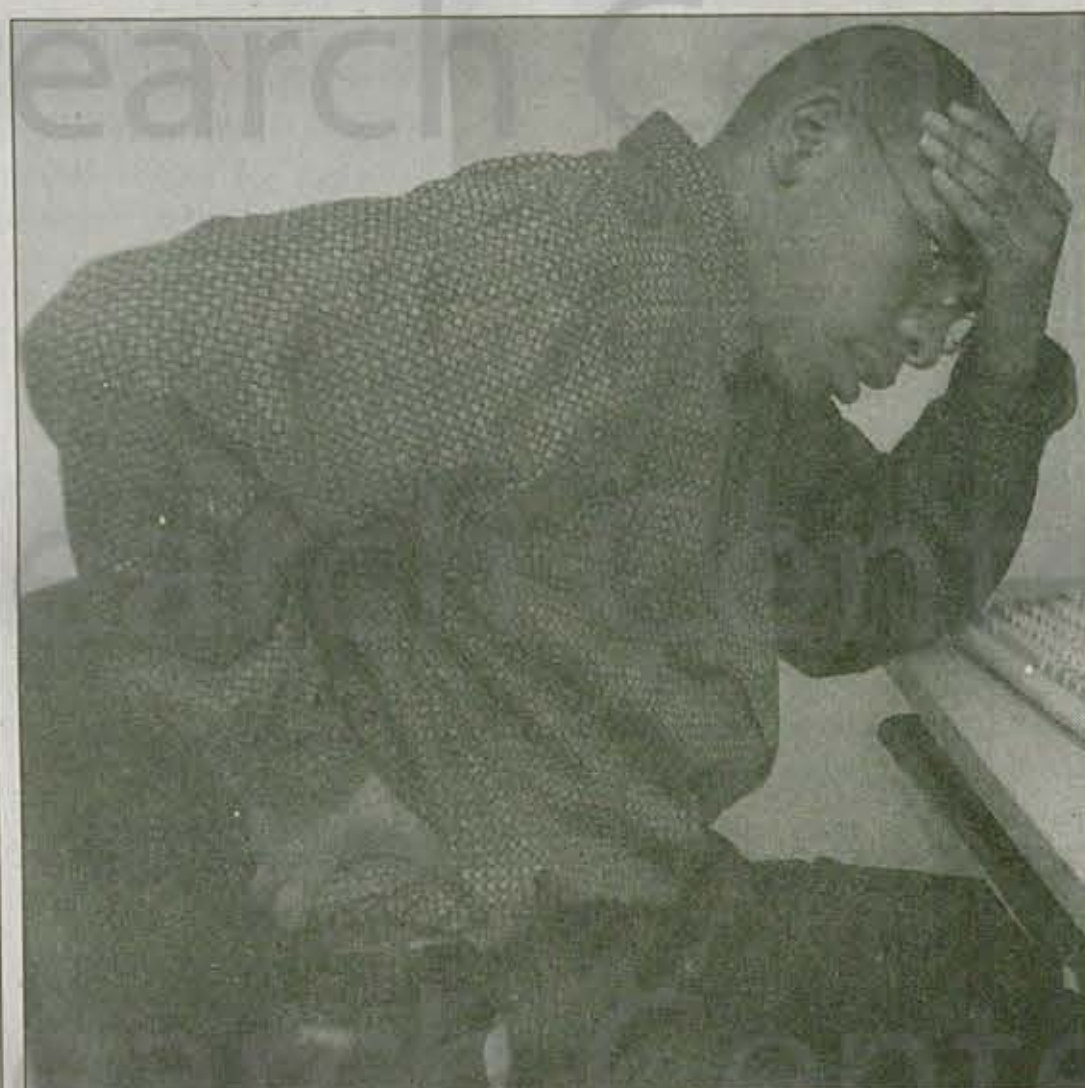


PHOTO BY RON ROGERS
Health professionals suggest stretching the back and keeping a good posture as methods for relieving pain.

If you're interested in writing for Mind, Body, & Soul, call (202) 806-4728... Ask for Leesa Davis

MIND, BODY & SOUL

Hair Loss Not Only a Problem for Elders

By Rozanne Neil
Contributing Writer

Hair loss affects millions of people of every age, race and sex. Many of those people are unaware of what causes hair loss and how to treat it.

Hair loss results from hereditary conditions, diseases and improper hair care. The leading cause of hair loss is hereditary thinning or balding, the scientific name for which is androgenetic alopecia. Normal hair shedding is 50-100 strands per day and should not be a cause for concern. However, if someone experiences excessive shedding, a receding hairline, or thinning hair, he/she should consult a dermatologist.

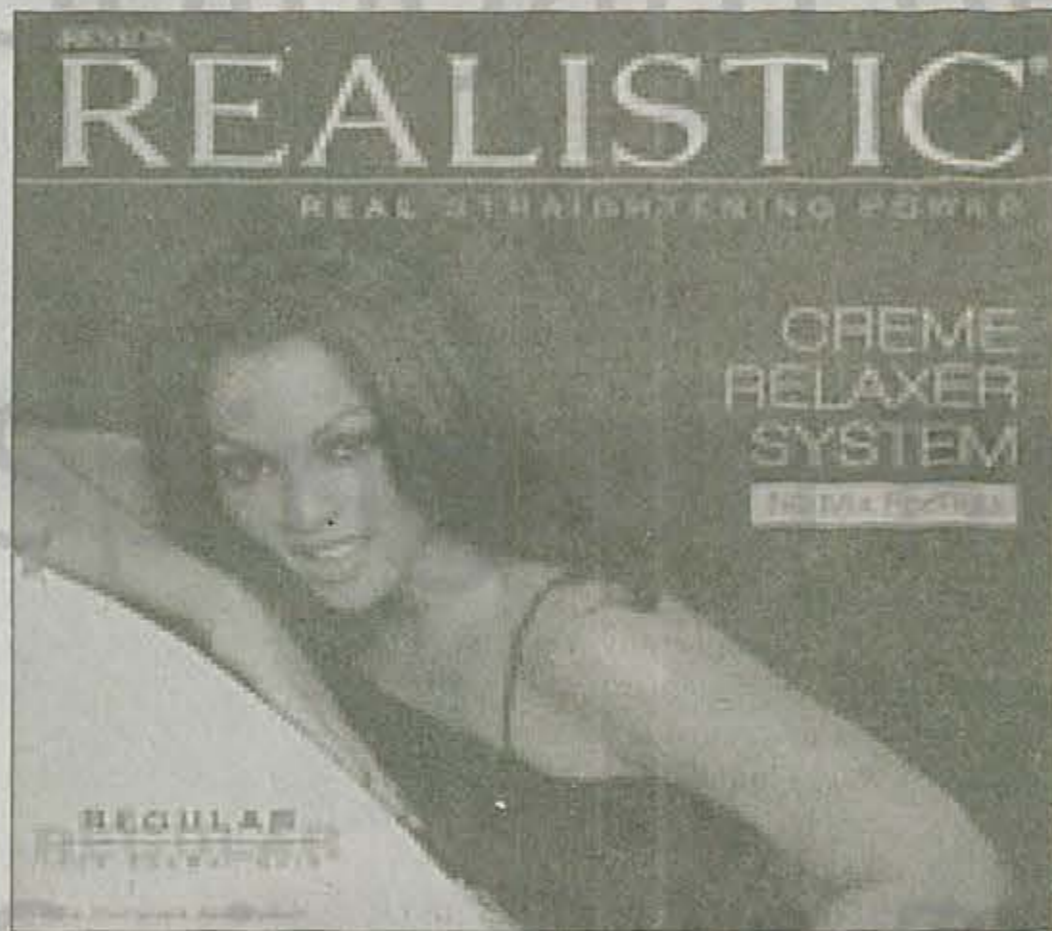
A number of people who suffer hair loss focus their efforts on covering up bald patches or stringy hair. Head wraps, bandanas and hats are permanent accessories for people in that category. Hiding baldness will make a person less self-conscious and is advisable, as long as the necessary steps are taken to restore hair when possible.

Women should not wear braids or extensions in response to hair loss. This tends to worsen the problem rather than alleviate it. Braids pull on the root of the hair, and contrary to a commonly held belief, do not promote hair growth. Chemical treatments such as dyes and bleaches are common causes of hair thinning.

Thomas Washington, manager of Upscalez hair salon, warns against coloring one's own hair. He added, "Putting bleach on relaxed hair is guaranteed hair loss."

Washington added that everyone has different hair growth. As a result, he does not advise everyone to get a perm every six weeks.

"Keep hair moist using quality shampoos and conditioners - not oil because oil merely lines the hair shaft and does not penetrate hair -



Professional products such as Revlon Realistic, aid in the prevention of breakage and healthier hair.

and don't be cheap with your hair because you get what you pay for," Washington advised.

This advice applies not only to women, but to men as well. "I don't find receding hairlines and bald spots very attractive in young men," admits Sophomore Biology major Nailah Adams. "However, it is rela-

tively prevalent on this campus. The problem is usually genetically predetermined, but some guys simply don't think they need to take care of their hair."

There is no cure for hair loss. However, there are products on the market which claim to stop hair loss and induce growth. Only two products are FDA approved: Rogaine and Propecia.

A hair transplant is an expensive procedure which is now available to hair loss patients. This is a permanent form of hair replacement that involves surgically moving hair from portions of the head with hair to bald or thinning spots. This process should be undertaken only after serious consideration.

According to the American Academy of Dermatology, other causes of hair loss include high fever, severe infection and severe flu. These illnesses may cause hair to enter what is called the resting phase (at the end of the growing phase), which lasts two to three months. A few months after the illness, large amounts of shedding may occur, lasting for a short period of time.

Birth control pills and other medications such as those used for arthritis, depression and high blood pressure also contribute to temporary hair shedding. Similarly, high Vitamin A doses may result in shedding.

Lack of protein in one's diet and an iron deficiency may both produce hair loss. This can be solved by taking iron pills and increasing daily protein intake. There are also hair vitamins available that contain nutrients specifically for hair needs.

Shawn Harris, also a stylist at Upscalez notes, "Stress and anxiety are major contributing factors to hair shedding."

"One time I think I got so stressed out that I developed a tiny bald patch," relates Errin Simpkins, a junior Psychology major. "When the stress went away, my hair grew right back."

Regular exercise and spending quality time with friends and family are great ways to relieve stress. Above all, students should try to maintain a healthy, balanced diet.

A Pain in the Mouth: Ways to Deal with Canker Sores

By Holland Johnson
Contributing Writer

Canker sores are small ulcers, that generally appear inside of the lips, cheeks, and at the base of the gums or under the tongue. They are usually red with a white coating over them and feel painful, especially when biting into citrus.

With the actual cause of canker sores being unknown, Oral and Maxillofacial Pathologist and Howard University professor, Oluwole Ajagbe, says, "A canker sore (also known as an Aphthous ulcer) is an open sore in the mouth, which appears as a painful white or yellow ulcer surrounded by a bright red halo." A canker sore is not harmful though it is uncomfortable.

Canker sores may occur at any age, but usually first appear between the ages of 10 and 40. "They usually begin with a tingling or burning sensation, followed by a red spot or bump that ulcerates.

The pain in most cases decreases in 7 to 10 days, with complete healing in 1 to 3 weeks. Ajagbe added that the duration of canker sores depend on the use of an affective canker sore treatment.

Occasionally, a severe occurrence may be accompanied by nonspecific symptoms of illness, such as fever or malaise but canker sores often reoccur. There may be an inherited tendency to develop canker sores, as they often run in families but they aren't contagious. There may also be a direct link to the bodies' immune system. Ulcers may appear in response to a mouth injury such as dental procedures or aggressive brushing of the teeth.

Unfortunately, doctors don't know of anything that prevents canker sores from forming although several prescription medicines may help with canker sores. Anyone can get canker sores, but people in their teens and 20s get them more often. Doctors say

stress might be a factor. Ajagbe says, "Canker sores may also occur at the site of a bite when the tongue or cheek is bitten. They can be triggered by emotional stress, dietary deficiencies (especially iron, folic acid, or vitamin B12), menstrual periods, hormonal changes, food allergies, and similar situations. They occur most commonly with viral infections. They may occur with no identifiable cause. The condition is self-limited and healing is spontaneous, however, carefully selecting a canker sore treatment will help ease the pain while promoting natural healing.

"Severe mouth ulcers (larger than one centimeter or lasting longer than two weeks) may require evaluation and more extensive treatment. In these cases, topical or oral (by mouth) canker sore treatment therapy may be given, with instructions that should be followed precisely as directed. To prevent bacterial

infection, brush and floss your teeth regularly and visit the dentist for routine care.

Avoid hot or spicy foods to minimize discomfort. Mild mouth washes such as salt water or over-the-counter mouthwashes may help. Over-the-counter topical medications (applied to a specific area of the mouth) may reduce discomfort and soothe the ulcerated area.

