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# THE HILLTOP

The Daily Student Voice of Howard University

VOLUME 90, NO. 5

FRIDAY, SEPTEMBER 1, 2006

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FRIDAY  
notebook

## BREAKING NEWS

### NASA CHOOSES LOCKHEED MARTIN

LOCKHEED MARTIN CORP. WAS TAPPED BY NASA TO BUILD AN MANNED LUNAR SPACESHIP ON CONTRACT WORTH MILLIONS. NEWS COURTESY NEW YORK TIMES

## HEALTH

### HIV HITS A MILESTONE

THE 25TH ANNIVERSARY OF THE DISCOVERY OF HIV OCCURRED RECENTLY. LEARN MORE IN HEALTH. PAGE 5



TUES, 8/22:  
HEAVY RAIN  
WIND  
HIGH: 68, LOW: 67

WED, 8/23:  
SCATTERED T-  
STORMS  
HIGH: 74, LOW: 73

## HU Ranks Top 100 in Best Colleges, Top 25 in Best Price

BY CHRISTINA M. WRIGHT  
Managing Editor

Investments in the University were key to Howard gaining a seven position on last year's ranking in U.S. News & World Report's guidebook - securing the 88th spot on the list this year.

"It's a result of previous investments," said Dr. Alvin Thornton, Vice Provost of the University. "Rankings don't come from what you did last year."

In recent years, Howard has built two new libraries, the Louis Stokes Health Sciences Library on W. Street and the School of Law Library on Van Ness Street. The University has also extended more scholarships. Thornton said he would like to see the University continue investing in the facilities and programs at Howard.

"You have to invest," he



Jessica Detiege - Staff Photographer

As a "National University," U.S. News ranks Howard 88 among 247 US institutions.

said. "The University will have to do more investments so that our rankings keep going up."

Carole Thomas, a senior biology major, said she has seen numerous changes in the university that have probably led to the higher ranking.

"Although students complain, the University really has tried to keep tuition down," she said. "It is nowhere near what some people are paying. And, even still, they keep stuff in working order."

Thornton said the University should not become too content with any progress.

"We have to be careful that we don't take it for granted," he said. "Especially as the young people lose a sense of where they come from and the old people, like me don't pass it on to them."

U.S. News compares more than 1,400 colleges and universi-

ties nationwide. They split those universities and colleges into categories, and then weigh the performances of those in each category. Howard falls into the "National Universities" category with 247 other institutions that range from private to public and undergraduate to doctoral.

Thornton said the group of universities in the "National Universities" category is an "elite group of universities." He said that Howard ranking in the top 100 means a lot because the University is "competing in tall grass with people who have a lot of money and pay high tuitions."

"It's a psychological thing that a HBCU meet the needs of the black community," he said.

U.S. News also ranked Howard in the 50 "Great Schools, Great Prices" category, which measures a university's U.S. News ranking with its average students' need-based financial

aid. Howard ranked 22 this year, once again making an increase from the 24th spot on last year's list.

Thornton said this ranking shows other universities what can be done to allow students "access to higher education."

"This is where the national purpose comes in," he added. "How can we replicate this so that people can access higher education?"

Thornton said that, although Howard has raised tuition, students are still not paying the prices that some schools are requiring. He added that the emphasis should be on providing quality higher education to youth for a reasonable price.

"You could raise the tuition to \$25,000; you would be able to build all kinds of buildings and pay professors more," he said. But you would be denying access for some students."

## Freshmen Face Real Life Adjustments



File Photo

Pictured above, Campus Pals help to orient freshmen, but most must discover campus nuances through experience.

BY MELISSA L. TYLER  
Hilltop Staff Writer

For freshmen, transitioning from high school to college presents a lot of life changes that can be perceived as good and bad.

Freshmen Orientation week gives freshmen an opportunity to get used to the campus, to find all the hottest clubs and to meet potential friends for the rest of their lives-all in a relaxed environment.

Now that the week of Campus Pal parties and ice cream socials are over and the academic year has officially started, freshmen are experiencing a reality check. Whether their course load is early or later in the day, the

to have a comfort zone relationship with her 2nd floor Truth Hall mates.

Unlike Cross's experience, freshman political science major Jamal Redman's first week at Howard was smooth sailing.

Redman had no problem with administration, professors, getting into his classes, or finding time to hang out with his group of five friends this week.

"I was shocked by the cost of books," Redman said.

Redman was hit with the reality that textbooks are not cheap, but is glad that he saved enough money for such things as books from his summer job at McDonald's.

Redman plans on achieving a 4.0 grade point average and getting involved in student government this year.

"The most popular person, best football player, cheerleader, student council president and homecoming queen of high school are now put in a crowd of other students that have accomplished the same things," Redman said. When freshmen step on Howard's campus they are nobody and have to establish who they are all over again.

"The new environment of Howard is a change of identity for freshmen," said Rebecca Reviere, Ph.D, professor in the department of psychology.

Reviere said that the most common questions asked by new entrants include: "When do I declare my major?" and

"How do I decide my major?"

She has also noticed from instructing the freshmen seminar course, that freshmen are confused about getting around DC, finding friends, financial aid and not being able to do things easily.

As an resident assistant of the 3rd floor of Crandall Hall in the Tubman Quadrangle, junior film production major Assata Barton reflects on her college transition in order to provide freshmen with advice and guidance.

Barton admits that she did not utilize her RA as much as her current residents and had to find out how to override into and drop out of classes the hard way.

"The freshmen are transitioning pretty well," Barton said. The ladies on her floor are getting along and have been doing their homework together in the hall.

Barton has been asked several questions from the girls on her floor about location of buildings, attending parties on school nights and Howard boys.

Living in a dorm has restrictions that students have to adjust to such as not having candles and microwaves. They also have to adjust to the room- and-floor mates Barton explained.

"I guess I will see in the next couple of weeks how the freshmen are really adjusting."

## First Friday Reunites Howard Family

BY ERIN EVANS  
Hilltop Staff Writer

Even through the heat wave during the first week of classes, students are looking past the sweat dripping from their brow, the sun beating down their back and professors handing out syllabi to stand out on the Yard in the blazing sun for the first Friday of the school year.

From Greeks strutting in their pearls or stomping in their boots to student organizations promoting their events, the Yard on first Friday is highly anticipated by several students.

"I'm excited to see all the friends that I haven't run into yet," senior human development major Nicole Cosey said. "Friend reunions on the Yard are great ways to catch up."

To begin the first unofficial fashion show of the year, ladies are known to sport their tank tops, short skirts and heels; guys, their freshest tees or button-ups, nice jeans and extra clean sneakers on the Yard's runway.

Often used as a springboard to start off the weekend, Friday on the Yard also allows students to promote local parties at clubs. Endless amounts of flyers are passed out with hopes to fill up their venue.

"At the end of the day, I end up with about five or six flyers and for the most part, I don't even go to them, unless of course, it means I can get in free," Cosey said.

As their first week of college life ends, freshmen get to rub shoulders with upperclassmen and truly experience a small piece of black college life.

"I'm so glad I came to Howard because I knew I'd get to experience something totally different than the predominantly white high school I attended," said freshman philosophy major Bryan Whitten.

"Although it may sound corny, I feel like I'm a part of an even bigger family now. I love it."

Associate Director of Student Activities, Matthew

Goins believes that First Friday supports the familial relationship between students.

"[On] first Friday, there are a number of academic areas that don't have class. It's almost a family reunion type opportunity," Goins said. "Participation from student organizations with a highlight on Greek activities allowing them to showcase their organization. The productions HUSA did with the DJ and food vendor, those components are new. But generally, first Friday is the mainstay to see and be seen," he said.

Being able to lounge on the freshly cut green grass, laugh with your friends and post up under the few trees on the Yard is alluring enough for some students to enjoy first Friday.

"I love first Friday because for the most part students come with no other objective but to just kick it," junior marketing major James Shields said.

"It's what we do best."

