3-15-1996

The Hilltop 3-15-1996

Hilltop Staff

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Lady Bison storm through MEAC Championship tournament, earn trip to NCAA tournament

The Lady Bison basketball team dominated the MEAC tournament, sending three team members to the NCAA tournament.

True winner: Members of the Lady Bison basketball team captured their first MEAC title in six years.

"It feels so good to finally win the MEAC Tournament. With this being our senior year, I'm sure the players and coaches all agreed. I am not even thinking about this year on such a good note,"said Melinda Young, senior. Amanda Hayes, one of the team's most contributing players thought the season was great, the team's most valuable. "This is the first time three Lady Bison received such honors. The first half of the championship game carried off delay for Lady Bison. The team captured its first MEAC tournament title. The team's total was almost a clean sweep, winning the final game 31-27.

"The reason why it was so close is because of a foul from Donique's whole team," explained. "And DESIGN, Inc." responsible for the first half. But in the second half, was calling the ball. And they were not going to let us get the ball.

The Lady Bison came out in full force for Lady Bison. A total of 10 satin was picked up all through the season but this time, they were no longer going to let Lady Bison. With Lady Bison leading by 7 points, the Lady Bison's strategy was to take the lead. She was able to bring the Lady Bison onto a smaller group, which was a very small 30-25.

"We just want to be able to make sure that we have a good game, then another one more. We are trying to play all 40 of our game. It is kind of hard."

"We don't want to do one person, we want to do the whole team. We have to have a good game, then another one more. We are trying to play all 40 of our game. It is kind of hard."

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Engineering students protest lack of heat in building

By Jennifer Hogson

April 15, 1996

The administration has sought the help of the School of Engineering, said Dr. Marion Mann, former Dean of Arts and Sciences of The Catholic University of America, who spoke of the hardship and struggles that were faced during the school's early years. She noted that the school was founded in 1841 and has a long history of providing a quality education to students.

In a recent seminar, Madison students and professionals were encouraged to think critically and question the information they encounter. The seminar, titled "Teaching for the 21st Century," was led by Dr. Kathleen Murphy, a professor of psychology at the University of Virginia.

The seminar focused on the importance of teaching students how to think critically and analyze information. Murphy emphasized the need for students to develop a habit of questioning and evaluating the information they encounter. She stressed the importance of teaching students how to read between the lines and discern the motives behind the information presented.

Murphy highlighted the role of the teacher in shaping students' thinking and provided strategies for fostering critical thinking in the classroom. She encouraged teachers to ask probing questions, challenge assumptions, and engage students in discussions that promote higher-order thinking.

She also discussed the importance of providing students with opportunities to practice critical thinking skills through projects and assignments. Murphy emphasized the need for teachers to model critical thinking themselves by questioning and analyzing the information they encounter.

The seminar was well-received by attendees, who expressed their appreciation for the insights and strategies shared by Murphy. The feedback indicated that the seminar provided valuable insights for educators who are committed to preparing students for the challenges of the 21st century.

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**Workshop offers advice to future teachers**

**BY DANYA MITCHELL, HILLTOP STAFF WRITER**

Dr. Thomas Dukes McKenzie, president of the College of Arts and Sciences of The Catholic University of America, was the keynote speaker at the "Teaching for the 21st Century" seminar. He emphasized the importance of teaching students to think critically and question the information they encounter.

McKenzie highlighted the need for students to develop a habit of questioning and analyzing the information presented. He stressed the importance of teaching students how to read between the lines and discern the motives behind the information. McKenzie emphasized the role of the teacher in shaping students' thinking and provided strategies for fostering critical thinking in the classroom.

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**Charter Day celebration includes awards for outstanding alumni**

**By Jennifer Hooper, Hilltop Staff Writer**

Howard University celebrated its 149th anniversary on May 2, 1996. The university began with 10 students and has grown to be a prominent institution of higher learning.

The celebration included events such as a convocation, a chili cook-off, and an alumni reception. The university also presented awards to outstanding alumni.

The awards were presented in various categories, including service, education, and philanthropy. The recipients were chosen based on their achievements and contributions to the university and their communities.

The celebration concluded with a fireworks display, which added to the festive atmosphere.

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**Next Week on Campus**

- **March 10**
  - Religious Emphasis Week Begins
  - Chapel Speaker: Dr. Gardner C. Taylor, Concord Baptist Church

- **March 14**
  - Forum on Relationships for Men

- **March 16**
  - "So You Want to Go to Law School?" Seminar

- **March 18**
  - NAACP Ball
Donya Matheny, 1996-97 editor-in-chief

By Jay Sutton

Hilltop Policy Board selects Donya Matheny as 1996-97 editor-in-chief

Frustrated dormitory residents pursue off-campus housing

By Chana Garcia

Students show cheating among students on the rise

March 8

CAMPUS HIGHLIGHTS

March 11-17

The Physical Facilities Management, the Howard University Hospital and Service Employees National Local 1199 present a health fair titled "A Varsity of Health." This will take place from 10 a.m. to 2 p.m. in the Rock-A-Bye Building.

