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WEATHER**WINDY** 48
36

Tomorrow:

53
41

Established

1924

THE HILLTOP

The Daily Student Voice of Howard University

VOLUME 91, NO. 56

WWW.THEHILLTOPONLINE.COM

Friday, November 16, 2007

**Friday
Notebook****BREAKING NEWS****THE U.S. SUPREME COURT INTERVENED WITH THE LETHAL INJECTION EXECUTION OF CONVICTED CHILD KILLER MIKE DEAN SCHWAB, ACCORDING TO CNN.COM****CAMPUS****THE HEALTH, HUMAN PERFORMANCE AND LEISURE STUDIES DEPARTMENT IS TAKING IT WAY BACK TO THE PLAYGROUND WITH THE KICK-BALL TOURNAMENT THIS WEEKEND.****SPORTS****THE BISON FOOTBALL TEAM WILL FACE FORMER HEAD COACH RAY PETTY WHEN THEY GO HEAD-TO-HEAD AGAINST DELAWARE STATE ON SATURDAY.**

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Architecture Students Demand More Resources

BY CHRISTINA BURTON
Staff Writer

The sights and sounds of student frustration rang through the air Thursday afternoon in front of the Howard H. Mackey Building as architecture students protested for better equipment and resources in their school.

Signs read "No plotter, No Class" and "We can't compete without basic resources," as the angry architecture majors chanted for a reaction from administration.

The protest started at 2 p.m. and continued until the dean of the College of Engineering, Architecture and Computer Sciences (CEACS), James Johnson Ph.D., and department of architecture chair Edward D. Dunson stepped up to the front lines and asked the students about a bargaining ship.

The 20 or more students who decided to leave class to protest, with permission from their professor, said there are no plotters or special printers for printing project boards, forcing architecture students to go to the College of Engineering and pay \$30 per board.

Among other demands, the students want the heat turned on in the building, desks repaired, desks with desk locks and more stools in the work rooms.

Students like Lauren Hall, who first spoke out when Johnson approached the students, and Alan Henderson, both junior architecture majors, said that each of their projects cost \$120, or \$30 for each of the four boards because they don't have their own working plotter.

"It's just a mess," said Akil Matthews, a junior architecture major.

"We had back to back projects [last week]. After that project, we decided we couldn't just keep doing it. And we think this kind of thing should be included in our tuition and fees. Sixty dollars a week is a lot of money."

At around 2:30 p.m., both Johnson and Dunson approached the students.

Dunson asked what the signs meant, what demands the students want met and said that CEACS has been planning and buying materials and equipment, but the process is slow and not all of the decisions are left up to the college administration.

Heating the building, Johnson said, is not a matter under his control. The building is currently undergoing contract work.

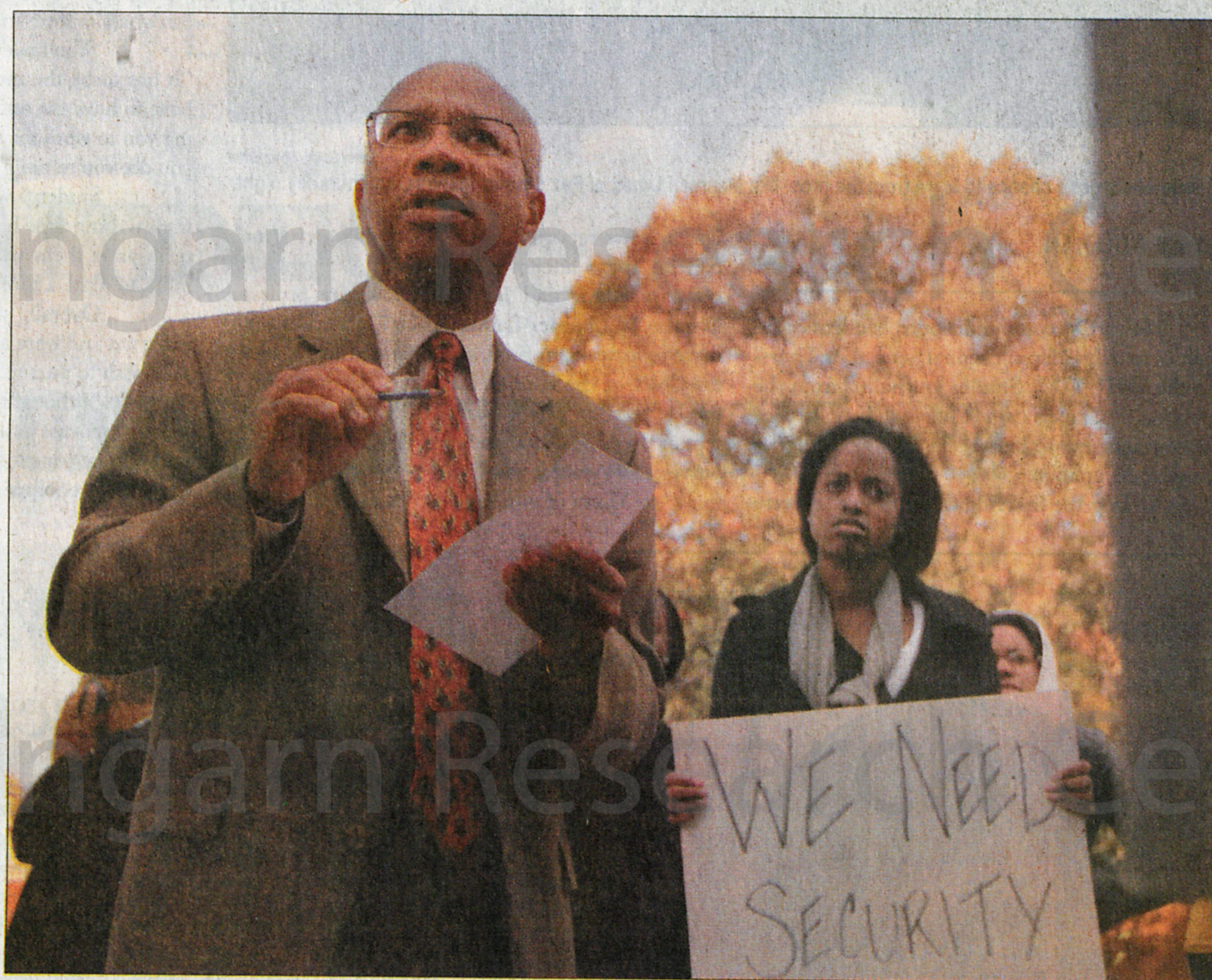
Johnson said there is a lack of communication between the department and the students.

Students also demanded better security. A studio computer important for printing went missing and Dunson, under the impression the equipment had been stolen, offered to replace it.

But on Thursday, right around protest time, the computer was discovered in another studio.

"I was under the impression that this computer had been stolen and that's the reason that I offered that to [you]," Dunson said. "And I find out now that some of you — someone in this group — knew that someone in this year had taken this and put it in their studio. And I today go up there and I find the computer. Now, that is really disheartening to me."

Printing parts had been ordered for the computer, but its absence threw a wrench in the repair process.



CEACS Dean James Johnson talks with upset architecture students at a protest Thursday in front of the Howard H. Mackey building.

Justin D. Knight - Staff Photographer

Dunson said the only way for the school to make progress is to keep an open line of communication between the students and department and college heads.

Dunson said that before the protest, a meeting had been scheduled on Thursday at 1 p.m. to address the

