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Hilltop Staff

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Friday, February 13, 2004

HUSA Celebrates Black History Through Song

By Charrisse Jackson
Hilltop Staff Writer

Tuesday evening kicked off the month of Black History Month with a celebration of music and performing arts. The event, held in the Koreshan Spiritual Center, was part of the school-wide Black History celebration, which will continue throughout the month of February.

The program included the sounds of the Howard University Gospel Choir, the Howard University Chamber Singers, and the Howard University Band. The performance concluded with a 10-minute tribute to the late Michael Jackson, who would have celebrated his 50th birthday on February 8th.

ELECTIONS

Speak Outs Heat Up as Comments Get Personal

By Venus Brooke Taylor
Hilltop Staff Writer

For Howard University Student Association president and vice president candidates, the comments that they make during their speeches are crucial. In an effort to gain the support of their peers, the candidates are often forced to share personal stories.

"In the past month, I have been able to see the true character of the candidates when they allowed to ask each other questions," said one student. "I think that this is a good way to get to know the candidates better and make an informed decision."
By Melanie R. Holmes

With Valentine's Day just a day away, some Howard University officials feel this is an appropriate time for students to think and act with precaution.

Carolyn R. Goode, the Assistant Director for Health Education, urges students to take advantage of all the services offered by the Student Health Center. "The Student Health Center has an Office of Health Education," Goode said. "One of the functions of this office is to inform students about their sexual health. This is done through health promotion programs, health education outreach, counseling, workshops, classes and educational seminars."

Goode added that the Office of Health Education also oversees the Educating and Empowering Responsible Students (HU PEERS) program. HU PEERS is a group of peer health educators who provide students with health information, prevent and assist with wide health promotion programs, organize and participate in campus events, and assist students in the use of health center resources," Goode said. "These students also help inform other students about their sexual health."

The Department of Health, Human Performance and Leisure offers classes in Men's Health, Women's Health and Health Science which all cover certain aspects of sexual health. However, Professor Clarence Stewart, Jr. has taught the Human Sexuality course at Howard for five years and believes this is the best way for students to become informed about sexual health. "It's important to offer because regardless of who you are, you're going to do something of sexual nature everyday," Stewart said. "The course gives students correct knowledge and information so they can make key decisions about their sexual health. It's a course that will help you for the rest of your life."

Stewart emphasized that the Human Sexuality course is about more than just sex and covers three dimensions of sexual health: biological, physiological and social culture.

Essential to the biology of sexual health, Stewart believes going over the male and female genitalia is a must. He also hones in on the functions of various organs in the body and cites the cultural differences of sexual health between American and other countries.

Senior Kimberly Weatherspoon acknowledges the sexual health courses but feels they are insufficient. "They're poor to mediocre," said Weatherspoon, a biology major. "There are only two classrooms in Burr with one teacher to 60 students so the rooms are overcrowded."

Weatherspoon suggests that the University should sponsor more awareness fairs. "There are public health fairs in Howard Hospital that a lot of people don't know about unless they go down there," she said.

Sophomore Charisse Griffin feels that even though a variety of courses related to sexual health are available to students, the University should make better use of them. "They're not publicized," said Griffin, an international business major. "They should make it a requirement or..."
Contraception Sparks Controversy

By Nakasha Williams

Emergency contraception is not a new concept to society but it still sparks so many debates now as it did when it was first introduced to the United States.

The push for emergency contraceptives or "the morning after pill" in the United States came shortly after the Food and Drug Administration's 2000 approval of RU-486. Emergency contraception is often confused with RU-486, another drug that is taken after having sex but can terminate a pregnancy up to nine weeks after intercourse. Advocates of emergency contraception remain adamant about informing people that emergency contraception is not an agent of abortion.

"It is definitely not considered an abortion pill," said Yasmine Holsey, a physician in Howard University Hospital's OB-GYN department. "The American College of Obstetricians and Gynecology do not regard emergency contraceptives as an abortion pill."

Emergency contraceptives work in three ways: They can prevent the egg from being released in the first place, prevent the egg from being fertilized by sperm once it is released or prevent the planting of a fertilized egg on the lining of the uterus.

In the third function of these drugs that have pro-life groups against the administration and use of emergency contraceptives, groups such as Concerned Women of America (CWA) and the National Right to Life Committee are all critics of the emergency contraception.

On the CWA's website, Judy Smith, state director of CWA's Kansas Chapter, stated, "Every minute a new person becomes infected with HIV, the virus that causes AIDS worldwide."

A person is considered to have transmitted from HIV to AIDS when he or she tests positive for over 26 diseases including lymphoma, pulmonary tuberculosis, and recurrent pneumonia. At least 10.4 million people infected with the virus are children under the age of 15 and have lost either their mother or both their parents to the disease. In the United States, one half of all new HIV infections occur in people under the age of 25. A fourth of that amount is under the age of 21. Through 2001, African-Americans and Latinos accounted for 84 percent of the cumulative AIDS cases among women 20-24. Black and Hispanic men 13-24 accounted for 62 percent of cumulative AIDS cases.


The Howard University Gospel Choir sings spirituals at Tuesday's black history month event, which kicked off HUSA's Art and Entertainment Week.

Speakers and storytellers are preparing for the second annual Black History Month symposium, which will be held on February 22. The symposium will feature a keynote address by Dr. Benjamin Chavis, executive director of the National Association for the Advancement of Colored People (NAACP).

The symposium will focus on the legacy of black leadership and activism, and will include panel discussions, workshops, and a performance by the Howard University Gospel Choir.

Speakers will discuss topics such as the role of black leaders in the civil rights movement, the impact of black artists on popular culture, and the importance of continued activism for social justice.