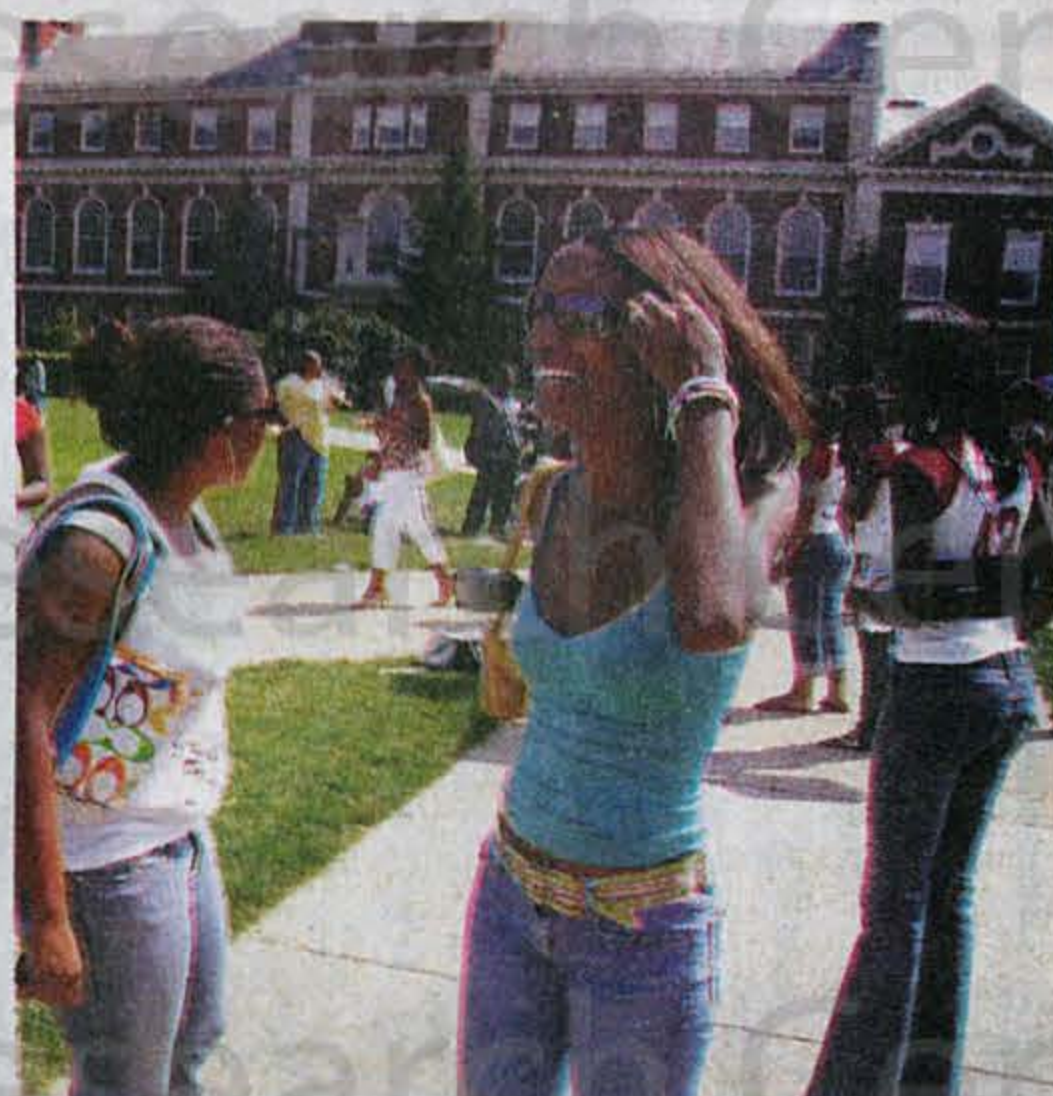
In addition to hanging out students will also be able to learn valuable health information from dental students. According to HUSA President Jennifer Owens, The College of Dentistry will have a table with information about Oral Health Awareness.

The heat may pose a problem for some students like sophomore marketing major Aricka Robertson. Fortunately, tomorrow may bring cooler weather.

"It's been so hot that I've been worried that my hair is going to be a mess after sweating it out in the sun," she said.

Robertson also factors in that she has several classes on Friday at the height of the excitement with important classes at noon, 1 p.m. and 2 p.m.

"Now, I know it's only the first week, but I figure I will sweat now in the heat and sweat later in class because I made it a habit to chill on the Yard on Fridays."



File Photo

First Friday on the Yard has become an annual tradition where freshmen and upperclass Bison can mix.



# Underage Drinking Effort Focuses on Students

BY DREW COSTLEY  
Campus Editor

Deanelle Jones, a third-year architecture major, was enjoying one of the first weekends out of school in May 2006.

Music playing, liquor and beer flowing and the ratio of girls to guys at a college age hotel party had just improved markedly.

"The night was shaping up to be crackin'," Jones said. "My drinks of choice that night were Patron and Hennessy."

This night was ruined however, when Montgomery County police busted into the hotel room and gave everyone but a few 21-year olds underage drinking citations.

As a result, Jones now has a pending court case in which he is facing a \$500 fine, 24 hours of community service and a drug and alcohol education class.

Jones' citation came as a result of a trial night of heavy police presence in areas where underage drinking usually occurs.

Montgomery County police tried this during this year's high school prom season to see how it would work and what changes they needed

to make before beginning a \$17 million nationwide underage drinking and driving enforcement program in August.

"There were surprisingly a lot of college kids partying near or with high school kids," said Bob Laney, a law enforcement agent in Montgomery County, MD.

"We realized that there were a lot of college kids that are still underage and binge drinking on campus and when they come back home," Laney said.

"We shifted our focus to the end of August and beginning of September, when college kids are leaving home and going back to school."

According to Montgomery County police, the program will emphasize the work of campus police and help of resident assistants and dorm directors to help in this effort.

Brandon Jones, a junior film production major, said that the underage drinking effort will curb drinking but will accelerate the dangers of underage drinking.

"Kids are going to find even more obscure and dangerous ways to buy and consume alcohol now," Jones said. "Bringing the effort to college campuses is kind of stupid



As a result of heavy underage drinking, Montgomery County Police have increased patrol on college campuses.

because, like it or not, its part of the college culture."

Jones, who admits to being at parties in which underage drinking has taken place, said that the drunk driving effort

will be a wasted cost on college campuses because many students do not drive.

"[Police] should be more concerned about the kids getting from house parties and

hotel parties and making it home," Jones said. "They are not going to stop college kids from drinking and driving while drunk completely, but they could at least be more

concerned with whether or not kids are getting jumped and robbed on their way home."

## Off Campus Housing Delights Howardites

BY MATTHEW COOPER  
Hilltop Staff Writer

Every year, students move off campus for different reasons. Some look for cheaper pricing. Many seek more freedom and space. Some do not receive on-campus housing. And some are not allowed to stay in the dorm any longer.

Joseph Gray, a senior print journalism major, was just one student who got tired of the on-campus arrangement.

"They were trying to put me in an efficiency in the Towers, and I couldn't do the stay in the same room with another dude thing," he said. "I'm too old for that."

Either way, upperclassmen combine their resources and creativity to get the best housing accommodations possible.

Although this freshman class is the largest in recent school history, the school allocated the same number of housing spots for freshman students and continuing students, according to Residence Life. There are 1550 beds for freshman, and just a little bit over 2500 beds available for continuing students, not including the East Towers and Mays Hall.

This year, the most

popular and talked about off-campus housing location in the DC metro area is the Towers at the University Town Center, located directly across the street from Prince George's Plaza shopping center in Hyattsville, MD.

The brand new facility is designed strictly for college students, as most of the residents who live in the 16 story facility are students from Howard or the University of Maryland-College Park.

"It's really nice," Gray said. "We have a pool, a study area, a fitness center, a lounge area. We get to live with people from other schools like Maryland. And we are right next to the mall and Target."

Students staying at the University Towers have been giving high praises to the facility.

"I love it; we have brand new furniture and it's affordable for students," said Angelique Carvalho, a junior mathematics major, who did not receive housing from Howard. "It's an easy transition stage from living on campus."

Some residents have said the major drawback of living in the University Towers and other off-campus locations in Maryland is the commute. Hyattsville is a 20 to 30 minute commute from the

Howard campus.