The easiest home canker sore treatment is to apply hydrogen peroxide (one part hydrogen peroxide and one part water with a cotton swab) on the canker sore. Then dab a small amount of milk of magnesia on the canker three to four times a day. This will help soothe the pain until you can begin a more appropriate canker sore treatment. Ibuprofen, also known as Advil or acetaminophen, commonly called Tylenol, can also be used to alleviate pain.



PHOTO COURTESY OF WWW.DRDOREMAN.COM

(Above) An actual canker sore located inside the cheek. (Below) A canker sore after sulfuric acid and sulfonated phenolics have been applied for treatment.

Poetry Corner

One One-thousand

One one-thousand, two one-thousand, three...
Got to keep going.
Racing... Racing... to emancipate
A lost soul--striving to be set free
Racing against self.
One one-thousand, two...
A few more and I promise to stop...
running only to drop.
Sleepily falling deeper within.
A cornucopia of brief thoughts, of solitary confinement
Trapped with only one thing c^o the mind- ME.
And who I will be.
What I will become.
Setting limits, making boundaries, breaking records
Sly as a fox
Graceful as a deer
Like an eagle--soaring...
I am black as night. Pale as the sea beneath which I fall...
Like you, I trod.
Trying to stay atop the game.
Trying to make sense of my name.
Irregularities of the mind...
Inconspicuous, yet, so divine!
This thing, poignant as it may be.
Is treacherous and it's found in you and me..
The will to arise.
The will to keep.
One one-thousand, two
Racing against time.
It was once a crime for ancestors of old
But now, free as can be,
This thing--this hilltop--
Is in reach
One one-thousand...

recipe of the week

Turkey Hash Quesadillas

Ingredients:

| | |
|---|---|
| 2 medium boiling potatoes, cut into 1/4-inch die | 2 tablespoons chopped fresh parsley leaves (rinse and spin dry before chopping) |
| 6 bacon slices, chopped | 8 (6 to 7-inch) tortillas |
| 2 medium onions, chopped | ? cup canned whole-berry cranberry sauce |
| 5 tablespoons olive oil | 16 fresh parsley leaves |
| 2 cups chopped cooked turkey | |
| 1 cup coarsely grated Gruyere or Swiss cheese | |

Directions: Preheat oven to 500 degrees F. Cut potatoes into 1/4-inch die. In a saucepan of boiling salted water, simmer potatoes 5 minutes, or until barely tender. Drain in a colander. In a heavy skillet, cook bacon and onion in ? tablespoon oil over moderate heat, stirring until onion is softened (about 5 minutes). Add potatoes and cook, stirring occasionally, 5 minutes, or until golden tender. Cool mixture slightly and stir in turkey cheese, and chopped parsley. Put two tortillas on a baking sheet and brush with remaining oil. Turn tortillas over and top each with half of turkey hash, spreading evenly. Cover with remaining two tortillas and brush tops of quesadillas with remaining oil. Bake quesadillas until golden (8 to 10 minutes.) Transfer quesadillas to a cutting board and cut into wedges. Top wedges with cranberry sauce and parsley leaves.

-Compiled By Camille Jordan

NEWS

American Hero.



Founded following World War II, the Paralyzed Veterans of America (PVA) is made up of veterans of the armed forces who have experienced spinal cord injury or disease. We continue to serve our nation on many fronts:

- Advocacy for the civil rights of Americans with disabilities
- Spinal cord injury and disease research
- Advocacy for quality health care
- Assistance to veterans to obtain their benefits
- Public education about paralysis
- Sports and recreation programs



To help PVA continue to serve paralyzed veterans, call toll-free (866) USA 4 PVA or visit www.pva.org

Alonzo Mourning

High blood pressure and diabetes can damage your kidneys without any warning. In fact, 20 million Americans have kidney disease. Twenty million more are at risk and many of them don't even know it. African-Americans are especially at risk.

Find out if your kidneys are working properly. Get a blood pressure check and simple urine and blood tests. It just might save your life.

Remember, when it comes to preventing kidney disease, waiting until the last second never wins. If you haven't had a check-up lately, it's time to ask your doctor to check out your kidneys.

NKF National Kidney Foundation
Making Lives Better

For more information, contact the National Kidney Foundation at 800-622-9010 or www.kidney.org

Earlier

Opens at 7 a.m.
Saturday & Sunday

Later

Runs until 3 a.m.
Friday & Saturday nights

MetroOpensDoors.com

INFORMATION ANYTIME 202-637-7000 / TTY 202-638-3780

opens doors

STUDENT TRAVEL

student discounts

great student fares! ➔

| | |
|---------------------|-------|
| London..... | \$328 |
| Paris..... | \$388 |
| Rio de Janeiro..... | \$643 |
| Los Angeles..... | \$284 |
| Miami..... | \$174 |

Fare is round trip from DC. Subject to change and availability. Tax not included. Restrictions and blackouts apply.

3301 M St. NW
(202) 337.6464

STA TRAVEL
WE'VE BEEN THERE.

exciting things are happening @ www.statravel.com

NEWS

Government Sues Body Flex

SUED from A8

that he has always thought of Body Flex as an unhealthy way to lose weight. "Whether it was true or not, I wasn't sure. But I always knew it was not a smart way to reduce inches off the body," said Meyers.

Lisa McDaniels, a YMCA fitness instructor on 16th street in Washington, D.C. agrees. "It is just too easy. These infomercials always hype audiences up to believe that these exercise programs work. It is truly

unfair to people who are vulnerable to lose weight."

Body Flex spent \$22 million this year to air its infomercials more than 2,000 times. Because of its fast weight loss claims, the company makes up for the millions it spends with an enormous profit. So if the claims are false, why have so many Americans continued to order this program? Does the Federal Trade Commission have a valid argument?

According to Yahoo News, the FTC has not yet had an

opportunity to review the substantiation and the studies supporting the Body Flex products. In a Yahoo News article, Joe Costa, lawyer for the California companies that market Body Flex, said "We look forward to working with the FTC in providing them with this information and are confident that once the FTC has fully had an opportunity to review and analyze the clinical substantiation for this product, the situation will be resolved."

Students Suffer from Back Problems

PAIN from A8

use of the spine. Back pain, however, is not always a result of physically straining activities. Poor posture and not engaging in normal physical activity can cause the spine to weaken over time, making your back more prone to injury.

Some health factors also contribute to back pain. Joint and bone disease, such as osteoporosis and arthritis weaken the bones and can affect your ability to walk and do other daily activities normally without pain, thus putting more strain on the spine to support the rest of the body. Excessive smoking, which often leads to hypertension and coronary artery disease, is associated with the development of lower back pain. Adults are encouraged not to smoke to

reduce these risks.

In women, menstrual cramps, fibroid tumors and pregnancy are common causes of lower back pain. Jobs such as a secretarial work can also cause back pain because maintaining good posture and sitting correctly is often hard to manage for long hours.

For some, neither of these factors are an issue. Sophomore architecture major Jason Rickett, has also been affected by back pain. He says it comes and goes. "It happens randomly. It'll go away for a couple of weeks then sometimes it'll come back," said Rickett.

Both Tanner and Rickett have sought medical help and say that their back pain has influenced some of their regular activities. "Every other day I have to do back

exercises," Tanner says. "My knees often get swollen because of my back so I have to put alcohol on my knees and ankles. Sometimes I do physical therapy too."

Rickett says that his back pain makes some simple tasks more difficult than usual. "Sometimes it's hard to get out of bed and sometimes I can hardly walk or run," said Rickett. "Most of the time I do back stretches to help with the pain."

Reicherter advises that one should visit a physician if there is sudden onset of severe back pain. She also gives advice for preventing back pain or making it more manageable. "Watching your posture, exercising, general physical fitness, general flexibility and watching your weight are all good ways to prevent back pain."

Brother to Brother Youth Conference

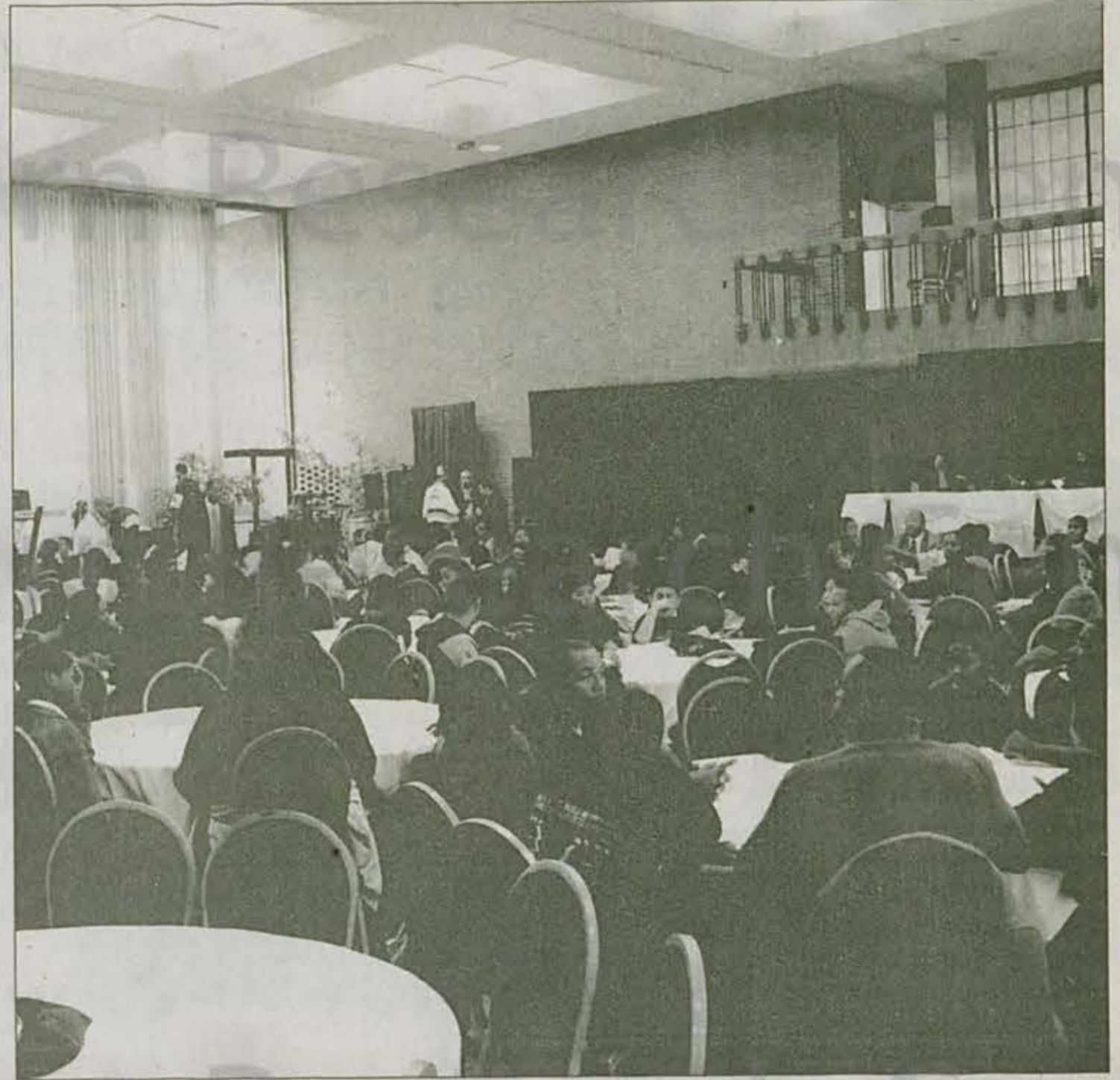


PHOTO BY MAYA GILLIAM

The Brother to Brother Youth Conference was held on Tuesday in Andrew Rankin Chapel and the Blackburn Ballroom. The Conference gave children in the community tips on how to succeed in life.