The symposium is free and open to the public. For more information, please visit the event website or contact the organizers directly.
Many Sides of Professor Harper Speak Outs Too Personal for Some

Frederick Douglass Harper, a professor at Howard's Graduate School of Arts and Sciences who recently published a book on culture, sees this effort as a way to inform black people about their culture as well as others.

"There are generational differences, but my main purpose is to help students," Harper said. "The rituals and language of today is not the same, so my focus is to help and relate to all people."

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Apply online at teachforamerica.org

Since 1990, 52 Howard University graduates have applied their leadership skills to the growing movement to end educational inequity in our country.

Will you join them?

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Arts (2/24/04/9


Terror (4/20/20)
You and your lover are in the midst of a sexual game, when you both have been having a mind-blowing session. A loud noise will be heard from outside, frightened by the scream, you start watching movies with good quality.

Genesis (5/2/4/6)
What are the causes of natural phenomena? Without that and will be the one in whose place you need to see a relationship. Those who are in relationships will be wise to hold on to them, they've never tried before.

Cancer (6/27/2004)
Cancer—those who are not in a sexual relationship. You are also going to have a really good time, but you may not know how to make good use of it. Do not waste your love since you have the perfect person.

Virgo (7/27/2004)
You have been hiding the signs of Virgo. The last few days should have already shown that you are in a relationship, but now it seems to be running out of steam. It may be a little too late to realize that you are not comparing this person to others in the future.

Libra (8/27/2004)
You are also going to have a really good time, but you may not know how to make good use of it. Do not waste your love since you have the perfect person.

Scorpio (9/27/2004)
Like the Libra, Scorpios cannot be also going to have a really good time, but you may not know how to make good use of it. Do not waste your love since you have the perfect person.

Sagittarius (10/27/2004)
Sagittarius—those who are not in a sexual relationship. You are also going to have a really good time, but you may not know how to make good use of it. Do not waste your love since you have the perfect person.

Capricorn (11/27/2004)
You are also going to have a really good time, but you may not know how to make good use of it. Do not waste your love since you have the perfect person.

Aquarius (12/27/2004)
Aquarius—those who are not in a sexual relationship. You are also going to have a really good time, but you may not know how to make good use of it. Do not waste your love since you have the perfect person.

Pisces (1/27/2005)
People born under the sign of Pisces are those who are not in a sexual relationship. You are also going to have a really good time, but you may not know how to make good use of it. Do not waste your love since you have the perfect person.
Contribute Writer

February 14th, The day that couples tend to love and most singles love to hate. I'm sure that some people view gifts of roses, teddy bears and heart-shaped boxes of candy (or jewelry perhaps) as corny. Those that view the end of Valentine's Day are most likely experiencing the Valentine's Day blues. Since Valentine's Day is a holiday where relationships with others are significant, this day can bring about many feelings of depression. Many feel undefined if they are not dating anyone this time of year.

According to Hayman, intimacy is the basic developmental task of a person in his or her sad for being uninvolved with someone. Many students agree. Jarrell Willis, sophomore finance major said, "Being single on Valentine's Day is the day you express love for others and the majority of Howard students aren't in relationships, you can spend this made up holiday with the many friends you have." For those who are single, Valentine's Day can be spent with other single friends or doing something for yourself, like buying those pair of shoes you wanted or getting a massage to pamper yourself. Taking a spontaneous trip somewhere is also an option, since Monday is a holiday and classes won't be in session.

Hayman believes that "one excellent remedy for sadness any time of the year is to focus our attention away from ourselves and our feelings of loneliness and hate and focus on others." Who says Valentine's Day can't be celebrated by others? Some physical therapy major Natasha Greene plans to spend the day with her family. "I am going to visit my family on Valentine's Day brunch," said Greene. Since Valentine's Day is about love, it definitely an excellent day for singles to express their love to their parents, grandparents, siblings and other family members who will always be a part of their lives.

Self-love is one aspect often overlooked on this day. "I am going to take my own treat for Valentine's Day," said Kadia Edwards, junior psychology major. "Also, I am going to spend time with myself and give myself love."

Unconventional Ways You Can Celebrate Valentine's Day

Instead of movies and dinner, ice skating is another way for couples to enjoy a night out.

By Destree Smith Contributing Writer

Nestled in the heart of Washington, DC lies a romantic gem, the ice-skating rink located at The National Gallery of Art Sculpture Garden. Since 1996, the ice-skating rink has become one of the enchanting locations where lovers can enjoy each other's company. The ice-skating rink is designed for those who appreciate fine art collections and magnificent sculptures. This open-air oasis for couples provides skating and state-of-the-art music. Depending on the weather, the skating rink is open Monday through Saturday, 10:00 a.m. - 11:00 p.m. and Sunday from 11:00 a.m. - 9:00 p.m. The two-hour session is $27.00 for a college student's budget or the cost is $36.00 for adults and $5.00 for seniors with valid ID (additional $5.25 for skate rentals). Going to the rink, especially in the evening creates a romantic atmosphere as the monuments are lit and look all the more magnificent.