"The commute is too long," Gray said. "Howard should do more to provide housing closer to campus."

Many students find it an easier alternative to live closer to campus, even if they don't have the amenities of the University Towers. "The price is cheaper, and you get a little bit more freedom," said James Dempsey, a junior mechanical engineering major who lives in Dorchester House, across from Meridian Hill Hall.

Still, Dempsey said there can be some drawbacks to living off-campus and close to school.

"It depends on the neighborhood," he said. "I stay in a nicer neighborhood, but my car got broken into last night."

Andre Williams, a junior sports medicine major, lives two blocks behind Drew Hall in an apartment, and is enjoying every last bit of his off-campus living situation.

"I predict this year there will be no visitation rules, no random meetings, no fire alarms going off in the middle of the night, and no visitation [rules]," he said. "I don't live far from campus at all; it's like staying on-campus. And Cluck-u chicken is right here, and I like fried chicken."



The amount of trash on Howard University's campus continues to be a concern for students

## Students Displeased With Campus Trash

BY JOUANNA SPANN  
Hilltop Staff Writer

Newspapers and promotional flyers for the latest party can be seen as far as the Blackburn Center to the Howard Hospital. The trash splattered all over the campus can be a disappointment to some Howard students.

"A trashy campus to me looks like carelessness from the administration and the students," said Faith Brown, junior chemistry major.

Lauren Edwards, junior political science major, said that campus ground upkeep is partly the responsibility of the administration.

"A trashy campus reflects poor management on the University administration's part in making sure that the campus stays clean," Edwards said.

Associate Vice President to Administrative Services, Wendell Sutton said that some of the trash situation is out of their control.

"We don't have control to 6th St. because the street is so busy. I think some of the vendors on 6th street add a lot to the uncleanness of the area," Wendell said.

Some students like Balbecia Thurman, sopho-

more political science major, said students are at fault for the trash on campus and that "[students] should be more conscious of how the grounds look."

Sutton said that administration is always trying to do things to remedy the trash situation and overall appearance of the campus.

"We are always planting new flowers and trees as trees get cut down," Sutton said.

Some students see the change taking place as opposed to last year.

"My problem last year was the glass on the street because I ended up rolling over it and getting a flat tire, but this year it hasn't been a problem," said Felicia Hutcherson, senior physician assistant major.

Brown has also seen a difference in this year from last year.

"They are watering the grass. I had never seen the water sprinklers before, and I really liked that," Brown said. Still, Edwards would like to see improvements.

"Compared to other campuses in the Washington area, Howard's campus has less trees and plants and more overflowing trash cans and litter," Edwards said.

Thurman said, "more

upkeep of the gardens would be good for not just when have visitors." "We should keep it nice for the prospective students but for the current students as well."

Even though Edwards didn't see much difference from last year, she still expects to walk through the valley

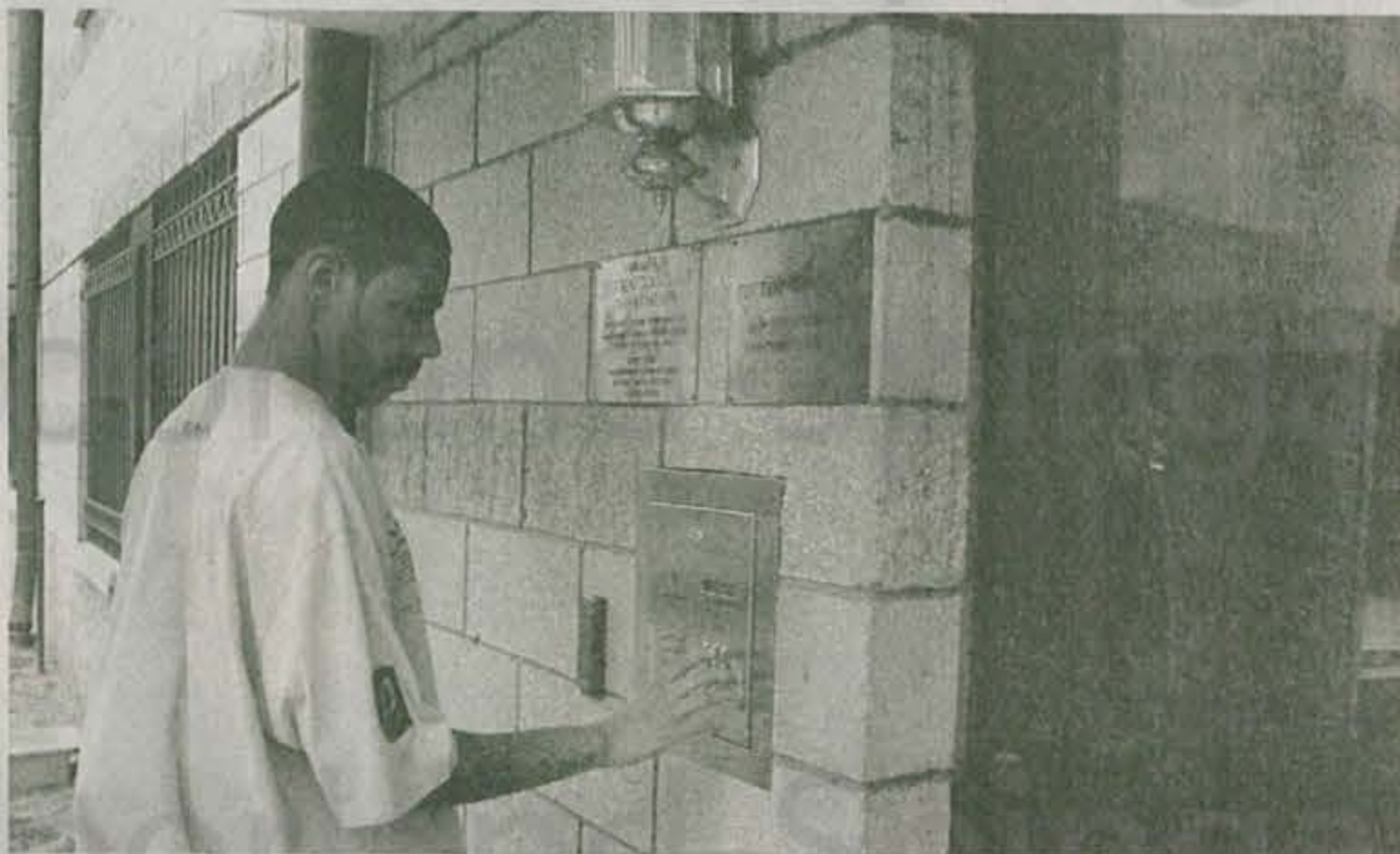
Some students Hutcherson gave some advice to students who are bothered by the constant disarray.

"[Students] could form their own committee to clean up the campus or complain to whomever is in charge of maintaining the campus up."

Sutton also suggested something similar. He said that "if students see things that need to be done, they should write a suggestion or because it is the student body and we are just trying to keep it up for you."

Brown suggested students should simply throw trash in the trash cans or recycle bottles to improve campus.

"I think that students would be more enthusiastic about the environment. The environment that we live in, the more products we use, the more products we produce," Hutcherson said.



Kenneth J. Ray enters his off campus housing at the University Towers in Maryland.



# Read The Hilltop

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## 'Plan B' Marketing Strategies Questioned

BY VANESSA MIZELL  
Nation and World Editor

With the rising controversy surrounding the new approval of the non-prescriptive emergency contraceptive pill called Plan B®, advertisement of the drug has hit mainstream media and caused some to wonder if this will increase sexual irresponsibility among young people.

A recent advertisement for the drug ran in women's publications Marie Claire and Glamour. It read:

"I chose a condom, but it broke/ I have a second chance with Plan B® emergency contraception."

The advertisement on the drug's website (go2planb.com) reads: "You have a second chance."

Some students on Howard's campus are fearful that the increased visibility of the drug will cause some girls to be less cautious in their sexual activity.