TURN BACK TIME

A RICHARD DONNER FILM

T I M E L I N E

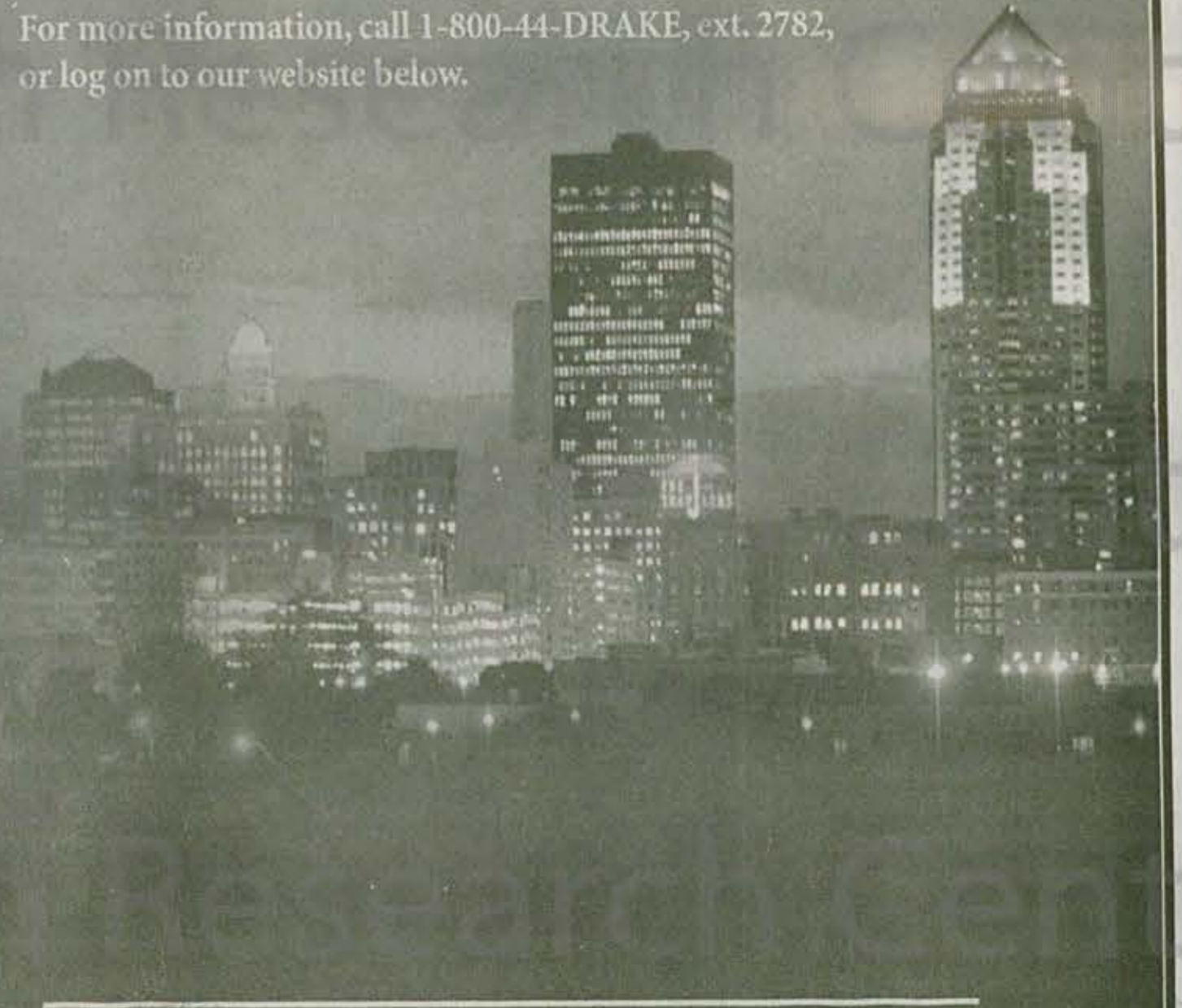
PARAMOUNT PICTURES, MUTUAL FILM COMPANY AND COBALT MEDIA GROUP PRESENT A DONNERS' COMPANY/ARTISTS PRODUCTION GROUP PRODUCTION A RICHARD DONNER FILM
 "TIMELINE" PAUL WALKER FRANCES O'CONNOR GERARD BUTLER BILLY CONNOLLY MUSIC BY BRIAN TYLER EDITED BY RICHARD MARKS DIRECTOR OF PHOTOGRAPHY CALEB DESCHANEL, ASC
 READ THE NOVEL FROM HALLANTINE BOOKS EXECUTIVE PRODUCERS MICHAEL QUITZ GARY LEVINSOHN DON GRANGER PRODUCED BY LAUREN SHULER DONNER JIM VAN WYCK RICHARD DONNER
 BASED ON THE NOVEL BY MICHAEL CRICHTON SCREENPLAY BY JEFF MAGUIRE AND GEORGE NOLFI
 PRODUCED BY LAUREN SHULER DONNER JIM VAN WYCK RICHARD DONNER DIRECTED BY RICHARD DONNER
 SOUNDTRACK AVAILABLE ON VARESE SARABANDE CDs
 TimelineMovie.com
 11.26.03

PG-13 PARENTS STRONGLY CAUTIONED
 Some Material May Be Inappropriate for Children Under 13
 INTENSE BATTLE SEQUENCES & BRIEF LANGUAGE
 For Rating Reasons, go to www.filmratings.com

Not what you expected?

Drake Law School, located in Des Moines, Iowa's capital city, provides a comprehensive legal education in a vibrant, urban environment. From your very first day, you'll develop professional skills necessary to practice law. Learn law in Drake's state-of-the-art facilities, practice law in Des Moines' county, state and federal courts and powerful central business district.

For more information, call 1-800-44-DRAKE, ext. 2782, or log on to our website below.



Drake Law School

www.law.drake.edu

BOOKBAGS, TOTE BAGS, BACK PACKS, ETC.
WILL NOT BE PERMITTED IN BURR GYM

Bison Basketball



HOWARD (Women) vs. Villanova
TONIGHT, Friday, Nov. 21,

at 7PM @ **THE BURR**

CONGRATULATIONS TO THE LADY BISON
FOR THE EXHIBITION WIN LAST WEEK!

STUDENTS WITH "CAPSTONE CARDS" MAY PICK UP A FREE TICKET
AT **BLACKBURN CENTER** TODAY, FRIDAY, NOV. 21, FROM 9:30 am to 6 pm

BEST WISHES TO THE LADY BISON & THE BISON on the road
this weekend and next week!

CONGRATULATIONS TO THE BISON
FOR THE EXHIBITION WIN IN DOUBLE OVERTIME!

**MADNESS @
THE BURR!**

BEST WISHES TO:

Swimming



& Diving

HU SHARKS @ George Mason
Today through Sunday

CONGRATULATIONS TO **ANTOINE RUTHERFORD** (AND THE BISON OFFENSE)

FOR RUSHING 1,000 YARDS!! - A FIRST FOR A HOWARD FRESHMAN -

AND FOR BEING NAMED MEAC ROOKIE OF THE WEEK FOR THE 4TH TIME THIS SEASON!!

CONGRATULATIONS!!

WOMEN'S BOWLING



Clarissa Maddox and Kimberly Williams
made the All Tournament Team!

A GREAT FALL SEASON - UNDEFEATED IN
THE NORTHERN DIVISION - AND SECOND
PLACE IN THE MEAC TOURNEY!!

WOMEN'S X-COUNTRY

A FINE PERFORMANCE AT THE NCAA REGIONALS!!

TO ALL SENIORS!!



ESPECIALLY: WOMEN'S VOLLEYBALL, MEN'S SOCCER,
WOMEN'S SOCCER AND FOOTBALL, WHOSE SEASONS HAVE
ENDED OR WILL END THIS WEEKEND! THANK YOU!!

Mark Your Calendar! Basketball is... HERE!!



MEN

Dec 3* vs. St. Francis
Dec 6* vs. Radford
Dec 8 vs. American
Dec. 13 vs. Canisius

**MADNESS @
THE BURR!**

WOMEN

TONIGHT, Nov 21 vs. Villanova @ 7pm
Dec 3* vs. George Mason
Dec 6* vs. George Washington
Dec 20 vs. St. Francis

* = Double-Headers

Division of Student Affairs

November 2003

4th
and inches...



It's Just a Game

By Bernard Murray
Sports Editor

I am about to reminisce for nostalgia's sake, so take a minute to go back with me. Before the invasion of the videogame, remember going to the closet and pulling out your favorite board game.

Man, board games seem so ancient. Do people still play board games? Better yet, do they still make them?

What ever happened to Candyland, Chutes and Ladders, Pick-Up-Sticks, Don't Break The Ice, Topple, Jenga or Trouble? But, my game was Hungry Hungry Hippos. When you got finished playing, your hands and fingers were red and throbbing, but it was worth it.

What about card games? Go Fish, Ol' Maid, I Declare War and the best card game of all time Uno. It had nothing to do Spanish, but I guess Uno sounded better than shouting One. What about Connect 4, Pictionary and everyone's favorite Scrabble?

Those were the days -- mindless entertainment and nonsense. The age of quality board games is dead.

Risk. If you ever played it you knew it was a tactical and mental strategy game where the goal was to conquer the world. You build your mercenaries and eliminate your enemies.

The world is your battlefield. Each of the seven continents is divided into different territories and only certain territories allow you to gain access to other continents. For example, from Brazil you could travel to West Africa and Japan gave you a path to Australia. Fortify your territories to go on the offensive and attack or sit back and let the enemy come to you. Harmless fun, right? That's until I began to put the game into perspective.

Follow me: If you look at this country and view it in terms of the wars fought, we'll see a common thread. Don't look at each individual war as an attempt at world domination; instead, track their continuous progression because in the scheme of things, it's a culmination.

This isn't Pinky and the Brain, it's much deeper than that. But now that I mention it, doesn't Bush remind you of Brain (narf). His speeches are repetitive tef tef (Egyptian for saying much of nothing), though he tries hard to sound educated.

But I digress. If my theory is correct, then the best place to establish a recognizable, but discreet presence is on easily accessible coasts. As we speak, the U.S. has military bases on Ecuador, Portugal, Italy, the United Kingdom, South Korea and Okinawa, Japan, all of which are coastal countries.

And get this: in June of this year, Curious George wondered over to Africa with hopes of expanding the military presence on the Motherland. With the large majority of countries based in the Muslim tradition, their goal is to counter terrorism. The countries that will act as military training are Morocco, Senegal, Mali, Algeria and Tunisia. Of all the countries in Africa, I wonder why these countries were chosen?

If this ain't Risk, I don't know what is. This time it's real, it's no longer a game. Abre los ojos and watch for the BS or you'll be a part of it.

Late Nights at The Burr Are Back

One-on-One With Coach Allen

By Ashley Ross
Hilltop Staff Writer

As of yesterday, the Bison left to head down to Florida to play in the Florida International Tournament. Competing will be Montana State, Quinnipiac and Florida International. With a daily practice schedule at 4:30 and his focus on the season opener in Florida, Men's Head Basketball Coach Frankie Allen has been busy. But, he was able to take time and give his opinions of the season to come and the newest faces to be suiting up.

It will be difficult for students to forget the Bison's game against North Carolina A&T where Ron Williamson shot the light out, literally. He scorched the Aggies for 52 points. Not to be overshadowed, Kyle William finished his final season as a Bison averaging 15 points a game and a total of 454.

What surprises are in store for this season, only time will tell.

Hilltop: What are some of your goals/expectations for the season?

Allen: I hope to compete really well in the MEAC. If we work real hard we have a definite chance of being in the top half of the MEAC.

Hilltop: How much will the presence of Kyle Williams, Mario Grove and Ron Williamson be missed?

Allen: Replacing Kyle, Ron, and Mario is going to be a real challenge.

Allen mentioned Daryl Hudson and Stanley Green, two freshmen who he anticipates big things from. With the presence of Will Gant and the possible contributions he could make once he's back to 100% will be something to look forward to.

Hilltop: What players are you anticipating big things from this year?

Allen: Louis Ford, Mac, Hekima, Bilal, and Seye. Seye especially because he has four years experience under his belt.

Hilltop: What do you think the team's strengths will be this year?

Allen: Offensive. In particular our point guard Louis Ford. Everything starts with your point guard and Louis is great at both the offensive and defensive ends of the court. Last year he was a catalyst for us winning the last 11 of our fourteen games.

Hilltop: You're entering your 4th season at Howard. How does it feel?

Allen: It feels good. Our program has made some noticeable strides. We're one year away from being off probation.

With the team on probation, they were limited. Allen emphasized how the team had to start at "ground zero."

But he now takes great pride in the program and thinks the group of players he has now have a good nucleus.

The team is moving forward this year and he thinks they're on the verge of becoming one of the consistently better teams in the MEAC.

But it's not done just on the court. Allen thanked the students in particular for being so supportive and providing the team with a consistent fan base.

The Queens of the Hardwood Take the Floor

By Bernard Murray
Sports Editor

"There's a level of excitement that I have. I am excited about the possibilities," said Cathy Parson, Head Coach of Women's Basketball, who has been preparing her team for the 2003-04 season.

On Saturday, the Kings of the Gridiron will be forfeiting the throne to the Queens of the Hardwood.

Tonight they take the court for the first time tonight against Villanova. Villanova is a powerhouse school and they finished third in the Big East, but there's nothing in a name. It's just a word. When you break down the etymology of any word, it's not as powerful.

Take the word "Villanova" -- from a Spanish standpoint, they're "a village or residence that doesn't go." Not as intimidating, now is it?

The Written Test

Improvisation has its place, but under Coach Parson's system, it's "how well they learn, how well they execute the information that has been given to them and who can really hold that information."

Coach Parson stood at center court with a board and a marker between two offenses as the Lady Bison simultaneously ran through each play in a half court set. Rotating players watched as the play was executed and then reenacted it. Play after play, the repetition of offense gave them an understanding of how the offense was going to operate, but it didn't end there.

Her players' studying wasn't just limited to the classroom. In order to have the plays work for them, the Lady Bison had to be one with the plays. "Reinforcement. It's only when you go home and write it down and make it your own," explained Parson.

The Real Test

"It's very difficult for me to rate us completely and totally because we don't have everyone available," Parson said.

Even with the absence of Simone Agee, Essence Coggins and Melloni Benson, the Lady Bison beat Four Corners 74-71.