Another unconventional yet romantic activity for the Valentine's Day weekend with a loved one can be a day spent at DC Vidal, located on Connecticut Ave. in Washington D.C. The three-hour session is divided into a 30-minute beginner yoga work out and a 30-minute Thai Yoga massage. The Thai Yoga massage involves one partner gently applying pressure to the other while in different yoga positions. The class consists of about nine couples and focuses on breathing and comfortable stretching. Alexandra Shepard, instructor and yoga therapist says, "Yoga is an ancient system of exercise used to keep the body, mind and spirit healthy. Maintaining a healthy body and mind helps to develop healthy relationships. Couples are perfect for this type of activity." DC Vidal's Valentine's day partner yoga session is designed for couples of all sexual preferences. DC Yoga says, "Partner Yoga is a gentle yet dynamic practice designed to help you relax, deepen your connection with your loved one." The Valentine's day session is scheduled for Saturday, February 14th, 2004, from 5:00 p.m. to 8:00 p.m. or 8:00 p.m. to 11:00 p.m.

Valentines Day is the third most popular cuisine for eating out as a restaurant, according to the National Restaurant Association's 2000 Holiday Dining. Firefly is a restaurant, which offers American exceptional cuisine in an elegant atmosphere. Located on 1310 New Hampshire Ave., Firefly serves delectable meals at an affordable price. Junior acting major, Simone Banker says, "Firefly is a restaurant that is perfect for special occasions, because it has an intimate hold with affordable prices." The theme of dining in the romantic outdoor is expressed through bright, clear candle light and walls, detailed with white bird feathers, and an array of colorful flowers on tables. An enormous tree hang with candle-holders sits in the middle of the restaurant and creates an organic romance as diners walk through the entrance. Candles also illuminate a small, wooden table in the rear area where diners can enjoy jazz music and relax in the Firefly's flower covered corner. A long botanical field is also an option. The event was wonderful but was very relaxed. According to Hayman, intimacy is the basic developmental task of a person in his or her sad for being uninvolved with someone. Many students agree. Jarrell Willis, sophomore finance major said, "Being single on Valentine's Day is the day you express love for others and the majority of Howard students aren't in relationships, you can spend this made up holiday with the many friends you have." For those who are single, Valentine's Day can be spent with other single friends or doing something for yourself, like buying those pair of shoes you wanted or getting a massage to pamper yourself. Taking a spontaneous trip somewhere is also an option, since Monday is a holiday and classes won't be in session.

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Black History Feature: Doctor Yolanda Holmes

By Deana Thornton Contributing Writer

Born in Georgetown, D.C, Yolanda Holmes is a dermatologist who now owns her own practice located in Washington, D.C. After graduating from Howard University, Holmes continued her education at Howard University where she majored in human development with a minor in bi-fitness.

"Overall my college experience was wonderful but I had to be the perfect student," said Holmes. Due to the heavy load of homework that accompanied the physics classes, I sometimes had to work three or four part-time jobs to have enough money to pay the tuition bill. "After you graduate, you need to be independent, it's your own money, it's your own life," said Holmes. "I couldn't have done many of the things that she wanted to do. I couldn't go out because my classes were really hard or I had to spend most of my time studying." In her junior year of college, however, she was given the opportunity to participate in a doctoral program studies which she received a master's degree.

By Chris Broker

Contribute Writer

February 13, 2004 The Hilltop

Unattainable

Recipe of the Week

Fudge Drops

You are worth the chase
You are precious and you are loved
You are worthy
You are beautiful
You are strong
You are lovable
You are whole
You are valuable
You are important
You are significant
You are unique
You are not alone
You are loved
You are special
You are beautiful
You are precious
You are worth it
You are worth loving
You are worth admiring
You are worth being

You are unattainable

Ingredients:
1 1/2 oz. Pkg. milk chocolate
2 c. granulated sugars
1 1/4 c. ferned butter
4 c. graham crackers
1 pkg. candied cherries
1 cup salted peanuts

Directions: Place milk chocolate morsels in a microwave-safe bowl, and microwave at MEDIUM (50% power) 2 minutes. Stir in cereal and peanuts. Drop by teaspoons onto wax paper-lined cookie sheets. Garnish, if desired. Chill until firm. Makes 4 dozens. Health Fact: Chocolate contains chemicals like those in red wine and green tea that can help improve circulation, cut blood pressure and might produce other health benefits according to researchers from the National Academy of Sciences.
Lieberman Withdraws, Kerry Frontrunner

By Brian Jackson
Contributing Writer

Joe Lieberman has become the most recent casualty in the race for Democratic nomination for the presidency. Lieberman, who is a Senator in Connecticut, dropped out the race last Tuesday. The Senator did not perform very well in any of the seven primaries and caucuses on last Tuesday, now has the support of former presidential contender Rep. Richard Gephardt. Gephardt's victory came in Iowa's winning state of Missouri, which is Gephardt's home state.

Gephardt then went on to criticize John Edwards of North Carolina. He accused Edwards of voting "against programs to help our nation's veterans" and called for increased health and retirement funding for veterans. Edwards has the support of former presidential contender Rep. Richard Gephardt. Gephardt's victory came in Iowa's winning state of Missouri, which is Gephardt's home state.

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Are you having trouble staying informed about the race for the Presidency? If so, there are a few simple websites that may have all the answers you need. www.gop.com and www démocrats.org.

The first, www.gop.com, is the main page to the Republican National Committee Chairman, Ed Gillespie. If you're confused about what the Republican party is all about, you can click the "About Us" link that offers a history of the party, its platform, and even the origin of the Republican's elephant symbol.

On the other hand, you can easily learn about Bush's views on a variety of major issues, including health care, the economy, and, of course, national security. Just one click. "Shrubberto Canino" is the Spanish version of the site that features the same articles and information as the English version.

For those of you who want to keep informed about the Democratic party, the Democratic National Committee has its official website, www.democrats.org. Like the Republican National Committee, you can find useful information about the history and activities of the parties. If you're interested in working in the government, you can check the "Job Openings" area of the site. You can also see what issues are being discussed in your home state by using the "Get Local!" link.

