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# THE HILLTOP

The Daily Student Voice of Howard University

VOLUME 91, NO. 8

WWW.THEHILLTOPONLINE.COM

Thursday, Sept. 6, 2007

## Thursday Notebook

### BREAKING NEWS

OPERA SINGER LUCIANO PAVAROTTI DIED AT AGE 71 THURSDAY MORNING, AFTER BATTLING PANCREATIC CANCER THAT WAS DIAGNOSED IN 2006, ACCORDING TO CNN.COM.

### CAMPUS

HOWARD UNIVERSITY'S "SHOWTIME" MARCHING BAND GETS FIRST FEMALE DRUM MAJOR SINCE THE EARLY 1980'S.

### NEWS

THREE MEN SUSPECTED OF HAVING TIES WITH AL QAIDA WERE ARRESTED IN CONNECTION WITH A FOILED TERROR PLOT IN GERMANY.

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PAGE 3

## Officials Check University with Self-Study Program

BY TRAVER RIGGINS  
Campus Editor

Howard officially kicked off its self-study in preparation for an accreditation review on Wednesday with the first meeting of the study groups.

Every 10 years, the university undergoes accreditation review by the Middle States Commission on Higher Education (MSCHE). The university-wide self-study will analyze the school's status and progress over the last decade in preparation for the re-

view.

"The meeting was spectacular," Orlando Taylor study chair said. "The attendance was very robust and the interest seemed to be high. We could not have asked for a better first meeting."

Over 150 staff, faculty and students attended the meeting in Blackburn where Taylor explained the purpose of the study and issued the university with a charge regarding it.

Taylor said the main focus of the meeting was to con-

textualize the self-study so people in the Howard University community could understand why it's important in both a national and local perspective.

The university was first accredited by the Middle States in 1921, and Michael J. Kiphart will

work as the MSCHE correspondent for Howard.

The MSCHE assesses universities on 14 standards. Work groups have been formed geared

> See **STUDY**, Page 2

## Re-Leasing at Maryland Apartments

BY MONICA JONES  
Staff Writer

A year ago, Joseph Williams, a second year graduate chemistry major, began his first semester at Howard and was drawn to UTC because of its close proximity to Prince George's Plaza and the convenience of Prince George's metro station.

With only a five minute walk to the metro and accessible stores like Giant and Target across the street, Williams thought he found the ideal residence.

But a combination of increased rent and lack of personal freedom were key reasons why Williams decided against renewing his lease last August.

"I lived on the 16th floor and paid a base rent of \$775," he said. "Plus I had to pay a \$50 outdoor parking fee. So in total I paid \$825 and I didn't want to pay an extra \$23 for rent this year."

Now Williams lives in a three bedroom house in southeast Washington and pays \$633 a month.

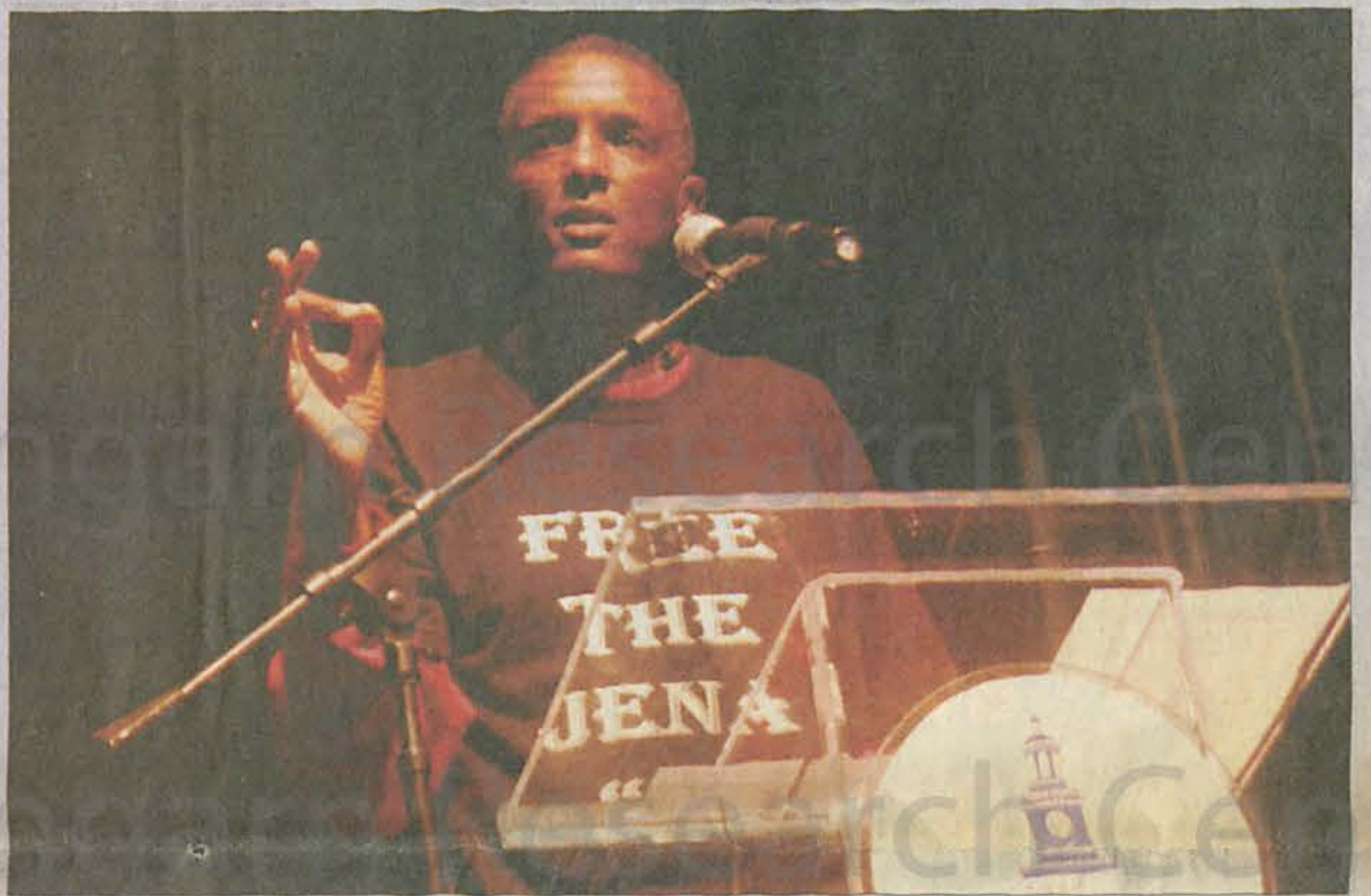
"Where I am at now, I am paying \$200

less than what I would have paid in UTC," Williams said.

Due to the unusual increase in incoming freshmen last year, there was a definite lack in student housing on Howard's campus. So the official opening of the University Towers Center (UTC) in August of 2006, was more than just convenient to many Howard students- it was a blessing.

A year later, the hype surrounding UTC

> See **UTC**, Page 4



Justin Knight - Asst. Photo Editor

Gregg Carr, the keynote speaker for Wednesday's rally, explains the broader implications of the Jena Six trial to a full auditorium of Howard students and community supporters.

## Students Support the Jena Six

BY SHIVONNE FOSTER  
Staff Writer

A crowd of students filled Cramton Auditorium to its maximum capacity at last night's Jena "6" Rally, leaving over 200 students outside the auditorium's doors. An emotional Tamia McClain, School of Business president, was among many to address the audience saying, "This is why I came to Howard. I have been waiting for a moment like this to make change."

"No Justice, No Peace," was chanted, as an outpouring of emotion filled Cramton Auditorium with energetic attendees holding up fists of pride and unity.

The Jena "6" Rally served as a way to inform the Howard community and others about what is happen-

ing in Jena, La. and how students can become involved. At the rally, attendees were told the story of the Jena "6", who are six black high school students who attended Jena High School and are on trial for fighting a white schoolmate, Justin Barker, on December 4, 2006.

The fight came three months after a black student sat under a tree, typically sat under by white students. Three nooses hung from the tree followed this action.

Mychal Bell, the first of the six black high school students to be tried, was prosecuted and found guilty of aggravated second-degree battery. He's being sentenced on Sept. 20 and faces up to 22 years in prison.

Members of the Howard community as well as other universities flooded Cramton Auditorium, and

many remained congregated outside the auditorium to learn about the case and its controversy.

"I just recently found out about the Jena '6', since over the past week the story has gotten a lot of mainstream news attention," said Vasudha Dsikan, a graduate of American University. "Our government invests so much time and money into war for democracy in the Middle East when we should be concerned with the fight for democracy here."

She continued, "I wanted to come out and show my support and concern. I know that racism still exists. Just because you don't see it everyday on CNN, doesn't mean it doesn't exist anymore."

> See **TEXAS**, Page 10



Samara Pearson - Staff Photographer

After living in the UTC apartment complex, some students moved closer to main campus.

## Texas Southern Looks Forward to New President

BY ASHLEY R. HARRIS  
Black College Wire

On Aug. 27, maroon-and-white banners welcomed back Texas Southern University students for their first year since the school's former president, Priscilla Slade, was indicted on charges of misappropriating university funds.

Despite the legal woes of Slade and her administration, many Texas Southern students were upbeat about the upcoming academic year.