March 13

"No news prevails 'Newspaper.' Reclaiming Our Roots," a multimedia exhibit, will be held at the Frederick Douglass Center. The exhibit will feature the history of Howard University's student newspaper, The Hilltop. The event is free and open to the public.

March 14

"Middle Passage" will be shown in the auditorium of the Department of History. The screening is free and open to the public.

March 15

The Howard University Songbook will be held at the Department of Music. The event is free and open to the public.

March 16

The Howard University Library will host a book signing for the new book "The African American Experience." The event is free and open to the public.

March 17

The Howard University Theatre will present a production of "A Raisin in the Sun." The event is free and open to the public.

CAMPUS CRIME REPORT

February 25

Stolen Auto: At approximately 7:30 p.m., in the Howard Plaza Towers, Subject 2 was found walking with his bike on the campus. Subject 2 later discovered that his bike had been stolen.

February 26

Stolen Auto: At approximately 6:30 p.m., the complainant parked his vehicle in the northwest parking lot of Myers Hall. Upon returning to his vehicle, he discovered that it had been stolen.

February 27

Stolen Auto: At approximately 6:30 p.m., the complainant parked his vehicle in the northwest parking lot of Myers Hall. Upon returning to his vehicle, he discovered that it had been stolen.

February 28

Rape: The complainant stated that she was sexually assaulted by a man in a vehicle. The vehicle was later found abandoned in the lot.

February 29

Car Hacking: At approximately 3:04 p.m., the complainant reported that his vehicle had been hacked into. He also stated that he had discovered that his vehicle had been stolen.

*Names have been changed.
Spaulding and Rickford slate seek to revitalize Howard's legacy through Operation E.M.E.R.G.E.

By Kenyatta Matthews

Spaulding and Rickford always do what's best for the University. They are sure to present a winning slate.

"Spaulding and Rickford are the only slate that is truly dedicated to the University's success." This is what students like me think.

"They have always put the students first, and they will continue to do so if they are elected." This is what we can expect from them.

"They are the only slate that truly understands the needs of the students." This is what we can count on.

"They are the only slate that truly has our best interests at heart." This is what we can expect from them.

"They are the only slate that truly understands the issues facing the University." This is what we can count on.

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Progressive Agenda outlines the road to HUSA for Jacques and Richardson

By Lisa Prince

"On the road to HUSA" is their slogan and according to Vincent Jacques and Jania Richardson, that is exactly where their Progressive Agenda concentrates. "We are very passionate about our agenda because we have designed it to take care of issues that are currently affecting Howard," said Jacques. "We care about the revolution of Howard.

Jacques and Richardson, candidates for USP president and vice president, have created seven points of action. These points include: providing students' rights, establishing a financial network with alumni, and creating a technology throughout the University. The Progressive Agenda is shot to create a new business relationships, improving the registration process and increasing the level of student consciousness.

According to Richardson, the Progressive Agenda concentrates on what students need to do with HUSA, Richardson said: "Our agenda is focused on tangible improvement."

The candidates for the Progressive Agenda have promised the points of their campaign are:

1. establishing a new organization that will give students more involvement in the University.
2. establishing a new relationship with the Psychology Club, an organization that will help students with various issues.
3. establishing a new scholarship fund to help students with financial difficulties.

Richardson and Jacques said that the combination of their qualifications would provide a dynamic leadership for HUSA.

"With my leadership qualities and community knowledge and Richardson's leadership and knowledge of the University and student services, we can serve you and represent you," Richardson said.
Henry Jackson brings "new perspective" to bid for undergraduate trustee

By Adrienne Carol Hilltop Staff Writer

Henry Jackson is a year with a mission: to become the next undergraduate trustee of Howard University.

Jackson, who has been a Howard student for 26 years, has a lengthy list of past experiences that he says prepare him for the position. In addition to being a student trustee, he served on the Board of Regents, the group that governs the university. Jackson also served as president of the University Student Union and as a member of the student media at the university.

"I am here to help bring my ideas to the forefront of the university," Jackson said. "I have the experience, the knowledge, and the passion to make a difference." 

Jackson hopes to "build bridges" among students and let the trustees hear what we need: "We need to work with students to make sure they understand the importance of their role in the university," he said. "I want to hear their voices, their concerns, and their ideas." 

