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Hilltop Staff

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Howard Law Takes Initiative, Extra Step To 'Rock the Vote'

BY ANGELA E. SMITH

Staff writer

Howard University School of Law (HUSL) students are using their skills today because their election laws class and the community to analyze the impact of yesterday's election.

Students are getting involved in the voting process.

Scores of broadcast, print, public relations and advertising majors will be covering the election tonight.

Lindsey Logan, a junior, is helping Howard students analyze the election by setting up voting stations in the past few days to inform Virginians how to vote.

Howard is arendd to have its broadcast students cover the election for Radio One (WOL-FM) and to help with the viewing party tonight.

Lindsey Logan, a junior broadcast journalism major and a Delta Gamma, said "I am looking forward to helping students research election results to find out what's important to them." Logan said that her goal is to help students make informed decisions about who to vote for.

HUSL Student Bar Association is hosting an election watch party in collaboration with the HUSL, the Student Congress, Howard University Law and Policy Journal.

The event will begin at 7 p.m. and guests can come to the event to vote for their favorite candidate and discuss the election.

"This event may sway a few votes," said John Roach, a senior public relations major and a member of the Student Congress.

"It's very important that we students get involved in this election..." said John Roach.

"They have already decided who to cast their vote for," said Roach.

"It will also be greatly beneficial to Howard students to get involved in the election," said Roach.

"We must fulfill our obligations and make sure that people can exercise their right to vote," said Roach.

"It is our responsibility to focus on bettering society," said Roach.

"With the economy and education so bad," said Roach. "It is important that we get involved in the election."
Students Rally to Encourage Student Voter Turn-Out

BY CHELSEA TAYLOR

While the remainder of the Student Voter Turn-Out Rally was held on Saturday, students flocked to Howard last Thursday to attend a rally that featured prominent speakers and a chance to vote.

The rally, which was held at the Uche Department House at 7:30 p.m., included student and political speakers who urged students to vote in the upcoming election.

"It's important for students to vote because their voices are not being heard," said Speaker Graham. "When students are registered to vote, they have a say in the future of their community."
Morrow thinks that health care should be a "universal system," continuing from front, COlLLEGES

"We talk about how to be the best, how to make a difference," she said. "Health care is not a luxury, it's a right."

Morrow was the only student of the 25 who attended the workshop who was not a journalism major.

"It's about universal health care," Morrow said. "I'm not saying that we can't do anything to better our health care system, but it should be about what the people want.

Shala Gadsby is journalism major.

Local Elections on the Backburner

In light of today's presidential election, congressional candidates vie for limelight

By GARY LADAN Staff Writer

Today, women will flock to the polls to select the next generation of leaders for the local schools, some of whom know personally the children they are about to send off to college.

Although much focus and excitement is placed on voting for a president or a candidate for Congress, students who are about to enter careers in social work or education may not always be knowledgeable about these different positions that will effect them.

"I have not been in a position to vote yet and cannot vote until after I graduate," said Ashley Wright, a junior political science major.

Although she is not quite sure about which Virginia senator, governor and attorney generals are up for election, Bridgewater shares a common presidential candidate.

"Although I disagree on issues with both Republican and Obama and the GOP, I would probably support them both," Wright said. "I feel that I would be unable to vote for the current state of our nation and I'm not sure what the future holds.

"I'm not sure if I'm capable of voting yet, but I feel like I'm not," said Ashley Wright, a junior political science major.

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Mixed Families Overcome Cultural Differences

While mothers adjust to issues of hair care and racial prejudice when raising black daughters:

By JENNER ALBERT

The idea of adopting a black child was not easy for Karen. She knew it wouldn't be easy, starting at the age of 40.

Karen was 36 when she heard about adopting, and the thought of having a child through adoption made her feel excited. She wanted to give something back to society and thought adoption would be the perfect way to do it.

As Karen waited for her child to be born, she had several adjustments to make. She had to learn about the culture of the adopted child, their customs, and traditions. It was a different experience, but she was excited to learn and adapt.

Karen also had to deal with the challenges of raising a biracial child. She knew from the beginning that it was going to be tough, but she was determined to make it work.

Karen's child, a biracial girl, was born healthy and happy. Karen was overjoyed to hold her new daughter in her arms. She knew that the road ahead would be tough, but she was ready to face it.