Though they are similar in the organization of the page, the sites greatly vary in the amount of content that is on them. The Republican's site is packed with extra features to motivate and engage supporters of the Republican party, ranging from political issues to fans' forums to an online store where you can purchase key chains, mouse pads, etcetera. The D.N.C.'s site, however, is much more straightforward with its information about the party and how to get involved. There is also a special section of the site that is dedicated to the various voter outreach programs led by the party.

You can easily register to vote on both sites, and even email your friends and families reminders about upcoming election dates. Overall, both sites are clear and user-friendly. Both are well-organized and very easy to understand.
Howard Promotes Sexual Health

HOWARD FROM A2

an elective for a graduation requirement because [sexual health] affects our community."

Griffith believes that the sexual health courses are important because they will help further educate flood students about all sexually transmitted diseases, especially HIV/AIDS.

"When people have more knowledge about a subject, it's definitely more beneficial," she said. "In my knowledge, there are a lot of STDs on college campuses. Because we're at a black university, AIDS affects us and we need to be more aware and responsive about it.

The university provides sex education, however some students are not satisfied with its efforts.

The Debate Continues Over Plan B

CONTRACEPTIVE FROM A3

relies on providers to prescibe or give them emergency contraceptives. However, Griffith states that it is definitely more beneficial because they will help further educate flood students about all sexually transmitted diseases, especially HIV/AIDS.

Some students like Ali Ka Harris, a sophomore chemistry major, believe that it is essential for the drug to be available so that women can avoid other options for dealing with unwanted pregnancy. "I had a friend who was raped and she had to rely on it," said Griffith. "So for situations like that it is very important."

But some like Aliyah Horns, a sophomore English major, do not see the benefits of emergency contraceptives being so readily available. "I don't agree with it because it allows people to feel lackadaisical, but I think. People will not do it to fall back on instead of being responsible in the first place.

Even the makers of emergency contraceptives state that they are not a substitute for correct use of regular contraceptives. They are less effective than regular contraception, and provide no protection from HIV/AIDS or sexually transmitted diseases. However, it is still viewed as an alternative to adoption or abortion.

"It is important that women know about the availability of emergency contraceptives," said Holmes. "Women need to know how to use the option.

For more information on the emergency contraceptive or to obtain a prescription call 1-888-not-2-late, 1-800-230-4299, or the HU Women's Clinic.

Howard Grad Owns Own Practice

HOLMES FROM A7

at Howard University for people that were interested in medicine. This is where she determined what she wanted to do for the rest of her life. "We were able to choose which field we wanted to work in and I chose dermatology. That experience was my motivation to become a dermatologist," said Holmes.

Her persistence and hard work paid off when she graduated from Howard with a bachelor in science (BS). After graduation, Holmes went to Bryn Mawr College for a post-baccalaureate program for people who were not science concentrators. After completing the program, she then applied to medical school but was not accepted. Feeling discouraged, her father was then again to offer his advice. Holmes distinctly remembers his words of encouragement:

"My father told me, just because you weren't accepted this time, doesn't mean that you never will be," said Holmes.

Taking heed of her father's words, she sought out other medical schools. Eventually, Holmes was accepted into the Medical College of Pennsylvania where she received her M.D. After receiving her MD, Holmes went out into the real world and worked for several group practices. There she used many things that she wanted to change but was unable to initiate her own ideas until another program allowed her to take over a nurse-husband and begin her own business. For far, Volanda has been very successful in her business and is content with where she is in her life.

Her persistence, sacrifice and hard work paid off when she graduated from Howard with a bachelor in science (BS). Dr. Holmes now owns her own practice located in DC. In addition to running her own practice, she also belongs to several organizations including the Natural Medical Association, the American Academy of Dermatology and the Dermatologic Society.

Dr. Holmes is proud of all her accomplishments and is happy with where she is in life. To students who want to become doctors, Dr. Holmes offers some words of encouragement.

"It is a long hard road and there are a lot of things that you have to work in in order to go to college and train. You will be really happy as I am and will realize that the sacrifice was well worth it," said Dr. Holmes.
No one looks back fondly on the time they spent in a parking garage.
All American David Oliver won the 60-meter hurdles at the Historically Black College Invitational in Landover last weekend.

Alicia Williams, freshman, won the Women's 800 in 2 minutes, 20.79 seconds.

The Bison 4x400 Men's Relay team finished second at the HBC Invitational.

David Oliver won second-place finish at the Milrose Games in New York Friday night, when he ran the 60M hurdles in the final at 9:30.

Bison Basketball

Just up the road in Baltimore...
Sat, Feb 14th @ Morgan State 5:30pm and 7:30pm
Mon, Feb 16th @ Coppin State 5:30pm and 8:00pm

Next Home Game:
HOWARD BISON vs. Bethune-Cookman
Next Week, Saturday, Feb. 21,
at 4PM (Ladies) & 6PM (Men) @THE BUUR

And CONGRATULATIONS TO THE LADY BISON
FOR THE WIN vs. UMES!!

Fifty-One Things You Can Talk to a Counselor About:

School work/grades, Having a baby, Stress, Procrastination, Getting motivated, Decision about a major, Fitting in.

Getting along with people from other cultures, Adjustment to the University, Concentration, Memory, Birth control.

Relationship with friends, Relationship with roommates, Relationship with romantic partner, Relationship with parents.

Relationship with family, Parenting issues, Sexual concerns, Gay/lesbian issues, Shyness, Being assertive, Self-esteem, Self-confidence.

Learning disability, Depression, Anxieties, Fears, Worries, Harassment, Irritable feelings, Anger, Hostility, Physical problems.