The Four Corner zone forced the Lady Bison behind the arc and gave spectators a glance of their deadliness behind the perimeter.

"Most teams aren't going to want to zone us because we shoot the ball too well," said Parson.

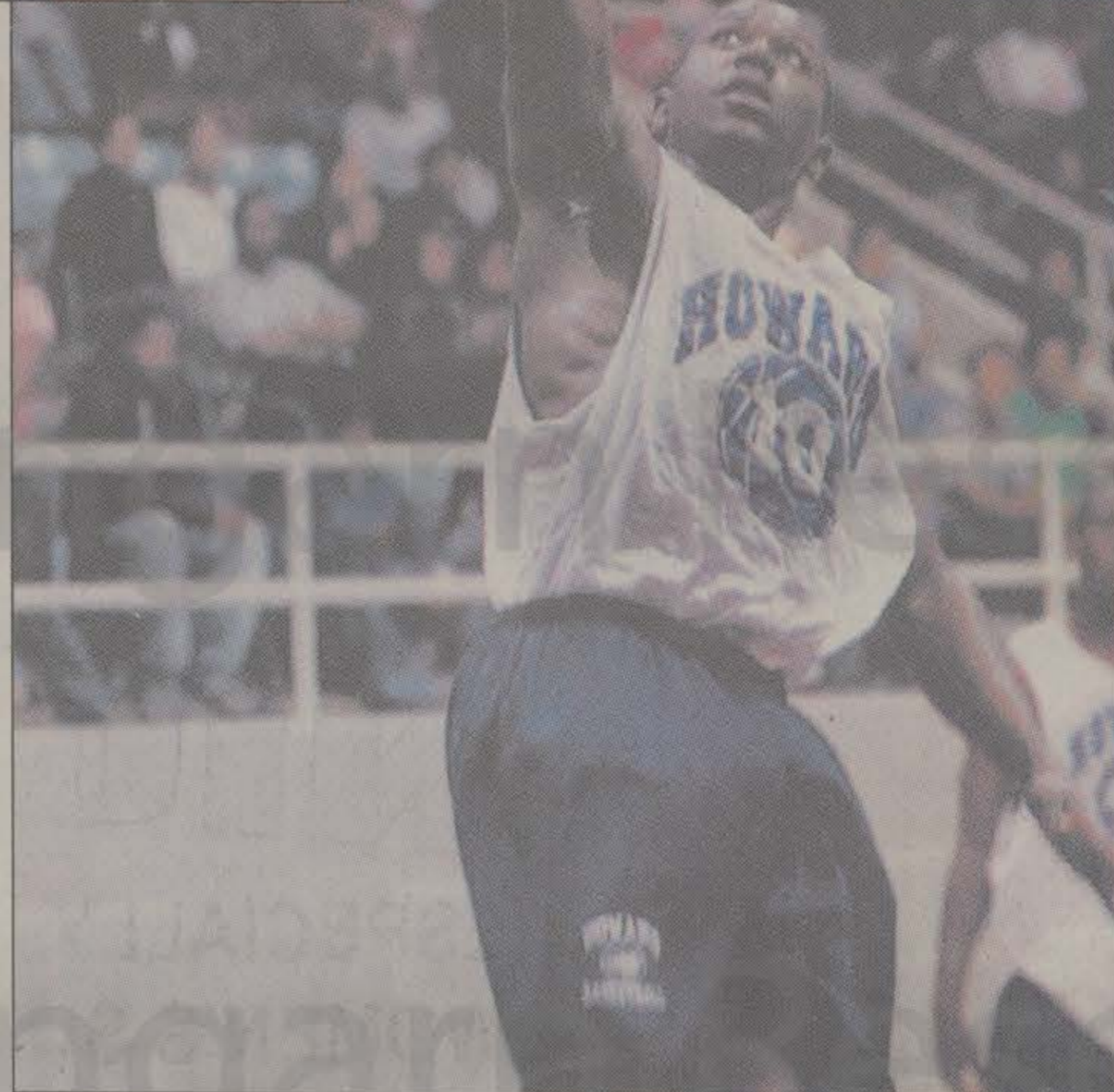
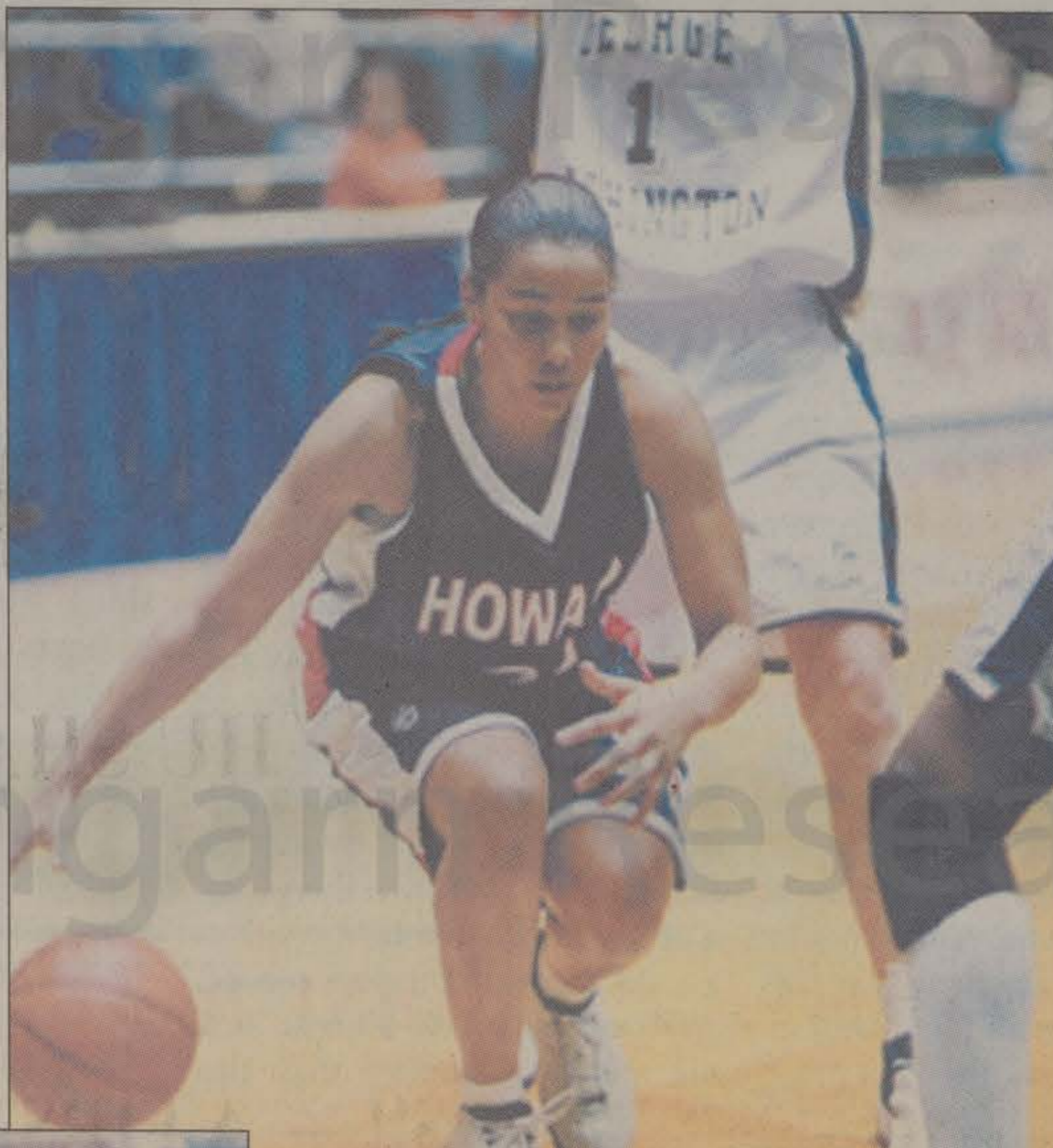
Opposing teams will either have to defend against the three or fall victim to the Lady Bison's deep threats of Laura Askew, Essence Coggins, Christina Aden and Brittany James.

The performance of freshmen Shannon Carlisle, Christina Aden and sophomore Brittany James led the team.

Don't let Carlisle's quiet presence fool you. She hits the floor with enough noise in her actions to make opponents take notice. Her 9 points, 5 assists and 3 steal paled in comparison to her intensity on the court. If you didn't know any better, you would have sworn there were five Carlises on the floor because of her hustling, defending and rebounding.

"She's 5'4, can jump out of the gym, is quick as lightning and will put on a show whenever she's on the floor," said Parson.

"They defend well, can run the floor and can shoot the ball," commented Parson on



PHOTOS BY: FROM TOP, CLOCKWISE, FILE PHOTO, MAYA GILLIAM, MARK COLEMAN (ALL MEN'S PICTURES BY MARK COLEMAN)

SPORTS

The Promise of Going to the NCAA Regionals

By Zachary Kenworthy
Hilltop Staff Writer

The staunch Coach Merritt assured that if either the men or women's cross-country team won the MEAC title Howard would be represented at the NCAA Mid-Atlantic Regional Championship. He kept his word, and as the Lady Bison traveled to Lock Haven, Pennsylvania last Friday, a fresh hope abound.

"The women's cross-country side has come along great," claimed coach Merritt. "Our region is probably the toughest one in the nation, and although we didn't do as well as I hoped, they still performed well."

The field, which included five teams who are ranked in the top 25 in the nation, boasted the daunting likes of Villanova, Georgetown, Penn State, Princeton and West Virginia. Georgetown claimed the top spot in the 26-team women's field while the Lady Bison came in 24th. But most feel very pleased with the fact that they won the MEAC and were able to compete in the regional championship.

Not one to make excuses, coach Merritt assured, "I thought we would have done better, but we had a really long break. You get a bit bored of



PHOTO COURTESY OF WWW.NCAA.ORG

training when there is no competition. It is hard for them to keep their focus."

In fact, the MEAC hosts their cross-country championships a week before the rest of the other colleges in the nation. Instead of having just two weeks off before the regional competition, the Lady Bison were forced to pile their efforts into non-competitive situations for three weeks.

Nonetheless, sophomores Tasha Anderson and Ashley Vann were the top finishers for the Howard team and concluded with respective times of 23 min-

utes and 8 seconds and 23 minutes and 46 seconds. Also hampering the Lady Bison's approach to the course was the fact that it was a very flat one.

"We are accustomed to running on hilly courses. Once we scoped out the course we were really surprised to see how flat and long it was," clarified Merritt. "I think that, coupled with the fact that we had a gap of three weeks added to our difficulty. The trip down there was a pretty long one too."

As the winter indoor season approaches, coach Merritt and his staff are hoping that the

Lady Bison's success in cross-country can be carried over into December. In addition, although the men did not partake in this past weekend's event (as they finished second in the MEAC), Merritt is also confident that their improved standing will aid the push during the indoor season.

"The men have made great improvement and strides so far this season," she said. "They are far more focused on cross-country than they have been in the past. We have always been geared toward track only for the men, but this year was different."

For the Howard Bison, the indoor season begins on December 7 at Christopher Newport University and the Track and Field staff is certain that added depth could produce good returns this season.

"We have much more depth, especially for the women," said Merritt. "The only thing we may be short on is jumpers. This is an extremely young group though, and the coming years should be good ones for us."

Howard will only lose three seniors next year and with positive returns thus far, this upcoming indoor season and future seasons pose great expectations for track at the Mecca.

Last Day At the Office For Bison

By Zachary Kenworthy
Hilltop Staff Writer

As Howard heads into their final weekend of the season, standing at 3-7, they are seeking solace in the fact that this week's opponent, Delaware State, has just one victory on the season. Howard's Head Coach Rayford Petty assured that much could still be drawn from a year that highlighted the Bison's doggedness and intense determination.

"A victory in this game would mean a whole lot to the team. We are really excited about the game and we want to carry positives over into our off-season workouts," explained Petty. In addition, with a slew of returning players for the 2004 season, Howard's growth process and development is well on its way in establishing a potent side that can compete for the MEAC title next season.

With an aggravating bundle of injuries at the beginning of the year, particularly in the backfield, both the Howard offense and defense received a dire shot of reality. Backups quickly became starters and an unforeseen youth movement was forced into play. Nonetheless, Coach Petty's determination and mindset did not change as he and his staff agreed to pound the ball and play pressure defense.

"The effort has been outstanding by these guys all season long," said Petty. "We have some good young talent waiting in the wings as well, we have all starters returning on the defensive and offensive lines and we only lose Greg Spriggs from the line-backers."

Throughout the season, no one individual has stood out on the defensive side of the ball. The pressure created by a young defensive line has forced an already talented secondary to play some outstanding football. In fact, Howard has only allowed four touchdowns passes all year and are ranked first in the MEAC in pass defense (136.2 ypg).

Delaware State relies heavily on their passing offense and quarterback Keon Frazier, as running backs Afumiya McFadden and Dwayne Jenkins have only mustered 353 rushing yards all season.

Does Delaware State's inability to run the ball play into the hands of Howard's secondary?