"Campus morale is really high right now," said Christopher Harvey, a sophomore and interim attorney general for the Student Government Association. "A lot of students are excited about

classes and being on the yard."

Slade was president for seven years. On June 7, 2006, the Board of Regents at the school officially fired her after having reviewed her spending records, which included more than \$9,000 for a bed and thousands on landscaping and manicures. The regents called the spending excessive and illegal. Slade repaid some

of the money, but contended that all funds were spent in fundraising efforts.

Two students credited with Slade's eventual downfall testified Aug. 30 in her criminal trial that she cared more about spending money on her home than security for the historically black university, according to the Houston Chronicle.

Justin R. Jordan and Oliver J. Brown said they worked for Slade's ouster by writing letters, which were distributed across campus. Together with William G. Hudson, the group known as the "TSU Three" sued the school in 2005 for retaliation for publicly criticizing the university administration.

The three, who were in

student government together, have been credited with bringing enough evidence to the Harris County District Attorney's office to secure two indictments against Slade for misapplication of fiduciary property, the Chronicle said.

> See **TEXAS**, Page 10



## New iPod Drops From the Apple Tree

BY SAKITA HOLLEY  
Deputy Life & Style Editor

On Monday Apple unveiled its newest creation, the iPod Touch. The Touch,

modeled after the iPhone comes with built-in Wi-Fi networking and a multi-touch user interface with up to 22 hours of audio playback. The Touch mecha-

nism makes it easy to locate your music, video and other media content with the flick of a finger. On the wide-screen display you can surf the Internet via Safari, watch

YouTube videos, purchase songs from the iTunes Wi-Fi Music Store and more. The iPod Touch is ready for pre-order and will begin shipping on September 28th. It

comes in 8GB and 16GB models for \$299 and \$399 respectively. On the 8GB model you can enjoy up to 1,750 songs, 10,000 photos and up to 10 hours of video.

On the 16GB model you get up to 3,500 songs, 20,000 photos and up to 20 hours of video.

> See **iPod**, Page 3



# Making Moves: Starlette Hines Shines as Drum Major

BY TEQUILA CHEATHAM  
Contributing Writer

It's been ages since the last time Howard University has had a female leading the band. This isn't because male drum majors are preferred, but there just hasn't been an interested female to meet the standards.

"It's been since 1983-1984 that we've had a female drum major," says Head Band director John E. Newson. "One tried out two years ago and didn't make it, she didn't fit the qualifications."

"At tryouts, we look for leadership because most events the band attends are directed by the drum majors," said Newton, who has taught the band for over three decades now.

"We need students that can handle the positions. We don't care about her being female. All she needs is showmanship," he said.

Starlette Hines is doing big things in life. This 18-year-old sophomore is not only interested in entertaining people but also in helping with health-related issues as a physician's assistant.

Hines was in the sixth grade when she first saw a band play in person. During that same time, she was introduced to what



Starlette Hines coaches, instructs and leads the Howard University Marching Band. She is the first female drum major at the university in over 20 years.

would be her best friend throughout her high school years—the trombone.

It's not easy being the first female drum major after a 22-year stretch. There's delegation to be done, deadlines to meet, routines to create, disciplinary acts to

be shown and standards to live up to.

"Sometimes she gives us push-ups, but she's a real cool person," says Tim Johnson, a freshman trombone player. "We have practice at 4:45 a.m., and she's always on time."

Despite her busy schedule training the band and being a student, Hines finds time for outside activities.

"I love to freestyle and make my own beats," says the Detroit native with a smile on her face. "I just love music. Any type

of music but I also play the guitar, the piano and love collecting gym shoes—that's probably why I don't have any money for school now."

She stands on the practice field with animal characteristics: observing and waiting to attack

any mistakes made by her band mates.

"I admire her endurance, her determination, her personality," says fellow drum major Terrence Ellis.

Although her friends may call her a band geek, being a drum major means more to her than just showing off her dance moves in front of the crowd. It gives her a chance to express herself, to show off her skills and to be a role model.

"I just want to contribute everything that I've learned onto my peers and those that are entering," Hines said. "You have to love what you do to be the best. When I'm performing on the field it means more to me than just that. I want people to feel my passion for music and be inspired by it."

Although the band is in need of new instruments and uniforms, Hines uses what she has to make the best of every practice and performance.

"I just wish Howard would support the band more," she said. "We're there to do our best to entertain. We're there to get people hype, but if we're not doing that, what are we here for?"

## Jena Rally Fills Cramton, Spills Outside

Continued from Page 1,  
JENA

Raychall Lawrence, a freshman business management major, says, "I heard about the story this summer, but I didn't really know the details until yesterday. I think the lack of media coverage just shows that many people don't think this is as important as it is; if this rally never happened, I still would be uninformed."

The Jena "6" Rally hosted several speakers who passionately told the Howard community how to become involved and stressed the importance of awareness.

Eugene Puryear, a senior history major involved with AnswerCoalition.Org, says, "We need to look at the issue as an issue of terrorism in the black community. On Sept. 20 there will be a lot of people in Jena, La. It is important to go and confront this manifestation of white supremacy."

Puryear encouraged Howard students to go to Jena, La. on Sept. 20 to protest the trial of Bell. He said, "We don't have to accept being passive, we must be willing to stand up. We have to be there!"

Peter Carr, president of the Howard chapter of the NAACP, also addressed the packed auditorium.

Carr says, "Remember that this is still a time when a whole city can be wiped out and forgotten. Remember this is still a time when Darfur can be forgotten. Remember this is still a time when six young black men can be wiped out for a school fight."

He continued to explain the efforts that Howard has raised \$20,000 to donate to legal defense of the Jena "6."

saying, "We are aiming to raise \$20,000 for the legal defense fund. Mychal Bell had a public defender for his first trial and hopefully with the help of Howard students, our donation will serve as a tangible impact to the trial."

William Roberts, HUSA vice president, said, "We want students to realize the potential that Howard has to be a great voice and let students know that

plained that HUSA is still in the process of working out the logistics behind scheduling a trip to rally and protest Bell's upcoming sentencing in Jena, La.

"I absolutely think this is bigger than Jena," Roberts said. "This incident speaks to the broad issue of the disadvantages that blacks still face nationally. Katrina blew up blacks in poverty and now Jena is blowing up the is-



The capacity crowd remained attentive throughout the rally in support of the Jena Six on Wednesday.

Marcus Ware, HUSA president, expressed his enthusiasm about supporting the cause,

they can stand for something and defend a cause."

Roberts and Ware ex-

sue of how blacks are still being treated in the South and throughout the nation."

## You Need to Know... Tamia McClain

BY REBECCA PETIT  
Contributing Writer

Tamia McClain holds two very important roles in Howard University's Student Association (HUSA). She serves as the School of Business executive president and also as the chairwoman of the HUSA policy board. Although McClain has such pivotal positions, she remains level-headed throughout her journey as a student leader.

When McClain first arrived at the Mecca as a freshman from Lansing, Mich., she knew that she wanted to be a part of Howard's legacy.

"When I first got here, I heard Byron Stewart (HUSA president, 2005-2006) speak at the pinning ceremony and I knew that I wanted to leave here better than how I found it," McClain says.

In his speech, McClain says that Stewart talked about the movie "The Last Dragon."

"He referenced the final fight between Leroy and Shonuff. It's been a couple of years now, and I don't remember the exact words anymore," she says.

However, McClain does remember the feeling of inspiration that she got after hearing Stewart speak. "I knew coming into Howard, that this experience would be what I made it and that I would have to look deep within me to stay focused and do what I came to do," she says.

Her freshman year, McClain served as the vice president of her class in the School of Business and her

sophomore year, she served as UGSA representative and the chairwoman of the General Assembly.

As a student leader, McClain's duty is to fulfill the needs of the student body.

"It's my job to help advocate the concerns of the students which I represent," she says. "I not only represent the students of the School of Business, but I also represent our entire student body as the chairwoman of the policy board."

McClain is excited for this semester and wants students to know that they can look forward to improvements. She says that the goal of the WakeUP administration is "to improve communication between faculty and students, to take a good look at our curriculum, reach out to underrepresented populations and ensure that our accreditation process goes smoothly."

When asked how she became the strong leader she is today, McClain accredited the amazing people that God has placed around her. She says, "I'm thankful for the true friends he has placed in my life, who continue to encourage me and lift me up." For any student wanting to become future student leaders, McClain says to get involved early and find someone whose position you would like to hold one day, "so you can tap into their knowledge."

McClain has a lot of plans for her future. She says, "As I begin to seek God and start living totally for him, he will direct my path and show me what I was meant to do."



Justin Knight, Asst. Photography Editor

## Officials Look at University Performance

Continued from STUDY,  
Page 1

a 15th group addresses research in particular. Taylor also used the meeting as an opportunity to introduce the leaders of each work group.

Each group is headed by a chairperson with some expertise in the field of the work group. Groups range among topics on university mission, student support services, leadership and governance, administration and faculty.

"We want to get a sense of what students think about technology, campus life, campus safety, on campus and off-campus housing—it helps to give us an idea of what students think so we have sort of a template for the

future of where we want to go," Taylor said.

Taylor emphasized full community involvement and transparency throughout the study process.