"I think [the marketing] will aid in the increase of sex activity without a shadow of a doubt," said Alyssa Johnson, senior advertising major. "One of the biggest deterrents of girls having sex is the risk of pregnancy so by advertising that the drug is eliminating that risk, you eliminate what made girls and guys stop and think before engaging in sex."

Barr Pharmaceuticals, a subsidiary of Duramed Pharmaceuticals, Inc., is responsible for the marketing of the product. Duramed markets other medications, such as oral contraceptives and Warfarin Sodium, which is used to treat heart disease.

Barr spokeswoman Carol Cox said that the company is "committed to ensuring that Plan B is used responsibly and appropriately," by placing a heavy emphasis on education through the company's "Convenient Access, Responsible Education" program.

Cox said the package for the drug comes with instructions, labels, facts, prescribing information and an information booklet.

"It also contains important information informing patients that they should use other methods for routine birth control and that Plan B® does not protect against HIV/STIs," she said.

Cox noted that the target age for the company's marketing are women 18 to 44. With ads planned to run in Glamour Magazine and on various websites, Cox said the marketing can still reach a viewer younger than 18.

The company pushed to have the Food and Drug Administration lower age requirements to be available to a broader age group without

a prescription.

Some marketing analysts say that targeting young girls may not influence their sexual behaviors.

"The way the message is communicated will have an effect on the purpose of the product," said Pravat Choudhury, Ph.D., chairman of the marketing department. "However, I don't think it will increase promiscuity."

Choudhury said the marketing of the product would not influence people to engage in activities they did not participate in previously.

"A certain percentage of the population will use it no matter how it's marketed; therefore circumstances be safer for those individuals."

Choudhury stressed that it is important for the marketing company to ethically reach the target population not by publicizing the pill but rather promoting awareness about the pill.

The FDA is making efforts to avoid abuse of the product.

Plan B will not be sold to retail outlets or convenient stores, it will only be sold behind pharmacy counters and will provide labeling and education about the use of the pill.

*You Have a  
Second Chance*

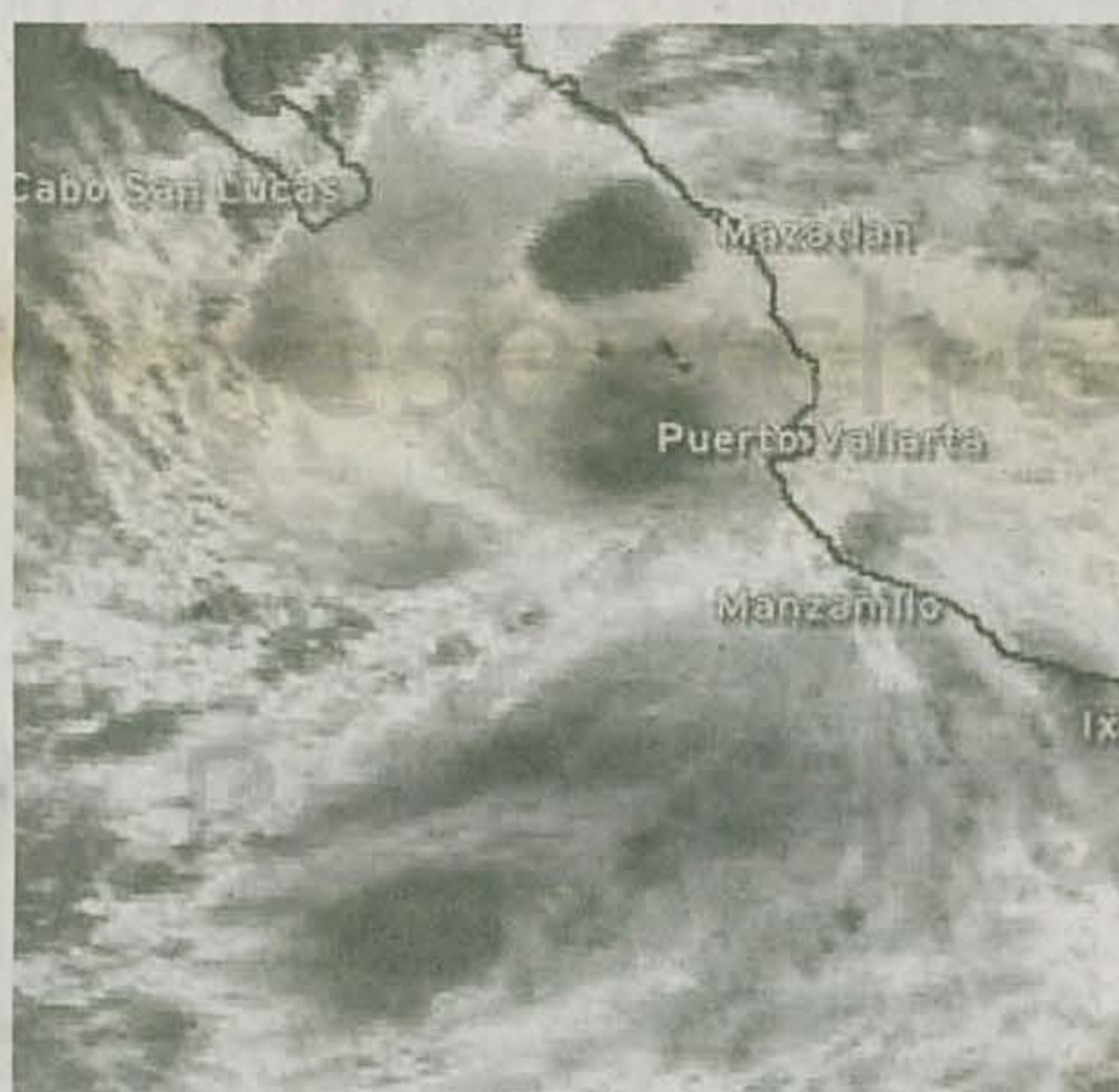
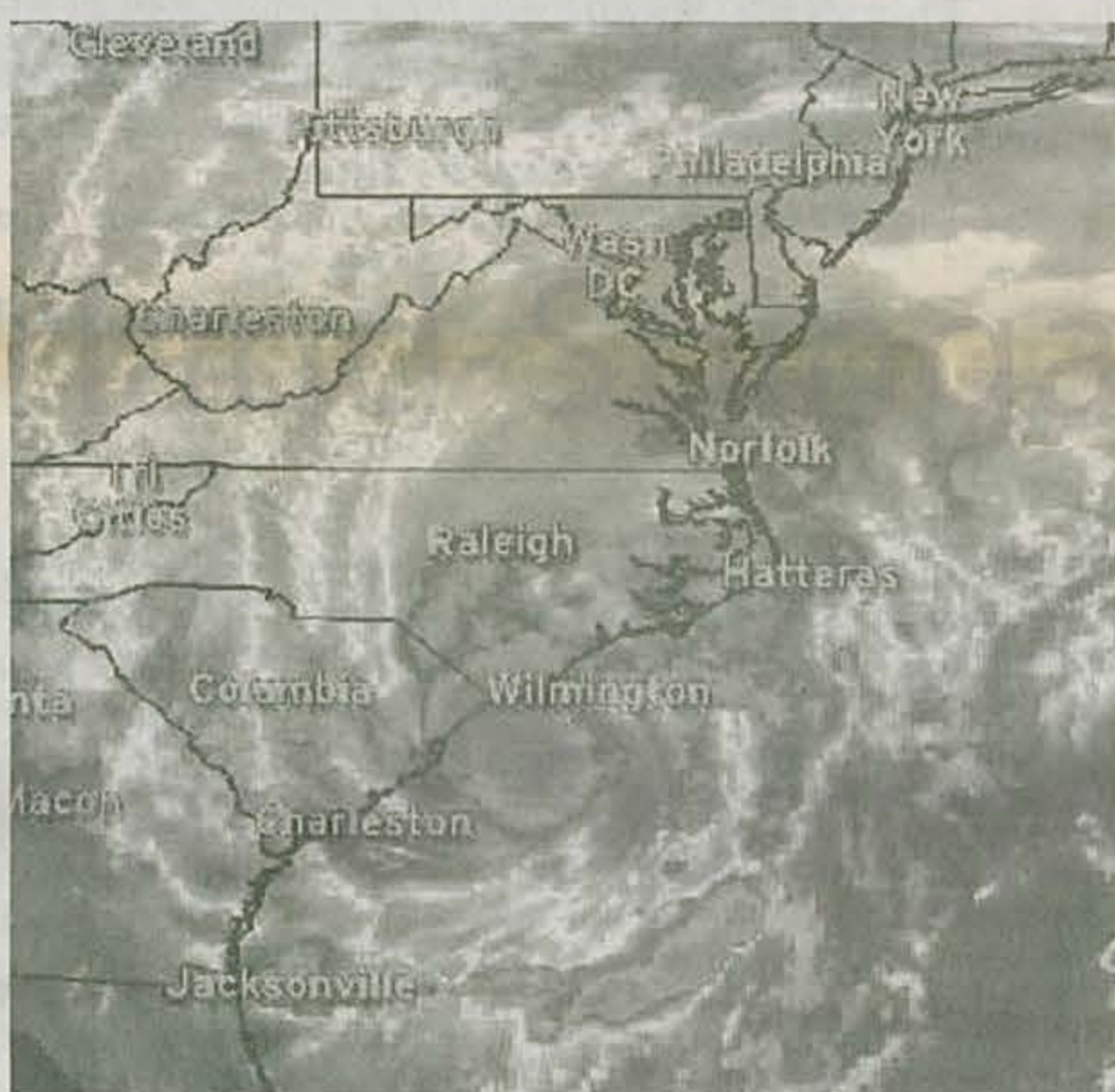
Things do not always go as planned. You might have forgotten to take your pill, or another birth control method used might have failed, like your condom broke. Now you have a second chance to prevent pregnancy with Plan B®