"They have got a great quarterback in Frazier," noted Coach Petty. "They also have one of the top receivers in the conference in Thomas Bolden. We are without Vontrae Long and Brian Johnson, but I know the guys can step up."

In fact, Howard's secondary has stepped up all season and have shut down opposing passing attacks with tremendous ease. Bolden, who has 40 receptions and 5 touchdowns for Delaware State is definitely a deep threat, but if any defense in the MEAC can shut down the dynamic combination he has developed with Frazier, it is Howard.

For the Bison, Antoine Hartfield will start at quarterback in just his second game of the year, as Marcos Moreno is doubtful.

"He is more than capable," assured Petty. "It is just unfortunate that he got injured earlier in the year."

Nonetheless, the Bison will again rely on Antoine Rutherford to provide most of the spark on offense. Last week, the freshman sensation cruised to 140 yards on the ground and broke the 1,000-yard barrier for the season. He was named MEAC Rookie of the Week for the fourth time this year and leads the conference in rushing (116.7 ypg) and in all-purpose yards (123.6) and is 6th in scoring (5.3 ppg) and in total offense (116.7).

Speaking of Rutherford, Petty said that it is "always great when an individual meets certain goals and accomplishments. Our running backs are the staple of our offense and he is being great for us all year."

In looking forward to the off season, the Bison have numerous position players returning, and on the offensive line have a great rookie class that is eager to provide a dose of stiff competition for the upperclassmen.

"We are excited about this off season," explained Petty. "We are going to be as good or better on defense and we will have a fit backfield as well. But first, we are going to take care of business this weekend."

Male Cheerleaders Can Have an Impact

By Jonathan Davis
Contribution Writer

The four male members of this year's cheerleading squad, Tyler McGee, a junior radio-television-and-film major, freshman chemistry and architecture major Harry Alston III and sophomore radio-television-and-film major Vance Henderson, "are the most that Howard has had in the last five years," according to Assistant Cheerleading Coach Tiffanie Nowlin.

According to Head Coach Ali Williams that it is not the highest number of male cheerleaders this squad has had. When he was part of the cheerleading squad in 1996, the Howard Alumni were part of a cheerleading squad that consisted of ten males.

The main reason for the increase of males on the cheerleading squad is that the cheerleading squad went all out in their recruiting. They participated in this year's freshmen orientation.

To Coach Williams, "it was important to get the word out to the incoming students, especially the males. Being a male cheerleader is one of the very last things males think of joining because of the stereotypes of males of cheerleading



PHOTO COURTESY OF WWW.JASONBAKER.NET

squads are gay and have female mannerisms."

The team had walk-ins for guys who wanted to be part of the squad. The three

things that Williams was looking for from the males were heart, spirit and

See CHEERLEADERS page B6

Bump, Set, Spike... Lady Bison Prepare for MEAC Tourney

By Lindsay Walton
Contributing Writer

Their record may not be an accurate measure of how well the 2003 Women's volleyball team, but yesterday, the Lady Bison entered the MEAC Championships at the Greensboro Parks and Recreational Sportsplex in Greensboro, NC.

The regular season that including tough road losses to strong Division I competition like Bucknell, Lehigh, Lafayette, Dartmouth and Columbia. Despite their 7-16 overall record, Assistant Head Coach Tom Herod was not disappointed with the team's performance.

"Considering the number of freshman and nagging injuries we had, I think we did okay. The battle we had to fight wasn't a physical one; statistically we can play with any team...our battle is that of mental discipline," said Herod. "Playing with a mix of about three different classes and everyone coming from different types of teams, naturally, we had problems gelling. But after the FAMU game we came together as a team. Since then, we lost three matches that had to go to five games; matches in which we played really well. Mentally we're peaking now."

This year's team has a senior class that stepped up to be among the leaders in the categories for kills and blocks. The senior class

included middle blocker Jerri Hayes, outside hitter Dawn Thomas and Libero/Outside Hitter Shay Edwards.

Coach Herod spoke highly of all the seniors, but highlighted Thomas and Edwards, who had ongoing battles with injuries, as being standouts of the regular season.

"Dawn played hurt all year and was a real inspirational leader for us," he said. "And Shay had a hip injury and we really missed her while she was out. I don't think we could have done as well as we did without her."

Edwards is second in the MEAC in digs with 281 total and 3.70 per game.

The key to Lady Bison's offense this year was 6'2" sopho-

more outside hitter Kollin Hoskins. A transfer from Southern Methodist University, Hoskins is sixth in the MEAC for kills with 289 kills total and 3.32 per game.

"We really built our offense around her," said Herod. "With her being such a big threat, other teams had to focus on her, which left other players the chance to make plays."

Another categorical leader in the MEAC includes junior setter Brittany Williams, who is fourth in assists averaging 9.19 per game and 708 assists total.

In preparation for the championship tournament, the women have been practicing day and night, concentrating mostly

See TOURNEY page B6

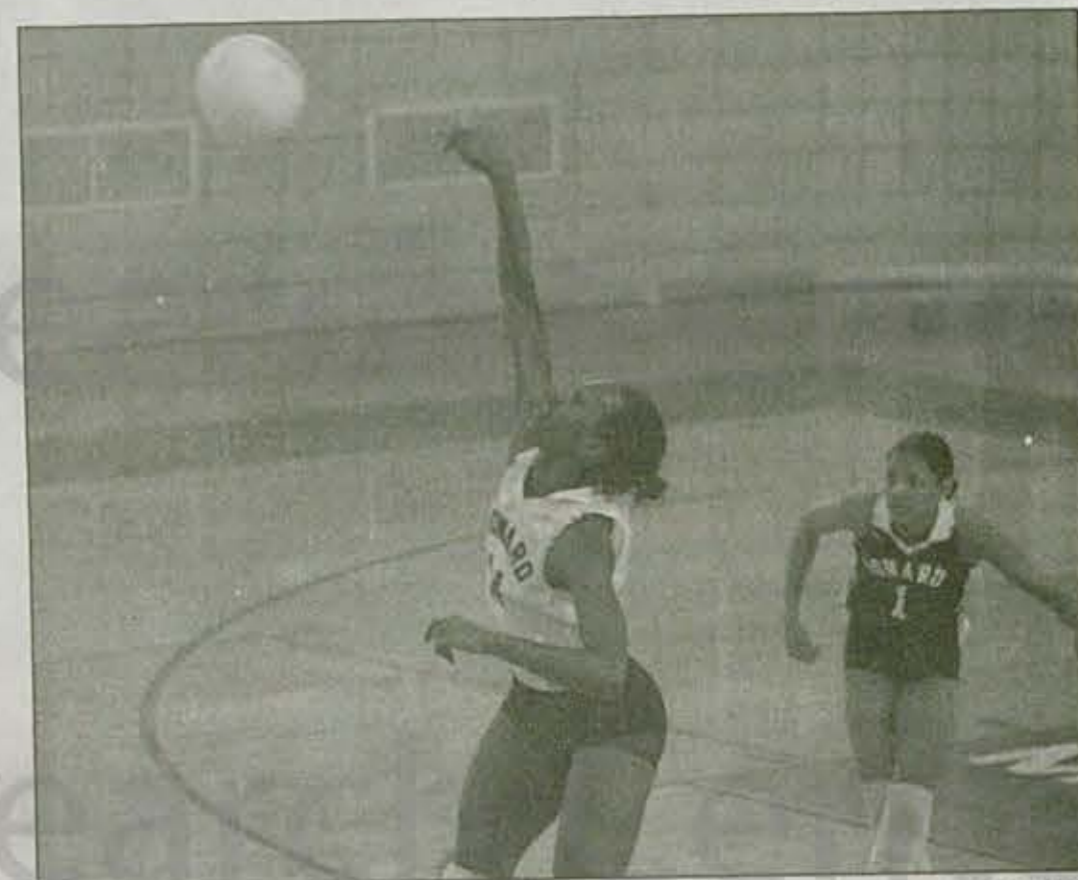


PHOTO BY MARK COLEMAN

Crystal Amadee spikes goes for the kill.

DATES HAVE BEEN EXTENDED

(once again)

YEARBOOK PICTURES

SENIORS ONLY

WHEN: **NOVEMBER 17-21 FROM 12-8PM**
(with a break from 2-2:30)

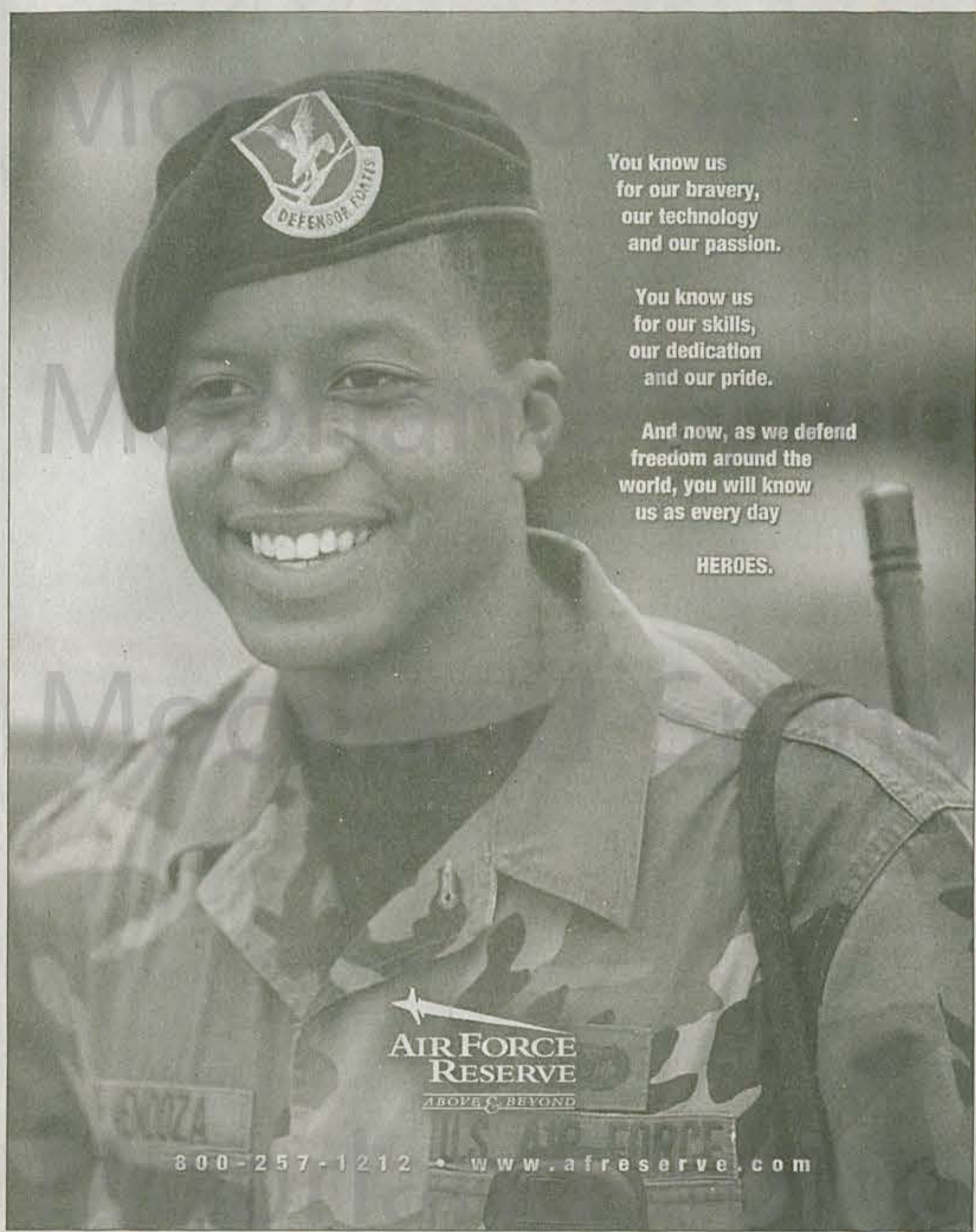
WHERE: **BLACKBURN CENTER-MUSIC LISTENING ROOM**
(BASEMENT OF BLACKBURN CENTER)

COST: \$15.00-CASH

**YOU WILL NOT HAVE ANOTHER TIME TO TAKE YOUR
PICTURE**



Bison Yearbook
(202) 806-7870



You know us for our bravery, our technology and our passion.

You know us for our skills, our dedication and our pride.

