

Howard University

## Digital Howard @ Howard University

---

The Hilltop: 2000 - 2010

The Hilltop Digital Archive

---

2-5-2009

### The Hilltop 2-5-2009

Hilltop Staff

Follow this and additional works at: [https://dh.howard.edu/hilltop\\_0010](https://dh.howard.edu/hilltop_0010)

---

#### Recommended Citation

Staff, Hilltop, "The Hilltop 2-5-2009" (2009). *The Hilltop: 2000 - 2010*. 569.  
[https://dh.howard.edu/hilltop\\_0010/569](https://dh.howard.edu/hilltop_0010/569)

This Book is brought to you for free and open access by the The Hilltop Digital Archive at Digital Howard @ Howard University. It has been accepted for inclusion in The Hilltop: 2000 - 2010 by an authorized administrator of Digital Howard @ Howard University. For more information, please contact [digitalservices@howard.edu](mailto:digitalservices@howard.edu).



**WEATHER**

 **29**  
**17**  
Tomorrow:  
 **41**  
**30**

Established  
**1924**

**THE HILLTOP**

The Daily Student Voice of Howard University

VOLUME 92, NO. 85

WWW.THEHILLTOPONLINE.COM

Thursday, February 5, 2009

**Thursday's Notebook****CAMPUS**

**HOWARD ALUMNI RETURN TO TALK ABOUT LIFE AFTER UNDERGRAD. READ WHAT THESE FORMER STUDENTS HAD TO SAY.**

**BUSINESS & TECHNOLOGY**

**WILL VALENTINE'S DAY BE ON A BUDGET THIS YEAR? READ ABOUT WHAT RESEARCH SAYS ABOUT THE HOLIDAY.**

**EDITORIALS & PERSPECTIVES**

**ARE YOU MAKING HISTORY? FIND OUT WHY BLACK HISTORY MONTH IS SO IMPORTANT THIS YEAR.**

PAGE 2

PAGE 4

PAGE 7

## Candidates 'Speak Out' About Goals, Intentions Outlined for the University

BY TAHIRAH HAIRSTON  
Staff Writer

The School of Business Auditorium was filled Wednesday with students eager to hear the ideas and plans of the future student government leaders of Howard University.

The HUSA and undergraduate trustee candidates brought their A-game as they battled for the higher levels of student government on campus.

The panel was filled with both former and current student government leaders who are familiar with what it takes to win the votes.

"This is the start of a four-week interview," said Andrew Jones, prospective Howard University Student Association executive president. "You guys are interviewing us to see who you want to hire to lead Howard University."

The debate began with the prospective undergraduate trustees: Nnamdi Anozie, Corey Briscoe and Nastassja Spencer.

With increased tuition as the main issue, current HUSA President Nicholas Owen asked the undergraduate trustee candidates their stances on the subject.

Briscoe, aware of the current deficit Howard University faces, said it is critical to increase the tuition at the university.

"If there is not a tuition raise, there is no Howard University," Briscoe said. On the issue of increasing the Student Activity fees, Briscoe was hesitant to produce a definite answer.

He said before making a decision to raise the student activity fees, there first needs to be a look at what is being done with the money.

Prospective undergraduate trustee Nnamdi Anozie also took a stand in support of an increase in tuition, but only if the improvements to the university are seen. Some of the changes Anozie would like to see are in both the classrooms and research facilities.

"There needs to be disclosure," Spencer said. "I read in *The Hilltop* that the tuition increase is being done to make Howard more competitive. But until I find out what this competitiveness means, I can't answer this question."

Spencer wants students to get involved in policy making to ensure the prosperity of the 142-year-old institution.

The debate continued with the candidates for HUSA dishing ideas on how they plan to make student govern-



The School of Business was the center for political debate as the HUSA and undergraduate trustee candidates participated in the first speakout of the election season.

ment better as well.

The prospective candidates for president and vice president, respectively, are Bryan Smart and Jerome Joseph and Andrew Jones and Asia Smith.

Smart and Joseph said they want to make sure students are privy to university activities, which is a part of their transparency platform.

Smart and Joseph's practical approach is to introduce a "Drop-it-Like-

straight to the source to solve the problem.

"We need to reach out to students directly, with purpose and direction," Jones said.

According to Jones, the most profound issues in the graduate schools that need to be addressed deal with low LSAT scores and facility improvements at the Medical School.

The Smart-Joseph team plans create a graduate student liaison to help them address the issues of the graduate student body and also someone from Howard staff to be an athletic liaison.

Joseph said international students need to be integrated into the general Howard University population to make them feel a part of "the bigger picture."

"We need to get away from the stigma that when you label someone it separates them from the group," Jones said. "It is not separating them; we need to make their problems Howard University problems."

Jones noted that when Trinidadian students went home for break, they were unable to check their grades online or apply to the university. He plans to create an orientation packet to give international students everything they want at home.

According to Smith, the needs of the Howard University students must be taken care of first and then the wants and desires should follow thereafter.

*"We need to get away from the stigma that when you label someone it separates them from the group"*

- Andrew Jones, junior HUSA candidate

it's-Hot" box for students to file grievances online.

"We need an effective student government that is here to serve the needs of the students and not entertain *The Hilltop*," Jones said.

Former HUSA Vice President Will Roberts, Former HUSA President Marcus Ware and Owen asked HUSA candidates how they would go about addressing the issues of the underrepresented student body such as graduate students, homosexuals, athletes and international students.

Smith said instead of having liaisons for everything, she plans to go

## Annual Hip-Hop, Higher Education Symposium to Discuss HIV/AIDS

BY VANESSA ROZIER  
Editor-in-Chief

Today, it's all about hip-hop. Notable figures such as Michael Eric Dyson and Mya will be joining the likes of Angie Ange, Melyssa Ford and Gina Ravera, to name a few. They are journeying to the Mecca, some for the first time, to participate in the 4th annual Hip-Hop and Higher Education Symposium.

This four-hour event kicks off today in the Blackburn Ballroom at 1:30 p.m. with keynote speaker Maria Davis. According to the symposium chair Joshua Wright, "She probably has the most to say out of all of them."

"My whole thing is love yourself," said Davis, a model, spokesperson, author, promoter and AIDS survivor. Davis is known for her M.A.D. