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Hilltop Staff

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Law
Library
Offers
Support
By Jeanieure Persons
Campus Editor
The Howard University Law Library does more than house books and provide stu­dents with a place to conduct research. It also hosts numerous community outreach programs.

Under the guidance of the library director Blaine Ballester Thomsen, the library includes a legal, complete collection of legal materials for the Howard University School of Law faculty and students—access to legal materials for the practicing attorney, as well as people of all races, social classes, and ages—as stated in its mission, but also sponsors an annual Thanksgiving food drive for the nonprofit Bread for the City food drive has been going strong for three years. The Bread for the City food drive has been going strong for three years.

Rig group 112 visited the library yesterday. Their appearance attracted hordes of their fans to Cantigny Auditorium.

HUMC Holds Honors and Awards Day

By Nakasha Williams
Aust. Editors in Chief and Perspectives Editor
A plethora of brilliant minds throughout the nation demonstrated the accomplishments of their potential.

The College of Medicine Honors and Awards Day is an occasion to recognize the achievements of students, faculty, and staff.

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“Giving your all when it feels like there is nothing left to give can be a daunting task, but it is in the ministry of medicine,” Dr. declared. “It is not the easy thing to do when you are dark skin and you are doing things that people don’t necessarily do, and you are doing these that we will try to make it better.”

Couples with Honor’s review, a rendition of “His Eye on the Sparrow” sung by Dr. a number of people.

See HUMC page A4

Perspectives Editor
By Charrunt Jackson
Hilltop Staff Writer

The Howard University General Assembly met Wednesday in the Adams Building to discuss increased tuition fees, increased student assembly members, and the impact of the black community on campus life.

Although the meeting was held to discuss the removal of absentee assembly members, dorm security, and the impact of the black community on campus life, the meeting was met with a large turnout of attendees.

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

See HUMC page A4

The State of the Black Man in America

By Melanie P. Holcomb
Hilltop Staff Writer

At Starbucks on Howard University’s student center East Ballrooms. Presented by the Howard University Student Association (HBSA), College of Arts and Sciences Student Council and NAACP, the dialogue sorted through issues hindering the progress of many black men in America.

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Merrick asserts that drugs and incarceration are outside factors that slow the black man down. He also believes that black men are more likely to experience challenges in their lives because of their growing up in a society that is not made for them.

“When you refer to someone who looks like you as ‘they,’ you’re not part of the solution, but a part of the problem,” he said.

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.

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See HUMC page A4
Students Supportive of Dorm Councils

By Kristal Knight
Contributing Writer

Dorm councils serve as the students’ voice for the dorm. The members serve as liaisons between residents and the dorm community director. Students can interact with the council members across 20 different dorms "It's very beneficial," said Sheteka Ross, a senior and the current president of the Bethune Annex Dorm Council. Ross said, "It is a challenge to please everyone, but it is ultimately up to the students to keep things moving. "The dorm council is in a way for students to vote their opinions about what's going on in the dorm," Ross said.

While there are many multi- purpose jobs, which may to keep things moving," [The submit their requests. The council is effective, but it is complaints in the dorm and council also has many multi-purpose jobs, which may keep things moving. "The council serves as the students’ voice for the dorm. The members serve as liaisons between residents and the dorm community director. Students can interact with the council members across 20 different dorms "It's very beneficial," said Sheteka Ross, a senior and the current president of the Bethune Annex Dorm Council. Ross said, "It is a challenge to please everyone, but it is ultimately up to the students to keep things moving. "The dorm council is in a way for students to vote their opinions about what's going on in the dorm," Ross said.

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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 on their Thanksgiving dinner at Howard. Next Tuesday they will also be served some of their favorite dishes, which will be provided by the catering industry.

Some of the fifth grade cottages are excited about the event. "I feel that we should celebrate Thanksgiving together with Howard University students," Jennings said.

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LAW FROM AF

Southwest site is pleased with Howard's participation and want to be a player among the major institutions for the day, Long said. "We're hoping that a player relationship will be even stronger than it is now.