Jackson also hopes to "realize that Howard is a powerful upwardly mobile school. Alumns are here to empower, we can solve more frustration." 

Jackson's first plan of action will be to "implement hi his plans. 'My experiences have prepared me for this whole new perspective.'" 

If it's not supported, "I do not like it," he said. "If we do not do something about this, they say I'll be up at Howard University." 

Refusing to label the situation hopeless, Jackson said that he hopes to use his accomplishments to implement his plan. "My experiences have prepared me for this whole new perspective. I'm ready," he said.

Eric Johnson brings 'build bridges' among graduate, professional students

By Natalie Lindsey Hilltop Staff Writer

Third-year student Eric Johnson has said he hopes that the role of the undergraduate trustee will be to "build bridges" among students and "make a difference." 

As a 1990 graduate of Howard University, Johnson has strong ties to the university and to the student body. He served as vice president at the university and was involved in the school's student government and student affairs.

In his bid for the position, Johnson said he plans to implement a plan to "build bridges" among students, including graduate and professional students. He said that he wants to "realize that there are various areas that we should have improved, but forget to vote." 

As the student representative, "I've been here since '86 and I've seen the administration," Johnson said. "I want to see that we can take care of the students on all of the campuses." 

Johnson also wants to work to "realize that there are various areas that we should have improved, but forget to vote." 

Johnson said he has the political power that they have in the "build bridges" among students, "I've been here since '86 and I've seen the administration," Johnson said. "I want to see that we can take care of the students on all of the campuses." 

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Dial 1 800 CALL ATT for AT&T Calling Card calls. Always get AT&T. Never get overcharged.
GM gives money for memorial to Black patriots

By Steven Gray
Washing Post Writer

After receiving a $1.5 million gift from General Motors Corp., a proposal to build a memorial to the Mall to Black Patriots of the Revolution War is one step closer to becoming a reality.

The project, which gained congressional approval in 1986, was finally awarded $6.5 million in 1996, but until Oct. 1. It is expected to cost $20 million. After that date, the Black Patriots Foundation will have to begin the process of obtaining Congressional approval again.

The foundation is hoping to build the memorial at the Mall in time for the 2000 bicentennial celebrations.

The proposal to build the memorial for the Mall to Black Patriots of the Revolution War was first made in 1986, but it has faced many obstacles. Despite the foundation's efforts, it has yet to receive the necessary funding to move forward with construction.

We should be the first monument on the Mall dedicated to the accomplishments of African Americans.

The successful funding of the project was a result of the foundation's persistence and dedication. Despite challenges and setbacks, the foundation continued to work towards its goal.

To the Mall, I want to see images of my ancestors, their achievements, and their contributions to society.

Many historians and educators have called for a monument dedicated to the contributions of African Americans. The Black Patriots Memorial project has received widespread support from both the public and the government.

Support the project!

The foundation now needs your help! They are organizing a group of donors to raise $6.5 million for the Black Patriots Memorial. Your donation will help ensure that this important project is completed.

The only reason why you should support the project is that it is the right thing to do. It will honor the sacrifices made by African Americans and inspire future generations to continue the fight for justice and equality.

A lot of reasons why you haven’t had a mammogram.

I'm embarrassed.

I'm nervous.

I'm getting undressed for anyone.

There's no history of breast cancer in my family.

I take care of myself.

My doctor never told me to go.

The only reason you should.

It may save your life.

Even though your doctor may not have told you to go for a yearly mammogram, that's no reason not to. A yearly mammogram takes less than fifteen minutes and can detect lumps too small to find even by frequent self-examination. And finding breast cancer early may just save your life.

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CONGRATULATIONS TO THE LADY BISON BASKETBALL TEAM 1996 MEAC CHAMPIONS

GOOD LUCK IN THE NCAA TOURNAMENT

President H. Patrick Swygert
and
The Howard University Family
**By Ransford**

Director of International Affairs Center speaks about Caribbean presence in U.S.

"I titled the book ‘Pilgrims from the Sun’ because I do believe that the West Indians who migrated to this country were indeed pilgrims."

**By Ransford**

Director of the Ralph Bunche International Affairs Center

"I know that West Indians have been making their way on vessels such as banana boats, many immigrants, revolutionaries, citizens, for centuries, from 1800s onwards."

**By William**

Director of International Affairs Center

"If we can’t do research, all we’ll see are misconceptions and prejudices of the West Indians," said Warner, the director of Languages at George Mason University. "That’s something we have to do, is tell our story to the public at large.

"I also had to gather so that the West Indians who migrated to this country were indeed pilgrims."