Photo Courtesy of www.go2planb.com

An advertisement featured in Jane and Cosmopolitan magazines for the Plan B emergency contraceptive. At the time of the advertisement, Plan B required a prescription, however, now the pill is available over-the-counter to women 18 and older.

## A Deluge of Tropical Troubles

*After an Uneventful Summer, Storms Churn in the Atlantic and Pacific*



Photos Courtesy of www.weather.com

Eyes from Charleston, South Carolina to New York are keeping a close watch on Tropical Storm Ernesto, which is expected to drop heavy rainfall on the eastern seaboard through the holiday weekend. The National Weather Service reports that Ernesto remains just below hurricane status, with winds of up to 70 mph. Strong wind gusts from Ernesto could reach the coasts of Virginia, Maryland, and Delaware. Slowed air and road travel is expected through Monday. Meanwhile, this weekend Hurricane John hovers just off the Pacific coast of Mexico. Reports indicate that nearly 10,000 people have been evacuated from the Los Cabos beach resort area. Another Pacific storm, Hurricane Kristy, has winds of 75 mph, but is far away from land masses. Kristy is forecast to strengthen slightly, however, because of its close proximity to Hurricane John, it may actually become a part of the larger storm.

## Expand Your Mind...

## Come Write for Nation and World!

## Grab a Story at The Budget Meeting MONDAY, September 4th

## 7P.M. on the P-Level of the West Towers



# 25 Years of Living with AIDS

BY DANIELLE KWATENG  
Hilltop Staff Writer

This June 5th marked the 25th anniversary of AIDS in the United States. The once perceived "gay disease" has now transformed into a problem of epic proportions in American society.

According to the Center for Disease Control, AIDS is the leading cause of death among African Americans. Although the U.S. population is 13 percent African American, 50 percent of HIV/AIDS cases come from African Americans. Another staggering statistic is that African Americans don't survive as long as other races with AIDS.

News commentator Tavis Smiley recently spoke about the HIV/AIDS pandemic on the Tom Joyner Morning show.

"AIDS is no longer a 'gay' disease. It's now a heterosexual black women's disease (that effects) their black babies," Smiley said.

Smiley's stance is that African Americans aren't as concerned with the disease as they should be.

"When you see Magic Johnson looking leaner and buffer it can be misleading, but we don't all have Magic's resources," Smiley said.

On Howard's campus,

some believe there are two main issues that cause the transmittance of the disease: denial and STD's. Kristen Forest, a junior film productions major, said black men have a large role in preventing HIV in our community.

"The contraction of HIV/AIDS disease (comes from) constant sexual intercourse with men that are not sexually honest... also it has a lot to do with men just going to the doctor for check-ups, because it is already noted that more women then men go get check-ups," Forest said.

The Center for Disease Control also reported more than 68 percent of black women have accounted for new HIV cases between 2001-2004. Experts have identified the issue of homosexuality within the black community as the main reason why the disease spreads to black women.

Often seen as taboo within the African-American, community homosexuality is something most people don't want to talk about or deal with.

Adam Allen a junior marketing major and openly gay man said HBCU's need to be more accepting of students in the gay community.

"I have not experi-



The past June marked the twenty-fifth anniversary of discovery of AIDS in the United States. This disease has been especially devastating in the black community.

enced any blatant ridicule, but that isn't to say that I feel completely accepted and approved of, so I know to always be careful", Allen said. "I think that in situations like the AIDS epidemic, society is constantly looking for a scapegoat, some group of people to shove the responsibility onto. I see AIDS as a human disease. Anybody can get it, AIDS shows no prejudice," Allen said.

In Allen's opinion, the most preventative way to

prevent HIV is to use condoms and know watch who you have intercourse with. "If you are having sex, use condoms like they are going 'out of style.' And for all the people that are so quick to blame the 'Down Low,' I think that people should realize that having sex with men isn't what causes AIDS, having unsafe sex does," Allen replied.

The transmission of STD's also increases when students don't take care of themselves.

According to a study done by Dr. Judith Wasserheit of the University of Washington, "the presence of certain STDs can increase the chances of contracting HIV 3- to 5-fold. Similarly, a person who has both HIV and certain STDs has a greater chance of spreading HIV to others."

Luckily, Howard has created programs and testing sites for students to become informed and tested for HIV.

"It's not that bad at all," said sophomore finance major Brianna Hurt, about being tested. I went to the one (testing site) in the Annex dorm and within a couple minutes they let me know," Hurt said. "I was sure of myself before, but it was a relief to know for a fact that I was safe."

Each dorm offers testing monthly and the student health center also offers HIV testing and counseling. Students should take these amenities to their advantage and spread the word to their peers.

Through a grant from the Center for Disease Control, the health center has expanded availability of Rapid HIV testing for its students. Called the Oraquick Advance HIV test, students can get their results in 20 minutes. All testing is free and confidential for those interested.

Jayson Graham, who graduated last year with a degree in theater arts, said Howard doesn't take a clear stand on sexual activity.

"At Howard, there is no official stance on premarital sex except abstinence. Graham said. "It's important to know your status. Get to know the person you decide to share your body with and last but not least, protect yourself."

## Obesity on the Rise

BY DANIELLE KWATENG  
Hilltop Staff Writer

Students are often busy with college life and overlook their health status. According to WebMD, African Americans are at particularly high risk to suffer from obesity and high blood pressure.

Dr. Sheila P. Davis, a professor of nursing at the University of Mississippi Medical Center, said blacks incorporate unhealthy habits in their lifestyle that contribute to obesity problems.

"A person can't just put on running shoes and go for a jog or a walk in an area where personal safety is an issue," Davis said. If they were removed (restraints), we would see more equalization in terms of fitness."

Other campuses have created ways for students to maintain their fitness in walking distance of their dormitories. On the campus of the University of Central Florida they have a "Recreation and Wellness Center" dedicated to the physical and mental health of the students. The state of the art facility has cardio machines, a weight training area, pool, and group fitness classes.

Athletes who are required to maintain their health during and off-season often use Howard's gym.

"Besides practice we lift weights three times a week: Sunday, Monday, and probably Wednesday or Thursday," said Justin Faust, a senior football player. "What we have in the weight room is adequate if you know what your doing and you have somebody to push you so you work as hard as possible."

Tommy Claiborn, a senior football player, agreed with Faust.

"Although Howard's facilities are not up to par, I do believe there is enough to work out with and stay in shape with, if that's really what you are determined to do," Claiborn said.