In a Hilltop interview over the summer, Taylor said that issues will be addressed as they are discovered. The purpose of the study is to conduct a thorough investigation of the status of the university and address any areas of improvement.

"In short, we must ask tough questions pertaining to what it means to be a premier, world class research university that, unlike any other in the United States, pays particular attention to the needs, aspirations, challenges and opportunities of African

Americans and other marginalized groups in the United States," Taylor said in his speech.

Community members can stay up to date with study happenings by visiting the study's Web site at [www.gsh.howard.edu/middle\\_states/default](http://www.gsh.howard.edu/middle_states/default).

The groups, made of students, faculty and administrators, will conduct research in many ways, one of which will be electronic surveying.

Taylor explained that Howard community members will receive surveys via e-mail, most likely, and respond to the questionnaires anonymously.

The study is taking place during a transitional period for the university with President H. Swygert retiring in the

spring. Taylor sees this transition as a possible advantage for the study.

"It's great to have Swygert here for the first part of the study and the new president for the second," Taylor said.

Swygert will be able to provide historical insight to the analysis process and the new president will have a fresh vision for the university.

Taylor said in his speech that under Swygert's leadership for the past 14 years, the university has positioned itself as a national research university and produced servants for America and the global community.

"The university is now well poised to reach even loftier goals," he said.

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## Terror Plot Foiled, Three Men Arrested in Connection

BY MATTHEW SCHOFIELD  
McClatchy Newspapers (MCT)

A potentially "massive" terrorist attack against U.S. installations in Germany linked to al-Qaida was doomed to fail from the day that anti-terrorism police broke into a rented garage in Germany's picturesque Black Forest and found barrels of bomb-making chemicals, police said Wednesday.

Police found the garage by tracking the movements of three men after one of them, a German national who'd converted to Islam, was spotted in December casing a U.S. military barracks at Hanau, in central Germany, they said.

Authorities suspected that this man, another German national who'd converted to Islam, and a Muslim Turkish resident were the core of the German cell of the Islamic Jihad Union, a terrorist group set up in Uzbekistan in Central Asia that has ties to al-Qaida and training camps in Pakistan.

Twelve blue barrels that police found in July contained a solution with 35 percent hydrogen peroxide—enough to make a bomb with the power of 1,200 pounds of TNT.

To avoid tipping off the suspects that they were under surveillance, police drained the barrels and replaced the contents with a 3 percent solution the same stuff found in first aid kits, essentially useless as a bomb component.

As police monitored their travels, the suspects moved one

of the barrels last Saturday from the forest hiding place to a tourist cabin in Medebach-Oberschledorn, a village of 900 in central Germany, and allegedly began constructing bombs with what they thought was an explosive chemical. This week, they learned why their experiments weren't going the way they'd anticipated, police said.

After a chance encounter with a traffic cop, they lost their nerve and decided to flee, police said. At 2:30 p.m. Tuesday, 600 anti-terrorism police moved in and arrested them, making them the latest in a long line of homegrown European terrorism suspects to be caught before they could act.

In Copenhagen on Wednesday, Danish police announced the arrests of nine people on charges of plotting terrorist attacks. Danish Police Intelligence officer Jakob Scharf said the nine "had international contacts, including leading members of al-Qaida."

Although the two cases don't appear to be directly linked, in both instances the alleged plotters are said to have connections to Osama bin Laden's organization.

U.S. officials described the attempted bombings in Germany as a significant plot.

The al-Qaida network is thought to have re-established a presence in recent months—including training camps—in northwest Pakistan along the border with Afghanistan.

U.S. officials also allege that the German plotters were

aligned with the Islamic Jihad Union. "There are connections" between al-Qaida and the Islamic Jihad Union, according to a senior U.S. intelligence official who requested anonymity because the issue is classified. The group, which splintered from the Islamic Movement of Uzbekistan, is on the State Department's list of foreign terrorist organizations.

In Berlin on Wednesday, Wolfgang Schauble, the German interior minister, warned of a new wave of "homegrown terrorism, not just here but across Europe."

"The fact that they had obtained military fuses tells us they were not semiprofessional, but fully trained terrorists."

The German suspects were identified only as Fritz G., 28, of Ulm; Daniel S., 22, of Saarbrücken; and Adem Y., 29, of the central German state of Hesse.

The Danish plotters weren't identified, beyond being grouped as both Danish nationals and immigrants, and being ages 18 to 33.

Federal Prosecutor General Monika Harms charged Wednesday that the suspects were the "core members" of the German cell of the Islamic Jihad Union.

"We watched them for months, and as a result thwarted a serious bombing attack," she said during what took of the tone of a celebratory news conference in Karlsruhe.

"We discovered and prevented what would have been



UI Desk - Abaca News (MCT)

one of the most damaging attacks ever in Germany," she added. This is a good day for German security, but it has also shown that Germany is a target, not just a resting and plotting place for terrorists.

The bomb materials were similar to those used in the July 7, 2005, attacks in London as well as the failed attacks on London and Glasgow this summer. Here, though, the plotters were using much more of them.

Police found what they called a wealth of bomb-making materials, information from computers and cash.

Rainer Griesbaum, the head of the federal prosecutor's anti-terrorism department, said authorities were still tracking down the group's financial back-



Federal policemen lead off a terror suspect (center) at the Federal Supreme Court in Karlsruhe, Germany. German and Danish police thwarted separate large-scale terror plots within 24 hours this week, both involving nationals who were in possession of bomb-making materials.

Said German terrorism expert Karl-Heinz Kamp of the Konrad Adenauer Foundation, a right-of-center research center in Berlin: "The appearance of homegrown terrorists—people who lived inconspicuous lives and grew into terrorists—represents a new stage for Germany. It is encouraging to see how vigilant our authorities are."

ing. All three suspects were unemployed and on state benefits. "They were full-time terror plotters," he said, adding that their potential targets included German sites associated with U.S. soldiers and citizens.

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**THE HILLTOP**



# Students Show Hometown Love at New Sports Bar

BY MICHAEL BENJAMIN II  
Contributing Writer

Sports fanatics and social butterflies can now lounge and enjoy great company over at Nellie's Sports Bar, a new bar/restaurant located in the historic U street corridor.

Nellie's, named in honor of owner Doug Schantz's great-great grandmother, is located in a two-story building on the corner of 9th and U St., complete with a rooftop balcony that is enjoyed by its patrons.

"This is a great spot, just a great environment," said Mark Benjamin, one of Nellie's regular patrons.

With ten big screen televisions elevated along an exposed brick wall, Nellie's gives its viewers a variety of athletic events to watch.

For championship games, the bar has a pull-down projector screen to appease their fan base. "I love watching the games here," Benjamin said.

Doug Schantz, owner of Nellie's Sports Bar, and his team have focused in on an antique environment, dispelling the average fan's idea of a sports bar.

The bathroom sinks are relics from Griffith Stadium, the home of the Homestead Grays, a Negro-league baseball team in D.C. Griffith Stadium, once located on Georgia Avenue and W Street, now serves as the foundation for the Howard University Hospital.

The customers order their meals from elevated tables while seated in old fashioned stools while light from 18th

century light fixtures from Penn Station in Baltimore stand tall along the soaring ceilings.

For private events, Nellie's offers an intimate pub room as well as an outdoor rooftop view of U Street.

"Nellie's Sports Bar is the premier local venue to catch the latest game, no matter what the sport," Schantz said in a press release.

"We care about our customer's viewing tastes. Our web site will allow sports fans to request their favorite sporting events and to reserve space on one of our many large plasma screen TVs."

[Nellie's] is a great spot to grab a drink, a bite to eat, and to socialize with friends even if you aren't into watching sports," he adds.

Nellie's has an expanding menu that caters to the appetite of any sports-snack guru. Boasting their "backdoor slider" mini-burgers, coconut shrimp, and some sensational "mozzarella spheres," Nellie's has a great menu that patrons are starting to get familiar with.

"An appetizer and a beer. That's what I usually order," Benjamin said.

Benjamin also mentioned that Nellie's hasn't totally set their menu in stone and is still adding different ideas and tastes to their menu. The customers, however, seem to be satisfied with the drinks offered.

"Drinks are pretty much at the standard price," observed David Black, another regular customer at the bar.



This new sports bar has given avid sports fans a place close to campus to show love for their hometown team.

Chanee Holmes - Staff Photographer

"I'm usually here for drinks," he said. Black also noted that Nellie's was still making some adjustments, especially since its inception as a new social spot on the U street scene. Yet Black still appreciates the local sports bar.

"Hey, you can never have

enough sports bars."

Arthur Surratt, an avid Chicago White Sox fan and junior marketing major from Chicago, is intrigued by the opportunity of a new hangout close to campus.

"I think Nellie's can be a great

place for Howard students to chill," he said.

"Students always need to hang out and watch games in a social atmosphere. This spot can really work out for Howard students."

## Dissatisfied Students Move Out of UTC

After a Year in the PG County Apartment, Students Move Closer to Main Campus

Continued from UTC, Page 1

liams said.

The increase in rent was also a deciding factor for senior fashion merchandise major, Toni Horne, who left UTC at the end of her year-long lease.

"My rent rose from \$805 to \$881 in addition to me paying \$50 for outside parking that was not guaranteed," Horne said.

While most students were drawn to UTC's new facilities, Horne found them to be overrated and faulty during her stay.

"The game room was nice," she said. "The pool was ok but small, the computer lab was inadequate for a student residence, having only three computers that worked and a broken printer. The only thing that was top of the line was the gym, and I barely used that."

In the beginning of August, Horne moved into an apartment in northeast Washington, which she describes as "wonderful."

Although the hype surrounding UTC slowly dies down, students like Kristen Price still choose the student housing complex as their place of residence throughout the year.

Price, a junior broadcast journalism major, simply did not feel like dealing with Howard's RSVP housing point system to secure on campus housing, so she chose to reside in UTC.

"It was just easier to just go and sign the lease forms and move in," said Price, who moved in last week, and feels that her apartment is nice, new and different compared to Howard dormitories. The price increase had no bearing on her decision to live in UTC.

"If you sit down and do the math, the price is just about the same as the Towers at HU," she said.

Junior economics major Kaidi McMillan also moved into UTC for the first time.

McMillan chose UTC because Howard did not grant him housing until the first day of classes on Aug. 27 and

by then he had already signed the lease forms.

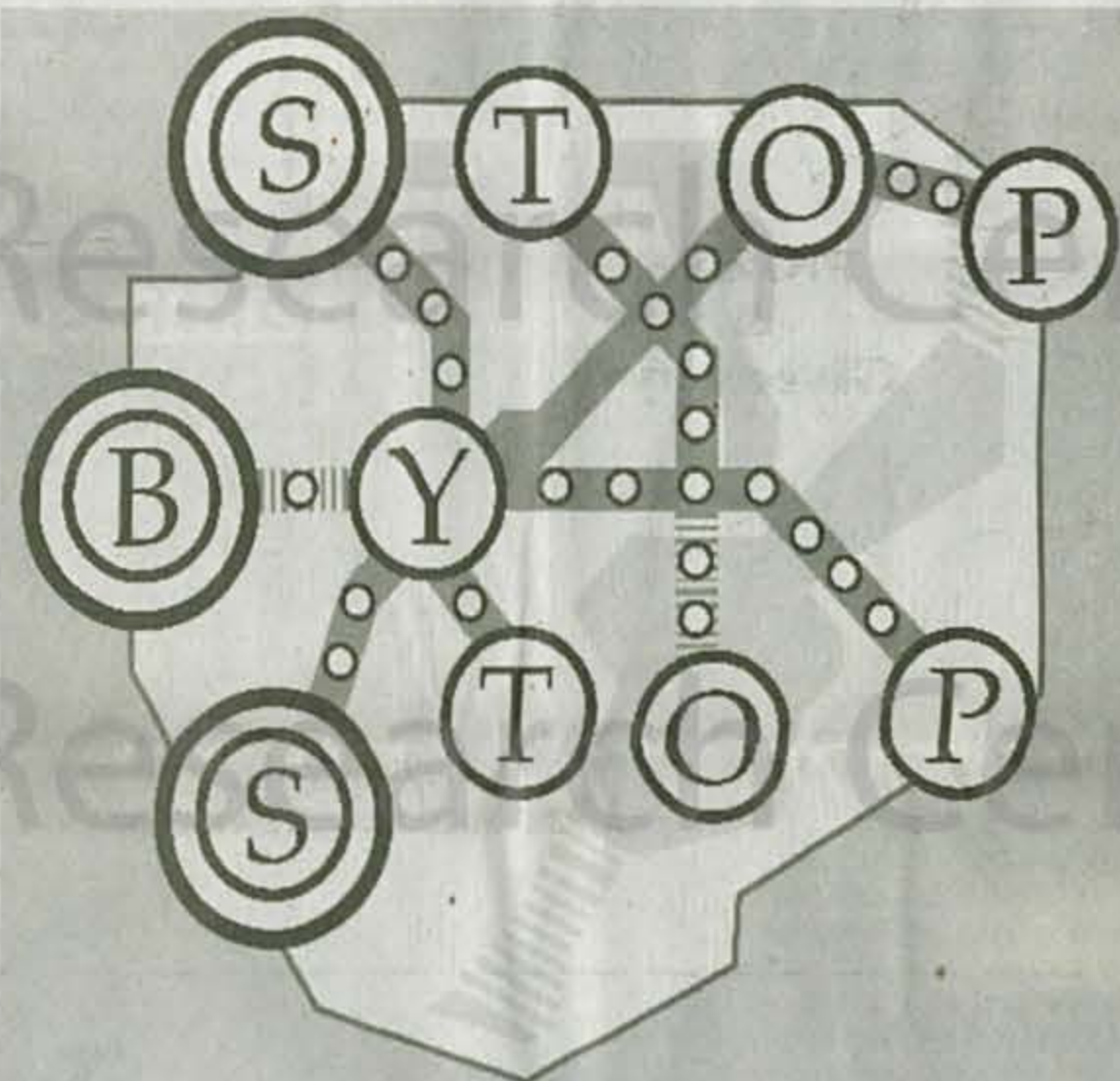
Luckily for McMillan, living in UTC has turned out to be a pretty good living arrangement.

"I have really good roommates," he said. "One is from the University of Maryland and the other two are from Howard. They are really cool and laid back."

"And the freedom is cool too. It's nice not having to deal with visitation and having your friends come when they want," he adds.

Although UTC has 24-hour visitation, Williams, a graduate student, admitted that he outgrew the dorm-like atmosphere and feels like the housing complex is more suitable for undergraduate students.

"You still have to go through the process of checking people in and I needed a greater sense of freedom," he said, "You have four people in one apartment and it gets too crowded after a while."



## Public Transportation Guide For Students to Navigate Around

BY JEROME LOYD  
Editorial Assistant

Have you ever stopped and took a moment to view the design of Washington D.C.'s Metro?

It looks like an ancient Roman coliseum with its huge cement blocks arced in a parabolic mount to form the ceiling.

Residents around the Washington region can truly appreciate the public transportation system because they can travel to just about anywhere in the district using the Metro and the Metrobus.

Today, there are more than 86 Metro stations that provide service over a 106.3 mile network; not to mention there are some 1500 metro buses that operate within 338 routes.

For those who are new to the area or are still in the process of mastering D.C. public transportation, here are a few things that might be helpful while you are traveling:

•Metro hours are as follows: On weekdays it opens at 5 a.m., on weekends 7 a.m. It closes at midnight on Sunday-Thursday and at 3 a.m. on Friday and Saturday.

•Metrobus running times vary depending on what route you're travelling.

If you're looking to get directions to a specific destination or just general information about the Washington Metropolitan Area Transit Authority (WMATA), log on to [www.wmata.com](http://www.wmata.com) or call 202-637-7000.

Another Web site that offers destination tips is [www.hopstop.com](http://www.hopstop.com), which also offers a 360° view of your destination spot.

Hop Stop is a Web site similar to the Metro's [wmata.com](http://wmata.com), which gives navigational directions and destinations when traveling on public transportation.

The Web site is growing in popularity and was actually launched by a black man, Chinedu Echeruo, in New York.

•To make it more convenient for traveler's, WMATA offers a rechargeable SmarTrip card which costs \$5 and can be purchased at the Metro Center station on the red line.

The SmarTrip card can hold up to \$300 in value on the metro, metrobus, and Metro parking services.

More helpful information about Metro for students living on or near campus:

•The Shaw/Howard University metro station is a few hundred feet from campus and there is a campus shuttle that will pick students up and drop them off at the station.

•Another metro stop near Howard's campus is the U Street/ Cardozo stop. This stop is closer to campus for students that reside in the Howard Plaza Towers.

•The Metro is one of the cleanest and easiest train systems to follow and it runs throughout the majority of the Washington metropolitan area.

Sophomore Qyana Agina feels that "the Metro is convenient because she doesn't have to rely on a car and soaring gas prices."

The Metrobus is a different story, according to junior Courtney Robinson, who feels that "the disadvantage of the bus is its non-cleanliness."

Food and drinks on the Metro and the Metrobus are prohibited. If caught, offenders will have to pay a penalty and repeat offenders could possibly be arrested.

Sergeant Brad Hannah of the WMATA police explains that "the WMATA police and their enforcement capabilities help keep the Metro clean."

Have fun riding!

## WEEKEND FESTIVALS NEARBY

### Adams Morgan Day Festival

Date and Time: Sunday Sept. 9, 2007; noon to 7 p.m.

Come out to D.C.'s most diverse neighborhoods and take part in its 29th annual celebration. The festival has something for everyone to enjoy! The day will be filled with live cultural performances, specialty vendors, arts and crafts and dancing. The festival will be located on 18th St. NW, between Florida Avenue and Columbia Road in Washington, DC. For more information go to <http://adamsmorgandayfestival.com>.

### Black Family Reunion Celebration

National Council of Negro Women's 22nd Annual Black Family Reunion Celebration  
Date and Time: Saturday, Sept. 8 to Sunday, Sept. 9th 6-8 p.m.

The Black Family Reunion is a two-day cultural event that celebrates the strengths of African American Families. This year's R&B concert features En Vogue and Trey Songz, who will perform on the National Mall on Saturday. Performers for the Gospel concert on the National Mall include Byron Cage, Myron Butler and Levi and Darlene McCoy. For more information call: (202)-383-9114.

### Black Luv Festival

The National Black Luv Festival Celebrates 10 years  
Date and Time: Sunday, Sept. 16, 12-7 p.m.  
Location: 4th and Penn Ave., N.W.

Ten years ago, artists in the historic U Street corridor founded The Black Luv (love, unity and vision) Festival, which celebrates social change. This free event is committed to mobilizing enlightenment in the nation's capital through cultural art.

For more information go to [www.blackluffest.info](http://www.blackluffest.info).

Black Luv discussion panel: On Monday, Sept. 17, The National Black Luv Festival and the University of the District of Columbia present, "Where is the black l.u.v. with black girls?" @ 2 p.m. at UDC. Author, Sista Souja will be the keynote speaker. For more information e-mail [emoni@blackluffest.info](mailto:emoni@blackluffest.info).

Compiled by Rachel Huggins,  
Metro Editor



# ADVERTISEMENT | 5

Wear your  
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Meet  
Lady Blue &  
Big Blue

## *The Office of Student Activities Presents*

### ***Bison Spirit Day 2007***

BISON SPIRIT  
BANNER &  
SIGN  
COMPETITION

***Friday, September 7, 2007***

***5:00 PM***

***Blackburn Center Terrace***

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FACULTY  
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DECORATING  
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## ***PAINT THE TOWN BLUE***

PRIZES  
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For more information, please contact the Office of Student Activities  
202.806.7000

## **Announcement**

All Campus Organizations have until

**Friday, September 13<sup>th</sup>, 2007**

to complete the process for recognition. The following items are  
needed for recognition:

**Census Form**

**Typed membership roster**

**Average G.P.A. of the entire membership**

**Please bring these items with you to the Office of Student Activities,  
Blackburn Center, Suite 117 by**

**4:00 p.m. on September 13<sup>th</sup>, 2007.**

**Registration for organizations that missed the deadline date will  
begin January 7, 2008 through January 20, 2008.**

**Feel free to call 202-806-7000 or stop by the office should you have any  
questions.**



**HOWARD vs HAMPTON**

FOOTBALL GAME

**Saturday, September 8, 2007**

**Greene Stadium**

**Football Ticket Distribution**

**Wednesday & Thursday, September 5th & 6, 2007**

**Lower Level, Cramton Auditorium**

**Time: 10:00 am to 3:00 pm**

**Read the  
HILLTOP ONLINE**

**[www.Thehilltoponline.com](http://www.Thehilltoponline.com)**



## Buried N-Word Haunts Black Community

BY MICHAEL TOMLIN  
Contributing Writer

The "N-word" has been a part of the American vocabulary for generations, but many people in society are working to rid its usage. Initially introduced at the beginning of February, the New York City Council approved a resolution to ban the "N-word."

Unanimously approved in a 49-0 vote, the resolution called for New Yorkers to voluntarily stop using the word. Unlike Brazoria, Texas Mayor Ken Corley's unsuccessful proposal of a city ordinance to fine \$500 to anyone who used the "N-word," this New York resolution serves only as motivation for people to willingly refrain from using the word—no threat involved.

New York City Councilman Leroy Comrie kicked off Black History Month by introducing the resolution to

the city council.

"It's an effort to get people to voluntarily get people to stop using the word," Comrie said, summarizing the purpose of this resolution. "It's time to speak on it." Comrie currently represents District 27 of New York City, comprised of Cambria Hights, Jamaica, Hollis, Rosedale, and other neighborhoods in the borough of Queens.

New York City Hall was crowded with supporters of the resolution on Wednesday, shouting "forwards, never backwards!" and wearing pins of the letter "N" in white print with a red slash over it.

"I wanted to also take this opportunity to join with my colleagues in government...to speak in one voice that enough is enough," Comrie said in a press release. "It is time for youth across our nation to be educated about the terrible history of this word and begin the

work of making it socially unacceptable for the N-word to be used."

This topic of discussion has been gaining popularity; especially after comedian Michael Richards took the liberty of publicly using the "N-word" at the Laugh Factory in November. Comedian



John T. Grelick - The Detroit News  
NAACP member Colleen Newkirk of Duplin County, N.C., protests the N-Word.

Paul Mooney, who performed a segment during the 2005 BET Awards called the "Nigga Wake Up Award," announced in late 2006 that he would stop using the "N-word" and encouraged others to follow his lead.

"People are using it out of context," said Comrie, who has been receiving positive feedback from various races and demographics. "It has moved beyond blacks using the word."

The councilman further explained that those in support of this effort are knowledgeable and aware of themselves, their history and the struggles of the Civil Rights Movement. Along with Mooney, Comrie said that the Laugh Factory, churches and civic groups, Dr. Dre and Bill Cosby have been lending their support to the resolution and the national effort to stop using the word.

Some argue that the usage of the "N-word" does not put anyone down,

but rather serves as a term of endearment. Younger people say that "Nigga" does not mean "Nigger" and should not be what politicians are focusing their energies on.

In response to the compilation of arguments, Comrie said that there is no way for people to reinvent a word and give it new meaning. "The word cannot be reformed."

Nigger is defined as "a disparaging term for a black person," or "for a member of any socially, economically or politically deprived group of people." Comrie argues that this definition will not change regardless of what context people decide to use it in.

"There are other ways of showing affection." To the Howard community he says that when using the word, "people understand that you're not self-aware and are susceptible to trends and fads."

## Overweight Population Increases, Solutions Abound

BY KYLA GRANT  
Contributing Writer

Over the past 10 years the world has seen the obesity rate among Americans take leaps and bounds in the wrong direction.

The Center for Disease Control (CDC) recently reported that 58 million Americans are overweight, 40 million Americans are obese and three million Americans are morbidly obese.

Karla Adams, owner of the Simply Fit Fitness Studio in Northwest D.C., said nutrition is 75 percent of the battle against obesity. She credits the obesity on Howard's campus to the availability and affordability of fast-food in the area.

From the McDonald's on Georgia Avenue, to various hot dog stands on campus, Adams said it's easy to make bad food choices because they are readily available to students. This problem is all too common on college campuses and communities nationwide.

More and more Americans are taking notice of the obesity epidemic in our society. Different social groups, including the media, are making efforts to decrease the prevalence of obesity in communities on a national scale. An increasing number of

celebrities are jumping onboard the "healthy train" by using the entertainment industry as an outlet for promoting health awareness.

Broadcasting networks nationwide are using reality television to encourage living a healthy lifestyle. NBC's "The Biggest Loser" challenges people who struggle with obesity to overcome the plague by racing to the finish line of weight loss.

Celebrities like Shaquille O'Neal of the NBA's Miami Heat are banning together to promote healthy living. O'Neal's new reality television show, "Shaq's Big Challenge," targets adolescents who are struggling with obesity.

The show follows O'Neal as he attempts to help six overweight middle school students conquer their individual struggles with obesity. The focus of O'Neal's "Big Challenge" is to bring these dangerously overweight kids back from obesity within six months.

VH1's "Celebrity Fit Club" sheds light into the lives of eight overweight celebrities as they strive to lose weight for a cash prize which is later donated to charity.

Each celebrity contestant is monitored by a professional physical trainer, a psychologist and a nutritionist in order to ensure that their weight loss

"boot camp" is not taking a toll on them for the worst. The celebrities air their "dirty laundry" and show their personal weight struggles in hopes of inspiring viewers nationwide to change their lifestyles.

Dr. Ian Smith, nutritionist of "Celebrity Fit Club," has issued the 50 Million Pound Challenge targeting African Americans to become more conscious of the weight epidemic and to improve their overall health.

When asked about the celebrity weight loss trend, Ron Love, a World Body Building Champion, said, "The Celebrity Fit Club" is good for the celebrity fit-clubbers. "The Biggest Loser" helps those participants become just that—big losers."

Americans are forced to eat on the go, replacing three square meals with unhealthy alternatives.

But it is not solely about shedding the pounds. Maintaining weight-loss better predicts the accuracy of the margin of success.

Love offered four tips to maintain a healthy lifestyle on campus: Eat properly (four to six well-balanced meals per day), watch carbohydrate intake, stay away from man-made snacks and processed food and exercise three to five days a week.



Jessica DeTiege-Staff Photographer  
Fast-paced lifestyles contribute to the increase in obesity. Celebrities and experts are working for change.

## African-American Female Marriage Rate Falls Drastically

BY KENDRA DESROSIERS  
Contributing Writer

Black women in America are not getting married. According to the U.S. Census, the black female marriage rate has been on the decline since the early seventies.

The decreasing marriage rate has put the state of the black family in danger, and the future of black youth is unpromising. The most referenced causes of this trend are the gender gap, the growing number of black career women and the increasing tolerance for non-traditional family structures in America.

For many collegiate black women, the student body gender ratio does not work in their favor. The scarcity of like-minded black men has often been attributed to the increasing desire for black women to stay single longer.

According to the U.S. Department of Commerce, the percentage of black women who choose to stay single through their thirties has significantly increased—more than that of any other race over the past three decades.

"It starts in college because, first of all, there's a lot more women than men that are actually attending colleges," said junior psychology major Ameena Sweeting. "So, obviously the imbalance of women to men makes it hard for the educated black woman to find a man who is comfortable with her being so educated."

While gender gaps have provided a hurdle for young black women looking for prospective mates, some feel that it is possible to juggle a developing career and a personal life.