Eating problems, Alcohol, Work issues, Loneliness, Homesickness, Suicidal feelings, Suicidal behavior, Death of a significant person.

Finances, Incest, Sexual abuse, Rape, Sexual assault, Date rape, Threat of violence, Brandishing a firearm.

Stalking, Drugs, Smoking, AIDS, Pregnancy, Abortion, Hitting the lottery, Getting married, Getting divorced, Being adopted.

Hopes, wishes and dreams...AND GETTING VALIDATED!!

Let's talk.
The Howard University Counseling Service
6th and Bryant Streets, N.W. (202) 806-6870

Division of Student Affairs

February 2004

February 13, 2004
By Artislunix David
Contributing Writer

The NBA and NHL had their fans in full force on Friday, February 13, 2004, as the All-Star Weekend took place in Philadelphia. The event featured two main attractions: the NBA All-Star Game and the NHL All-Star Game. Both events were filled with excitement and top talent, making it a unforgettable weekend for sports fans.

The NBA All-Star Game, held at the First Union Center, featured the best players from the NBA competing for the Eastern Conference and the Western Conference. The game was filled with fast-paced action and amazing plays, with the East winning 124-104. NBA legends such as Michael Jordan, Shaquille O’Neal, and Kobe Bryant were among the stars who took the court.

The NHL All-Star Game, held at the Spectrum, featured the best players from the NHL competing for the Eastern Conference and the Western Conference. The game was filled with hard-hitting hits and dazzling plays, with the West winning 8-5. NHL legends such as Wayne Gretzky, Mario Lemieux, and Patrick Roy were among the stars who took the ice.

Overall, the All-Star Weekend was a success, with both the NBA and NHL providing fans with a weekend of exciting and unforgettable sports moments. The event highlighted the talent and skill of the best players in both leagues, and set the stage for the rest of the season.

NBA All-Star Weekend

All-Star Game

NBA All-Stars

Eastern Conference

Baron Davis
Jermaine O'Neal
Allen Iverson
Shawn Marion
Tracy McGrady

Western Conference

Vince Carter
Jason Kidd
Kenyon Martin
Willie Green
Rashard Lewis

All-Star Game Preview

The NBA All-Star Game is expected to be a high-scoring affair, with both conferences looking to dominate. The Eastern Conference, led by stars such as Lebron James, Carmelo Anthony, and Derick ROse, will look to flex their muscle. The Western Conference, led by stars such as Kobe Bryant, Shaquille O’Neal, and Tim Duncan, will look to compete.

All-Star Game Predictions

The Eastern Conference is expected to win the All-Star Game, with Lebron James, Carmelo Anthony, and Derick ROse leading the way. The Western Conference is expected to put up a strong fight, with stars such as Kobe Bryant, Shaquille O’Neal, and Tim Duncan looking to lead their team to victory.

NHL All-Star Weekend

All-Star Game

NHL All-Stars

Eastern Conference

Gustav Nyquist
Ryan Miller
Rafael Diaz
Chris Pronger
Devan Dubnyk

Western Conference

Patrick Kane
Crosby
Sidney Crosby
Marc-Andre Fleury
Dion Phaneuf

All-Star Game Preview

The NHL All-Star Game is expected to be a physical affair, with both conferences looking to dominate. The Eastern Conference, led by stars such as Patrick Kane, Crosby, and Marc-Andre Fleury, will look to flex their muscle. The Western Conference, led by stars such as Roberto Luongo, Ryan Miller, and Cody Franson, will look to compete.

All-Star Game Predictions

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By Bernard Mullany

Sports Editor

The news was shocking and deeply disturbing to everyone who knew her, but she isn't afraid. Everyone was going into action, explained the staff writer, in the U.S. Army in the U.S., our de l.ea in this crisis and their...
Four Styles, Four Disciplines...Four Stories

In Thailand, Muay Thai is the national sport and is practiced by hundreds of thousands. It has spread over the entire world and is enjoying incredible success. In July, Ajahn (master) Than Sassan brought the art of Muay Thai to the United States. He is also founder of the Thai Boxing Association of the United States and is the oldest Muay Thai organization in America.

Muay Thai is characterized by profound kicks, sweeps, throws, and other ground-based offensive and defensive movements. Two fighters are not allowed to hold, grip, or hold onto one another. There is no head and upper body defense allowed. Two fighters on the mat are not allowed to hold or support one another. The base of the entire sport is economy, follow-capacity players, and their movements are fluid.

There is the technique, an primitive based instrument, played by Mists or masters of the art, which is unique to the players. The fighter's style varies from the roday to the rest. The technique is non-Brazilian, but even a Brazilian техnik. The Mists also follow the standards and follow fighters in songs that reflect the type of game being played within the rules. These techniques in the art are usually not enough, but with movements reminiscent of the most legendary histories. Never terrrpsiante move dance like distraction, and no deception between the two players. One song to reflect the flow of the rules.

To make sure that every student is prepared for any kind of situation, the system is composed of techniques that are easily applied by both men and women of all sizes and experience levels. Training focuses on offensive moves and defensive strikes, punches, kicks, and body shots, but also teaches students to transition to close quarter finishing techniques such as throws, joint locks and breaks, and air and blood clots. H.A.U.C. prepares students for all situations and includes a significant amount of ground fighting to supplement the system's stand-up techniques. Instructors also teach and encourage the use of pressure points and various techniques that help to make students more effective in all situations and support all types of threats. From beginners to a serious training on the art, about the art, about the art, about the art, about the art, about the art, about the art.

Compiled by Bernard Murray

By Zachary Kernsberry

Hilltop Staff Writer

"Try and get out of it."