The common weight gain amongst college students, known as the "Freshmen 15," result from changes in daily routines. The Journal of American College Health reported in 2002 that 59% of college students gain weight during their freshman year and the average gain 4.6 pounds.

"I think people also don't understand the difference between being hungry and having a big craving," said sophomore fashion merchandising major Alexandria Franklin. Franklin, who is apart of the Chicago-based dance company called Joal Hall Dancers, has been dancing for 16 years. She trained at the Alvin Ailey dance studio this past summer and said she maintains good eating habits.

"It is also important to stick with the



Jessica Detiege - Staff Photographer

Co-eds often fight to stay fit in college. same eating habits one has at home," Franklin said. "For example, in the cafe, one can get a full breakfast every morning but if you do not eat a big breakfast at home, then you probably shouldn't be eating one at school unless you plan to exercise more often."

She also said the biggest problem student's encounter is there late night cravings for junk food.

"People are not as active at night than they are during the day. When I get hungry at night, I eat a light snack like yogurt or a granola bar," she said.

Saidiya Chiphe, a sophomore dance major and practicing vegetarian, looks for specific things when she goes to the Café. "I eat all the vegetables offered in the cafe and only eat whole wheat bread. During the week my dessert is a muffin or cereal and on the weekend I have ice cream or candy. For breakfast I eat oatmeal, granola, a bran muffin and or lots of fruit. On the weekend I might have a waffle or omelets with lots of fruit," Chiphe said.

Sodexo also plans on changing the menu this year to cater to students with specific preferences.

"Sodexo Campus Services has a tremendous focus on health and wellness for college students," said Senior PR Manager for Sodexo, Tara Baten. "In particular at Howard University, (the students) will begin to see our program 'Balance, Mind, Body and Soul' featured at the Bethune dining hall."

They also plan to update the menu for healthier options and requested vegetarian dishes. At the main dining hall, Sodexo will also offer a vegetarian and vegan meal daily, like teriyaki baked tofu, pastas and stir fry with brown rice.

"We have made some modification to our food preparation and use no MSG. We will begin removing pork as a seasoning. We will also be offering low-fat cheeses and spreads at the delis and grills."

Baten said nutrition and wellness education classes and seminars will be available to students on campus. To find more information on the dining choices Sodexo offers or to get advice from certified Dieticians go to www.BalanceMindBodySoul.com.

## Contraceptives Cause Stir

BY JACQUELINE COOK  
Hilltop Staff Writer

Several new contraceptives are being added to the already wide-range of options available to young women. Some students, however, worry that they may not all be healthy choices.

Lybrel is a new contraceptive, in pill form, that is currently being reviewed for approval by the FDA. The drug is revolutionary in that it replaces the placebo pills, common in more traditional contraceptives like Ortho-Tricyclen, with low-dose estrogen pills. This means that Lybrel effectively rids a woman of her period.

While Lybrel seems like the answer to women's menstrual prayers, some fear it's effects may be too severe.

"It's natural to have a period once a month. When you start taking away periods that's when you're messing with your body," said first year pharmacy student Tiana Holmes.

Cassandra Metu, a first year pharmacy student, believes that most long-term side effects would have been discovered during testing prior to a drug's release.

"A lot of these drugs have been in the works for the last 10 years," Metu said.

Other new pill options, like Seasonale and Seasonique, may prove to be popular with those women looking only to decrease their menstrual frequency, not eliminate it. These drugs allow a woman to be period-

free for most of the year with an actual cycle occurring only once every three months.

Lybrel's effectiveness may overshadow concerns over period loss. Wyeth, the pharmaceutical company that manufactures Lybrel, reported in a May 5 press release that during an experiment comparing Lybrel to traditional birth control pills three of the 318 women taking the traditional form became pregnant while none of the 323 taking Lybrel did. The company also claims that the drug carries all the same side-effects of normal birth control pills.

Another contraceptive with a high success rate is the intra-uterine device (IUD) Paragard. The copper, t-shaped device is the only non-hormonal device of its kind and has been available in the U.S. since 1984. Once it is inserted, it lasts for up to 10 years but it can only be accessed by a physician.

Recently, restrictions have been lifted regarding Paragard's prescription. The method has been made available to women who have never had a child, those as young as 16, women who are not in a monogamous relationship as well as those with a history of STDs or pelvic inflammatory disease (PID).

Since Paragard is a semi-permanent contraceptive, its much easier to maintain than pills, shots and patches. It does not require the patient to remember a regular routine.

"Drug companies are

doing a service to the community when they can find other ways of contraception besides the pill. They're providing a variety to choose from," Metu said.

She also said many people get pregnant from using birth control pills incorrectly, making IUDs a better option for some. "The pills are only as good as the person who's taking them. People complain that they can't take birth control everyday," Metu said.

Despite its effectiveness and convenience, college aged women are discouraged from using Paragard.

"I definitely would say that IUDs are for an older or married woman, I would not recommend IUDs to young kids. It's more of a process," said Latonia Traylor sophomore nursing major and former Planned Parenthood Peer Educator. "You can't just take it out, there could be some complications with it. Its so long term and it costs more money, whereas it's cheaper to just take a pill or get a shot or something like that."

Since Paragard does not contain any hormones, its potential side effects are lesser than those of other internal contraceptives but that does not mean that it cannot cause harm.

"We got a warning at Planned Parenthood about the patch causing death in young girls. You never know what birth control can do to you. Anything that you put in your body that changes your hormones or changes your natural homeostasis is going to cause some type of weird activity," Traylor said.

According to Traylor, women should "find what's best for [their] bodies. You have to experiment - trial and error. Put your body through it if you really need to protect yourself and your man isn't doing what he needs to do."

"When you start taking away periods that's when you're messing with your body."

- Tiana Holmes, pharmacy student





HOWARD UNIVERSITY  
STUDENT PARKING REGISTRATION  
FIRST COME, FIRST SERVE

Student Registration for unclaimed AY 2006-2007 parking permits is scheduled for Wednesday, September 6, 2006 from 9:00 AM until exhausted. Registration will be conducted online via the Bison Web on a first come, first server basis. In order to be eligible for participation in the Student Registration:

- All outstanding citations must be paid prior to registration.
- Students must be validated for fall 2006.
- Students that are chosen for the 9<sup>th</sup> & V lot must be commuter students.
- For additional information contact the Office of Parking & Shuttle Operations at 202-806-2000.
- Must be of Non-Freshman status candidates

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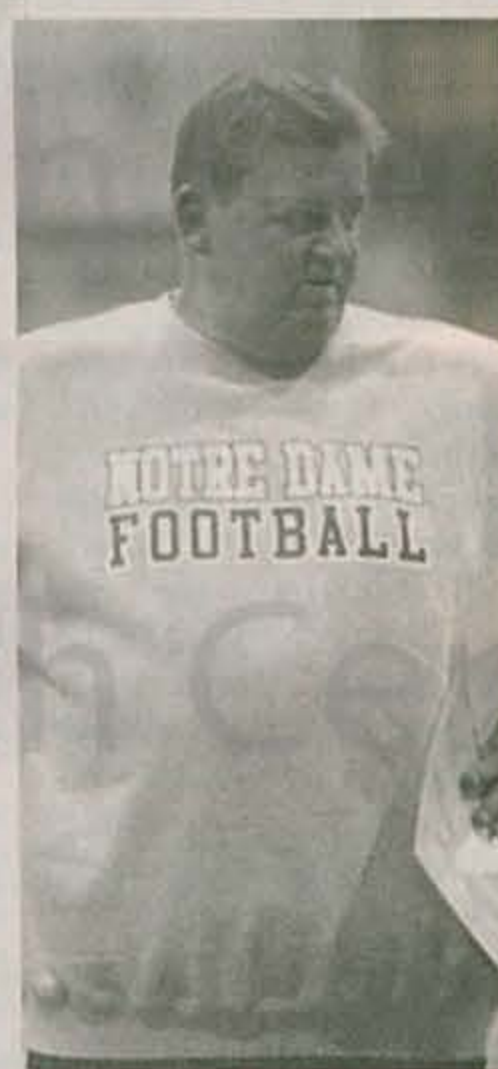
**On Sept. 1, 1987, 15-year old tennis player Michael Chang becomes the youngest player to ever win the U.S. Open**

Photo courtesy of [www.mnacsports.com](http://www.mnacsports.com)

MEAC Commissioner Dr. Dennis E. Thomas, left, welcomes WSSU Director of Athletics Dr. Chico Caldwell and the Rams to the conference.