"Caribbean pilgrims" as the book and the contributions who migrated to this country were indeed pilgrims.

"Anybody who lived in the U.S. since Jan. 1, 1982 obtained a green card."

"Many used the general amnesty procedure to obtain citizenship."

"The only requirement is that each application be signed by the applicant and a recent photograph."

"The photo requirement is being added for the first time this year to prevent duplicate applications."

"The photo requirement is being added in order to prevent fraudulent application.

"Any student who want to study abroad from these universities, including the State University of New York at Stony Brook, University of California at Berkeley, and the University of Pennsylvania, carries the same weight in the admission process."

"In addition, AHEAD is building 12 international education facilities.

"AHEAD also has an invitation to the International Network to establish additional centers in Africa.

"AHEAD also has a network of African scholars who are supporting the International Network to establish additional centers in Africa."
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Eddie Bauer

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New York-
3:45 p.m. Leaves New York(Port Authority)
4:20 p.m. Leaves Newark(Penn Station)
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Attacks on Black leaders make Anti-Defamation League an unwanted guest at Howard

Let us, Howard celebrated its bicentennial Charter Day, a picture of unity, where most students agreed with student administration, and those in disagreement stood outside. But Howard, this year, is the year when student activism, especially in the Black Student Union, has been at its peak.

The Anti-Defamation League (ADL), which has been in existence for over 100 years, was founded in 1913 by a group of Jewish leaders to combat antisemitism. The organization has since expanded its mission to include the prevention of all forms of bigotry and discrimination, including racism, sexism, and religious hatred. Howard University, a historically Black university, is located in the nation's capital, and has a long history of activism and protest against racism and discrimination.

The ADL has been criticized for its role in monitoring and reporting on perceived threats to national security, including civil rights activists and other groups. Its activities have been controversial, and it has been accused of engaging in political influence and manipulation.

In the past year, the ADL has been involved in several high-profile cases, including the investigation of alleged hate crimes against Jewish organizations and individuals. The organization has been criticized for its role in monitoring and reporting on perceived threats to national security, including civil rights activists and other groups.

The ADL has been accused of engaging in political influence and manipulation, and has been criticized for its role in monitoring and reporting on perceived threats to national security, including civil rights activists and other groups.
Simpson case shows that ‘Blackness’ is not just skin color

By Maria Aburjami

Who would have thought that O.J. Simpson’s case would have uncovered the racial anxiety that most Black people feel? How could we have imagined that the former football hero would be found not guilty of the murder of his ex-wife, Nicole Brown Simpson and her friend Ron Goldman? It was a moment of national shock and disbelief.

Yet the case raises important questions about the nature of ‘Blackness’ and its significance in American society. For many Black people, the case highlighted the pervasive racism that continues to shape their experiences and perceptions of themselves and others.

The case also brought to light the complex interplay between law and society, and the ways in which legal systems can be used to perpetuate or challenge racial inequality. The trial provided a harsh reminder of the reality that Black Americans face daily, and the ways in which their experiences are shaped by systemic discrimination.

The case also underscored the importance of understanding the role of media in shaping public perceptions and attitudes towards Black people. The media’s role in the case further highlighted the importance of critical media literacy and the need for a more nuanced and truthful representation of Black lives.

In the wake of the trial, there were calls for change and for a more just, equitable society. The case served as a catalyst for discussions about the need for social change and for the need to address the root causes of racial inequality.

As we reflect on the Simpson case, we are reminded of the ongoing struggle for racial justice and the importance of continued advocacy and activism. The case serves as a stark reminder of the need for ongoing dialogue and the pursuit of a more equitable, just society.

Like any art forms in America, it is also a business with the influences of the marketplace impacting upon its production. The more conscious its artists, the more conscious the art.

The need for proper education and meaningful music

By Sajid Muhammad

There are several indications that music is a great country in the race to develop in America. Among those is the growth of education and music.

Education is the key light of civilization and is supposed to be the propellant of people’s growth through the acquisition of the knowledge of the world. It is not just the music that needs the way, but people also. People need education, and that’s why there are special schools for music.

Before the community throws away the musical community, they should also think about the behavioral problems.

The students, faculty and administration of Howard University would make the commitment to be the catalyst for a resurgence of proper education and meaningful music and then we can be worthy of upholding the title of the ‘Mecca.’

If the students, faculty and administration of Howard University would make the commitment to be the catalyst for a resurgence of proper education and meaningful music then we can be worthy of upholding the title of the ‘Mecca.’

The writer is a Howard student.

Don’t let apathy rule: Agitate!

By Sharon C. Greene

A message needs to be sent out that those who are trying to change the world also need to agitate.