The Senior Employee, who started two years ago, provides part-time jobs to students who have found out that they need to be part of the Work Program, according to Hawkins. Community, family, and law enforcement resources are excellent role models, membership, and vis-

program encourages junior and senior students to work in the library for at least two hours at the Library after school. "The program has evolved as an excellent learning opportunity. It gives them exposure to the real world. This is the kind of public service we should applaud," Long said. He added, "One of the core values of the University is being a community leader. It's a value we really believe in. We see leaders and see community as servants of the community." Following the Social Justice Law Center and the American University's law school, he said, he is impressed with the level of commitment he has seen at Howard.

Eula Muhammad, who has worked at the law library for 10 years, said, "It's exciting to see how much the program has changed. It's been fun and educational for every

HMU Honors and Awards Day

The program hosted for the first time a half-hour segment for student after student received their award. It was a compelling program, according to Harding and Harding Jr., and a young, black student, received the annual award, "We're seeing a change," Associate Dean for Student Affairs and Planning. "It's because of the students who want to help.

As each of the honorees was called, a half-hour meeting on their face and an award in their hands, it was apparent that the program is strengthening. The Department of Education is truly a part of the community, and I believe today's generation is capable of such achievements as well.

The struggle for our right was a fashion like bowl bottom with," Sharp said. "It cannot unless you talk about the issues.

The issues, according to Sharp, are definition, discipline, and resistance in the belief of black men. "We can't be afraid of the women who have been here."

Assembly Meet to Discuss Important Issues

Assembly Hall, the site of the meeting, was located in the Student Center. "We're seeing a change in the way things are being done," Associate Director of Student Affairs, feels that a Student Assembly that Residence Life administered, was important to address that issue. The assembly met to discuss various issues like technology, and educational endeavors. "The money from reparations is much more engaged and restored a people to their fundamental rights or corporations. In the form of making reparations, it is kind of confusing and I don't know about. It how ars.com I have post

"We can't be afraid or ashamed," he said. "There are 99 black men in America out of their state of emergency."

"There are 99 black men and for one black male in college," White said. "It is kind of confusing and I don't know about. It how ars.com I have post

Students definitely need to be more involved in their community. Said Sharp, "People are saying that they don't know about it. I want all things to be known and understood. If students are to be leaders, they must take the lead in their own affairs.

University officials should continue to provide more information to students on the national level, and that although Howard has risen to new heights, it will continue to rise. Howard is lower than the national average in graduation rates and is a site for additional facts they need.

The last legislation to pass before the call for reparations was the new regulation including committee meetings. The rule is that to represent the General Assembly. It is important to avoid any conflict from this position.

LAW FROM AF

"I am very pleased to see three out of the four legislative topics offered passed," HUSA President of the Howard Student Government, said after presenting a resolution to the Howard Student Government.

"The first must be a passage in the path of and reparations. Lessons about all African Americans," he continued. "It is kind of confusing and I don't know about. It how ars.com I have post

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

Central State University in Ohio distributes the funds to all universities who apply for their campus. The Family Life Center at Howard was awarded $72,000 for the next three years.

A Day in the Life of Quynn Johnson

JOHNSON from A2

adult audiences, Johnson claims that some 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 healthy and truly interact with people like they used to be 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," she said.

Hamud added she feels the relationship between Africans and Blacks is strained and probably will continue to be until Africans and Blacks realize 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 stay clear of each other. Finally, I believe that if we come together as one, we will truly be a force to be reckoned with," Hamud said.

COUNCILS from A2

Involvement by interaction 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," said Leonard Reed, President of the Meridian Hill dorm council. He said he thinks it is just another cause builder.

Nevertheless, first-year students, like what time dorm councils are doing, Said Shunta 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 Hill Hall residentBradford 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," Thomas said. He added he thinks it is just another cause builder.

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South Africa Economic and Business News

November 21, 2001

S.A. Battles AIDS: Free Drugs for All Infected
South Africa to Distribute Antiretroviral Treatments and Educate Women About AIDS Prevention

By Nasreen Aziz
Staff writer

The South African government has declared a war on the AIDS pandemic. It has announced that all South Africans, regardless of income, will have access to AIDS treatment, in an effort to curb the spread of the virus.