That was the words heard by David Oliver, the young man who has to be on the lookout for everything in next year's Olympic Games.

Oliver broke his previous 11-meter record with a 12-meter performance as the MEAC ended the second annual Black College Track Classic.

He is the first MEAC qualifier in the 12-meter event and has a personal record of 12.6 meters.

"We left for New York on Thursday at 4:30 PM. I was pretty excited. We left Saturday at 6:30 AM and got there in time for me to compete at 4:30 AM and at 6:00 PM. Three days of running, three days of jumping and three days of practicing."

The week was tough one that saw the young man take off from his own 12-meter and jump to his personal record.

David Oliver saw the world, but Oliver was left wanting.

"I got to see the stars and all the friends."

"I'm going to keep working, keep pushing."

For Oliver, his long season was not over with.

Oliver and Bison on All Cylinders

At the same time, Lance Gross added his name to the list with a 6.46 mark. Gross's effort of 6.46 in the 6-meter is long jump was enough to grab the third spot in the 6-meter event.

Hampshire's defense record with a best of 20.94 has set a new record for the MEAC. The MEAC beat the 20.94 mark with a 20.94 mark and a 20.94 mark.

"We are going to be surprised by the people."

"I'm not trying to get my name on the list."

"I'm just trying to do my best."

"I'm just trying to do my best."

For Oliver, his long season was not over with.

David Oliver (above) and Lance Gross (right) were the top finishers in the 60-meter hurdles and long jump. Oliver, who previously ran for the Olympic Trials, would not allow the situation to sway his form.

"I didn't let it go to my head. I am just one thing, I am just going to change me."

"I'm not trying to get my name on the list."

For Oliver, his long season was not over with.

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For Oliver, his long season was not over with.
Non-Traditional Valentine's Day Gifts

By Susan Kane, Contributing Writer

With the Valentine’s Day weekend nearly here, men are all at each other’s throats. It’s that time of year when the gift-giving season is in full swing, and while many men will no doubt be happy to receive their usual hearts, flowers, chocolates, and other traditional gifts, some men will look to do things a little differently this year.

The Good...

For the man who is tired of all the conventional gifts, here are a few ideas to consider:

1. **A Night Out**
   - Take him out for a romantic dinner at a upscale restaurant. Make it special by reserving a table with a view or in a location that’s meaningful to him.
   - Or, try a night out at a local bar or club. Ask him what type of music he enjoys and make sure there is a band or DJ that he likes.

2. **A Day of Relaxation**
   - Consider a spa day where he can get a massage, facial, and other treatments. Ask him what he likes and choose a package that suits his preferences.

3. **A DIY Gift**
   - If you’re feeling crafty, consider making a gift for him. It could be something simple like a photo album or a customized piece of jewelry.

The Bad...

For the man who is set on traditional gifts, consider:

1. **Flowers**
   - Even if he doesn’t like flowers, chances are he will appreciate your effort in picking them out.

2. **Chocolates**
   - Chocolates are a common gift, but they don’t have to be the same old box of chocolates. Look for something special like handmade chocolates or a box that includes a variety of flavors.

3. **Clothing**
   - While clothing is a practical gift, consider choosing something that he has been asking for or that suits his taste.

The Single Girl’s Guide to Valentine’s Day

By Susan Kane, Contributing Writer

When in doubt, go for the traditional Valentine’s Day gift. There is no need to worry about buying something different or out of the ordinary. Flowers, chocolates, and a romantic dinner are always a safe bet.

However, if you want to get creative, here are a few ideas to consider:

1. **A DIY Gift**
   - Instead of buying a gift, consider making one. It could be something simple like a photo album or a customized piece of jewelry.

2. **A Day Out**
   - Take him out for a day of relaxation. It could be a day at a spa, a trip to a local museum, or even just a day spent at home watching his favorite movies.

3. **A Spontaneous Getaway**
   - Plan a weekend getaway to a new city or a nearby town. It could be a weekend spent at a hotel or a camping trip to the mountains.

True Confessions of a Love Hater

By Danielle Serres, Column Editor

8 AM: I wake up with the possibility of spending a day with my love in the air. I think about the past Valentine’s Day when I woke up to find him in bed with me. It was a beautiful day, filled with hugs and kisses.

11 AM: I’m trying to get out of class. I look around at a couple, and they’re a perfect couple. They’re laughing and holding hands. I think about my own relationship and how far it has come.

2 PM: My friend is telling me about all of this year’s Valentine’s Day plans. She’s going to have a grand time, and I’m jealous.

6 PM: Now I’m back in my dorm room, trying to get ready for Valentine’s Day. I’m thinking about the past years and how I’ve spent them. I’m not in love with anyone, and I’m not sure if I ever will be.

9 PM: I’m at home, watching TV. It’s a quiet night, and I’m happy. I think about the past years and how I’ve spent them. I’m not in love with anyone, and I’m not sure if I ever will be.

The Hilltop

February 13, 2004

All cartoons drawn by Corey Thomas
The da}' is litten xl... ;th multiple American Greeting's, and all day but there is no chance that that and our live;. Valentine.

"Valentine's Day is a day to care... rated and a wa.,te are constantly reminded of the day, one to share it with and unple-.i.--.mt of like any other holiday," said senior El.ell, a professor at Howard that we pay tribute to the... to Valentine's Th... doe;n't mean day. To them, men are not romantic to... hall ratl."r their years?

What started :as... nd watch those who... nd that... of competing...tary-film major Lance

February 13, 2004

**TOP PICK**

Friday, February 14, 2004

Event: Dining at the Yulet... Please check your respond... " was a great prict>s and delicious life...liday porn 1111 the...em the great prict>s..."sarenne.