Too many times we have literally been attacked when we take a stand for change. Don’t let our own apathy upon others make us stop. We need to continue to agitate and support ourselves to do what is right.

The Hilltop needs the Howard community to support us!

Advertise in the Hilltop!

Write for the Hilltop!

put comments to the Hilltop!

Don’t let the apathy and ignorance of some students govern how you live your days at Howard, Agitate and continue to fight, or you’ll be just another ID number.

Since there are so many temptations and thrills available everywhere, you might end up calling yourself a dropout.

Howard University is supposed to be a college for Black individuals, to be able to function as a university, how is it that every year the

The minute someone has enough

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Have You Visited The Howard University Museum?

**Howard in Retrospect: Images of the Capstone**

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Black women and self-esteem: How sisters are coping

By By-Naeha Coolers

Black women are facing lower self-esteem.

The recent situation that African-American men are in is widely recognized. There have been proposals by educators, African-American organizations, and the media to address the issues that face African-American men. In particular, there has been a focus on the problems that face African-American men, and the result has been the attacks on Black men. There are many of the underlying problems that have driven the attacks, and the result has been the attacks on Black men. The attacks on Black men are a reality, and we need to address them.

In one of the few studies that have been done, the result was that Black women have lower self-esteem. This is not surprising, given the negative portrayals of Black women in the media. The result also highlighted the importance of Black women in the community.

Reflections

Black women and self-esteem: How sisters are coping

By By-Naeha Coolers

Black women have lower self-esteem.

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Student fashion show was all about business

By Masokho Weidi

Student fashion show was all about business.

The event featured a variety of models, including students from various schools. The models showcased a range of outfits, from casual to formal, and the event was well-attended.

Reflections

Student fashion show was all about business

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The event featured a variety of models, including students from various schools. The models showcased a range of outfits, from casual to formal, and the event was well-attended.
Alumnus makes a splash in the world of fashion

Founder of Tomilson Modeling Agency uplifts Black beauty, breaks down stereotypes

Hodari Abdul Ali was very active as a student at Howard. New York Profession: Founder and owner of Tomilson Modeling Agency. Words of Wisdom: "You have to let go of the fear of success—believe in something and go for it."
ATTENTION ALL HILLTOP FACULTY MEMBERS

YOU ARE CORDIALLY INVITED TO ATTEND THE TWENTIETH ANNUAL PUBLISHERS BOOKFAIR AT "ARMOUR J. BLACKBURN UNIVERSTY CENTER" **BALLROOM**

DATE MARCH 13, 1996
TIME 10:00 am TO 4:00 pm

COME AND ENJOY: COFFEE, TEA AND PASTRIES IN THE MORNING HORS D'OEUVRES, CHEESE AND CRACKERS FRUIT AND PUNCH IN THE AFTERNOON

THE HILLTOP, B3

WHAT'S YOUR DEFINITION OF A QAL Z? 

ABSALOM JONES/CANTERBURY PRESENTS CONVERSATION AT TEA WITH JUAN WILLIAMS, WRITER FOR THE WASHINGTON POST "TWO AFRO-ANGKL EX TITANS: JUSTICE THURGOOD MARSHALL AND BISHOP JOHN WALKER"

THURSDAY, MARCH 14TH 7PM TO 9PM COOK HALL - LOUNGE

TUESDAY, MARCH 12, 1996 4:00 P.M.

THE READING LOUNGE - BLACKBURN CENTER
PULSE!

**Hilltop staff members share favorite books**

By carrots and celery Hilltop staff

"There are so many answers in the pages of books," said John Smith, a Hilltop staff member. "Reading has always been a way for me to escape and learn about different perspectives and cultures."

**Book exams are a “snapping” by Percelcy, Ivey, and Swenk**

By Carrola Moore Hilltop staff

"Snapping" is a form of friendly insult practiced by Black youth in America, and states that it is a way of bringing quality and humor to D.C. life. Percelcy, Ivey, and Swenk have compiled a collection of jokes that were once part of this tradition in their upcoming book, "The Book of Snaps." The jokes range from humorous anecdotes to witty one-liners that are sure to bring a smile to any reader.

**Classic Soul evenings finds a home at the Takoma Theater**

By Fmm Lyn L. Neal Hilltop staff

"We've got to keep the old music alive. We can't throw away these old albums and the people who made them." - Greg Cooper

Cooper has curated a series of soul music evenings at the Takoma Theater, featuring live performances by some of the genre's greatest artists. The shows are a celebration of the rich history of soul music and a reminder of its enduring appeal.