Traditional, gender and partner expectations— in place and before the advent of the pandemic—are still a major issue. Although the spread of the virus is slowing down, the challenge is how to prevent its spread.

The government has outlined a plan for distribution of free antiretroviral drugs to all South Africans. This includes an ambitious goal of providing treatment to one million people by 2005 and to five million by 2010.

The plan includes the development of a national drug supply chain, the establishment of community-based treatment programs, and the provision of psychosocial support services.

The government has also announced plans to distribute condoms, as well as education and information campaigns about safe sex practices.

The plan is expected to cost the country billions of dollars over the next few years, but the government believes it is necessary to fight the pandemic.

Still lingering from the wounds of apartheid, South Africa is working toward the rebuilding of its former self. The pandemic is a looming threat, and the country must act quickly to prevent its spread.

The government and its people are working together to prevent the spread of the virus. Education and awareness are key to this effort.

Restoring Power in South Africa

The South African government is taking steps to combat the spread of the pandemic 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.

President Mbeki has announced that South Africa is in a critical phase of the pandemic. The government has pledged to work together with international partners to prevent the spread of the virus.

The government has also announced plans to invest in research and development of a vaccine.

The South African government is committed to eradicating the pandemic, and will continue to work tirelessly to achieve this goal.

Whacko Jacko Under Arrest

By Naeesa Aziz

Whacko Jacko, the iconic figure of the 1990s, has been arrested for assault.

According to police sources, Jacko was involved in a fight with a group of young men in a town outskirts. The incident occurred after Jacko made a lewd remark to a group of young women in the area.

The police have charged Jacko with assault and harassment. He is expected to appear in court soon.

In other news, Jacko has been dropped by his management company. The company cited his recent behavior as the reason for the decision.

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

If there's something you'd like to see covered in the Future Nation & World section, contact Shani at shaj@journal.com.
S.A. Battles Drugs: Free Drugs for All Infected

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

By Naomi Azia
Hilltop Staff Writer

The South African government has decided to distribute free drugs to all people in the country who have HIV/AIDS. This move is part of a plan to fight the AIDS epidemic, which activists say has become a crisis for South Africa. The government hopes that widespread use of drugs will help reduce the spread of the virus.

The decision comes after months of discussion and debate about how to address the pandemic. HIV/AIDS has had a devastating impact on the country, with millions infected and hundreds of thousands dying each year. The government has been under pressure to do more to combat the disease.

According to Zackie Achmat, S.A. AIDS Reach, a human rights organization, this is the "rightful retribution" for people who have been robbed of their health and lives by the virus. Achmat noted that the initiative is "an important step" in addressing the crisis.

The plan involves the distribution of antiretroviral drugs, which are used to treat HIV/AIDS. The government has allocated $200 million to fund the program, which will begin in April.

Sheriff Jim Andzrson has denied all accusations and said he was deeply hurt by the news. He said the matter was now in the hands of the courts.

The BEE is a government program aimed at promoting black economic empowerment. Its objectives include creating jobs, developing skills, and promoting entrepreneurship.

Whacko Jacko Under Arrest

PARKER, Colo. (AP) - Whacko Jacko will be charg…

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If there's something you'd like to see covered in the Friday Nation & World section, contact Shani at shan@journa.com
Sagittarius (Nov. 22 – Dec. 21)

Half-man and half-horse, Sagittarius ate, hot-tempered and tends to be irresponsible.

Famous Sagittarians:
- Jay-Z, 12/4/69
- Britney Spears, 12/2/81

You will be financially stable this week, which is good opportunity. You will be capable of handling your expenses properly.

Aquarius (Jan. 20 – Feb. 17)

This week your relationship will take time to break, many doors will help you out in a tight situation.

Plates (Feb. 18 – Mar. 19)

If you are following a strict diet like that of the Ornish regimen, where 10 percent of your calories come from fat, you will lose weight twice as fast. The Ornish regimen consists of a breathing regiment and exercises with a plastic bar and elastic band. You may find this routine to be done sitting for 20 to 30 minutes a day.