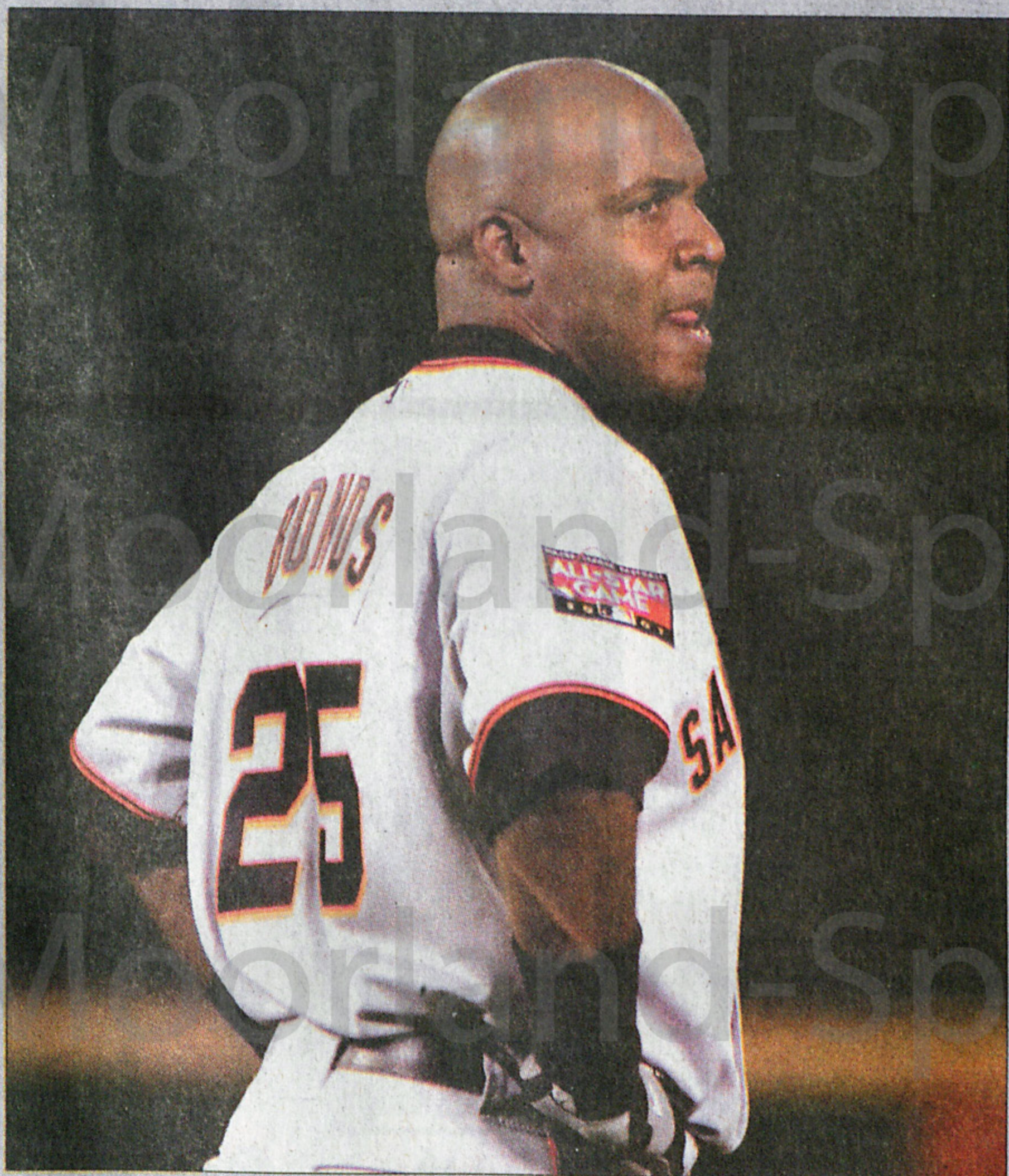
missing computer, but the meeting was postponed until later in the day for a lecture.

Before the meeting could happen, he said, the protest started.

The students, Johnson and Dunson agreed to adjourn the negotiation talks until today at noon in the Mackey

building.

"It's almost about to be second semester and nothing's been done," junior architecture major Janiece Williams said. "We were supposed to have class at 2:10, but our professor said we could come out here...it's just a matter of getting it done."



Chuck Kennedy - MCT

Barry Bonds appears at a game against the Washington Nationals in Washington, D.C.

Barry Bonds Indicted

Barry Bonds, the current all-time leader of home runs in Major League Baseball, was indicted Thursday by a federal grand jury on four counts of perjury and one count of obstruction of justice.

Bonds, 43, has been investigated for the past four years for his role in the Bay Area Laboratory Cooperative (BALCO) steroid controversy. He denied taking steroids from his personal trainer, Greg Anderson, at a congressional hearing in 2003. Bonds was indicted because he allegedly lied at the hearing about his involvement with BALCO and taking performance-enhancing drugs.

Currently a free agent, Bonds' playing career may be in jeopardy as he must go before a grand jury in U.S. District Court in San Francisco on Dec. 7.

Bonds is one of the biggest names to be indicted, and the indictment comes on the heels of track athlete Marion Jones pleading guilty in October to lying to federal agents. Bonds could face up to 30 years in prison if convicted on all counts.

-Compiled by Matthew Cooper, Deputy Sports Editor

'Put It On Blast' Takes on Campus Police

BY CHRISTINA BURTON
Staff Writer

Chief Lawrence W. Thomas of Campus Police knew the campus escort service was to be the subject of controversy at Thursday's "Put It On Blast" forum, as well as students' issues with officers' behavior and reoccurring campus crimes.

The Howard University Student Association (HUSA) brought Thomas, as well as other high-commanding Campus Police officers like Deputy Chief Harvey G. Armstrong and Chief Inspector Lorraine Kittrell, to the table for students to ask questions, make comments and bring suggestions to at the third "Put It On Blast" forum on Thursday night.

Chief to the forum was the issue of the campus escort service. Thomas said students who are hired to drive the escort vehicles sometimes do not come into work on time and the Campus Police department received complaints of driver misconduct.

"The escort service was designed to transport students to and from university locations during the time when the shuttle is not running," Thomas said.

Thomas said the Campus Police Department has been and will continue to address complaints against student escort drivers who drive their friends in the vehicles and drive off route.

Some confusion lingers on the start time of the escort service each evening. Thomas said he would check into getting the times correct.

Robberies, thefts and burglaries were discussed during the earlier part of the forum, with Thomas discouraging students from walking in the neighborhood surrounding the main campus, especially through the playground area near Elm Street and the field on Bryant Street.

"One of the things we are trying to do is post people at strategic locations for two reasons: one, to give a uniform visible presence in those areas we have

had trouble with, and the second reason is to have a place that the someone in trouble can go to immediately," he said.

Arrests were made this weekend after a reported robbery on campus, according to Thomas.

Empty patrol cars and officers found sleeping on the job are sights that students say they see frequently. Thomas said that if students see such problems, they should call the supervisor, who is on duty 24 hours a day.

"Let me say that sleeping on duty is unacceptable whatever the conditions are," Thomas said. "We have very strict rules and disciplinary procedures for sleeping or leaving the post."

Alerts, suggestions and recommendations are welcome, Thomas said.

As far as the shuttle and escort services, Thomas said the purpose of them is to not have students walking. One student suggested that Campus Police work in conjunction with the shuttle services to keep students from walking at night.

HUSA has worked with the Office of Parking and Shuttle Services this semester to address better routes, on-time transit and appropriate driver protocol.

Students in the forum suggested that officers pick up students at night if they look like they are in danger of being robbed and that a police blotter be posted in a newsletter or *The Hilltop* to update the Howard community on campus crime status and Campus Police happenings.

"We would hope that you would, like you're doing now, let us know that you feel safe so

we can see what we can do to improve on what we do," Armstrong said. The Campus Police Department recently updated its Web site to include statistics, alerts and complete emergency and office contact information.

Thomas warned students to be alert and pay attention to their surroundings when walking across campus. Students should not walk away from their belongings in the cafeteria or in the library.

"You can't go to the library and get up and go to the ladies' or men's room and leave your book bag or your laptop on the table," Thomas said. "There's a good chance that it might leave. I'm telling you, it's not all outside people."



Dereel Smith - Photo Editor

Lesley Bamed, a senior accounting major, shares concerns about the escort service at the third "Put It On Blast" forum.

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Journalists Write the Wrongs With Professionals



Young journalists got a chance to learn from the pros, like Maureen Umeh of Fox 5 News (center), on Thursday night.

BY ROYCE STRAHAN
Staff Writer

Howard's communications students had the chance to talk with professional journalists Thursday in the WHUT-TV Studio. Journalists from the Washington, D.C. area came to give students advice and encouragement to help them be successful in a challenging occupation.

Among the individuals on the panel were

Fox 5 News reporter and anchor Maureen Umeh, News 4 Today anchor Keith Garvin, *Washington Post* obituary editor and Howard University professor Yvonne Shinholster-Lamb, ABC 7 general assignment reporter Sam Ford, and Elbert Murphy, who is the Chief of the Human Resources Services Unit in the Division of The National Disaster Medical System at the U.S. Department of Health and Human Services in Washington, D.C.

Many of the panelists' advice to students

was to be patient and persistent in a business as competitive as journalism.

They were all quick to tell students that journalism is not an easy field, but going through with struggle at first will result in a promising career and future.

They admitted that sometimes racism may be a factor in the industry, but said to continue to pursue one's dreams.

"You are going to be judged to a different standard because of your race," Garvin said. "There are people out there who think you don't belong in the business of journalism, and you need to prove them wrong every time."

The panelists encouraged students to be sure of their desired career path. Umeh told students that when starting her journalism career after college, the pay wasn't the best.

"I started out making around \$15,000 to 16,000," Umeh said.

The entire panel agreed that pursuing a career in journalism should be as a result of a person's passion for writing and reporting the news.

"You have to love what you do," Ford said. "It has to be the most important thing to you. You have to have the attitude that people should be paying you to work for them and if you don't love what you do, you're not going to put up with it."

Students were also given a chance to have their writing style heard by the professionals and try to impress them when they were given the assignment to write a short lead.

Overall, students were pleased with the program and were assisted by the experts in the field they wish to pursue.

"I thought the program was very informative," broadcast journalism major Jennifer Kouakeu said. "It gave me a lot of information that I need in order to be equipped for my future in journalism."

ON THE SPOT!

What are your plans for Thanksgiving?



I am visiting family in Maryland and eating with them.

-Antonio Coles,
sophomore, sports medicine



I am going home for Thanksgiving, eating and doing school work for two days. Then I am coming back to work on Black Friday.

-Brittay Keppel,
junior, classics

I am going home, eating food, watching football and studying for a bio test that following Monday.

-Anwar Jackson,
junior, sports medicine



I am going home to eat food with my family and friends, sleeping, going to see Hitman and going to church.

-Lauren Tillman,
senior, business management

I'm going back to New Orleans, visiting family and hanging out with friends.

-Ashleigh Manning,
junior, business management

-Compiled by Tyrone Clemons,
Staff Photographer



The '80s-themed kickball tournament will give participants a blast from the past.

Kickball Tournament Takes it Way Back

BY SIMONE BERRY
Contributing Writer

Many students remember playing kickball back in their middle and elementary school days. The game was cut throat. Nobody wanted to lose or get a hard rubber ball in the face.

On Saturday, the department of Health, Human Performance and Leisure Studies graduate student organization will host an '80s themed kickball tournament.

"We wanted to bring back that old school feeling," said professor Deneen Long-White, the tournament coordinator.

The purpose of the tournament is to promote the department of Health, Human Performance and Leisure Studies and to give students an opportunity to participate in a fun physical activity.

"The event is very important because we want our students to be physically active," said Doris Corbett Ph.D., professor and chair of the department.

Kickball games will begin at 9 a.m. in Greene Stadium. During play, there will be one game at each end of the stadium.

Participants and spectators are encouraged to wear their brightest pair of leggings, a cozy pair of legwarmers and their flyest Adidas jumpsuits to accommodate the '80s theme.

"It's really going to be a lot of fun," Long-White said. "Students are often surprised by how much fun they have."

Corbett said students are sometimes surprised to find that exercise can be fun.

Carnival games, line dancing, musical chairs and other playground games will also be going on during the kickball tournament.

Information on HIV/AIDS, breast cancer and blood pressure will also be available.

"I played in the kickball tournament last year and it was really fun," said Leslie White, a sophomore sports management major. "It was not a game! The softball team dominated."

The tournament is played in a point system format. Teams are given a certain number of points for winning and a certain number of points for scoring runs. The two teams with the highest scores will then compete in the championship round.

In the case of a tie, a playoff game will be held.

The winning team will receive a championship trophy, the second place team will receive ribbons and all participants will be awarded a certificate of participation.

Other prizes will also be given out. Gift baskets filled with attractive prizes, water bottles and other items will be given to people who participate in the other games that will go on during the tournament.

"I played in the tournament last semester and it was really fun," said Matthew Smith, a junior sports management major, said. "I'm playing this year and I'm ready to get that trophy."

The tournament is a way for students to get to know the faculty and promote the department of Health, Human Performance and Leisure Studies.

The department focuses on preparing skilled and educated professionals who can choose from a variety of career options, ranging from medical school to corporate sports management to teaching in health and physical education.

Majors within the department include school and community health, maternal and child health, sports medicine, physical education and sports management.

Information on these majors will be available at the kickball tournament.

Student Survey Offers iPods as Incentive

BY NICOLE EDWARDS
Contributing Writer

For their participation in a presidential search committee survey, four winners of an iPod Touch will be announced today at noon in the Punchout.

University President H. Patrick Swygert is set to retire from Howard in the spring and gears are turning to fill his position.

Coreea McCoppin, a community counseling graduate student, said it is important that students have a voice.

"I feel that the iPod is an incentive to fill out the survey, but students' main focus should be on the selection process," McCoppin said. "We as students should ask ourselves why we must [be] persuaded to do something we should automatically want to be involved in. This is the future of Howard."

Nadia Pinto, undergraduate trustee and presidential search committee member, said the iPod was used as an incentive to get students to take the survey, but that the committee is really interested in student opinion.

"The survey is designed to get a conclusive perspective on how students feel," Pinto said. "We want the perspective of students who don't really care about it to participate as well so we can get a broad scope of opinions. Their responses are beneficial to the board and we understand the gravity of their viewpoints."

A town hall meeting with the search committee was held for university groups in October. Pinto said the search committee plans to hold more town hall meetings and open forums, but that this will probably be the last survey.

She said students will not be directly involved in picking the new president. The board of trustees makes the final decision of who to vote in to the position, but student body input is an important part of the selection process.

Pinto said the search committee and board are looking for someone who can integrate into the Howard community. Their mission is to produce leaders, and the presi-

dent's role is to be there to efficiently help students accomplish that. They want a president who can benefit the students, not hinder them. She said they are going to make a conscious, thought-out decision before that person is selected.

The questions on the survey, which can be found at howard-studentsurvey.com, range from why students chose to come to Howard to what areas on campus need the most improvement. Most questions were geared toward the university and students' individual experiences.

"The reason that most of the questions pertain to Howard is because we want to create change at Howard," Pinto said. "For the most part, we already know about how students feel about a new president. We want to know how they feel about Howard as a whole. With a new president comes an administration. We want to know what kind of people they will be bringing on board."

Senior theater major Candice Adkins said she took the survey for the iPod. Although she believes the process is important, she doesn't think student opinion will be taken seriously.

"The student voice is what makes Howard great," Adkins said. "I feel that the committee is making us feel that our opinions will be taken into consideration, but in actuality, it will not. I think most students feel that this is an opportunity to win something new and that is why they even waste their time to take the survey."

Julius Jenkins, a senior psychology and Spanish double major, said he is concerned about who the next president should be.

"However, a survey that asks questions that don't really pertain to the selection process are pointless," Jenkins said. "There are only two actual questions on the survey that ask our feelings toward a new president and what he should embody. It defeats the purpose of taking it."

The winners will be announced in *The Hilltop* and on WHBC 830 AM.

Is writing for The Hilltop on your list of things to do?

Don't wait any longer. Come to the budget meeting and get a story.

Mondays - 7 p.m.

West Towers - Plaza Level



HOWARD
UNIVERSITY

ATTENTION

ALL HOWARD UNIVERSITY STUDENTS!

MAKE YOUR VOICES HEARD

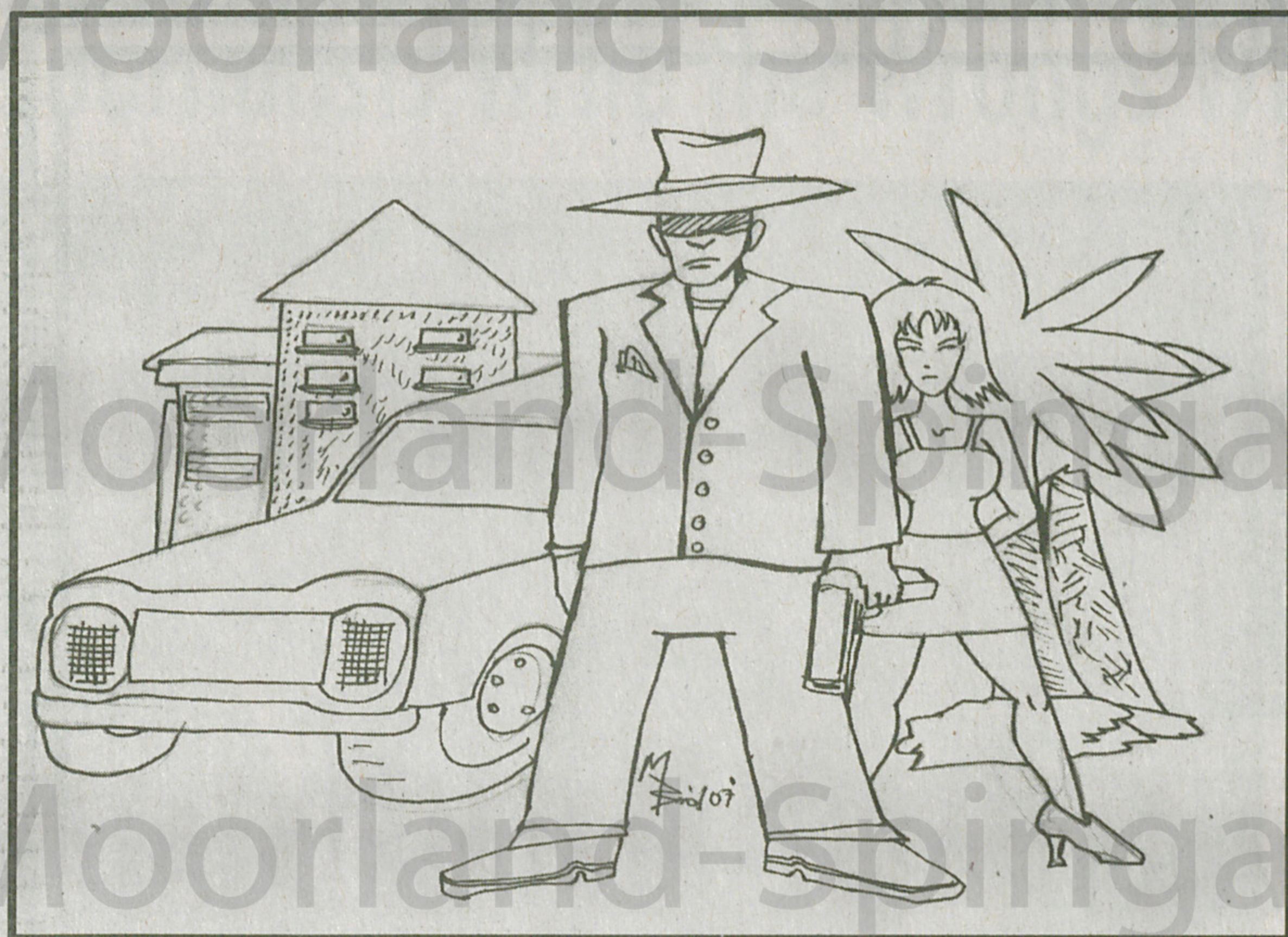
AND ENTER A CHANCE TO WIN AN

IPOD TOUCH ®

The Presidential Search Committee is conducting a confidential online survey of the entire student body, which will provide an opportunity for you, the students of Howard, to be heard regarding the future direction and leadership of Howard University. All current students please log on to the survey Web site at the following address:

Once you have completed the survey you will automatically receive a number which will make you eligible to possibly win one out of four Ipod Touch® that will be given away at a drawing on Friday, November 16 at the Blackburn Center at 12 noon. (Need not be present to win) Winning numbers will be featured in *The Hilltop* and on WHBC 830 AM.

If you have any questions or need further information, please leave a voicemail message on 202-865-8358.



MICHAEL DELO - CUBISTARTS

Ludacris and Fergie Aren't the Only 'Glamorous' Ones

How does one separate "real life" from the fictionalized components of what the media portrays the criminal lifestyle to be? In the motion picture "American Gangster," actor Denzel Washington portrays Frank Lucas, a real-life heroin kingpin from Harlem who smuggled the drug into the country in American service planes returning from the Vietnam War.

The movie chronicles the rise of Frank Lucas' empire. It gives an in-depth look at his thought process, his choice of lifestyle, the structure of his organization and the key factors that led to the rise and fall of his criminal career.

Much of the film depicted Lucas' life during the height of his career. Scenes illustrating his influence with government officials, lavish living accommodations and his strong sense of family values built a sense of likability for Lucas as a character. His position in the movie illustrates a protagonist, instead of a detriment to the community.

In an interview with Donnie Simpson, Frank Lucas confirmed earning more than \$1 million a day from his illegal activities. And although during his interview, Lucas' remorse for the criminal activity he participated in was ex-

pressed, it's still difficult to determine whether or not he believed what he suffered as a result of his lifestyle was worth it.

"American Gangster," the series, is a television documentary broadcast by the BET network. The show features some of black America's most infamous and notoriously powerful gangsters, and the rise and fall of their empires.

The show's unbiased representation of the lives of fallen gangsters always gives strong implications of the social conditions

prosperous than Frank Lucas in the crime industry, and adopting mottos such as "Get Rich or Die Trying," it's not difficult to understand that, according to *Crime in the United States*, published by the FBI, the estimated number of violent crime offenses in 2006 was more than 1.4 million. It was an increase of 1.9 percent over the 2005 estimate.

Other productions, such as "Sopranos," "The Wire," "The Godfather" series, and "Scarface," all represent a part of American history in that they reflect true conditions of the lives of 20th and 21st century Americans.

Many of today's gang participants are faced with violence, incarceration and death every day — none of which is desired by those involved in that lifestyle, but simply accepted as a hazard of the job.

Despite the way the lifestyle of an "American Gangster" is portrayed, it should be noted that these characters in history are infamous because of the actions (many of which were major federal offenses) that led to their convictions.

Although it's glamorized, the lifestyle of an "American Gangster" is an undeniably deviant part of society.

Our View:
Just like many things in life, what seems glamorous to some isn't always so.

that influenced their choice of profession.

Like many Americans involved in organized crime activity or "gang life," Frank Lucas came from humble beginnings. Living just below the poverty level, Lucas decided that in order to survive, he would have to take advantage of a principle building block of America: enterprise.

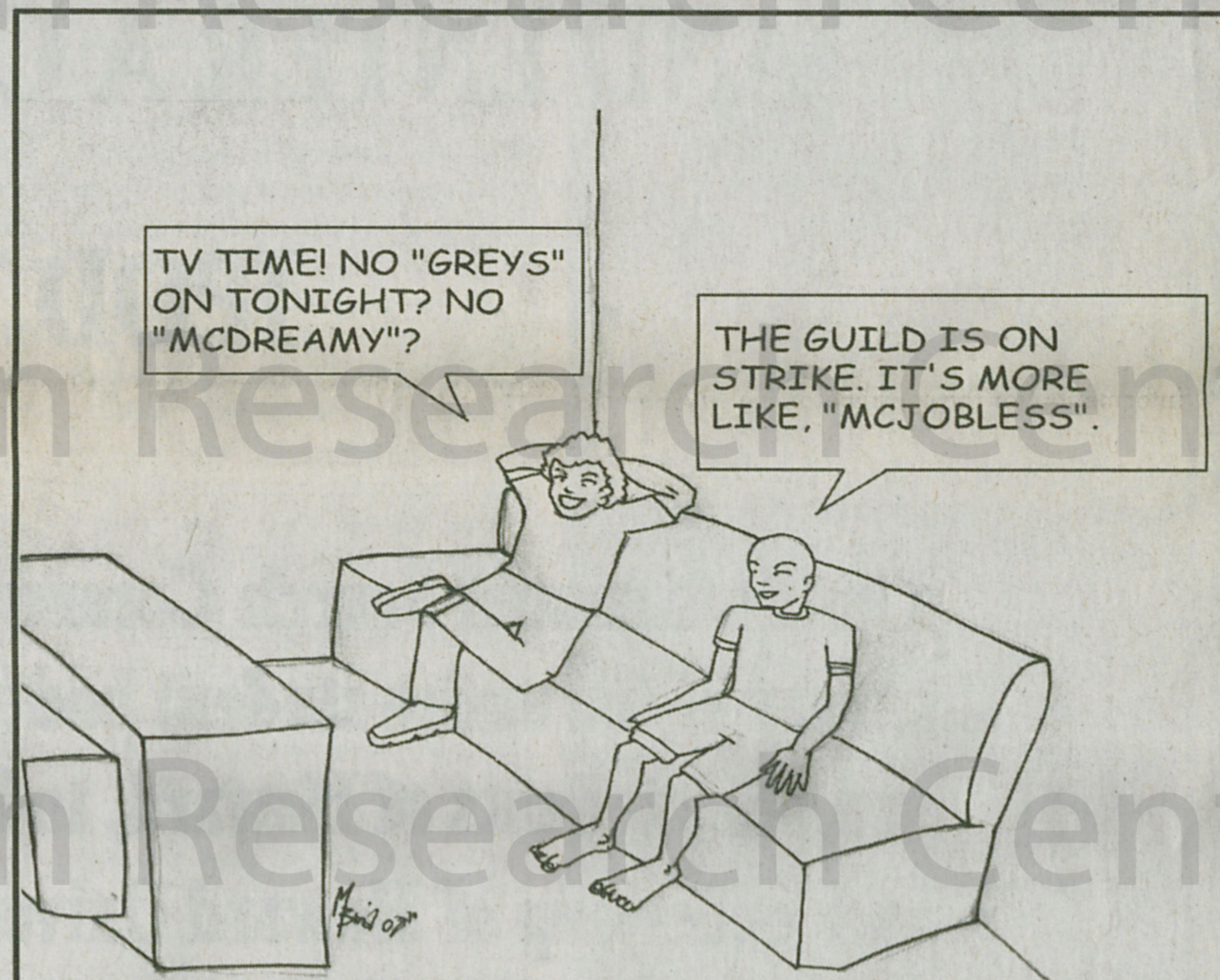
With individuals looking to be as prosperous, if not more

Daily Sudoku

Directions:

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

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



Marcus Bird - Cartoonist

Got An Issue? Good!

Submit Perspectives at:

www.thehilltoponline.com

Look for the letter to the editor link under the options tab.

For info on submitting an essay in Friday's extended E&P page, e-mail

Simone.Stephenson@gmail.com and get your opinion published in *The Hilltop*.

Writers' Strike Has Deeper Implications Than TV Reruns

"That is why our position is simple and fair: when a writer's work generates revenue for the companies, that writer deserves to be paid," said Patric M. Verrone, Writer's Guild of America (WGA) president.

With the rise of new media like the Internet, major media conglomerates are utilizing the advancing media technologies to their benefit. With no precedent for business dealings with new media, and the ease of rerunning a television show being reduced to the simplicity of clicking a button, it's not inconceivable that conglomerates would take advantage of their writers' vulnerable state.

As a result of more than three months of unsuccessful negotiations between the WGA and the Alliance of Motion Picture and Television Producers (AMPTP), the WGA has decided to strike.

According to the WGA's Declaration of Principles, the terms of negotiations are as follows: writing for all audio-visual media must be covered and fairly compensated; re-use of content in any medium must be fairly compensated; all audio-visual genres of entertainment must be included in writers' jurisdiction; writers must have the right to participate in the creative decisions that affect the quality of our content; writers must have the

information and tools necessary to enforce agreements between the WGA and the AMPTP; writers must have the right to be represented by the WGA, and members must not be forced to cross an entertainment union picket line.

A counter offer on behalf of the companies involved with the AMPTP, refused by the WGA, included: no jurisdiction for most of new media writing; no economic proposal for the part of new media

show on ABC.com rakes in profits only the network receives. Only the network receives income for any content on their Web site, aside from those on payroll to manage the Web site.

The factors leading to the strike are reminiscent of negotiations between the WGA and the AMPTP settled in 1985. Settlement details favored the AMPTP and companies affiliated with them. According to 2007 WGA contract


proposals, the AMPTP still receives more than a majority of revenue for the sale home videos, just as negotiated to supplement production and distribution of the videocassettes in 1985. Yet despite the business model used during negotiations developing into one of the most profitable of any of the divisions of the entertainment business, the AMPTP has still refused to renegotiate residuals for writers.

As a result of the strike, standards for the implementation of new media contracts will be set. Regardless of the outcome, business professionals dealing in the avenue of new media will have a template of acceptable business practices. This situation can be noted now as the first of many strikes by people who aren't getting their fair share of profits from a company's online revenue.

Our View:
Workers behind the scenes need love — and money — too.

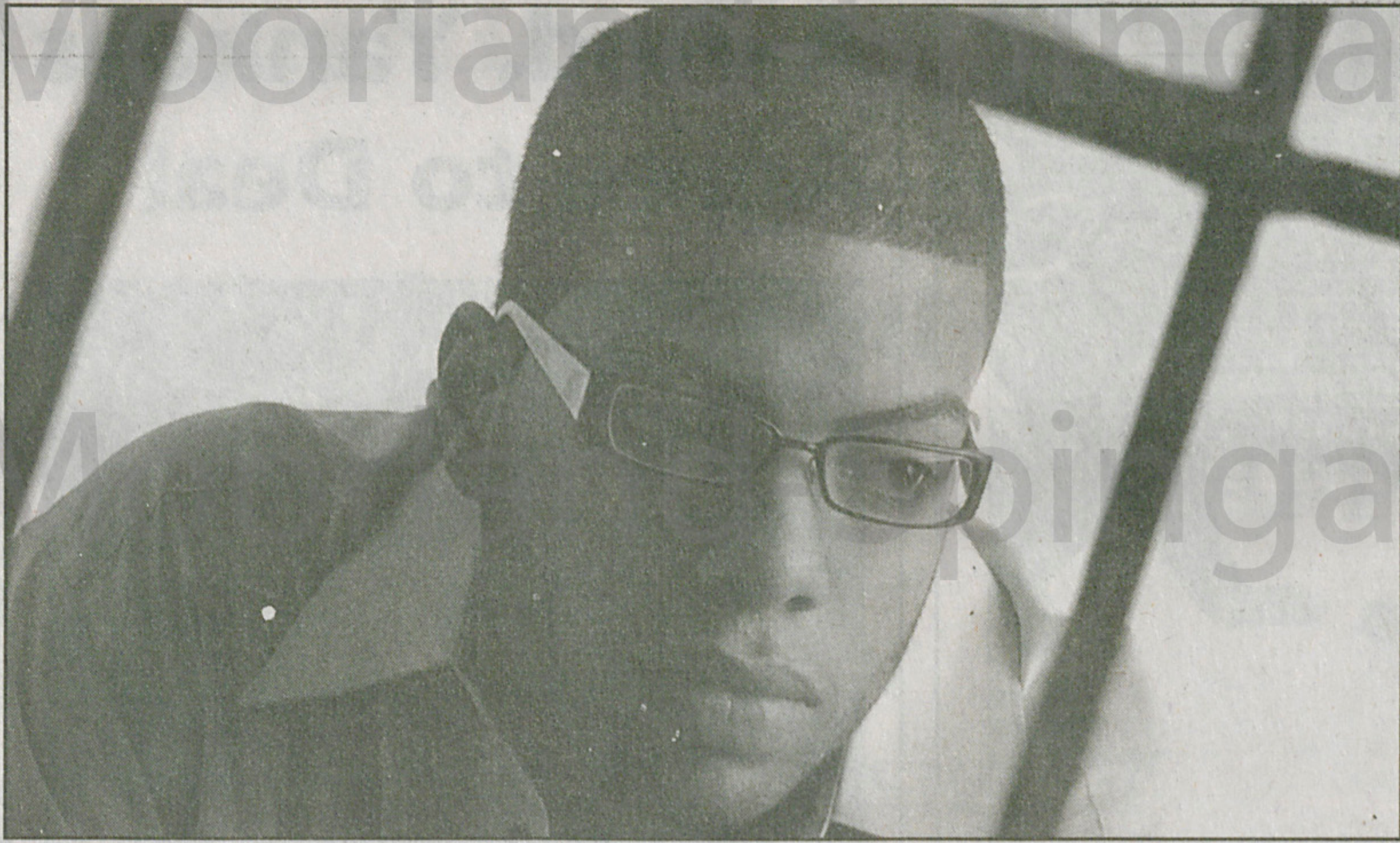
writing where writers propose to give coverage; Internet downloads at the DVD rate; no residual for streaming video of theatrical product; a "promotional" proposal that allows writers to reuse even complete movies or TV shows on any platform with no residual; and a "window" of free reuse on the Internet that makes a mockery of any residual.

Writers are upset at the disparities in revenue from work they've produced and their paychecks. For example, every rerun of an ABC television network



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Brand name glasses, such as the ones seen above, serve as a fun way to look good and to still keep your vision clear.

Regular Eye Exams an Essential Tool in Seeing Things Clearly

BY BRITNEY BREWINGTON
Contributing Writer

Gucci. Chanel. Prada. A simple walk around campus and you may see these name brand frames hiding the eyes of fashion forward Howard students. Many students wear glasses as an accessory, others for shielding their eyes from the sun. Some students aren't even aware that they have poor vision, but many Howard students do suffer from poor vision or astigmatism.

"I thought I had perfect vision until 11th grade," said Shana Green, a junior anthropology major. "I had no idea that anything was wrong with my eyes."

Green, who has 20/30 vision in her right eye and 20/40 vision in her left, has experienced many problems since her initial diagnosis.

"I have astigmatism, so now my constant headaches are explained and so is my squinting," she said.

Astigmatism is a frequent eye condition that many people deal with. This common eye problem can be corrected by wearing glasses, contact lenses or opting to have surgery.

The problem originates when a person has an irregular curvature of the cornea, also known as a refractive error.

Most people contract this problem at birth because it is hereditary. However, doctors are able to correct this issue.

"I see many people on a consistent basis that have astigmatism and are confused as to how

they got this problem and want to know cures," optometrist Dr. Phyllis Chambers said. "It is important for me to assure them that it is a common problem and that there is in fact a cure."

Green said, "I didn't want to wear glasses, so I opted for contacts. But contacts gave me a problem too, so now I just wear my glasses when I have to read. Otherwise, my vision would deteriorate faster than it already is."

Those who experience astigmatism tend to have headaches, fatigue, eyestrain and at times, blurred vision. With or without these symptoms, it is pertinent to get a routine checkup with an optometrist once a year.

"It's important for people to know that they need to schedule eye exams regularly to ensure that there are not any problems with their eyes," Chambers said.

She continued, "The only way I would be able to give a person a diagnosis is if they come into our office and schedule an appointment. Eye care should be taken seriously."

There are other options for those experiencing problems with astigmatism and poor vision.

LASIK eye surgery is often used to reduce a person's dependency on glasses or contact lenses. The term "LASIK" is an acronym for Laser-Assisted In Situ Keratomileusis.

The technical portion of the procedure requires that the shape of the cornea change permanently, as well as the clear portion on the front of the eye.

Despite its newfound popu-

larity and the proposed benefits of the LASIK procedure, some still remain apprehensive about it.

Sophomore legal communications major Jessica Hurt-Dunkley said, "Even though it seems fairly easy and pain free, it's not something that I would try. I just feel that the process is too new and I do not know enough people who have went through the process to be reassured to go through with it. I feel that I will just stick with wearing contacts."

Despite the quickness of the procedure and the accurate results, LASIK eye surgery does have some risks. If the procedure does not go well, the person could lose their vision. Some patients have noted blurry vision or the development of a glare.

Some who have undergone the procedure have also experienced dry eyes and loss of eyesight with age.

Since the first procedure was approved in 1998, LASIK eye surgery is considered fairly new. With recent advances, it takes time to identify the long-term effects and to perfect a procedure.

"I don't know if I could ever get LASIK," said Brittany Lewis, a junior public relations major. "I would be scared that someone might slip up and mess up my vision even more. I don't want to take that chance."

Lewis, who wears her glasses every day, is just one of the many students skeptical about LASIK.

"I might take my chance," Green said. "But my astigmatism isn't that crucial. Nothing glasses and a little aspirin can't help."

Experts Tell How to Grow up, Survive the Twenties

BY MELISSA CASSUTT
The Gazette (MCT)

We like to think we're indestructible in our 20s. We stay out late, we party, charge our lunches on high interest credit cards and go to bed late. Nothing can touch us. But 10 years down the line, as our birthday cakes start looking more like flares, something begins to set in. Wisdom? Experience? Maybe. Or maybe it's just the reflection staring back at us. We start to look . . . old. We start to feel old.

As life would have it, the things we do in our 20s (unfortunately) affect how we look and feel 10, 20 even 30 years later. At the time, it might feel as if we're getting away with something, be it partying or carefree spending. But years down the line, we find out we didn't fool anyone except ourselves.

Some experts insist the habits we form as young adults become the foundation for the rest of our lives, so why not set a good example for yourself while you're young. We aren't indestructible in our 20s. Sometimes, we're just careless.

Here are a couple of time-wise tips to keep you from falling apart after the care-free decade.

1. Wearing High Heels Every Day

Women love heels. Your body doesn't. Squeezing your feet into narrow shoes and proceeding to teeter on a pinpoint heel the entire day is hard on everything except, maybe, your self-esteem. Wearing heels every day for hours can shorten and stiffen tendons and, in extreme cases, irreversibly damage them. Stilettos are often responsible for back pain, shoulder pain and joint pain. They're also responsible for specialty shoe shops such as Foot Solutions in Colorado Springs, Colo., which see customers as young as teens.

"It all boils down to time frame and how much time you're spending in heels," said Val Maunton, owner of Foot Solutions. "If they're spending the majority of their day in heels, it's going to catch up with them."

2. Carrying the World on Your Shoulders

Women notoriously carry their lives in their purses, but consider the consequences: How cute will it be when you're tugging a rolling backpack because your 20-pound purse ruined your shoulders and back?

Answer: Not so cute.

"If we do something and we immediately experience pain, we stop doing it," said Brian Enebo, chiropractor at the University of Colorado Hospital's Center for Integrative Medicine in Denver. "The problem with something like the purse, it's more of a cumulative effect."

Carrying extra weight will eventually lead to back and neck pain, at which point you'll need corrective exercises or shoes. Either pare down what you cart around, or get a smaller purse.

3. Binge Drinking

Yes, we all appreciate a good-ole happy hour, but "Binge drinkers have higher risks of injury and violence," Jacqueline Berning, chairwoman of the University of Colorado at Colorado Springs' biology department, said. "Students who binge drink are more likely to miss class and engage in unplanned sexual behavior. In addition, the longer they are engaged in the activity, the greater risk of liver cancer and cirrhosis of the liver...and everyone knows a greater risk of driving while drunk."

4. Smoking

Wrinkles, stained teeth, lung cancer, emphysema, that dirty ashtray smell that follows you around — who can resist? And the real kicker is, the longer you do it, the harder it is to quit.

"Data clearly shows that the earlier a person starts to become a habitual smoker, the more likely it will kill them," Berning said. "Sadly enough, they die from either lung cancer or emphysema. They are also more prone to infections of all sorts, including bronchitis."

Besides the health risks, smoking also works like the sun on your skin, making you look older than you are, said Dr. Theresa Pacheco, assistant professor in the Department of Dermatology at the University of Colorado at Denver and Health Sciences Center. If you think you'll just get those wrinkles removed later on, think again. Many plastic surgeons refuse to operate on smokers because the results don't last.

5. Skipping on Sunscreen

Yes, black folks need sunscreen!

"You're increasing your risk of skin cancer," Pacheco said. UVA and UVB light work together to create wrinkles and increase the risk of skin cancer, the most common cancer in the

United States. More than 90 percent of skin cancers are formed by sun damage, according to the Skin Cancer Foundation.

6. Using Credit Cards Without Care

You can justify buying anything. That doesn't mean you should.

How people in their 20s deal with debt will affect them for years to come, said Allan Roth, owner of Wealth Logic LLC, a Colorado Springs financial planning and investment company. Get into the habit of spending \$5 on a mocha latte five or six days a week, week after week, and you're looking at a serious amount of money, he said.

Some debt is to be expected and wouldn't necessarily be chalked up as a bad thing. College loans, for example, aren't a bad debt to have.

But plasma TVs or \$300 shoes? Think twice. Even a \$1,000 debt can take months or years to pay off, Roth said. "It's not free money," he said. "That \$1,000 purchase can end up costing two to three thousand dollars easily."

7. Wearing Heavy Earrings Too Often

Two words: lobe surgery. As you age, your skin loses elasticity. Five to 10 years of heavy earrings can stretch ear-ring holes or, in severe cases, rip the skin, Pacheco said.

8. Forgetting Sunglasses

Squinting into the sun not only looks stupid, it is stupid. Long-term effects of forgetting sunglasses (or wearing the wrong type) can lead to skin cancer around the eyes, as well as cataracts and muscular degeneration.

"Most younger people, 20 to 30, are not wearing sunglasses like they should," said Dr. Malik Kahook, director of clinical research at the Rocky Mountain Lions Eye Institute.

"Pick out a pair that wraps around the sides and covers at least a little above the eyebrow and below the lower eyelid," Kahook said. "They should also have a 'UV 400' sticker on them."

9. Ignoring Calcium Intake and Diet

Most people know that by age 80, their bones will be brittle. But did you know that peak bone mass occurs between 14 and 25?

"We are still not consuming enough [calcium], especially young girls and women," Berning said. "If young girls do not get the calcium the body needs, they cannot and will not build the biggest and thickest bone possible."

And while we're on the topic of diet, pay attention to yours. The poor eating habits you pick up in your 20s become the basis for your diet later on, and changing those patterns becomes harder as you age.

10. Turning Your iPod up Too Loud

Yes, we're sure you are listening to a hot artist. And we're sure it's only appropriate to turn up the music to hear the beats clearly. But is the music really worth losing your ability to hear later?

"Loud music in confined spaces or in earphones leads to hearing loss," Berning said. "I also read that wireless earbuds can get so close to the eardrum that they can rupture the eardrum. The earlier they start at this activity, the more likely they will have hearing loss earlier in life."

What was that?



Dan Rosenstrauch - Contra Costa Times (MCT)

During their twenties, many young people have reckless habits, such as binge drinking, that may have many repercussions in the future.

Weekly Entertainment Guide

White Lawmaker Calls Black Civil Rights Worker "Buckwheat" To Her Face

A white state lawmaker in a runoff election in Louisiana called a black civil rights veteran — who had helped her campaign — "Buckwheat," angering the NAACP and ultimately urging voters to kick her out of office. Democrat and Rep. Carla Blanchard Dartez acknowledged that she ended a Thursday night conversation with Hazel Boykin by saying, "Talk to you later, Buckwheat." The Associated Press found that Dartez was thanking Boykin for driving voters to the polls. Buckwheat, a black child character in the "Little Rascals" comedies of the 1930s and '40s, is viewed as a racial stereotype.

Jamie Foxx Set To Do a Reality TV Show

Jamie Foxx is getting into the reality-TV business with MTV and VH1. According to the Hollywood Reporter, the Oscar-winning actor and his business partners, Jaime Rucker King and Marcus King, are already developing a project under their two-year production deal with the sibling cable channels: "From Gs to Gents," an MTV series in which guys compete to become gentlemen.

CNN's Nancy Grace Back in Hospital After Giving Birth To Twins

Nancy Grace, the lightning rod CNN Headline News host, was hospitalized over the weekend for blood clots in her lungs, the *New York Post* reported yesterday. Grace, 48, gave birth to twins last week, and her medical condition has been attributed to her pregnancy, a CNN spokeswoman said. "This past Sunday, Nancy Grace started experiencing discomfort, and was having trouble breathing on her way to church," the CNN spokeswoman said. "She was brought to the emergency room in Atlanta. Her doctors found two blood clots in her lungs, which occurred as a result of the pregnancy. "She is currently recovering and is expected to be released by the end of the week."

Doctor Who Worked On Kanye West's Mother Apologizes

Dr. Jan Adams, a cosmetic surgeon and expert on "Plastic Surgery Before and After" gave his condolences on Tuesday for the death of Donda West. "I first want to express my deepest condolences to the West family at a very difficult time. Out of respect for the West family and in the absence of other verifiable information, any comment from me without first discussing that information with the family would be unprofessional," he said. The Los Angeles County Coroner's office said she passed from complications after receiving a breast reduction and tummy tuck — both were performed by Adams. According to *Voice of America* news, Kanye West cancelled his scheduled Nov. 15 performance at the Victoria's Secret Fashion Show, citing personal reasons.

Obese Mom and Son Found Dead in Their Home

A morbidly obese woman was found dead in her Staten Island apartment — sprawled in front of her open refrigerator — with the body of her overweight son in the next room. According to the *New York Post*, the mom and son, both of whom had been ill, are believed to have died of natural causes. The decomposed bodies of Doris Newsome, 63, and Martin Newsome, 34, were found in their Silver Lake home on Tuesday morning. She was lying near her empty oxygen tank in front of the refrigerator, while he was in a rear bedroom, cops and neighbors said. Police said the 280-pound Martin had a lifelong heart condition and had recently been a candidate for a transplant. His mother, a 300-pound former phone company employee, had cared for her chronically ill son his whole life, sources said. Officials yesterday were still trying to ascertain who died first and when the deaths occurred.

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CHILLIN
WIT
COOP

BY MATTHEW COOPER
Deputy Sports Editor

THE FREE BARRY
BONDS MOVEMENT
STARTS HERE!!!!

Barry Bonds is the "home run king," and we all celebrated together when he broke Hank Aaron's all-time record. So of course, with 762 home runs, there is no dispute who is the greatest player in baseball history right?

Right???

WRONGGGGG!!!

After Bonds' indictment on perjury and obstruction of justice charges Thursday, his biggest claim to fame may be the title of "THE WORLDS MOST HATED NEGROID!"

Before the indictment, the treatment of Bonds by fans and media worldwide was completely fair. First of all, he comes off as a pompous jerk to many members of the media. The media is the gateway to fans, so therefore, he comes off as pompous jerk to fans, who pay much of their hard-earned money to see him hit balls out of the ballpark.

In addition, if you believe that Bonds did not take steroids, take a good look at yourself, and your common intelligence level. Bonds was not just a 37-year-old phenom with a jumbo-sized cranium and extra muscles. Although his body started to slow down, he got to his home run record pace because he is a pure freak of nature, hitting 70 homers at age 37, when he couldn't get that far at 27. Sure. Right.

However, a federal investigation about him lying is unnecessary, and a waste of taxpayers' time. Our world is way too caught up in the purity of the sport, but I question the ulterior motives of the prosecutors and grand jury.

Why not take down Rafael Palmeiro, who has already admitted to lying to the grand jury, and served a 10-game suspension for violating the league's substance abuse policy?

How about question the good white boy Roger Clemens, who has done the same thing as Bonds, pitched at a hall-of-fame pace at 45 years old. His name has been attached to steroid accusations as well.

What about the biggest scum bag in all this controversy, baseball commissioner Bud Selig? Selig is the one who never implemented a steroid policy in the first place, and when the home run chase was going on and Mark McGwire, Sammy Sosa, Jason Giambi, and other sluggers were knocking balls out of the ballparks and into the parking lot, he said, "It's good for baseball."

Now Bud, it's not good for baseball, and now you are turning your back on the situation, refusing to sit in the stands when Bonds broke the record.

I am a fan of sports, and Bonds' record-breaking baseball should have an asterisk, and be thrown into the Pacific Ocean and fed to Sharks and sea urchins.

But trying to put the man behind bars for a non-criminal offense, which didn't affect the wellbeing of anyone, is straight bull crap, baloney.

So free Bonds, and while we are supporting our own, free O.J., free Vick, free Pacman, free T.I. — all black men who are crucified before conviction.

Matthew can be reached at mackcoop77@yahoo.com



Oscar Merrida IV - Photo Editor

Junior running back Karlos Whittaker (center) and the Bison football team will battle the Hornets of Delaware State University on Saturday. After last weekend's loss to Bethune-Cookman, the Bison have a 4-6 record.

Bison to Close Out Season
at Delaware State Saturday

The Howard University football team will hit the road to Dover, Del. Saturday and look to end their season on a high note.

The Bison will match up against the 2007 MEAC champions, the Delaware State University Hornets.

Howard (4-6 overall, 2-5 MEAC) is trying to overcome a two-game losing streak, where they lost their final two games at home.

Delaware State (9-1 overall, 7-0 MEAC) is looking for a final tune-up before they head to the FCS (Football Championship Subdivision, formerly Division I-AA) playoffs next weekend.

Last season, the Bison ruined the Hornets' chance of a MEAC championship, when they defeated Delaware State 23-16 in the final game of the season. Quarterback Brian Johnson dominated the game, running for 120 yards and throwing for 127 yards and two touchdowns.

The Hornets are oozing with confidence this week after a 28-21 comeback win in overtime against Norfolk State to clinch the MEAC

title.

The Bison must deal with Delaware State's turnover-happy defense. They have forced 21 turnovers on the season and are the No. 1 scoring defense in the conference.

Delaware State's wide receiver Shareer McBride must be contained by the Bison secondary. He is third in the conference in receiving, with 46 catches and 580 yards for 9 touchdowns.

Better play defensively is needed from Howard this week, after they gave up 412 rushing yards against Bethune-Cookman last week and 59 points against South Carolina State University the week before.

Senior wide receiver Jarahn Williams, after breaking the single-season touchdown record last week, will try to add on to his current record of 14 touchdown receptions. Senior defensive end Rudy Hardie leads the MEAC with 10 sacks.

Game time is noon at Alumni Stadium.

TODAY IN
SPORTS HISTORY

NOVEMBER 16, 1957

**BOSTON CELTIC BILL RUSSELL SETS NBA RECORD
WITH 49 REBOUNDS IN WIN VS PHILADELPHIA
WARRIORS, 114-89.**

Former Bison Football Coach to Face Howard
Petty Faces Recruits, Assistants One Year After Being Removed

BY CHARI STAPLES
Contributing Writer

Former Howard University football Head Coach Ray Petty, whose contract expired last year, seems to have struck gold as defensive coordinator and assistant head coach for the Delaware State University Hornets.

Petty served as assistant football coach for Howard from 1992 to 1999. Petty returned to the university in 2002 to commence his first head coaching position.

He also served as assistant coach at several other Historically Black Colleges and Universities.

Delaware State is the 2007 MEAC champion, and holds a 9-1 record for the season, undefeated in the MEAC, under the direction of head coach Al Lavan and Petty as defensive coordinator.

The Hornets are the No. 9 Division I-AA team in the nation.

Howard fired Petty at the conclusion of the 2006 season, after the team tallied a disappointing 25-30 record over five seasons.

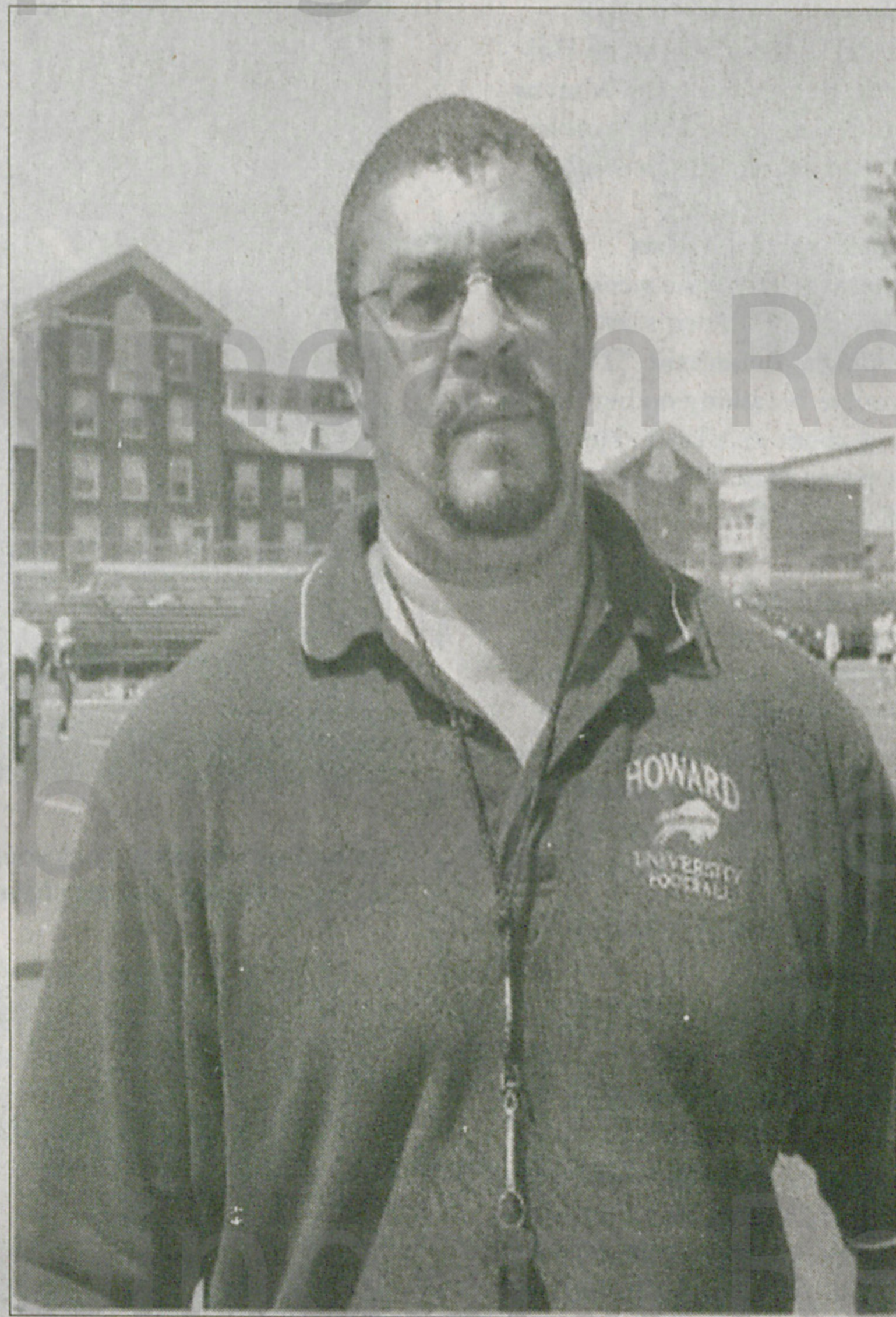
The Bison have not encountered newfound success after Petty's departure, with only a 4-6 record under new head

coach Carey Bailey.