**Hilltop Jazz Picks**

By Joshua Redman**Mood Swing**

Bassist Joshua Redman offers a great album for this year's jazz album, "Mood Swing." Redman's music is a perfect blend of classic and contemporary sounds, with a strong emphasis on melody and harmony. The album is sure to please fans of jazz and music lovers alike.

**By Rammy Lewis "Porcelain"**

Rapper Rammy Lewis has been involved in jazz for the last 50 years and still has a strong influence on the genre. His writing reminds critics of the style's range from the cool, smooth jazz of the '60s to the hard-swinging styles of the '80s. Lewis's music is a testament to his fans, and critics believe that he continues to work towards introducing new sounds to the jazz world.

**By Lisa White**

"I've loved him ever since I heard his music." - Lisa White, music critic

Lisa White has been following the career of jazz legend Ramsey Lewis since the '60s and continues to be impressed by his talent and versatility. Lewis's music is a testament to his legacy and continues to be celebrated for its timeless appeal.

**By Johnie Cole**

"I think it's wonderful that people like others for who they are, not for who they entertain." - D. C. residents

This year, D. C. residents have expressed their appreciation for the community and the talent it has to offer. They believe that people should be valued for who they are and not just for their entertainment value.

**By Allen Barber**

"The book he helps with isn't funny, but I think it's wonderful." - Johnie Cole, music critic

Allen Barber has been a fan of the book "The Book of Snaps" and believes that it is a wonderful addition to the genre of humor and comedy. He appreciates the book's ability to bring joy and laughter to any reader.

**By Gene Chandler**

"I'm a fan of old music and its influence on today's music." - Gene Chandler, jazz musician

Gene Chandler has been a fan of the genre for many years and believes that the influence of old music is still visible today. He encourages others to appreciate and continue the legacy of jazz music.

---

**About the Author:**

Joshua Redman is a renowned saxophonist and composer. His music is characterized by its melodic and harmonious quality. Redman's approach to jazz is both traditional and modern, making him a leading figure in the genre.

---

**About the Book:**

"The Book of Snaps" is a collection of jokes that were once part of the tradition of snapping by Black youth in America. The book is a celebration of the genre's history and a reminder of its enduring appeal.
### Business Highlights

**How Important is That College Degree?**

<table>
<thead>
<tr>
<th>Degree Level</th>
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<td>Bachelor's Degree</td>
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<td>Master's Degree</td>
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<tr>
<td>Doctorate Degree</td>
<td>$54,904</td>
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</table>

*Note: Salaries are based on the average annual earnings for full-time workers.*

*Source: College Employment Research Institute, 1993*

**Software Packages Take Stress Out of Filing Taxes**

By Sharon Rose

Dr. Walter Boyd

*The Howard University, African American Association of Black Accountants*

**Avoiding a Ticket is a Snap**

**Tax Software Programs to Look Out For:**

- **TurboTax**
  - By Intuit
  - On disk: $19 to $29
  - CD-ROM: $14 to $24

- **SimpleTax**
  - By Intuit
  - On disk: $19
  - CD-ROM: $29

- **Personal Tax Edge**
  - By Parson's Technology
  - On disk: $25
  - CD-ROM: $39

*Source: Collegiate Employment Research Institute, 1993*
"Rising on the Wings of Hope"
Religious Emphasis Week
March 10-17, 1996

Sunday, March 10
10:30 a.m. - Rankin Chapel Holy Eucharist The Rev. Jerry Harcourt, Catholic Chaplain The Newman Center Roman Catholic Ministry
11:00 a.m. - Rankin Chapel University Chapel Service Dr. Gardner C. Taylor, Pastor Emeritus, Concord Baptist Church
2:00 p.m. - Rankin Chapel "The Progress of the Soul" Lecture Dr. Fulton Caldwell, Baha'i Chaplain
4:00 - 6:30 p.m. - Rankin Chapel Holy Eucharist "Global Afro-Anglicanism as a Sign of Hope" The Rev. J. Carleton Hayden, Episcopal Chaplain Absalom Jones/Canterbury Fellowship Reception following Service

Monday, March 11
8:00 - 8:30 a.m. - Rankin Chapel Morning Prayers Meditation: Dr. Dorothy L. Powell, Dean, College of Nursing
10:00 a.m. - 3:00 p.m. - Blackburn Center Display of Study and Teaching Resources American Bible Society
12:00 - 12:30 p.m. - Rankin Chapel "Eat the Bread of Life: Prayer and Praise" Staff Members, Information Systems and Services
12:00 - 12:45 p.m. - Undergraduate Center, L-140 "Belief and Hope: Cross-Cultural Reflections" Video Series "Guidance: How Do I Know What To Do" Facilitator: Dr. Arthurree Wright, Assistant Director, Founders' Library
12:30 - 1:30 p.m. - Rankin Chapel "Fighting the Good Fight" Coach William P. Moultrie, Athletic Department
2:00 p.m. - Rankin Chapel "The Problem of Evil" Lecture Dr. Lee Brown, Associate Professor, Department of Philosophy
5:30 p.m. - Carnegie Building "Jesus in the Quran, Muhammad in the Bible" Lecture Mr. Omar Abdullah Ewing Muslim Student Association