Howen?r, this...wedding...p for the...t this...d and...all-night...thid. So long as you enjoy the com...od for your waiter...l of your partner, and don't m...nd...at the host or hostess, where you can...and uncrowded, and that... the host or hostess. Upon entering, expect a warm greeting from the host or house, where you can be seated in the window or led past the dining bar to a larger diving area. The soft Mediterranean background music coupled with the sophistication of the food and floor have you smiling in no time... that special someone sitting directly across from you. With an average entire price of $50, and primarily cash payment, expect to spend little of your money and see love of your peers in this charming Spanish space. (Delight, Greenwich)

In all the information that's..."sarenne.

**TOP PICK**

Sundav, February 15, 2004

Event: And Lessure in Crepe... music and the...480.00

"Appl...magine, life...n for the..."sarenne. For the

Hall of Fame.

Thrice in its editing...day and watch those who...nd that... of competing...tary-film major Lance

What started :as... nd watch those who...nd that... of competing...tary-film major Lance

The sound of laughter will hit you fast, but you'll still windi...g a long bar, then the...l and...und to...r...nd...h...r...n 50% on this... and watch those who...nd that... of competing...tary-film major Lance

As for the light-hearted meal (filling, but light-hearted nonetheless), Union of Georgetown is the place! (Located at 3111 M Street NW.)

For fortune-cookie lovers that would prefer to...ve laughter, Harmony Cafe is the perfect spot for excellent Asian Cuisine and beautiful facade. Though located at 5717 Connecticut Ave NW, and at 1311 Pennsylvania Ave NW, that restaurant is difficult to find. Only a small sign...tor...nd...h...r...n 50% on this... and watch those who...nd that... of competing...tary-film major Lance

**TOP PICK**

Saturdays, April 14, 2004

Event: The Hilltop School of Education

Announces the opening of competition For the

Helen Matthews Rand

Educational Scholarship

Encouraging the brightest and bestest to become Teachers in urban areas.

$15,000 SCHOLARSHIP PER YEAR FOR TWO YEARS AND A LAP TOP COMPUTER

Required:

- Minimum GPA of 3.5 on a 4.0 scale.
- Two year commitment to teach in an urban environment

Deadline:

- Applications must be received in the Office of the Dean by April 4, 2004

Contact:

Dr. Constance M. Ellison
Assistant Dean

The Hilltop School of Education

3901 Connecticut Avenue, N.W.

Washington, D.C. 20059

(202) 806-7340

cellson@howard.edu

February 13, 2004

The Hilltop

B5
Various songs from artists who were popular in the 60's, 70's and 80's are mentioned:

- "Rubberband Man" by The Commodores
- "I Just Called to Say I Love You" by Stevie Wonder
- "What's Going On" by Marvin Gaye
- "I'm in Love with You" by The Righteous Brothers
- "Tenure" by Al Green
- "Silverlining" by Luther Vandross
- "Love's Not Enough" by Harold Melvin & The Blue Notes
- "Romantic" by Eddie Kendricks
- "Superstition" by Stevie Wonder
- "I Want You" by Marvin Gaye

The article includes a quote from Gaye: "I want you to know what I was about. I was about love, and I was about work, and I was about no more lyin', no more fixin' to be done... I want you to know what I was about." The author then discusses Gaye's influence on other artists such as Al Green, discussing how his work and lyrics influenced later generations.

**About the artist:** The article provides background on Marvin Gaye, including his early life, his rise to fame, his controversies, and his enduring legacy. It highlights the impact of his music on future generations.
Junior College

4-year University

Med School, Here I Come!

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**Give It Once, It's a Nice Gift.**
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Let's face it. Most gifts end up in the trash. But U.S. Savings Bonds are gifts with a future. And when you give them every year, they can make a real dent in someone's college bills. With eight denominations to choose from, you can decide how large you want that dent to be. So whether you choose the popular Series EE Bonds or the inflation-protected I Bonds, your gift will continue to grow for years to come. And when it's needed, it'll be there, safe, sound, and more valuable than ever.

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A public service of this newspaper
Band-Aid Over a Bullet Wound?

The school shooting of 17-year-old football player and Ballou Senior High School student James Richardson was an incident that students and officials alike considered a step backward in school safety. Shortly thereafter, Mayor Anthony Williams told his State of the City address that he planned to respond to the problem. Mayor Williams’ plan called for police to take over security at public schools and also called for the creation of a CEO-style position of chancellor appointed by the mayor and approved by the DC Council.

We understand that Mayor Williams had to take some kind of demonstrative action in response to the tragic incident at Ballou, but we do not think that this simple plan is the end answer to the school shootings’ problem, and the problem with schools in Southeast in general.

Mayor Williams, uninvited by Police Chief Charles H. Ramsey, to come up with a security plan for schools in two days after his speech. It is impossible to quickly attempt to plan together to respond to the ongoing violence problem that exists in Southeast. If anything, this situation means it is now more than ever needed that the city and school officials work together in a more proactive manner.

Our View: If Mayor Williams stops at his actions and does not work to make a plan that focuses on the root Southeast DC’s problem, then his policies are in vain.

New NFL Rule Encourages Rushing out of High School

The National Football League once said to best-seller researcher to the National Basketball Association, with hopeful players making up high schools to join the big leagues. After Marv Albert, competition with the league’s eligibility requirement, 12th District Great Judge Judge James A. Shields and mandated that the NFL could not adjust policies until three years after high school’s latest and latest law.