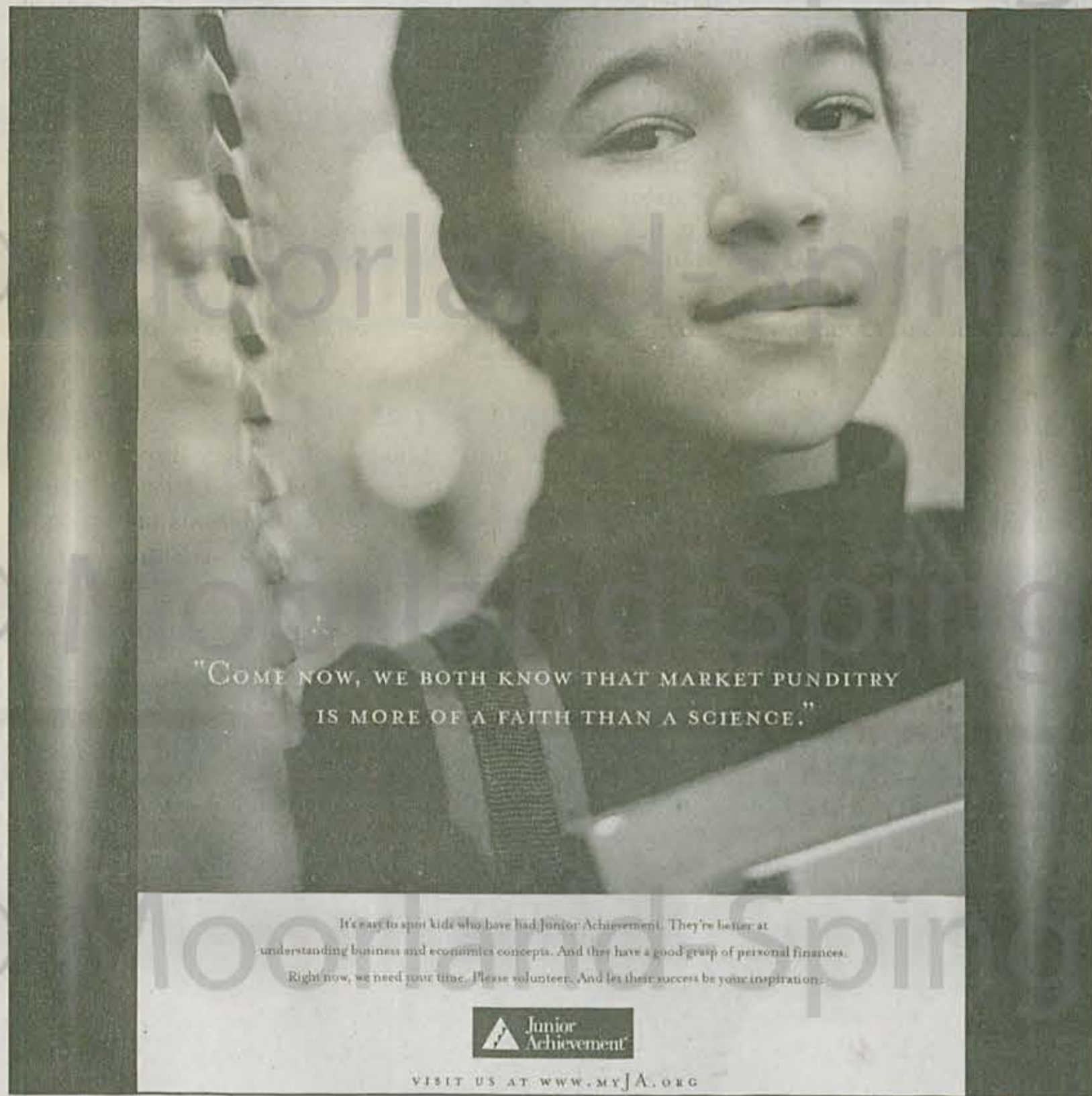
And now, as we defend freedom around the world, you will know us as every day

HEROES.

AIR FORCE RESERVE
ABOVE & BEYOND

800-257-1212 • www.afreserve.com

The Hilltop is looking for a Graduate School beat reporter. If interested, e-mail campus editor Danielle Scruggs at hphopfan1@aol.com




"COME NOW, WE BOTH KNOW THAT MARKET PUNDITRY IS MORE OF A FAITH THAN A SCIENCE."

It's easy to spot kids who have had Junior Achievement. They're better at understanding business and economics concepts. And they have a good grasp of personal finances. Right now, we need your time. Please volunteer. And let their success be your inspiration.

Junior Achievement

VISIT US AT WWW.MYJA.ORG

SportsHeadz Inc.
Presents
SportsHeadz Tournaments
College Style
Bowling!!



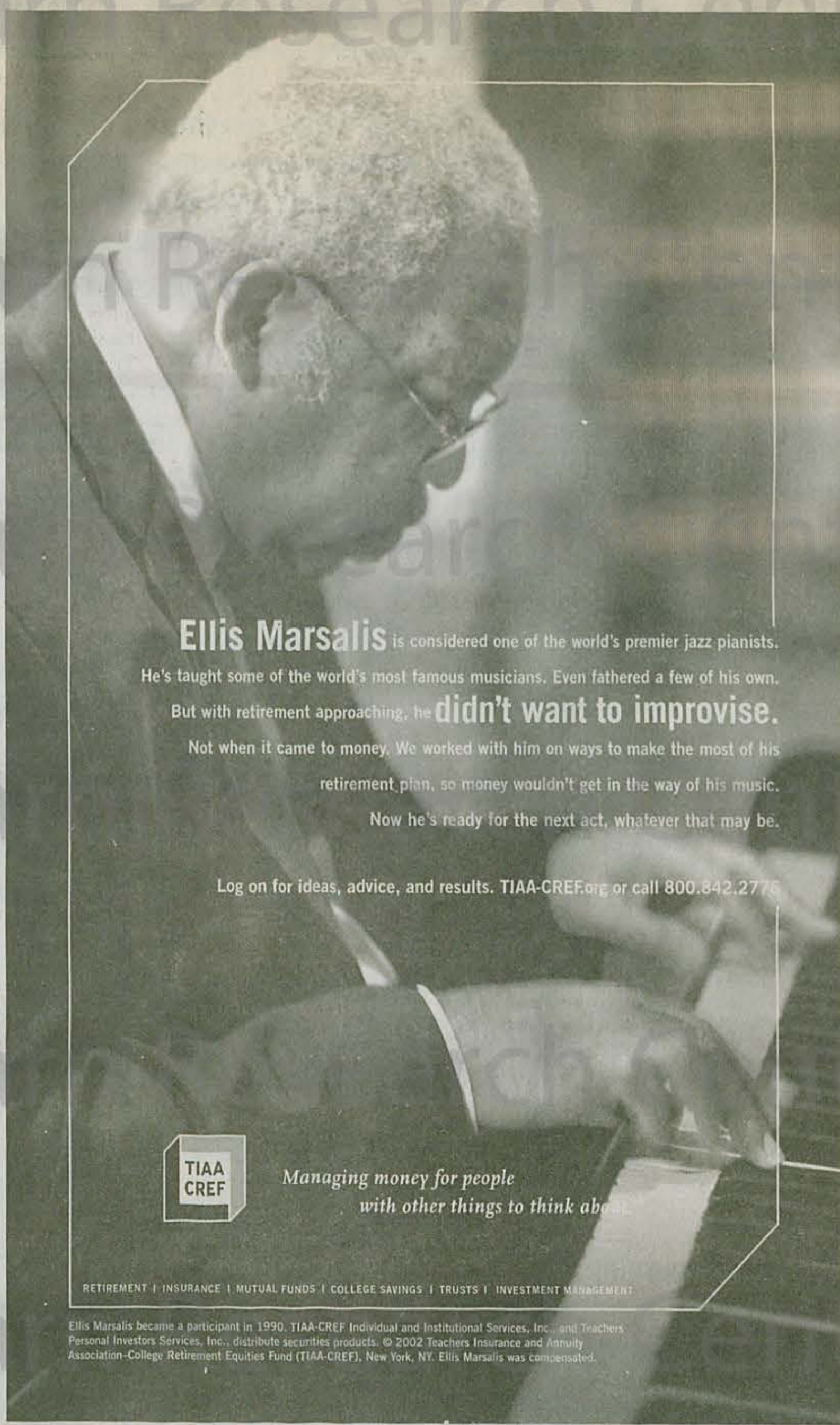
Prizes
\$2000 1st Place Scholarship Prize
\$500 2nd Place Scholarship Prize
\$250 3rd Place Scholarship Prize

Competition- Single Elimination/Scratch
Fee- \$24.99 Registration Entry Fee

Date: December 14, 2003
Time: 9:00am to 6:00pm
Location: Alexandria Bowling Ctr.

To register online simply go to Active.com/ type in individual sport/type in bowling under search, and VA under state. Click on SportsHeadz Bowling Tournament College Style and you're on your way.
Or simply call 703-981-1409 to register by phone.

*Spaces are limited
*You must sign in promptly by 8:30am the day of your tournament with a valid I.D.



Ellis Marsalis is considered one of the world's premier jazz pianists. He's taught some of the world's most famous musicians. Even fathered a few of his own. But with retirement approaching, he **didn't want to improvise.** Not when it came to money. We worked with him on ways to make the most of his retirement plan, so money wouldn't get in the way of his music. Now he's ready for the next act, whatever that may be.

Log on for ideas, advice, and results. TIAA-CREF.org or call 800.842.2775

TIAA CREF Managing money for people with other things to think about.

RETIREMENT | INSURANCE | MUTUAL FUNDS | COLLEGE SAVINGS | TRUSTS | INVESTMENT MANAGEMENT

Ellis Marsalis became a participant in 1990. TIAA-CREF Individual and Institutional Services, Inc. and Teachers Personal Investors Services, Inc. distribute securities products. © 2002 Teachers Insurance and Annuity Association-College Retirement Equities Fund (TIAA-CREF), New York, NY. Ellis Marsalis was compensated.

A WORSHIP EXPERIENCE

"OH, WORSHIP THE LORD IN THE BEAUTY OF HOLINESS!
TREMBLE BEFORE HIM ALL THE EARTH"
PSALMS 96:9

HOWARD UNIVERSITY COMMUNITY CHOIR
THOMAS K. PIERRE JR., FOUNDER
KHADIJAH KIRBY AND VANCE HENDERSON, DIRECTORS

PRESENTS

A THANKSGIVING CONCERT

SUNDAY, NOVEMBER 23, 2003
6 P.M.

ANDREW RANKIN MEMORIAL CHAPEL
HOWARD UNIVERSITY MAIN CAMPUS
DR. BERNARD RICHARDSON
DEAN OF CHAPEL

ADMISSION IS FREE, JESUS PAID IT ALL!!

Do You Have Dark Spots on Your Face
(Postinflammatory Hyperpigmentation)
Because of Acne?



Are you 18 years or older?

You may be eligible to participate in a study on
the treatment of Postinflammatory
Hyperpigmentation

By Doctors at the Dermatology Department at Howard
University Hospital

Location: Dermatology Department
Howard University Hospital
2041 Georgia Ave NW
Washington DC 20060

COST: There is no cost to participate

HOWARD UNIVERSITY
IRB
APPROVAL PERIOD

APR 02 2004

For more information, please call (202) 865-6725

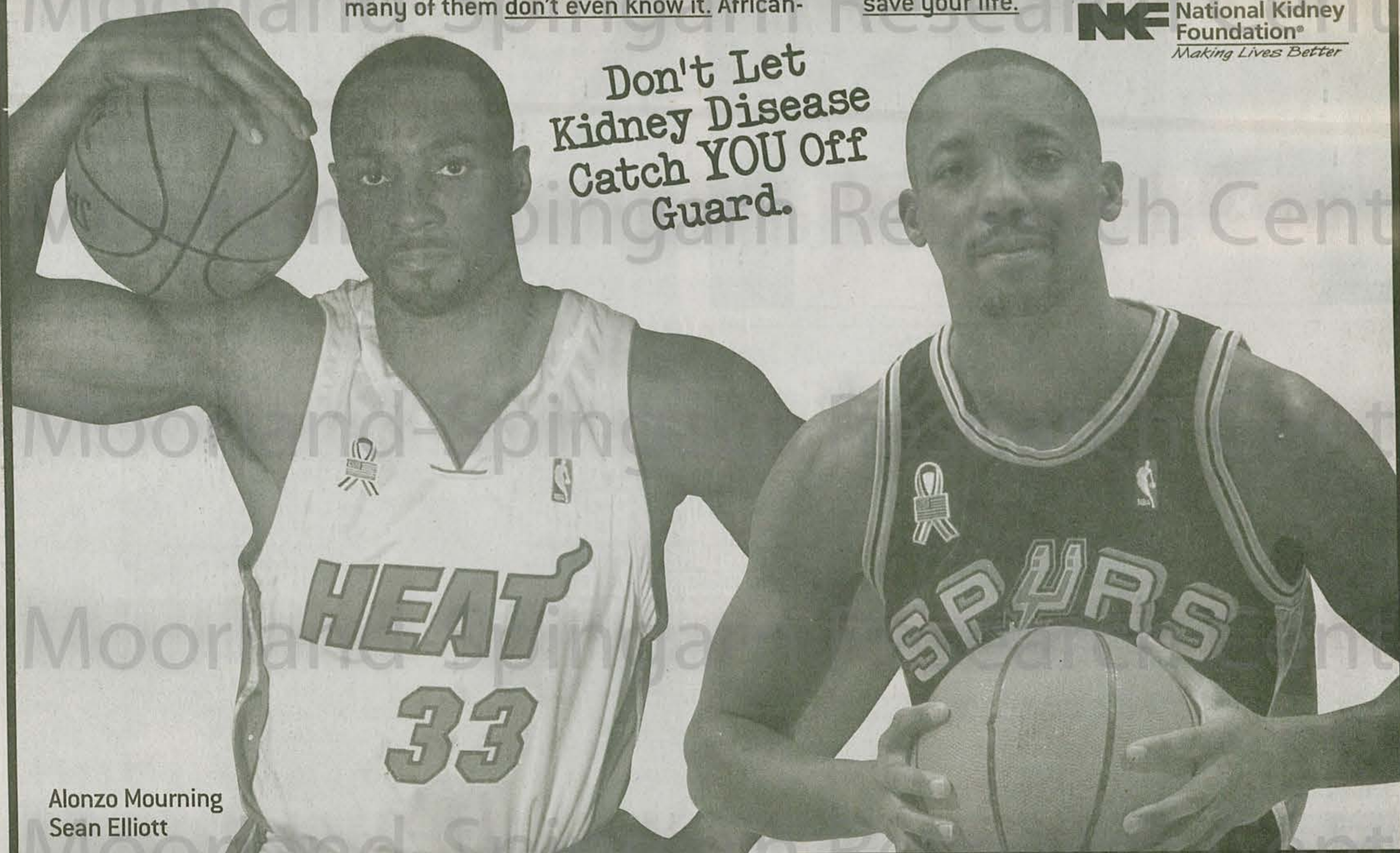
Participants will be compensated for their time

High blood pressure and diabetes can
damage your kidneys without any warning.
In fact, 20 million Americans have kidney
disease. Twenty million more are at risk and
many of them don't even know it. African-

Americans are especially at risk.
Find out if your kidneys are working
properly. Get a blood pressure check and
simple urine and blood tests. It just might
save your life.