Tuesday, March 12
7:30 - 7:30 a.m. - Rankin Chapel Morning Prayers Wesley Foundation, United Methodist Ministry
8:00 - 8:30 a.m. - Rankin Chapel Morning Prayers Meditation: Mr. Harry G. Robinson, III. Interim Vice-President for Academic Affairs
10:00 a.m. - 3:00 p.m. - Blackburn Center Display of Study and Teaching Resources American Bible Society
12:00 - 12:30 p.m. - Rankin Chapel Prayers for Children and Families School of Education
1:00 p.m. | Khattab

5:30 p.m. | Rankin Chapel

8:00 p.m. | Rankin Chapel

8:00 p.m. | Rankin Chapel

8:00 p.m. | Rankin Chapel

9:00 - 12 Midnight | TBA

Coffee House

United Ministries at Howard University

Saturday, March 18

12:30 - 2:30 p.m. | Blackburn Center

"Turning Swords Into Plow" Gallery Lounge

"Shares: A Tribute to Peacemakers in the Middle East" - Symposium

"Representatives of the Israeli Embassy, F.L.O., and Others"

The Student Senate

Sunday, March 17

10:00 a.m. | Carnegie Building

Holy Eucharist

The Rev. Beverly Moore Burrell, The Navigators Chaplain

The Van N. Carleton Hayden, Episcopal Chaplain

11:00 a.m. | Rankin Chapel

12:30 - 7:00 p.m. | Blackburn Center

"Beliefs, Myths, and Mysteries: Engaging in Inter-Religious Dialogue" - Symposium

Interfaith Conference of Washington, DC

Office of the Dean of the Chapel

Registration: $10.00, students free. Includes a complimentary meal.

3:00 p.m. | Rankin Chapel

Bible Study Fellowship

The Rev. Lillian C. Smith, United Methodist Chaplain

The Rev. Dr. Ralph Forbes, Senior Minister, Riverside Church, New York City

1:00 p.m. | Carnegie Building

Little Chapel

The Rev. John C. Smith, Episcopal Chaplain

The Rev. J. Carlton Hayden, Episcopal Chaplain

Penmen Students Association

Blackburn Center

Biblical Studies Center

Carnegie Building

Little Chapel

Rankin Chapel

Campus Yard
Experts suggest simple remedies for treating most sleep disorders

By Cristal Williams
Hilltop Staff Writer

Insomnia, according to the American Sleep Association, is the inability to either fall asleep or stay asleep for up to six months. This condition affects nearly 50 million Americans. "Insomnia isn't an illness, but it can indicate serious problems," said Lyntone Mundy, a physician at the Howard Student Health Center.

Occasional insomnia due to jet lag, work stress, or for chronic insomnia or primary sleep disorders, generally, the reason for prescription medication, according to the National Sleep Foundation. Long-term use of sleeping pills is not recommended and will not stay asleep. People who don't often take them can often be treated with simple natural remedies.

"Sleeping remedies such as valerian and vitamin B-6 supplements are often used to treat sleeplessness and restless sleep," said Mundy. "However, doctors advise against using these remedies as a substitute for medical treatment." Sleeping remedies such as valerian and vitamin B-6 are effective only if used under the supervision of a healthcare professional.

Mundy gave other tips to falling asleep, including:
- Take a warm bath before bed.
- Read a book before bed.
- Exercise regularly but not right before bed.
- Create a relaxing bedtime routine.
- Keep the bedroom cool, dark, and quiet.
- Avoid caffeine and alcoholic beverages before bed.
- Set a regular sleep schedule.
- Avoid naps during the day.
- Avoid using the bed for activities other than sleep.

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Howard University

International Week 1996

Creating a Global Village: Reaching Beyond National Boundaries

Call 202-806-7517 for more information

*** SUNDAY, MARCH 10 ***

Call to Chapel
11:00am, Rankin Memorial Chapel

*** MONDAY, MARCH 11 ***

International Dance Festival
6:00pm - 8:00pm, East Ballroom
Blackburn University Center
Performers will present culturally oriented dance acts. A reception will follow.
Ticket price: $3
at Cramton Auditorium box office

*** TUESDAY, MARCH 12 ***

Symposium
“Global Village, Global Family”
5:00pm - 7:00pm, Hilltop Lounge
Blackburn University Center
A discussion of the role of the family as the root of strength for America and as a model for cooperation between nations. A reception will follow.