## Don't Blink, Or You Might Miss...

My pick: It remains to be seen whether or not Notre Dame will live up to the early season hype they have been receiving. Quinn and the offense may be hard to stop, but that may disguise their weaknesses on defense. Nevertheless, I think the Irish are too strong for this Georgia Tech squad. The Jackets will put up a good fight, but Notre Dame will win by 11.



Photos Courtesy of [www.yahoo.com](http://www.yahoo.com)

# The Hilltop Survey Says...

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## Harlem Dance Move May Not be Mmm, Mmm Good

BY ERIN EVANS  
Hilltop Staff Writer

Ten years ago Harlem shakers were at the height of their childhood. After a cold and rainy day at school, Mom would save the day with a bowl of chicken noodle soup.

Now a little older and wiser, the kids have grown up and decided to let it rain and clear it out.

The Chicken Noodle Soup dance, one of the latest Internet phenomenas, was created by Harlem's DJ Webstar as a rap song with female MC, Young B.

Junior African American

studies major Courtney Javois has embraced the dance with one good foot forward. While standing on a stairway at a party, she rushed to the dance floor as the song blasted over the speakers.

As she hopped down the last few stairs, to her disappointment, she injured her ankle, missing out on her new favorite dance step.

Although several dancers, as seen on YouTube and 106 and Park, enjoy the dance, there are critics that tie the Chicken Noodle Soup dance to minstrelsy.

Several blogs, including Nobody's Smiling, say "the end is near with the minstrel show of the Chicken Noodle Soup dance."

Since artistic expression is a constantly changing facet of life, new fashion trends, music styles, technological advances and dance moves alter African American culture everyday.

For several years, different regions of the nation have spawned their own signature dance moves.

Between the C-walking West, Bankhead bouncing South and Harlem shaking East, dances became staples at family reunions, weddings, clubs and parties in the 1990s.

"Dance is such a vital part of urban culture it's understandable why there are so many out there but as the times change, the significance of the dances begin to change as well," said Senior advertising major Sherrine Mathews.

"Now a days I honestly think (music) artist are coming up with moves as a joke, something funny and catchy to go along with a song and people are running with it," she said.

This century has birthed

styles such as leaning and rocking in Atlanta, getting hyphy in the Bay area, krumping and juking in Chicago and Wu-Tanging in Philly.

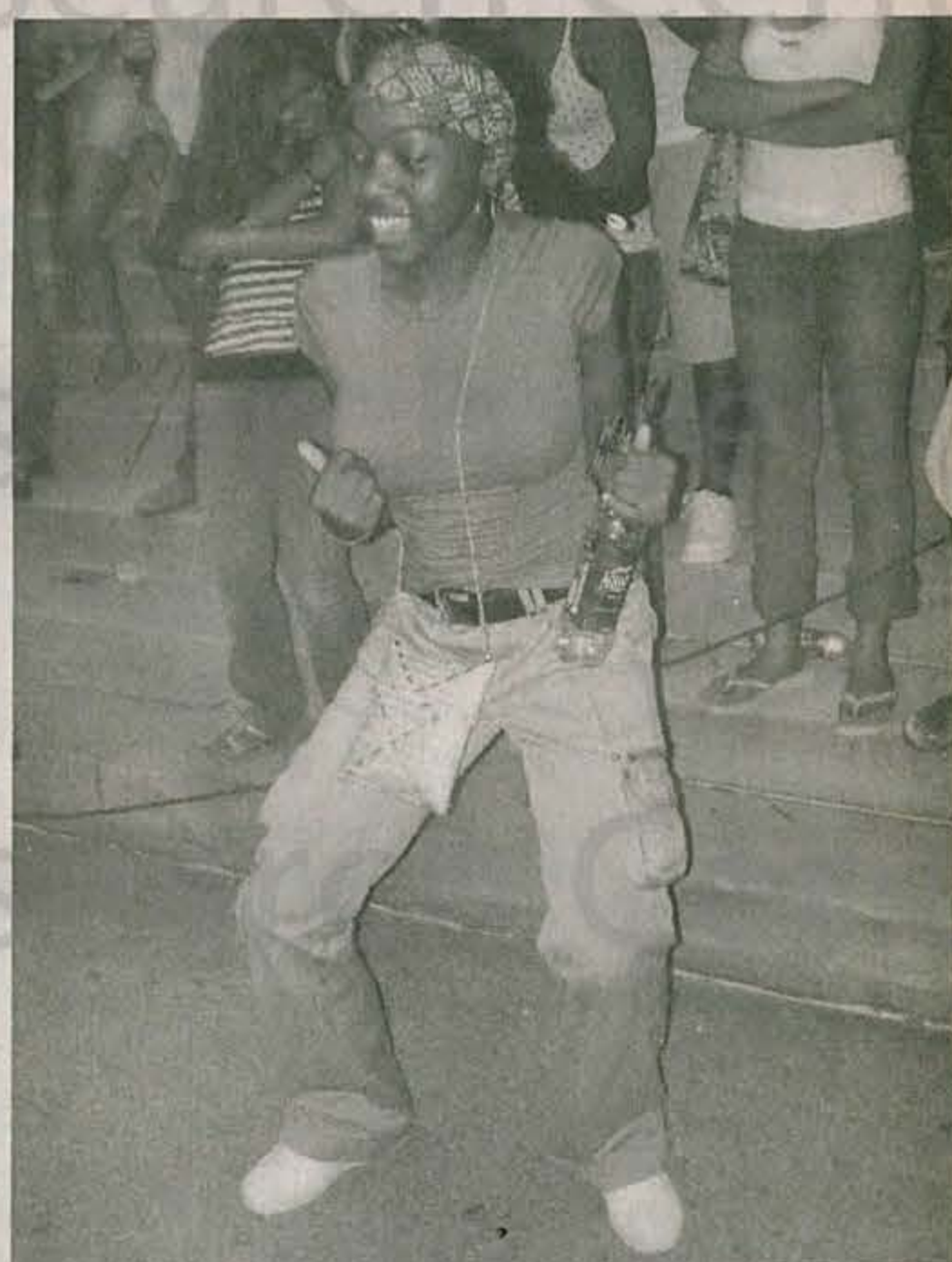
"I just think people were running out of dances to do," freshman biology major Naima Blakes said. "I don't know if I'd consider it minstrelsy, but it does seem like an old-time dance. None of the new dance trends are anything original."

A modified version of the toe wop, which is also out of Harlem, the Chicken Noodle Soup consists of the dancer pulling his arms back and swinging out his legs.

"I never really thought about it in a bad sense," said junior finance major Ameer Sherard. "It's just a dance. I think people are looking too deep into it."

Not everyone agrees with Blakes and Sherard. Trained dancer and senior mathematics major Cherryn Wilder can see why the dance is compared to Minstrel shows.

"I've been trained in Ballet, Modern and some Hip-Hop and from what I can see there isn't a whole lot of technical aspects to the dance but I have seen people try to get creative and switch



Samara Pearson - Contributing Photographer

Despite its popularity, the Chicken Noodle Soup dance is viewed by some as a throwback to minstrelsy.

their moves up which takes some skill. It's more of a dance than leaning and rocking," Wilder said.

"The basis of the movements appear to come from the era of shucking and jiving, however I think the rea-

son is to take what was once seen as something negative and make it positive," she said.

No matter how deep people look into the dance, one vital thing cannot be left out: a soda on the side.

## New Marketing Strategies May be an Old Trend

BY JACQUELINE COOK  
Hilltop Staff Writer

Light skin, long, light hair and plenty of booty-shaking. Is there a formula that young R&B stars are using to get to the top of charts?