"I think people can make room in their lives for everything if they want to," said Dr. Astrid Desrosiers, the clinical director at Mass General Hospital. "They've been able to manage all those things together and it's feasible."

Others believe that the problem starts earlier in life.

"In general, there's more women in college, so if they're

looking where they are, the pool is tighter to find someone for some people [the problem starts in college]," said Yanick Rice Lamb, Howard University journalism professor and former editor of "Essence" and "Heart & Soul" magazines.

"It does start there but I think it starts even earlier because I talk to students now, some of them have never really had a relationship of any sort even in high school."

Sophomore print journalism major Stephanie Rivas adds another perspective to this epidemic. "I think it starts at home. There's a lot more divorce rates in African-American families than there are in Hispanic," she said. Rivas is of Dominican descent and said that the norm is for both a man and a woman to be in the home.

"In African-American families it's usually the single mom doing what she has to do, being consistently independent to support her kids," said Rivas. "The child grows up with that, then that's the idea that they follow for the rest of their life."

The Child Trends Databank (CTD) reported that 65 percent of black children are born into single parent homes, the majority of which the parent is female, compared to 34 percent of Hispanics.

This data has led many to believe that the increasing number of single black female parents is due to the troubling domino-effect and the black community's tolerance of non-traditional homes, which has created a sense of hopelessness for black communities.

"We should always have hope," said Desrosiers. "I think a good percentage [of Black men] are in jail, most of them don't have a good job so they really don't have the means to make a commitment to get married."

While the 5 percent of black, single-parent homes reported by CTD to be run by men have led many to believe that black fathers lack a sense of responsibility towards their

children, others believe that the issue is all part of an increasing sense of tolerance for non-traditional families in American society.

"I just think, as a whole, there's a lot of changes in society and culture that are not conducive to supporting relationships and supporting marriage as well too," said Lamb. "Even like people talking about 'hooking up' rather than having a real relationship."

The CTD also said that the decrease in dating habits occurs after the eighth grade across all races and the percentage of high school aged students who choose to never date has increased over the past 15 years to 37 percent and has especially been reported among female and black students.

If not properly addressed, the issue of declining marriage rates among black women the black woman could prove to be detrimental to the black community.



File Photo  
These days, more black women are career-minded and professional. Marriage has taken the back burner as these women shift their foci.

BY JAMISHA PURDY  
Contributing Writer

A recent U.S. Census Bureau report showed that 70 percent of African-American women are not married.

Recently featured on the Oprah Winfrey Show, and in Jet magazine, the statistic has grasped the attention of men and women across the nation.

Mitchell Crutcher, pastor and marriage counselor in Fort Lauderdale, Fla., said that black women might not be getting married because of the advancements in society such as sperm banks.

"Society has empowered the black woman," said Crutcher. "They can do it all and they can do it without having a man."

Crutcher, who has been married for 22 years, said that the standards of marriage have changed and the traditional family lifestyle is "under attack."

"With the changes in the society, marriage is no longer valued as a means to have a completeness," he said. "The introduction of alternative lifestyles has put a strain on the traditional marriage."

In short, "the morality of the country is shifting," Crutcher said.

College men have a variety of perspectives about why black women can't seem to find their spouses.

Senior marketing major, Damil Shafi, said that some women might desire a sense of autonomy.

"Black women want to be independent," Shafi said.

Daniel Alston, a junior audio production major, accredits this "astonishing" statistic to the ever-changing roles of women in society.

In 2006, census data showed that nearly 62 percent of black women participated in the labor force, an 18.1 percent increase from 1996.

"A lot of black women are into their career and really don't have time for children or to get married," Alston said.

The Joint Center for Political and Economic Studies (JCPES) reported that overall, American women have opted to have a career before pursuing marriage.

"American women on the whole are likely to delay marriage and childbirth to attend college and establish careers," stated the center's online report.

Couples therapist, Audrey Chapman thinks otherwise. Chapman said that black women desire complete lives, which includes a husband.

"Black women want it all," Chapman said. "White women have careers and get married and so can [blacks]. [Black women] want the family, the career, the children and the husband...we want it all."

Chapman is the author of "Getting Good Loving: Seven Ways to Find Love and Make it Last, A Guide to African-

American Relationships."

She said that a probable cause of this statistic could be the fact that some African-American women only date black men.

"Overall, [black women] are the only group of minority women that won't date out of their race," she said. "So everyone is scrambling for the same small group of men."

Chapman, a former counselor at Howard University, pointed out that there are a high percentage of black men that aren't married.

Census data proved that 47.1 percent of black men have never been married.

"...Black men are not married and apparently don't plan to get married," she said. "And that's part of the problem."

According to JCPES, there has been a substantial decline in marriages not only within the African-American community, but for white women as well.

More prevalent among blacks, the study also showed that the percentage of black married women declined by nearly half between 1950 and 2000.

Alston, who never expects to get married, said that despite the pervasive stereotype of the "angry black woman, she will always have her place in a black man's life."

"Black women tend to be a foundation for African-American men," said Alston.

"They seem to be our motivation at times to do better," he continued.

The question remains: will the percentage of unmarried black women continue to increase?

The census data showed no projected marriage rate for the future.

Further research into census data finding showed that 9.5 percent of black women are widowed, 12.9 percent are divorced, 5.4 percent are separated and 43.3 percent have never been married.



# Students Find It Hard To Live "Green"



Popular grocery outlet Whole Foods promotes using tote bags instead of plastic at all of their locations.

BY KENDRA DESROSIERS  
Contributing Writer

In the annual People's Priorities: The Top 10 Gallup Poll, Americans listed the environment as the 10th most important priority. In addition, the environment and sustainability lie at the forefront of most news coverage today. But where did this environment-friendly craze come from?

The marketing term "green consumerism" first emerged in the 1980s when companies began showing concern for the environment by making eco-friendly adjustments to production. While green consumerism appeared decades ago, it was not until recently that the trend started to have a major impact on mainstream society.

While companies like Whole Foods have become celebrated for their variety of organic foods and canvas grocery totes, the products green companies produce have had less of an impact on helping the environment than the awareness they promote.

The Organic Trade Association says there were \$85 million in organic fiber sales in 2004. However, according to North Carolina A&T University professor William A. Amponsah, the apparel industry is worth roughly \$58 billion, making organic fibers a mere 0.05 percent of total sales, which does not make a significant impact on the market.

"It [creates] a broader perception of concern," Howard economics department Chair Dr. William Spriggs said. "I think it works in this case always because there's a broader context of awareness about the environment."

Spriggs believes it is imperative to raise awareness about

protecting the environment.

"Besides, individual consumer boycotts deem that certain things tend not [to] work," he said.

New York Fashion Week is one of the most highly regarded events in fashion, attracting the finest designers from across the globe. Fashion week took a green twist in 2005, including a show devoted entirely to environmentally friendly pieces.

Earth Pledge and Barney's collaborated to produce FutureFashion, which featured renewable, reusable bamboo and organic fiber pieces by 28 top designers. The FutureFashion advisory board was chaired by Oscar De La Renta, whose designs were also included in the show. The show received rave reviews, inspiring additional designers to take the green challenge and promote awareness and sustainability in the fashion world.

Generally, Howard students are elated with the growing green trend. However, when asked about their own solutions to environmental issues, their enthusiasm diminishes.

Junior psychology major Ameena Sweeting said, "At home I recycle, but there's no recycling here, so [I am doing] apparently nothing [to help the environment]."

"There are no recycle bins," Sweeting said. "Like last year at the Annex, they had a certain area, but we couldn't use it so it was like 'what's the point?' I guess if stuff was more accessible, then [it would be] easier to contribute."

With all the reusable and renewable waste being produced by Howard students and faculty, a campus-wide recycling program could lessen their impact on the environment and perhaps inspire other universities to follow suit.

While accessibility has

served as a deterrent for Sweeting, freshman political science major Georgina Capetillo says she cares about the environment but believes "going green" is taxing to a student's budget and schedule.

"It's inconvenient—the lack of money, the lack of time and the lack of really wanting to do it," Capetillo said.

There are not many places on campus that offer recycling bins or other eco-friendly services.

"If someone cared enough, they'd definitely make the time and spend the money to do it," she added. "It's not that hard. I know that a lot of my friends and a lot of people in general care about the environment. [They] are just being lazy."

On the contrary, most students believe acting on environmental issues on campus is all a matter of promoting awareness and educating students.

"We're not being informed about the immediate effect it has on us," sophomore print journalism major Stephanie Rivas said. "Like hair products contributing to the [deteriorating] ozone layer."

Students are more concerned about other life-threatening issues than those related to protecting the environment.

"These days, people are being educated about epidemics such as AIDS and other health issues," Rivas said. "But people don't understand that what's happening to the environment are man-made epidemics as well. No one's really paying attention, and it's not being enforced by the schools, so I think that's why people don't care."

Spriggs says it is up to students nationwide to come together and demand change to prevent the consequences of global warming.

## SIDE HUSTLES

### Exposed: Photography

BY KENDRA DESROSIERS  
Contributing Writer

In today's growing technology industry, everyone from soccer moms to students has at least a camera phone to document Kodak moments. For those who are more artistically inclined, taking photographs can garner quite a bit of pocket money.