NKF National Kidney
Foundation®
Making Lives Better

Don't Let
Kidney Disease
Catch YOU off
Guard.



Alonzo Mourning
Sean Elliott

For more information, contact the National Kidney Foundation at 800-622-9010 or www.kidney.org.

H A L L E B E R R Y

BECAUSE SOMEONE IS DEAD
DOESN'T MEAN THEY'RE GONE.

GOthika

ALSO STARRING ROBERT DOWNEY JR. PENÉLOPE CRUZ

WARNER BROS. PICTURES AND COLUMBIA PICTURES PRESENT
A DARK CASTLE ENTERTAINMENT PRODUCTION HALLE BERRY "GOthika" ROBERT DOWNEY JR.
CHARLES S. DUTTON JOHN CARROLL LYNCH BERNARD HILL AND PENELOPE CRUZ
MUSIC BY JOHN OTTMAN CO-PRODUCER RICHARD MIRISCH EXECUTIVE PRODUCERS STEVE RICHARDS GARY UNGAR DON CARMODY
WRITTEN BY SEBASTIAN GUTIERREZ PRODUCED BY JOEL SILVER ROBERT ZEMECKIS SUSAN LEVIN

DIRECTED BY MATHIEU KASSOVITZ

COLUMBIA PICTURES



Score Album on
Varèse Sarabande CDs

R RESTRICTED
UNDER 17 REQUIRES ACCOMPANYING
PARENT OR ADULT GUARDIAN
Violence, Brief Language And Nudity

WWW.GOTHIKAMOVIE.COM
AMERICA ONLINE KEYWORD: GOthika

WARNER BROS. PICTURES
©2003 Warner Bros. Ent. All Rights Reserved



IN THEATERS NOVEMBER 21

For More Information About This Movie

America Online Keyword: Gothika www.gothikamovie.com Moviefone.com

A WORSHIP EXPERIENCE

"OH, WORSHIP THE LORD IN THE BEAUTY OF HOLINESS!
TREMBLE BEFORE HIM ALL THE EARTH"
PSALMS 96:9

HOWARD UNIVERSITY COMMUNITY CHOIR
THOMAS K. PIERRE JR., FOUNDER
KHADIJAH KIRBY AND VANCE HENDERSON, DIRECTORS

PRESENTS

A

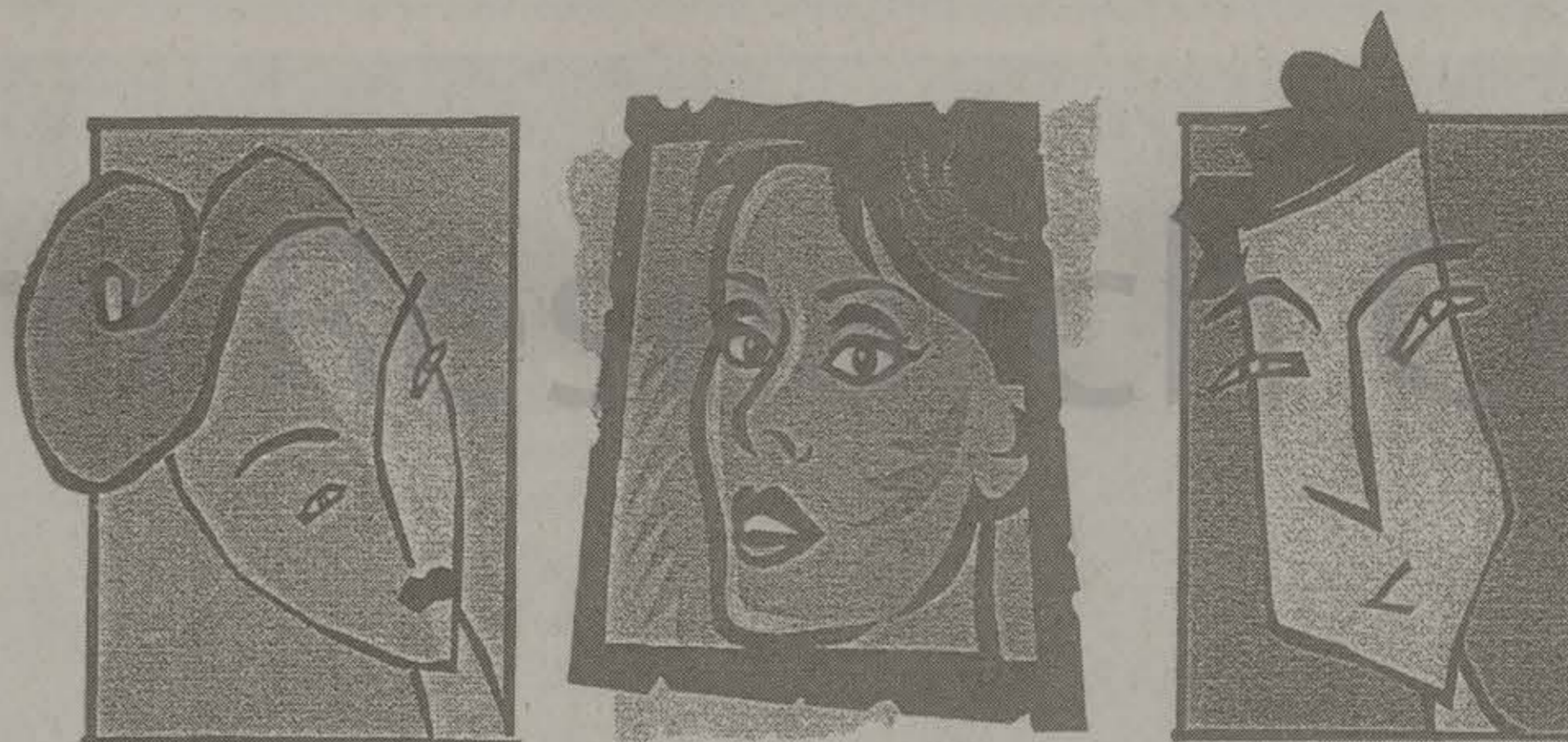
THANKSGIVING CONCERT

SUNDAY, NOVEMBER 23, 2003
6 P.M.

ANDREW RANKIN MEMORIAL CHAPEL
HOWARD UNIVERSITY MAIN CAMPUS
DR. BERNARD RICHARDSON
DEAN OF CHAPEL

ADMISSION IS FREE, JESUS PAID IT ALL!!

Do You Have Dark Spots on Your Face
(Postinflammatory Hyperpigmentation)
Because of Acne?



Are you 18 years or older?

You may be eligible to participate in a study on
the treatment of Postinflammatory
Hyperpigmentation

By Doctors at the Dermatology Department at Howard
University Hospital

Location: Dermatology Department
Howard University Hospital
2041 Georgia Ave NW
Washington DC 20060

COST: There is no cost to participate

HOWARD UNIVERSITY
IRB
APPROVAL PERIOD

APR 02 2004

For more information, please call (202) 865-6725

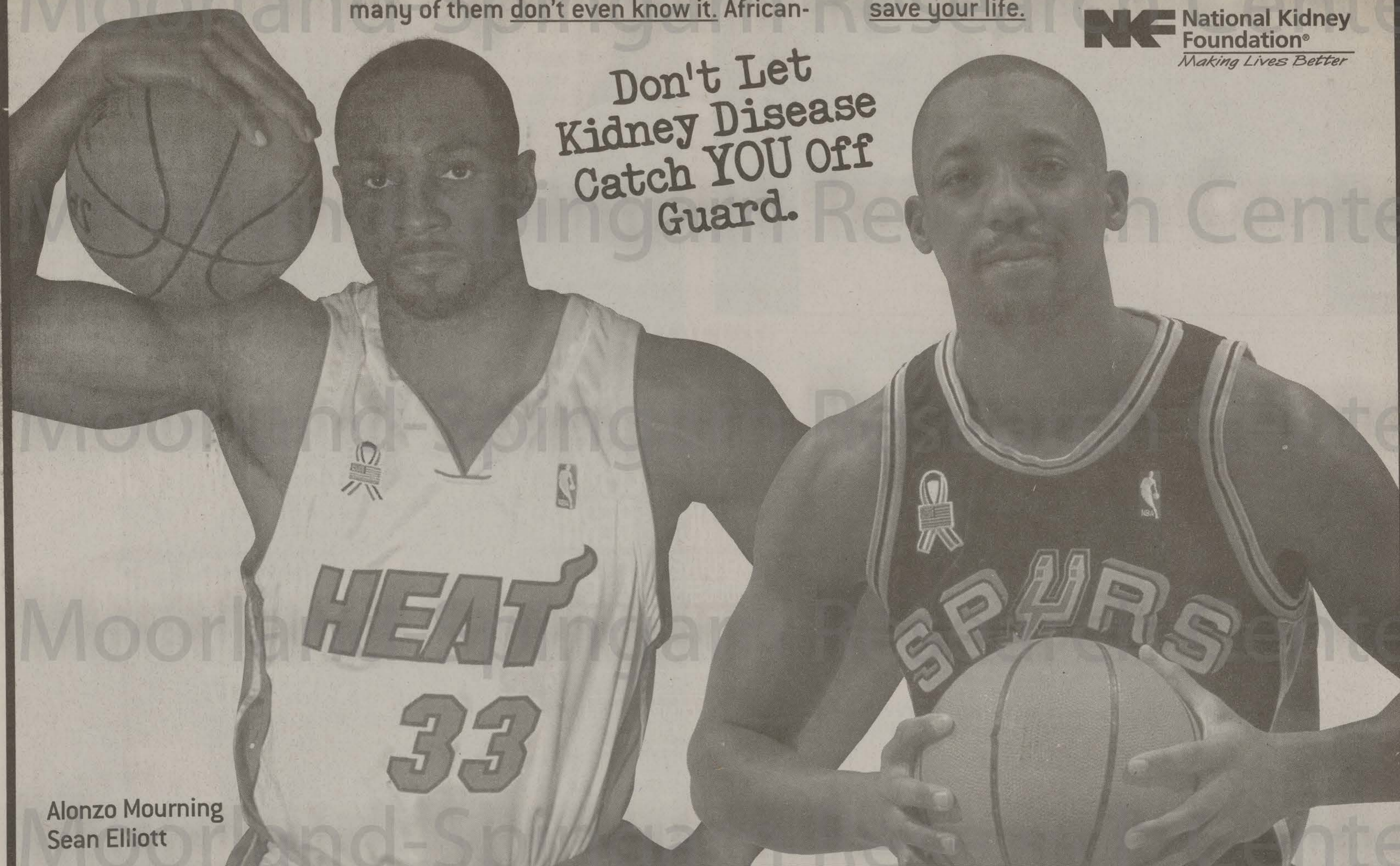
Participants will be compensated for their time

High blood pressure and diabetes can
damage your kidneys without any warning.
In fact, 20 million Americans have kidney
disease. Twenty million more are at risk and
many of them don't even know it. African-

Americans are especially at risk.
Find out if your kidneys are working
properly. Get a blood pressure check and
simple urine and blood tests. It just might
save your life.

NKF National Kidney
Foundation®
Making Lives Better

Don't Let
Kidney Disease
Catch YOU off
Guard.



Alonzo Mourning
Sean Elliott

For more information, contact the National Kidney Foundation at 800-622-9010 or www.kidney.org.

PERSPECTIVES

...She Said



The Cold Front

By Nakisha Williams
Asst. Editorial and Perspective Editor

This is for all the icy ones out there...I know it's almost winter-time in DC but come ON!

"Ok, girls don't look now" she nervously prompted her friends, "but there HE goes." Instinctively her friends all looked his way and, to add insult to injury, began to loudly dish out the dramatic details of her relationship's demise.

"Grrrrrrrrr, I told you he was not good from the start!"

"Right!" the rest of her friends chimed in taking up the collection and adding their own two cents.

She smiled remembering the way they used to talk for hours. She wondered where it all went wrong and when they both seemed to stop caring.

On the other side of the Yard he was walking her way. He saw her and remembered the way she used to make him laugh. He wondered if she was spoken for; if there was some new man in her life.

As they both overanalyzed the situation they approached closer and closer to one another and uncomfortably lock eyes. In that split second, a range of emotions flew through the air. Embarrassment, nostalgia, awkwardness, curiosity... It was all there. But instead of speaking or nodding a cordial hello, they both give each other the "ice grill."

If you've ever had a run in with an ex, you just might know what I'm talking about. Now obviously if a relationship ended with another person, you're not going to be whispering sweet nothings into each other's ears, but when it's over, is it really necessary for things to be so cold?

Conditions are liable to turn arctic on that inevitable day when you're minding your own business and that person that you once cared for pops up out of the woodworks. It can be hard to sort out feelings for a situation that was once so personal. Maybe you disgustingly think to yourself "I can't BELIEVE I used to talk to him/her!" or perhaps you speculate longingly "S/he looks so good! I wonder what s/he's up to!" But no matter what the feelings are, a frigid aura surfaces when "exes" pass each other.

All hail breaks loose as the cold front creeps up and one or both parties' acts like it will kill them to be civil (as exemplified in the "I'll pretend I don't see you even though I just bumped your shoulder" game). Using avoidance and ill attitudes to suppress feelings or ease nervousness is just ridiculous. Speak on what's bothering you, feign a good attitude, or if those don't work, get OVER it!

Howard may have a fairly big campus, but if you've ever dated (talked to, whatever you did!) anyone here, it is almost guaranteed that you will see that person again. Sure, upon sighting this individual there may be so much you want to say, or perhaps so much you want to forget. But when the person of your past who used to make you hot, now has you feeling as cold as the "smart girl" who wore the miniskirt to class in 50 degree November weather, just remember it takes more muscles to frown than it does to smile. Say cheese!

Nakisha's chillin' right now, email her at n_j_williams@howard.edu.

Sports Programs Need Love Too



Where is my Wife?

Romantic Senior

As my last semester at Howard University draws closer and closer I find myself looking back at the man I was four years ago when I was moving my stuff into Drew Hall.

My friends and I were so naive back then. We schemed about how to make millions while still getting our degrees, the 4.0's and the way we were going to make Howard forever remember us.

The bottom line to all of us was success. There was no doubt about that. We weren't going to settle for anything less than the status of a legend, and at Howard,

we had everything necessary to attain the greatness we spoke of.

But there was one issue that divided the men; the issue of women.

Meeting the woman you wanted to spend the rest of your life was not favored amongst the majority of these young men. It was split pretty even, and there was no gray area. That was either one of your reasons for being at school or it wasn't.

For me it was a romantic notion that I was dismissive about in the beginning. I kept my mind open to the possibility because it's a nice dream to have, but I have always been a realist and never got my hopes up.

In four years, the women have come and gone. The pseudo

soul mate I once referred to as my wife, the one night stand I met at Homecoming. Some have made me a believer in eternal love, and some have made me a believer in my abilities as a playa, playa.

The process is coming to an end. One more semester and I haven't found. I probably never will, at least not at Howard. And to tell you the truth this saddens me.

It's not that I'm someone whose lonely and laying up in my bed singing the who, what, where, when's and why's of relationships. I have plenty of company to entertain myself until I graduate. It's just I realize why it would be nice to know the "one" now.

The way I see it, this is going to be the last time in my life I am

going to be who I am. What I mean is to know me now is to know the work in progress, and if a woman can appreciate me for who I am now, then I won't worry about her intentions later. I plan on having so much money and fame that people are sure to measure the man I am by my status. And that is something I'm ready and willing to accept.

But not from my wife. She needs to be the one who reminds me when my head gets too big, that I was once a broke down college student, who stayed in a dorm and rolling in a BMW (Bus Metro Walk). But that person is about to be no more after next semester. And so I guess I will still wonder, where's my wife?

Words of Wisdom



Breathe in, Breathe Out

Cassandra Cumbess
Editorials and Perspectives Editor

It's that time again. That time of year when we drag ourselves to the library (finally getting good use of those textbooks we spent three hundred hours on) for endless hours, only to return home and wonder what in the world we just studied for eight hours. It's that time of year when the UGL attracts a larger crowd than the Latex Party. The time when the concept of sleep is a hazy memory and we find out just how well-equipped we are to master the art of time maintenance.

In case you haven't guessed it yet, I'm talking about FINALS.

While exams are a couple of weeks away, those of us who have been in the game for a while know the rules: Professors find some gross pleasure in piling tons of work on students just around the time we start looking forward to turkey and dressing. If you have a ten-page paper, a six-page paper, a group project, and a take-home final all due the week we come back from Thanksgiving break, TRUST - you are not alone. Of course, this is all in addition to the scheduled exams.

For the freshmen who are feeling in over your head, fear not. Some way, some how, we all make it through (some more successfully than others). By no means am I a doctor, but I do know that high stress levels are not healthy. So as you embark upon your first experience of collegiate final exams, remember that it's okay. You are here at Howard because somewhere along your educational journey, you proved yourself competent. You may not be used to all this, but there's a first time for everything. You will see that if you study hard and really commit yourself to striving for excellence, the end result will be a victory so satisfying you'll be convinced that it won't be so hard to do this four years in a row.

To my fellow upperclassmen, the same goes for you. I know, it gets a little harder and a little more serious as the years progress, but all you need to do is resort to that beautiful, serene place in our minds called memory. Remember that you did this several times before. And each time, you made it through. You still have your scholarship, and more importantly, you still have your sanity.

I know all about stress, overload, and hectic schedules. That's why I realized the necessity of telling all my peers to just take a moment to relax. We are more than conquerors and each hurdle is a stepping-stone to our ultimate goal. We are talented, intelligent, and capable. We are Bison.

So buck up and do that inhale, exhale thing that calms the soul even in the in the most trying moments.

Your "A" is already in the mail.

Dear Hilltop

After reading Tuesday's cover story entitled "Problems at HUCM, I was both surprised and disappointed by the poorly balanced portrayal of the discussion of the November 4th town hall meeting that occurred in the College of Medicine. In the rather shallow coverage of the meeting in the November 18th edition of the Hilltop, there is a certain irony to be noted in citing "mediocre school supplies" and medical students pictured using their laptop computers.

I am proud of the caliber of students that matriculate in the college, and they have no reservations in expressing their opinions. While we discuss challenges that face the college in open forums, we also spend time assessing our strengths. In addition, the college has a talented and dedicated faculty that spends many hours teaching and training our students. We have embarked on an integrated curriculum that stu-

dents endorse, and a great deal more than a "perfect syllabus" is needed to prepare caring and competent physicians.

The "rodent problem" that was portrayed prominently in the Hilltop article is relatively recent and sporadic. The buildings of the college are open at night and on weekends when other buildings on campus are locked. As a result, students (others in addition to medical students) often bring food into the buildings when they are studying late and sometimes fail to pick up trash when leaving. Maintenance of environmentally clean surroundings that discourage rodents and other types of infestation require the assistance of everyone.

Finally, let me endorse the idea of renovating and building new research facilities. You should know that a high priority of the Capital Campaign in the college is to raise funds to ensure state-of-the-art research facilities for faculty and students.

Floyd J. Malveaux, M.D.,
Ph.D. Dean, College of Medicine

expressions

My Generation

This generation is not the same
This generation is not ashamed.
Not afraid to disclaim,
disobey, curse their elders,
and beat the hands of those who fed them.
To lash out, to show their flesh
and stay in the dark bands of mess.

Not ashamed to
rebel, to assault their parents
physically, mentally, emotionally
and ride through life at others expense.
Look at the shift in the value system!
Things that resulted in belt-to-hide relations
Now go with minimum chastisement,
maybe because of society today.

"You can't touch kids!"
"They're my kids! Is this not America?!"
"This is law! This is new America!"
Like hell, this generation
ridged in sin, protected and polluted by law,
needs reform from its' nasty trends.

The generation gap is evident
in the styles, walk, blasphemous talk, music,
attitudes, manners, and recklessness.
And I can say more on what I see
in the souls of me and my peers,
as we drift from the old
into the wild new blue;
into a sea of sin and despair.
We like darkness more than light-
a shame to those that paid the price!
Our generation is not the same
and for this change I am deeply ashamed.

-Bryan I. White, South FL

WHIPLASH



HILLTOPICS

All HILLTOPICS are due, paid in full, the Tuesday and Friday before publication date. Announcements by campus organizations for meetings, seminars or non-profit 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 \$2 for every 5 words thereafter. Personal ads are \$2 for the first 10 words and \$1 for every additional 5 words.

Opportunities

FREE ROOM AND BOARD in exchange for child care for a 2 yr. old girl in my NW Tacoma Park home. On the busline close to metro station, Great location. M-TH 5-9:30pm and every other Friday 5-8:30pm
Ref's required
Call
202-895-9692

Seniors

Post Your Resume on HotJobs.com
Alot Jobs why should you be the one filling them. PBA

Announcements

Students, Faculty, Staff...
Top Prices Paid for Used and Unwanted Textbooks with resale value

Taj Book Services
1-800-223-8250
(202) 722-0701

Textbooks Savings since 1982

1 Bedroom, 1 Bathroom Apartment w/ Central Heat, and Fire Place \$900 + utilities
Washing Facilities
Call
(202) 288-6177

Student looking for 1 responsible, reliable, mature person to share house with 3 males. \$500/utlities included
Seruos inquires need only apply
Call 301-365-9572

3 Bedroom 2 Bathroom House For Rent With In Walking Distance to Campus \$1500 + Utilities/month
Call (202) 554-7028
Serious Inquiries Only

ATTENTION!!!
Rebellious Individuals
HU NAACP sponsors "Know Your Rights Forum"
Today in Blackburn
12 pm - 3 pm

Come and Support the Nationally Ranked Howard University Mock Trial Team as they compete at GW Univ. in the Grand Ballroom Fri/Sat 10a-7pm & 8a-6p

Personals

Someone told me that love heals all so why does my chest hurt why has love slipped my grasp once again and why is it that this pain has attacked my heart causing my heart to stop pumping love through my veins and now my veins aren't allowing my soul to recieve this love cause their clogged with this pain
But love heals all right...?

And I still have this pain in my chest

LoveHatter

HU Mock Trial Team

*Its time to Ball til' We Fall this weekend
Go on Head and Do The Damn Thung and don't Forget to Remember the Bison and show the country why we are the*

"BEAST IN THE EAST"

DEAD PREZ.

NCNW Presents:
Bethune Recognition Nominations.

We invite you to nominate any woman who can meet thid criteria:

- 1) At least 3 years volunteer and/or community service
- 2) Be at least 18
- 3) Must be a woman of color.

Applications are located in the office of student activities suite. Return forms in the office, box 125 by Tuesday November 25

The Suave 1 Presents...

Happy Birthday Kyla Day with much LOVE...



Hut Bath & Beauty Shop

2127 Rhode Island Ave. NE, DC
202-832-1200 202-832-1590

We Sell It All

Skin Care, Custom Gift Sets, Nail Care & more!

-H.U. we are here for you!
We specialize in providing the highest quality products and customer service to our clients. Visit Us Today!

-Open 6 days a week

-Student Discounts

-Delivery to Campus

Order from our Student Rep:

Augustus Ford 202- 612-7558

www.Clear-Shea.com



Soaps & Lotions



Holiday Gifts

Campus Pals presents

FRIDAY 11.21.03 - The Gates Open

Campus Pals' WEEK

Grand Finale!!!

Heaven
1115 F Street NW Wash, DC

Campus Pals' WEEK

Grand Finale!!!

FRIDAY 11.21.03
each & every Friday thereafter

INFO: 202.487.7006

Featuring:

ROOM I:
Golden Boy
HIP-HOP, R&B AND OLD SCHOOL

ROOM II:
DI Premonition
REGGAE, HIP HOP AND R&B

Heaven
1115 F Street NW
Corner of 12th and F
located across from the Metro Center - Station

\$3 ROUNDTRIP LUXURY CHARIOT
LEAVING THE QUAD AT 9PM
AND EVERY HALF HOUR THEREAFTER
shuttle info: 202.487.7006

Doors open at 9pm • Strict Dress, NO Athletic WEAR!

LADIES FREE ALL NIGHT!!!

18 to enter & 21 to drink • Proper ID & Dress Required.

UPTOWN PRODUCTIONS
L.G.I. ENTERTAINMENT
www.uptoheaven.net