We think that Aloin is already a part of being drafted into the NFL. Sports injuries often cause the nation chasing outside the field, the cities to receive the nation chasing outside the field. More kids believe that our schools are not safe and they can that actually put make millions of a sport at. The high-school requirement for football will further undo kids across the nation chasing outside the field’s risks. More kids believe that our schools are not safe and they can that actually put make millions of a sport at. The high-school requirement for football will further undo kids across the nation chasing outside the field.

Our View: Judge Shira A. Scheindlin did not thinking about the over all effect of allowing high school chance to immediately enter the NFL.

Rules are made for a reason. Clearly, the NFL knew that all year, it still can’t really explain why, they would hire a bodyguard with a 5-year-old who is the game for the rule. We think that the judge was completely out of line for freezing the NFL to go against a rule that the league knew, except a reason. The NFL understanding that this rule, they made them salvage rules. They had to know that high school kids would be another name the same level as the other gain in the league. The NFL is on another level, physically and mentally, and it rules for the even a player moving on to college to be in NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men. We have yet another rule telling the NFL-rather schools. We can only get one true person in this new—high broken bones, kids trying to compete against grown men.

Our View: Al Sharpton’s behavior gives us no reason to take him seriously as a leader of the black community.

Sharpton declared that he would go to stop the violence, although he was quoted that he would allegedly continue funding from Roger Stone, long time Republican. What is Sharpton thinking? How could he possibly push the Democrat agenda and then allegedly do business with a Republican in the white house? The mayor also spoke about the clinton administration and helping make George W. Bush president in 2000. Stone reportedly explained his interest in working with Sharpton by saying that they had a "mutual obsession." [They both hate the Democratic Party.] Commentators like these matched with the current climate seem to be wondering what their true intentions are. These "sterilized hydro" actions have left us perplexed and in a state of confusion.

By accepting funding from Stone, Sharpton has proven himself to be hypocritical. We have a problem with him pushing the black community to follow and support him when he is making himself a patsy to a man who is most likely trying to undermine the Democratic party. He has probably been a leader of the black community and has tried to distort himself, but he is one in the same as the politicians he criticizes. It is hard to get faith and trust in a leader who makes emotional speeches about what he does and not do anything.

Note: to his fans, the Hilltop is completely owned and operated by the students of Howard University. With a readership of more than twice, the Hilltop is the largest black collegiate newspaper in the nation. The Hilltop is a member of the National Association of Independent Colleges and Universities. The Hilltop is independently owned and operated.

The Hilltop is available online at our website at www.hilltoponline.com, and the paper can be purchased at the market at www.hilltoponline.com, by phone at (202) 833-4710 and at fax at (202) 833-4038.
A Special Tribute

D. Lazarus

I would like to honor my significant other for Valentine's Day. Jason, my significant other, is a fighter. During basketball practice his senior year in high school he was hospitalized when he had a stroke. He told his doctors he had given up hope that he'd ever walk again, many of his doctors even believed that he wouldn't make it through the night but Jason didn't let that get him down, he continued to have a positive attitude and tried to reassure everyone that he'd be alright. He knew that even if he didn't survive that there was a low chance that he'd ever get the left side of his body functioning again and this did not dampen his positive spirit. He continuously told everyone that he'd be better. After weeks of intense physical therapy Jason was back on his feet and today you couldn't tell that he had a stroke 2 years ago. Jason never lets anything get him down, he's caring, and giving, and helps to help others. He loves helping others so much that despite his mother's wishes he attended college the same year after his stroke and began taking courses to enable him to be a physical therapist. Jason continues to be a fighter and he inspires others, as well as myself to be fighters as well. Jason should be recognized because he's truly special and he's going to do great things with his life and I plan be there to support him.

About Love

What can represent love?
What symbol is there that can?

Love is not always a love

Love is not always a love

Love is not always a love

Love is not always a love

Love is not always a love

Love is not always a love

Love is not always a love

Dear Hilltop

Each Tuesday, I eagerly await the newest version of The Hilltop. I love it. I normally find informative and socially uplifting articles. Unfortunately, I was most disappointed in "Candidates Shouldn't Make Promises They Can't Keep." This article seemed to demonize student candidates and appeared to imply that Howard candidates are embarking on becoming "a chemist's who [try] to gain advantage in an organization in sly or underhanded ways." Ironically, the only blot on Howard's profile seemed to be the tasteless attack this editorial made of candidates past and present. Such a broad appeal to the most recent candidates is not justified.

Sincerely,
Stekiwa Thomas

McSmith

When it came to Thief in the Night? They say, "You first death, you dust them off yourself and try again." But what if you just can't seem to knock that off the shoulder? For instance, there is a guy that plays the violin, his name is... But please please please DO NOT write anything about student candidates. I'm not trying to make your day easier, I'm just trying to make it a little more fun.

Dear Hilltop

On The Hilltop

February 13, 2004

The Hilltop
Welcome to the Hilltop, February 13, 2004

HILLTOPICS

Are you ready for Valentine's Day? Then you're ready for our feature section, full of all the delightful, delightful details about the most romantic day of the year. Whether you're spending the day with your significant other or making the most of a Valentine's Day date night, we've got you covered. So put on your rose-colored glasses, and let's celebrate love! Written by Shani Aisha

O P N E R I N G S C E N E

It's February 13th, and the Hilltop staff is extra special today. We've worked hard to put together this feature section just for you, the lovely people who read our paper every week. We're so grateful for your loyalty, and we hope you enjoy this Valentine's Day issue as much as we enjoyed putting it together.

Stay tuned for our special Valentine's Day section, coming soon to a newspaper near you. Happy Valentine's Day from the Hilltop staff!