More and more, students are finding opportunities to earn cash for their after school hobby, and the more ambitious have even started successful businesses.

Former photojournalist for *The Washington Post* Craig Herndon says there are plenty of ways to earn spending money for your craft.

"Freelancing—a number of things are possible if you feel like you got some skills," Herndon said. "There's fashion photography and *The Hilltop* pays [staff photographers] for photographs. If student photographers come upon a real news story wherever they are, they keep a camera with them and take the pictures and give somebody like *The Washington Post* or *Washington Times* the news picture and they can come up with something."

Photography is among many of the popular interests of the average Howard student. However, if students want to begin making money, they must first master their craft before hitting the pavement.

"You have to change it [from] a hobby to something that you're really good at," freelance photographer and sophomore economics major Ismael Ahmad said. "I took classes, I read up and I wanted to be good enough where I could provide good service actually worth someone paying for. You can only be so good at a hobby, then you got to change that hobby into a job thing."

For people like Howard alumnus Micheal Adedokun, who has chosen to start a full service photography business, perfecting their craft is only half the battle. Skill alone will not drive customers to your business—marketing and customer service

go hand and hand with a high-quality portfolio.

"I took it a step further and learned how to perfect the business side of it," said Adedokun, the CEO of On Da Grind. "That way I could be able to step out on my own and be very successful in business at doing what I do while also delivering a service and product which is highly competitive not only by the quality of the work, but also by the level of customer satisfaction which I am able to maintain."

The Entrepreneurial Leadership Institute (ELI) was specifically designed for students in each of Howard's colleges and schools looking to start their own businesses.

Senior photography major Sabrina Little of Sabrina Little Photography said, "One course I would recommend for anyone interested in creating a business is Entrepreneurship in the Entertainment Industry with professor Mercer. The class helped tremendously in streamlining my vision into a lucrative business. I would also recommend being persistent, steadfast and determined. It takes a lot of sacrifice to create a business, so make sure it's definitely a passion."

As with any business, a lot of research and hard work is required to guarantee success. This can often mean working for free simply to gain experience. In accordance with the Howard fashion of networking, junior psychology major and CEO of Kimbo Images Kimery Williams stressed that one should always be prepared for unexpected opportunities.

"Always remain patient and keep a [business] card on them at all times," Williams said. "You never know who you might meet, especially in D.C. With a business card, you not only look professional, but it also provides a very convenient way to pass your contact information to a future client or business partner."

Side hustles have become a staple in life at Howard and are a preference for most students on a budget, so it's only a matter of time before you transition your longtime hobby into a campus cash cow.

### Campus Photogs



Photo Courtesy of Sabrina Little

Sabrina Little

Sabrina Little Photography  
s\_little2007@yahoo.com



Photo Courtesy of Kimery Williams

Kimery Williams

Kimbo Images  
kimbo3000@msn.com

# College Students Late Night Creepin' — To The Fridge

BY SIMONE PRINGLE  
Staff Writer

As the new school year begins, students are beginning to feel the weight of schoolwork pressing on their schedules. Many students feel the need to cope with the load by frequently having all-night study sessions throughout the year to handle the various projects and term papers that come with being a college student.

According to a press release by the American Academy of Sleep Medicine, "most adults need seven to eight hours of sleep each night to feel alert and well-rested."

Nutrition experts say that along with a good night's sleep, a student's eating habits are important to their academic success.

Often, students do not take into account what they consume when pulling all-night study sessions or participating in group projects late at night.

Sophomore theatre arts administration major Anthony McDonald said his lifestyle and activities demand that he choose healthy snacks.

McDonald said, "I definitely

watch what I eat. Being that I'm an athlete, it's essential to only put healthy things in my body. I try to watch what I eat all day but unfortunately, I feel sometimes you can't avoid it because we don't have many healthy options to pick from. We can't eat salad every day of our lives."

Sophomore public relations major Eden Godbee admits there is temptation to eat junk food late at night.

"I definitely am guilty of ordering carryout at like 2 a.m.," he said. "It's hard to stay on a regular healthy diet. I have to stay extra disciplined."

Richard Atkinson, M.D., the director of the Obetech Obesity Research Center in Richmond, Va., said, "If you're eating very healthy during the day, then a vending machine snack isn't horrible. But if you're not eating properly during the day, then the protein bars you can buy in health food and whole food stores that don't have a lot of sugar are usually pretty good for you."

He continued, "Beef jerky is usually pretty high in fat, but there are kinds that are lower in fat and make decent snacks. Milk is a wonderful drinking choice. Fruit is always a good choice. Apples and bananas are healthy, easy to



Samara Pearson - Staff Photographer

Students like junior business major Yasmine Hill often find themselves with few healthy eating choices during late night study sessions, due to a lack of options.

carry choices."

McDonald said, "Usually if I eat at night, I will eat some yogurt or just drink a Capri Sun."

While many students prefer the

popular energy drinks many drink companies produce, Atkinson said these beverages are not as good for students as they appear to be.

"[Ginseng enhanced] drinks like

Pepsi Max and others like it are products of media hype," he said. "They're pretty much pure sugar and caffeine. Coffee is a better alternative to drinks like Pepsi Max because there's not as much sugar. A can of Pepsi has about six or seven teaspoons of sugar, but it's hard to imagine drinking a cup of coffee with six or seven teaspoons of sugar in it. Coffee is often cheaper to buy, and it'll give you the caffeine you need without the sugar rush."

While many students opt not to eat late at all, Atkinson said the jury is still out on whether the time of day calories are consumed really matters.

"More research needs to be done in that area, but generally speaking, it really doesn't matter [what time of day] you eat, although there's a continuing belief that calories eaten at night leads to problems," he said. "If you're prone to sleeping problems like sleep apnea, then yes, eating right before bed or late at night is not a good idea. Also, students who are obese need to watch what they're eating, especially late at night."

Atkinson did have some advice for students who are night owls. "When it comes down to it, moderation is the key," he said.





# Virginia, the Land of No Opportunity For Immigrants

The American dream is something immigrants, both legal and illegal, find themselves striving for once they arrive in this country. Unfortunately, the dream is out of reach because of low wages and the ever-present threat of deportation to their home countries.

A way out of opportunity is education, but if Virginia Republicans have their way even that will be out of reach for immigrant students.

Recently, Virginia Republicans have sought to pass legislation barring public universities in the commonwealth from admitting any student with status as an illegal immigrant.

Republican leaders argue that illegal immigrants take admission slots away from legal Virginians. In *The Washington Post*, James O'Brien, Jr., R-Va., asked, "If a legal Virginia resident is applying to schools, should they be admitted? Or should that slot be set aside for someone who has arrived here illegally?"

According to *The Washington Post*, O'Brien could not produce any evidence that illegal immigrants were being admitted to public universities in the first place, so how could he even assume that slots are being "set aside" especially for immigrant students?

If a student was brought to America and had no choice of where they grew up but proved to be more educationally qualified to be admitted to a college, why shouldn't they be? If the student

worked hard enough to make it through the educational system and was showing promise to contribute to society as an educated citizen, why shouldn't they be admitted?

American society constantly categorizes immigrants as lazy and uneducated, despite the fact that many work harder than some Americans.

Immigrant students of Virginia are looking for the chance to defeat the stigma attached to being a child of an immigrant, but if the legislation is passed, the

A bill has already been approved to cut finances for any immigrant assistance fund in Virginia. If the students aren't legal citizens, chances are they aren't receiving any federal financial aid to offset their higher education costs in the first place. Parents willing to pay out of pocket for their child to be educated and have a better life than they had at least deserve that opportunity.

Our society exploits immigrant labor and almost always leaves them holding the bag because illegal immigrants have little protection in America, regardless of their contributions to the economy.

Life as a first-generation immigrant is hard enough. The government of Virginia shouldn't seek to punish the children of immigrants by denying them access to higher education and opportunities for success.

Public universities are usually known for denying admittance on the basis of educational qualification and potential output per student.

If college admissions are as subjective as that, legislation against immigrant students is unnecessary if they prove to be qualified students.

Any immigrant student hoping to attend a public university in Virginia should not be penalized for their parents' decision to emigrate to America. The reputation of America as the land of opportunity is a lie if any politi-

## Our View:

*The government should not try to retroactively punish the children of immigrants.*

students will have no choice but to be uneducated because the Virginia commonwealth won't allow them to be.

This legislation would force the children of immigrants into remaining disadvantaged and uneducated, perpetuating the cycle of the "lazy immigrant."

It is unfair to punish anyone looking for education because of the decisions made by their parents.

Can Republican leaders of Virginia even estimate how many immigrant students had any influence in their parents' decision to come to America? Probably not.

# Daily Sudoku

Directions:  
Each row, each column and each 3x3 box must contain each and every digit 1-9 exactly once.

		4		7			8	
			1			2		6
	3							
	4	2	3					9
8				9				5
9					8	7	2	
							4	
6		9			2			
	7			8		5		

Do you want to write for The Hilltop?  
Come to our budget meeting  
MONDAY @ 7P.M.  
WEST TOWERS (PLAZA LEVEL)

# THE HILLTOP

"The Nation's Only Black Daily Collegiate Newspaper"

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2251 Sherman Avenue NW  
Washington, DC 20001  
(202) 806-4724 (Editorial)  
(202) 806-4749 (Business)  
[hilltopbusiness@gmail.com](mailto:hilltopbusiness@gmail.com)

Now in its 84th year, *The Hilltop* is published Monday through Friday by Howard University students. With a readership of more than 7,000, *The Hilltop* is the largest black collegiate newspaper in the nation.