Film Series
7:00pm - 9pm, Punchout
Blackburn University Center
“Struggles & Success”
A documentary about African Americans living and working in Japan.

*** WEDNESDAY, MARCH 13 ***

Presentation
“Languages and Career Building”

12:00pm - 2:00pm, Hilltop Lounge
Blackburn University Center

Panel Discussion
3:00pm - 5:00pm, Forum
Blackburn University Center
A distinguished panel will lead a discussion of issues related to the topic. A reception will follow.

Film Series
7:00pm - 10pm, Punchout
Blackburn University Center
Film TBA

*** THURSDAY, MARCH 14 ***

Cultural Showcase & Awards Dinner
7:00pm to 10:00pm, Ballroom
Blackburn University Center
This event features culturally oriented performances, an awards presentation, and international cuisine.
Ticket Price: $5 (student) $10 (non-student)
at Cramton Auditorium box office

*** FRIDAY, MARCH 15 ***

Games Night
4:00pm - 8:00pm, Recreational Room
Blackburn University Center

Film Series
7:00pm - 10pm, Punchout
Blackburn University Center
Film TBA

Sponsors: Office of International Student Services, Department of Modern Languages & Literature, Office of the President, International Student Association, WHUR, WMIM, African Student Association, UOSA, Office of Student Activities, Blackburn University Center, Office of the Dean of the Chapel, International Affairs Center, The Women’s Federation for World Peace
"FLING INTO SPRING"
Howard University Dance Ensemble
EXERCISE/DANCE/FITNESS

DATES: MARCH 5 TO MARCH 21
DAYS: TUESDAYS through THURSDAYS
TIMES: 7:30 p.m.-8:30 p.m.
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Spring Break ValuJet Fares

<table>
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<tr>
<th>Destination</th>
<th>ValuJet Fares</th>
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<tr>
<td>Jackson Hole, WY</td>
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<td>Port Myers, FL</td>
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</table>

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• Have a GED or associate's degree

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Lady Bison center leads team to NCAA tourney

Denique Graves: A Tower of Power

Ironic Graves’ opponents do ‘sinking the ball into the basket’. Bison basketball team’s elite of the key reasons Howard’s Lady Graves: A Tower of Power Retreat. This is when most of the crowd in the arena, Graves picks up the intensity on the defense end of the court, where she blocks a shot put up inside and becomes a ‘stranger to my success’. Graves is the pendulum from ‘I think Coach [Sanya Lyler] has ‘When we need her to get the shot put up inside and becomes a ‘stranger to my success’. Graves is the pendulum from ‘I think Coach [Sanya Lyler] has

Going into the season, Sanya Lyler, head coach of the MEAC. This is when most of the conference for the All-American team.

The Bison outdoor season was an impressive showing at the MEAC tournament, Graves was also named to the All-Rookie second team.

Women’s track team performs well at MEAC

Athlete of the Week

by Marcus Matthews

Kim Ford was named to the All-Rookie second team.

Bison basketball team’s elite receive post-season awards

by Kisha Riggins

Jabari Outz was named to the All-Rookie first team.

Grapple wrestling

Congratulations to the Women’s Basketball Team, Coach Tyler and her staff for bringing home a MEAC championship.

by Andrea Sien Hила Haa

Jabari Outz was named to the All-Rookie first team.

Women’s track team performs well at MEAC

by Anthony Simms

Hila Haa

Jabari Outz was named to the All-Rookie first team.

Women’s track team performs well at MEAC

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Jabari Outz was named to the All-Rookie first team.

Women’s track team performs well at MEAC
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CAN AFFORD TO.

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8:45 p.m. Arrival in New York(Port Authority)

New York-
3:45 p.m. Leaves New York(Port Authority)
4:20 p.m. Leaves Newark(Penn Station)
8:20 p.m. Arrives at Shuttle Bus Stop

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DOES NOT INCLUDE DIRECT BUS SERVICE AND CUSTOMERS MUST GO TO GREYHOUND BUS STATION:

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To get schedule for dep/arr times, please call 1800-231-2222.

The Greyhound Representative will be at the Campus Store EVERY FRIDAY from 12 P.M. to 4 P.M. to sell Tickets.

For General Information call the Office of Student Activities at 806-7003. Schedules of return trips can be picked up from the Office of Student Activities and Crumpton Auditorium. No price restrictions on schedules and tickets can be used for any Greyhound schedule leaving New York or Newark.
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