Consumer Protection Bureau recommends that Body Flex be cited for misleading advertisements.

By Kimberly King
Hilltop Staff Writer

According to the Market Basket Survey, people spend about 49 billion dollars a year on weight-loss exercise program. In these prices, diet books and videos, annual workouts, weight loss centers and liquid diet plans. By the year 2000, the market is projected to increase to 49 billion dollars.

Americans are not more health-conscious, in fact, they say that eating healthier and exercising will prevent high blood pressure and heart attacks.

A popular weight-loss program, the Ornish and Atkins diets, have been ruled a 'fad diet' by the United States that the consumers have exploded for a falsely complimentary fast food system.

When, however, Harrison's brother became ill and she was told she would have more severe pain than she thought. A physical therapist gave Harrison a program that helped her with her problems after she had been prepared to gain a strict diet. She decided to try it because she had been told it was hard. "But now it's become so easy. My brother, my hero, he refuses to eat fast food," Harrison said.

"I think it's a result of walking uphill and downhill a lot. Shoes also play a role in how well your posture is while walking. Appropriate shoes that are comfortable and look nice are important. "It lasts a lot when we wear shoes, so I don't wear them unless I have to," Tanner said.

Body Flex has a marketing major and forward for the women's basketball team, Sherise Gamble enjoys the benefits of women's basketball. This week you will find yourself working on a new diet. You will also find yourself working on a new diet.

By Janzen Strausshaus
Hilltop Staff Writer

Back pain, a common back pain, affects millions of people worldwide, all ages and ethnic backgrounds. According to the Sports Injury Bulletin, back pain is the world's most common back problem.

Though back pain is considered an adult problem, many young adults, even on this campus suffer from back problems. Some students have even since caves than others.

"What he once maintained a healthy eating habit, with the start of the season, he was right to doubt he would recover, but Harrison is said to reverse the progression of severe coronary heart disease by making significant changes in the diet and exercise.

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

As a student athlete, she tries to intake as much pasta and grains as possible. In fact, strawberries are one of her favorite foods. She has her coach and a healthy lifestyle.

The ab body editor, as seen on television, is one of Body Flex's advertised products.
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 these people are aware of measures that lose hair and how to treat it. But not everyone.

Hair loss results from hereditary conditions, disease and improper hair care. The leading cause of hair loss is heredity, either as a result of the male pattern baldness or as a result of androgenetic alopecia. Female hair shafts are equally sensitive to androgens. However, femalepattern balding usually develops more slowly than malepattern balding. However, treatment depends on the underlying cause.

A number of people who suffer hair loss focus their efforts on covering up bald spots or stringy hair. Hot showers, headbands and wigs are permanent solutions 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 prevent hair loss.

Regular exercise and spending quality time with friends and family greatly reduce stress. Above all, students should try to maintain a healthy, balanced lifestyle. Avoid hot or spicy foods in favor of milk, melted cheese, lean meats, fruits and vegetables. Vitamins, minerals and antioxidants such as salt or water or over-the-counter misunderstandings (applied to a specific food) may reduce discomfort and soothe the irritated scalp.

Proper hair care should be taken to avoid hair loss. Regular washing with mild shampoo and conditioner is essential. Avoid using harsh soaps or shampoos on the scalp. Do not use hot water or dry hair excessively.

Any change in the hair should be evaluated by a dermatologist. This is especially true if the hair loss is sudden and severe. A sudden, significant loss of hair can be a sign of an underlying medical condition, such as a hormone imbalance or a vitamin deficiency.

Canker sores are small ulcerations that generally appear inside the lips, cheeks, and in the edge of the tongue. They are usually painless, white or red ulcers that appear on the gums or under the tongue. They can appear at any age. Canker sores are common and are often recurrent.

The most common cause of canker sores is a viral infection. Canker sores are often triggered by stress, fatigue, or a chemical injury to the mouth. They may also be caused by an allergic reaction to a food or drug.

The easiest home canker sore treatment is to apply a topical anesthetic (one part salt with a mixture of water and eucalyptus oil) to the canker sores. Then, a small amount of milk of magnesia can be tapped onto the canker sore to relieve pain and discomfort. You may also need to take over-the-counter medications (applied to a specific food) to relieve discomfort and soothe the irritated scalp.

There is no cure for canker sores. However, there are products on the market that help to stop hair loss and reduce growth. Only two products are FDA approved: Rogaine and Propecia.

A hair transplant is an expensive procedure that is not available to everyone. It is performed by a specialist who involves surgically raising hair follicles from one area of the head and transplanting them to another area.

According to the American Academy of Dermatology, other causes of hair loss may be due to stress, diet, hormonal changes, and certain medications. These factors, including stress, hormones, and medications, may cause canker sores to occur.

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Other causes of hair loss include: genetically inherited hair loss, active hair loss, and alopecia areata (a disease that affects only the hair, not the skin). Alopecia areata is a common cause of hair loss. It affects both men and women.

Canker sores are generally small, white, painless ulcers that appear on the gums or under the tongue. They may be asymptomatic or may cause discomfort. Canker sores may recur and may be triggered by stress, fatigue, or a chemical injury to the mouth.

Canker sores are caused by a viral infection. Canker sores are often triggered by stress, fatigue, or a chemical injury to the mouth. Canker sores are not contagious.

There may be an inherited tendency to develop canker sores. Canker sores often recur. They also may be caused by an allergic reaction to a food or drug. The condition is self-limiting.

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Women should not wear braids or extensions in response to hair loss. A number of people who suffer hair loss focus their efforts on covering up bald spots or stringy hair. Hot showers, headbands and wigs are permanent solutions 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 prevent hair loss.

Regular exercise and spending quality time with friends and family greatly reduce stress. Above all, students should try to maintain a healthy, balanced lifestyle. Avoid hot or spicy foods in favor of milk, melted cheese, lean meats, fruits and vegetables. Vitamins, minerals and antioxidants such as salt or water or over-the-counter misunderstandings (applied to a specific food) may reduce discomfort and soothe the irritated scalp.

There is no cure for canker sores. However, there are products on the market that help to stop hair loss and reduce growth. Only two products are FDA approved: Rogaine and Propecia.

A hair transplant is an expensive procedure that is not available to everyone. It is performed by a specialist who involves surgically raising hair follicles from one area of the head and transplanting them to another area.

According to the American Academy of Dermatology, other causes of hair loss may be due to stress, diet, hormonal changes, and certain medications. These factors, including stress, hormones, and medications, may cause canker sores to occur.

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Other causes of hair loss include: genetically inherited hair loss, active hair loss, and alopecia areata (a disease that affects only the hair, not the skin). Alopecia areata is a common cause of hair loss. It affects both men and women.

Canker sores are generally small, white, painless ulcers that appear on the gums or under the tongue. They may be asymptomatic or may cause discomfort. Canker sores may recur. They also may be caused by an allergic reaction to a food or drug. The condition is self-limiting.

The simplest home canker sore treatment is to apply a topical anesthetic (one part salt with a mixture of water and eucalyptus oil) to the canker sores. Then, a small amount of milk of magnesia can be tapped onto the canker sore to relieve pain and discomfort. You may also need to take over-the-counter medications (applied to a specific food) to relieve discomfort and soothe the irritated scalp.

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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

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 by getting a blood pressure check and simple urine and blood tests. It is just good health sense.

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

National Kidney Foundation

<table>
<thead>
<tr>
<th>Early</th>
<th>Later</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opens at 7 a.m. Saturday &amp; Sunday</td>
<td>Rents until 3 a.m. Friday &amp; Saturday nights</td>
</tr>
</tbody>
</table>

National Kidney Foundation

<table>
<thead>
<tr>
<th>City</th>
<th>Fare</th>
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<tbody>
<tr>
<td>London</td>
<td>£328 (£517)</td>
</tr>
<tr>
<td>Paris</td>
<td>£388 (£577)</td>
</tr>
<tr>
<td>Rio de Janeiro</td>
<td>£643 (£938)</td>
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<tr>
<td>Los Angeles</td>
<td>£284 (£422)</td>
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<tr>
<td>Miami</td>
<td>£174 (£254)</td>
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</tbody>
</table>

*All fares are subject to change without notice.*
Government Sues Body Flex

**SUED**

that he 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, DC 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 conducting that once the FTC has had an opportunity to review all the submitted substantiation for this product, the situation will be resolved."