The opinions expressed on the Editorial & Perspectives page are the views of the *The Hilltop* Editorial Board and those of the authors and do not necessarily represent Howard University or its administration.

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# Football Team's Buzz Diverts Attention From Scandal

Continued from TEXAS, Page 1

The trial has left many students divided on their feelings about Slade, but on the first day of classes, the buzz around campus was more about the upcoming annual showdown between rivals Prairie View A&M University and the Texas Southern Tigers. The Tigers lost the Sept. 1 contest 34-14.

The bulky white buildings that enclose the students on

campus seem to keep them away from the media, which is a good thing, Harvey said.

"Unfortunately, Dr. Slade is no longer with us," Harvey said. "But what's most important is that as students we're really focused on the main goal, which is matriculation."

He added, "We don't let what's going on with the trial deter our study habits."

A portion of the Texas Southern population believes there is a concerted effort by the

Texas Legislature to eliminate the school, one of two historically black colleges in the Houston area and one of a handful in Texas.

Floyd McAdams, a 23-year-old communications senior, said he and others think the lawmakers are trying to combine the school with the neighboring University of Houston, as with efforts to roll Prairie View A&M University into Texas A&M in College Station.

"Of course people say

that she [expletive] us over, but you have to take the bitter with the sweet," McAdams said. "The real problem is that you have higher-ups who see this as a perfect opportunity to get rid of us."

McAdams continued, "We had a line wrapped around the corner on our honors day after the Slade incident happened, but the media was nowhere to be seen. But here we are on the first day of school, and they're looking to see if we're falling apart."

Regardless, the dawn

of the semester is usually an exciting time for college students, and Texas Southern is no different, said Onelia Flores, a 26-year-old freshman.

Flores, like many freshmen interviewed, was not aware of the trial and its impact on Texas Southern. What she did notice was a more international face to the campus, a recent development due to the marketing campaigns of many historically black colleges.

Harvey acknowledged

that from a student's perspective, there is still work to be done by the administrators and students to bring the university back to where it was before the Slade scandal.

"We're still in a transition period," Harvey said. "It's like our house has been remodeled and now we're putting the furniture back in."

He added, "We're focused on progress, not regress."

Administrators could not be reached for comment.

## Freshman Transition Profile: Rodino Wright

Jamaican-born midfielder adapts to more competitive soccer climate

BY Z'KERA SIMS  
Staff Writer

Stepping onto the campus of Howard for the first time can be a trying time for incoming freshmen. When being a full-time student athlete is added to the equation, the transition from a parent-dependent adolescent to an independent adult college student can be a difficult one.

But for freshman midfielder Rodino Wright, a member of the Bison men's soccer team, the transition has been especially trying because he is new not only to the Mecca, but also to the United States. Despite his initial concerns with America and going to a new school, Wright is happy to be a part of the Howard family.

"The first thing I did when I got here was to call my mom and let her know I was alright," Wright said. "I am very happy to be here."

Hailing from the parish of Saint Elizabeth, Jamaica, Wright is an avid soccer player

who has been playing for the better part of his life. As one of six children, Wright is the first in his immediate family to attend college.

He touched down in Silver Spring, Md. on Aug. 26, just one day before school started, making this his first trip ever to the United States.

With little time to recover from his journey from Jamaica to Washington, D.C., Wright was up bright and early the next day for school. Although it is hot now, fall and winter are just around the corner. While the cold weather will be a big adjustment for Wright, he welcomes the change.

"I'm not quite sure if I'm ready for the cold," he said. "I'm kind of scared, but I can't wait. I think the biggest difference though is being on time. [Jamaica] is very laid back."

Being on a strict schedule is something Wright had to adapt to very quickly. Punctuality is a part of the strict discipline implemented by the Bison's new



Photo Courtesy of www.munrocollege.com  
**Rodino Wright makes a transition not only as a new student athlete but also as a new resident of the United States.**

head coach, Joseph Okoh.

One of the biggest differences in the culture of soccer in the states versus soccer in Wright's hometown is its competitive nature. A graduate of Munro College, a high school in Saint Elizabeth, Wright has realized the importance of being in peak physical condition.

"You have to be really fit just to keep up," he said. "Here [soccer] is taken more seriously. In Jamaica we play more for fun. It's not as serious."

Howard's men's soccer team began its season this past weekend taking part in the D.C. Cup at George Mason in Fairfax, Va. The Bison came close to victory but fell short.

Wright was excited to mark the D.C. Cup as the beginning of his collegiate soccer career. He and his teammates are excited for the rest of the season and see nothing but room for improvement from here on out.

"We are coming into our own now as a team and me as an individual," Wright said. "Things are definitely shaping up now. [Okoh] is a great coach and it is easy for me to relate to him."

Each player brings a different element to the soccer team.

"He is excellent, hard-working, and disciplined," freshman Matthew Marshall said of his teammate. "He is a part of the freshman force."

"He is a good player with a lot of potential," said teammate Gregory Westbrook.

## Commentary: Weighing in on NFL Season Opener

BY MATTHEW COOPER  
Deputy Sports Editor

After months of pre-season trash talk, speculation and controversial off-the-field activities (ahem, Michael Vick, ahem, Pacman Jones) the NFL season is finally here.

The first game that matters is tonight, as reigning Super Bowl Champions the Indianapolis Colts begin defending their title against Reggie Bush, Drew Brees and the New Orleans Saints.

Like every year, this season presents many interesting story lines, new players with new teams and unsolved questions that football fanatics want to know.

Here are the nine biggest questions (and best answers) to preview the NFL football season right here, right now.

**1. Are the Atlanta Falcons doomed without Michael Vick?**

Because Vick was busy becoming the Vince McMahon of dogfighting, the hopes of the Falcons franchise depends on their new quarterback this season, they kept their core nucleus and focused the offseason on making their execution better.

In January's Super Bowl, we saw Rex Grossman put together one of the most pitiful, disgusting quarterback performances I have seen from an NFL quarterback. Judging from the pre-season, he has not learned from his mistakes, as he has been fumbling every other snap.

**2. Will the New England Patriots re-establish their dynasty with their new free agent additions?**

The Patriots had arguably the most impressive offseason of any team in the NFL. They picked up blazing speed at receiver to complement Tom Brady by signing Randy Moss from the Oakland Raiders and Donte Stallworth from the New Orleans Saints and picking up one of the fiercest defenders in the league, linebacker Adalius Thomas from the Baltimore Ravens.

They have been the most consistent and disciplined team over the past seven seasons, and now they have possibly the most talented team as well.

**3. Will bad Rex or good Rex lead the Chicago Bears this season?**

**4. Are the Washington Redskins worth watching this season?**

The Skins have changed for the better—maybe. Instead of going out in the offseason and signing high-priced free agents only to lose games the next season, they kept their core nucleus and focused the offseason on making their execution better.

The Redskins will have Washington, D.C. fans excited this season, only if quarterback Jason Campbell remains healthy and continues to improve.

Jason Campbell remains healthy and continues to improve.

**5. Which rookie will have the greatest impact this season?**

No. 2 draft pick Calvin Johnson, wide receiver for the Detroit Lions, should make a big splash against opposing cornerbacks, especially since Roy Williams will command much attention on the other side.

No. 12 draft pick Marshawn Lynch, running back for the Buffalo Bills, will remind many Bills fans of Thurman Thomas with his elusiveness and

ability to catch the ball out the backfield. Redskins safety LaRon Landry will team up with Sean Taylor to form possibly the hardest-hitting safety combination in the league.

**6. What about No. 1 draft pick JaMarcus Russell?**

JaMarcus Russell, No. 1 draft pick of the Oakland Raiders, is currently not a member of the NFL because he has yet to sign with the Raiders due to a contract dispute. Great choice by the Raiders, picking a quarterback number one, JUST SO HE WON'T PLAY!

Daunte Culpepper, a former all-pro quarterback who has struggled with injuries, appears to be their starting quarterback.

**7. Who will be the most disappointing team this season?**

The San Diego Chargers, who have a team with Super Bowl talent, will disappoint. LaDainian Tomlinson is the best running back in the league and the touchdown king.

Antonio Gates is an unstoppable tight end, and Shawne Merriman can wipe out quar-

terbacks, steroids or not. But the chargers hired Norv Turner, holding losing seasons in eight of nine seasons with the Redskins and Raiders, as their head coach.

Turner is a great coordinator but an awful motivator, and the Chargers will suffer.

**8. What team will surprise the world this season?**

The San Francisco 49ers are on the brink of a dynasty, much like the legendary late Bill Walsh era. Their recent record of sound draft picks such as running back Frank Gore, quarterback Alex Smith, linebacker Patrick Willis and tight end Vernon Davis will bring their winning hopes to fruition this season, as they will win the NFC West Division.

**9. Which teams will make it to the Super Bowl this season?**

Donovan McNabb and Brian Westbrook will bring glory back to Philly, and the Colts will repeat in the AFC. Black coach Tony Dungy vs. black quarterback McNabb in the Super Bowl.

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