Petty had no trouble landing a new job because of his reputation throughout the

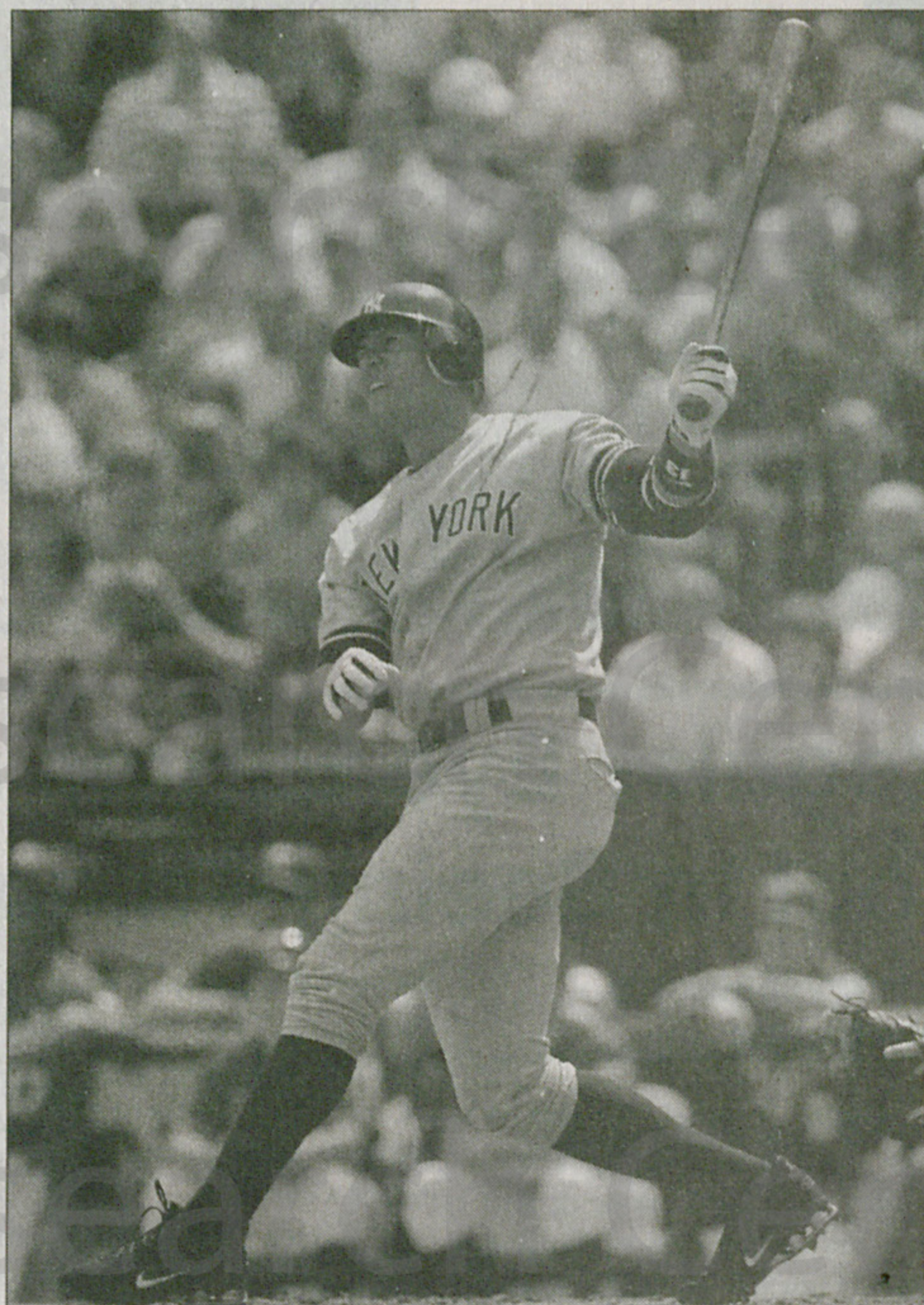
MEAC conference as a defensive strategist.

Petty, who debuted as the Hornets' coordinator on



File photo

Ray Petty, head coach of Howard Football from 2002 to 2006, will face his old team Saturday as the defensive coordinator for Delaware State.

A-Rod, Yankees
Agree to Deal

John Sleezer - Kansas City Star(MCT)

Alex Rodriguez will resign with the Yankees for a record amount.

Third baseman Alex Rodriguez could be "rolling in dough" once again after outlining a record-setting 10-year, \$275 million contract with the New York Yankees.

Rodriguez currently has 518 career home runs. The contract would include a provision for a pay increase if he breaks the all-time home run mark held by Barry Bonds.

In October, Rodriguez opted out of the last three years of his previous 10-year, \$252 million contract with the team.

Rodriguez, 32, hit 54 home runs and 156 RBIs in 2007.
Source : The Associated Press

GAMES THIS WEEKEND

Men's Basketball at UPenn, Sat 5 p.m.

Women's Basketball at Longwood Tourney, Fri and Sat

Swimming at Davidson Invite, Fri and Sat

Volleyball at MEAC championship, Fri, Sat and Sun

Football at Delaware State Sat Noon

Want to Write for the
Sports Section?

Come Grab a Story at the Budget Meeting!
Monday Night at 7 p.m. in the West Towers

Sept. 1 against Coastal Carolina, focused on the 4-3 defensive strategy.

"I had a full offseason to implement my 4-3 defense, a change from the 3-4 scheme the Hornets played under the former defensive coordinator, and I plan to continue using that scheme because it has been successful so far," Petty said.

Many Delaware State players are excited to have Petty as the defensive coordinator because of his extensive background.

"We don't feel extra pressure because of coach Petty," sophomore Delaware State linebacker Josh Pope said. "But there are expectations. He was No. 1 in the nation, right? That has to bring some sort of expectation."

In 2005, Petty's Howard defense led the nation, allowing 99.4 yards rushing. It also allowed an average of 255 yards of total defense, best in the MEAC.

That season, Delaware State was second in the MEAC in rushing defense and total defense.

"Howard became synonymous with run defense under Petty," Lavan said. "I want similar results for my team."

Because Petty is known for running a 4-3 defense, some

players find it difficult to adjust from the 3-4 of old.

"It's a gap-oriented defense," Pope said. "We have to be in the right [areas]. The 3-4 defenses relied on us coming from the outside and being in different places. This has been new for a lot of us."

Stepping down as head coach can be difficult. Petty, however, has adjusted easily to his new situation. Petty said he is fully aware he's no longer the head coach. He's actually enjoying coaching without the pressure from alumni and administration.

"The one thing you know is that coach Lavan is in charge," said Petty, who served as a defensive coordinator at Norfolk State from 2000 to 2001 as well. "I have the opportunity here. But there's never a question of who's in charge."

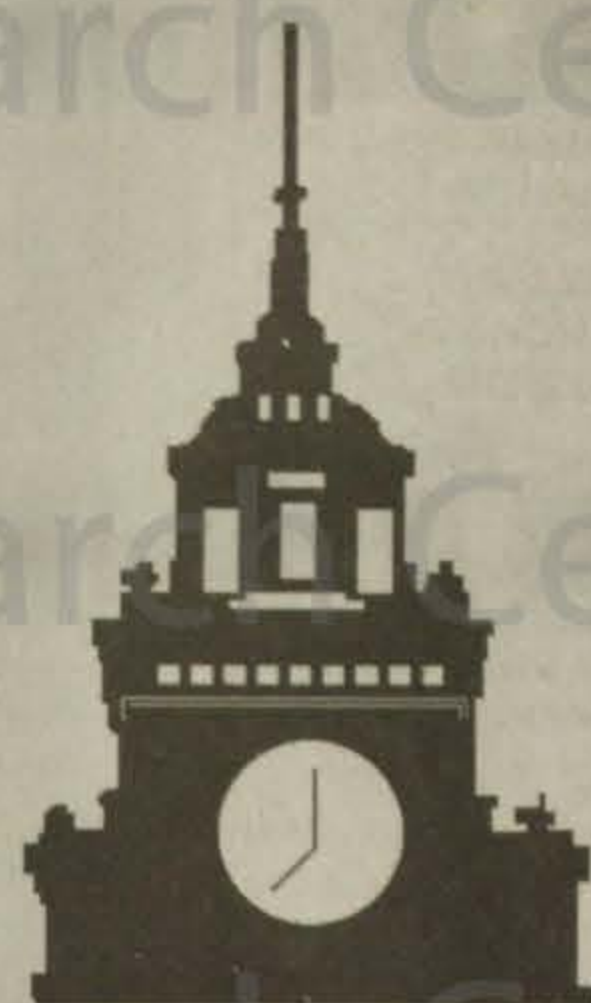
Petty is happy with his new position as defensive coordinator and he has great plans for seasons to come.

"I will continue to place emphasis on discipline and establishing a strong defensive line," Petty said.

He continued, "There is a good nucleus of quality players in Delaware's program, and that makes the attainment of my goals for the team very exciting."

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- Editorial Assistant
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Will be collecting toilet trees for

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Look for drop off boxes in the dormitories and Blackburn.

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and the Gentlemen of Xi Chapter,

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Please bring non-perishable food items to the lower level of Blackburn

November 13-16 12:00- 2:00pm

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Baskets are \$20 per box and feed a family of four.

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Douglass Hall Rm. 116

"Health Professions Society events for Friday, November 16

Krispy Kreme Donut Sale

Where: Lower Level, Blackburn Center

When: 11am to 5pm today Price: \$5 per dozen

3rd General Body Meeting followed by Free Movie Night Movie: Sicko

Where: Blackburn Auditorium

When: 6pm-8pm today Everyone can attend Refreshments will be served"

The Ladies of Zeta Phi Beta Sorority, Inc.,

Alpha Chapter present...

BLUE NOTE: The Late Night Groove 3rd Annual Jazz Social

Friday, November 16, 2007 7PM-9PM Gallery Lounge \$8

For tickets, please contact any chapter member.

At Howard for Thanksgiving?

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Thursday Nov. 22, 2007 Bethune Annex Dining Hall 1-6PM

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Kappa Alpha Psi Fraternity, Inc., Xi Chapter

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