Students Suffer from Back Problems

**PAIN**

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 daily routine activities properly without pain. Your weight can also cause back pain because maintaining good posture 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 suddenly 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."
Bison Basketball

HOWARD (Women) vs. Villanova
TODAY, 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!

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

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

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

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

= Double-Header

Division of Student Affairs

November 2003

A12
The Hilltop
November 21, 2003
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, Queens University and Florida International. With a daily practice schedule at 4:30 and his focus on the season opener in Florida, Men’s Basketball Coach Frankie Allen has been busy. But, he was able to take time and give his opinions of the team. With the new season starting, it is time for old faces to be sitting 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 scored the Aggies for 52 points. Not to be overshadowed, Kyle Williamson finished his final season as a Bison averaging 15 points a game and a total of 446.

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 hard enough we have a definite chance of being in the top of the half of the league.

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

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

Allen mentioned Daryll Hudson and Stanley Green, two freshmen who he anticipates big things from.

With the presence of Will Giant and the threats of contributions he could make, commuting back to 100% will be something to look forward in.

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

Allen: Louis Ford, Marc Hoskins, Bilal, and Sevy Sevy 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 the floor and can shoot the ball too well," said Parson.

The Queen of the Hardwood

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

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The Queen of the Hardwood
The Promise of Going to the NCAA Regionals

By Zachary Kenworthy

It has been a long awaited season. The Colonial Athletic Association has allowed Howard to compete in the NCAA Mid-Atlantic Regionals for the first time in its history. The team's hard work paid off, and the Lady Bison women's basketball team traveled to Lock Haven, hope abound.

"We came here to win," said Chuckie Holder, assistant coach. "The NCAA Regionals are ourximaht for us. We want to show them that we can compete with the best of the best."

The Lady Bison's success in cross-country can be carried over into the basketball season. They have already set records and are looking to do more. "We want to prove ourselves to the nation," Holder said.

"Our goal is to make it to the NCAA tournament," said Coach Tiffanie Nowlin. "We have the talent and the experience to make a run."

The Lady Bison's season in cross-country will carry over to the basketball season through the Lady Bison's commitment to training and their determination. "We have a great team, and we are ready to compete," said Holder.

The Lady Bison's season in the NCAA Regionals will be a testament to their hard work and dedication. They are ready to make a statement and show the nation that they are a force to be reckoned with. "We are ready to show the nation that we are a strong basketball team," said Nowlin.

Last Day At The Office For Bison

By Zachary Kenworthy

As Howard heads into its final weekend of the season, saying goodbye to its fans as it takes its last home game, Rayford Petty assured that this week's opponent, Delaware State, has just one victory this season.

"Howard's Head Coach Rayford Petty assured that most coaches would love to have a season that highlighted the Bison's dominance of the MEAC this season," explained Petty, in addition with a slew of returning players for the upcoming season. Howard's growth process and development will be on its way in establishing a potent side that can compete for the MEAC title next season.

With an1aging bundle of injuries at the beginning of the season, specifically in the backfield, both the Howard offense and defense remained intact that season next year and with positive returns thus far, an11ow home season and fruitful season is forecasted to be fought into play. Nonetheless, Coach Petty's team's depth, experience and momentum did not change as he said his staff agreed that the loss of these backfield players and defensive lines and we only lose Greg Spurgeon, one of the leaders for us this fall.

Nonetheless, the season has not been easy for the offense, and he is been great for us all year. In looking forward to the off season, the Bison have plans for growth and development, and it is only the beginning of Howard's potential for the future.

The offense will rely on its passing offense and quarterback King Fluitt to provide most of the scoring. With the young defensive line, the Bison will again rely on Antoine Rutherford to provide most of the defensive pressure. With the young defensive line, the Bison will again rely on Antoine Rutherford to provide most of the defensive pressure.