Rihanna's quick rise to fame has been credited to her likeness to a particular R&B superstar; Beyonce Knowles.

Some students see Rihanna as a copycat, a wannabe Beyonce, while others simply think that the two are following a method that Black women have long used to gain fame and fortune.

"[Rihanna's] maybe not [stealing] her style but that whole formula to win so to say: light skin, light hair, that whole thing. But it's not necessarily Beyonce's style; she's just the best at it," said junior marketing major Mercedes Sumpter.

"I don't see how it's like [Rihanna] trying to be like Beyonce," added junior film production major Mark Pearson.

African American Studies Professor Greg E. Carr Ph.D, agrees with the idea of an existing stereotypical look to guarantee success for Black entertainers.

"That is the stereotype that is being pushed, and it's being pushed globally," he said. "The US market has shaped the image of African Americans across the world."

Aside from their similarly marketable looks, both try to come across as nice, humble, down-to-earth girls in interviews, speaking frequently about how important family is to them and their normal hobbies and habits.

However, their stage images are nothing like the girl-next-door impression the two women try to present. Beyonce has cited her alter ego "Sasha" - a mysterious and sexy woman - as her onstage persona. Rihanna seems to attempt a similar personality while performing.

She has also listed Beyonce among her role models and even admitted taking advice from the star.

"We hung out at [Jay-Z's] 40/40 club. She wrote



Jereddit

Some believe singers Beyonce and Rihanna use the stereotypical ideal of beauty to enhance their fame.

me a note that said, 'When you get onstage, just let loose. Have fun. You're in control,'" said Rihanna in an August 2005 Rolling Stone article.

Their dance styles also bear a lot of resemblances. While the two artists use a lot of typical, choreographed routines, their freestyles are in the same vein.

"[Rihanna] was pulling some of those Beyonce moves from the [Naughty Girl video]," said sophomore architecture major Ashley Watkins. "Even in the SOS video she was doing the jerking stuff and had the wild, big, poofy hair."

Any given Rihanna performance is peppered with dance moves like the ones that Beyonce has made her signature in videos like "Check Up On It" and "Déjà vu" as well as in her live shows.

The two differ most when it comes to their musical styles. Beyonce's music, while lately taking a more creative turn, is a pop/R&B sound that is often tinged with classic R&B, gospel and hip-hop influences.

Then there is Rihanna, whose Barbadian roots are apparent throughout her albums. Both Music of the Sun and A Girl Like Me are heavy with Caribbean styles with the occasional R&B ballad like her last two singles

Unfaithful and We Ride.

While there are plenty of superficial similarities shared by the two artists, some Howard students doubt whether their vocal talents are comparable.

"Beyonce is original. Rihanna sounds more like a pop artist. If a real black girl sang 'Unfaithful' they wouldn't sing it like that - all soft. [Rihanna's] not that good of a singer and she's not that good of a performer," said Sumpter.

That sentiment is shared by Watkins who believes that "nobody will ever have Beyonce's voice."

"I think that [Def Jam] was just like 'we need a young teen to represent' . . . 'we need a young cute girl who can hold a note'," said Watkins noting the recent surge of young singers like Ciara and Brook Valentine.

Lately, the two ladies have been caught up in a series of rumors that Rihanna is trying to dethrone Beyonce. Adding to the "fued" are several reports about a love triangle involving them and Beyonce's boyfriend of three years, Jay-Z.

It appears that as long as Rihanna seems to be following in Beyonce's footsteps, the two artists will probably remain linked.

## Bison to Bison

*Upperclassmen Pass on Words of Wisdom to Freshmen*



"Get active early and stay active. It will make your Howard experience so much better."

-Chad Williams-Bey,  
senior political science major

"Enjoy yourself, because it goes by fast."

-Lauren Fleming,  
senior television production major



"Take pictures of everything, because the memories you make here will be priceless and you'll want to have some record of them."

-Jabari Smith,  
senior broadcast journalism major

"The hardest thing about college is adjustment. It's all about internal discipline because college isn't really that much harder than high school, it's the freedom that creates the problem. Even though you can stay out until 5 a.m., it doesn't mean you have to. It's all about balance."

-Matthew Manning,  
junior political science major



Compiled by Ciara Famble, Life & Style Editor  
Photos by Atrice Williams, Staff Photographer





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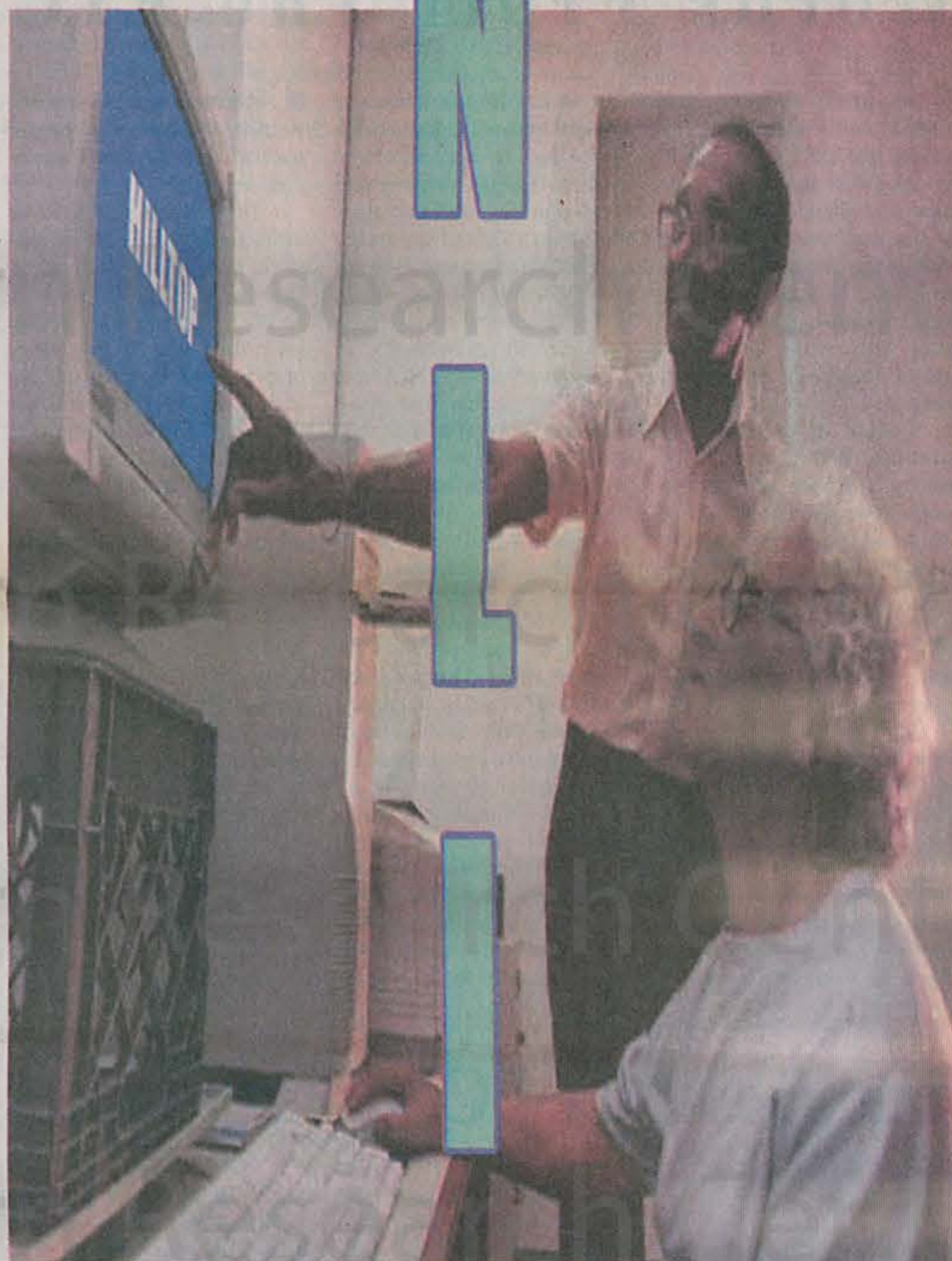
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