Karen's daughter, who she named Emily, was a joy to have in her life. She was energetic and full of life, and Karen loved every moment she spent with her. She taught her daughter about her heritage and culture, and they shared many happy moments together.

Karen's journey to adopt a biracial child was a challenging one, but it was worth it. She now has a beautiful daughter who she loves more than words can express.

Energy Drinks Cause Energy Boost, Health Problems

By LINDA ROBINSON

Energy drinks can cause health problems in people who drink them. This can especially occur with the intake of energy drinks and alcohol beverages together. Dr. Brock suggests alternatives for boosting energy besides drinking energy drinks.

When it comes to energy drinks, people often turn to energy shots. Energy shots are small, concentrated sources of energy that are easy to consume. Energy shots are usually made by companies that sell energy drinks, and they are available in grocery stores, convenience stores, and online.

Energy shots are considered to be a healthier option than energy drinks because they are not as high in sugar and caffeine. However, energy shots can still cause health problems if consumed in excess.

The main concern with energy shots is that they can cause a spike in blood sugar levels. This can lead to symptoms such as shakiness, anxiety, and palpitations. While these symptoms are usually short-lived, they can be unpleasant and can affect someone's ability to function.

Energy shots can also cause dehydration, which can lead to symptoms such as fatigue, headache, and dizziness. This is because energy shots are not a complete source of nutrition. They are mainly composed of sugar and caffeine, and they do not provide the body with the nutrients it needs to function properly.

Energy shots can also cause digestive problems such as stomach pain and diarrhea. This is because energy shots are not easily digested and can cause irritability and discomfort in the stomach.

The best way to avoid the health problems associated with energy shots is to drink them in moderation. If you feel like you need an energy boost, consider using natural foods and beverages such as water, tea, and fruits.

Other ways to increase energy include getting enough sleep, exercising regularly, and eating a balanced diet. It is also important to stay hydrated and avoid foods that are high in sugar.

In conclusion, energy shots can be a convenient and effective way to increase energy, but they should be used in moderation. It is important to consider the potential health risks associated with energy shots and to explore alternative methods for increasing energy.

Dr. Brock suggests alternatives for boosting energy besides drinking energy drinks. He recommends getting enough sleep, exercising regularly, eating a balanced diet, and staying hydrated. He also suggests avoiding foods that are high in sugar and caffeine. By making healthy lifestyle choices, you can increase your energy levels without putting your health at risk.
Students Gear Up for Last-Minute Preparations at Obama Headquarters

BY CRISTAL COOPER
Contributing Writer

Washington, D.C.—Hundreds of volunteers are making last-minute preparations at Obama headquarters in advance of Election Day.

The office, located at 919 H Street NW, has been in operation since June 2006. The headquarters is the hub of national organizing efforts for the Obama campaign.

Volunteers have been working on various tasks, including phone banking, canvassing, and data entry.

"I've been here for a week," said one volunteer. "We're working to get out the vote and make sure people are aware of the issues.

The volunteers are receiving training in voter registration and outreach techniques. They are also working on getting out the message that Barack Obama is the candidate of change.

Volunteer Coordination Director Julian Dixon said, "Our goal is to get as many people out to vote as possible. We're working hard to make sure everyone understands the importance of voting.

Volunteers are also helping to register new voters, especially those who may not have voted in the past.

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Vandalism Issues Give Rise to Campus Security Concerns

Throughout the year, our community at Howard University has remained an engaging place to live and grow. Our on-campus patrols, police and security of parking lots across campus.

Towers’ parking lot.

This is nonsense, but

addition the parking fee. This is

of which

lights should also be installed in

in the remaining four lots, including the West, South, North and

should be accounted for in emergency

The point of this paper

on and around campus

for the 2009-2010 school year.

Do you want to write for the Hilltop?

Come to the next budget meeting this Sunday at 6 p.m. in the West Towers (Plaza Level)
The Hilltop prints every day. The first 20 words are $10 and .25 for each additional word.

All deadlines must be submitted and paid for 5 business days in advance.

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Any questions? Contact The Hilltop Business Office at 202-806-4749 or email to hilltopbusiness@gmail.com.

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