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"We are excited about the future," said Petty. "We have some good young talent waiting for their turns. In upcoming seasons, we will have all11ow home season and fruitful season is forecasted to be fought into play. Nonetheless, Coach Petty's team's depth, experience and momentum did not change as he said his staff agreed that the loss of these backfield players and defensive lines and we only lose Greg Spurgeon, one of the leaders for us this fall."

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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

November 21, 2003
The fashionable Mecca. Unlike various other college campuses, trends are created here at Howard U, and copied elsewhere. It's time to celebrate the diversity on our campus, and highlight a few of the individuals that keep our campus stylish.

PHOTOS BY MAYA GILLIAM
PHOTO COLLAGE BY ARION JAMERSON
The Hilltop is looking for a Graduate School beat reporter. If interested, e-mail campus editor Danielle Scruggs at hphopfan1@aol.com

SportsHeadz Inc.
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Prizes
$2000 1st Place Scholarship Prize
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$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.

Ellis Marsalis is considered one of the world’s premier jazz pianists. He’s taught some of the world’s most famous musicians. Even though a lot of the stuff he does isn’t what you would call standard, he doesn’t want to improvise, but when he has to, he gets his "soul" into the music and makes it mean what it’s supposed to mean.

Lig on for ideas, advice, and insights. TIAA-CREF www.tiaa-cref.com

Managing money for people with other things to think about.
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

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.

Don't Let Kidney Disease Catch YOU Off Guard.

Alonzo Mourning  
Sean Elliott

For more information, contact the National Kidney Foundation at 800-623-2010 or www.kidney.org

"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  
KHADJAIR 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!!

GOVERNMENT PROJECT GRANT HHS0428176

For more information, contact the National Kidney Foundation at 800-623-2010 or www.kidney.org
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DOESN'T MEAN THEY'RE GONE.

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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 PENÉLOPE 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

IN THEATERS NOVEMBER 21

For More Information About This Movie
Americana Online Keyword: Gothika www.gothikamovie.com Movietone.com

November 21, 2003 The Hilltop B9
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Alonzo Mourning
Sean Elliott
Asst. Editorial and Perspective

there...I know
the dramatic details of her relationship's demise.

She smiled remembering the day he was walking her way. He saw that there was some new man in her life. He was walking her way. He saw that there was some new man in her life. The buildings of the hilltop were lit up. The range of emotions flew through the air. That split second, a range of emotions flew through the air. That split second, a range of emotions flew through the air. That split second, a range of emotions flew through the air.

the end result

If you've ever had a run in with anyone, you've probably realized how important it is to be honest with yourself. You probably realized that it's important to be honest with yourself. You probably realized that it's important to be honest with yourself. You probably realized that it's important to be honest with yourself.

There was a certain camaraderie among the students that matriculate in the college, and they have no reservations in expressing their opinions. While we do

...she once cared for...I know that high stress levels are not healthy. So as you embark upon your educational journey, You may not be used to all this, but there's a first time for everything. You may not be used to all this, but there's a first time for everything. You may not be used to all this, but there's a first time for everything.

"Problems at HUCM, I was

November 21, 2003

The Hilltop
HILLTOPICS

All HILLTOPICS are due, paid in full, the Tuesday and Friday before publication date. Announcements by campus organizations for meetings, seminars or nonprofit are charged $5 for the first 20 words and $1 for every additional five words. Individuals advertising for the purpose of announcing a service, buying or selling are charged as local companies with a rate of $10 for first 20 words and $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

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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 box, due November 25

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- H.U. we are here for you!
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Order from our Student Rep: Augustus Ford 202-612-7558

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Come and support the Nationally Ranked Howard University Mock Trial Team as they compete at GVU. Use the Grand Ballroom Fri-Sat 16a-7pm & 8a-6p

Persons

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 receive this love cause their clogged with this pain But love heals all right.

And I still have this pain in my chest

LoveHatter

NCNW Presents:
Bethune Recognition Nominations.
We invite you to nominate any woman who can meet this 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 box, due November 25

The Scene 1 Presents...
Happy birthday Kylee day with much love...

The Hilltop

November 21, 2003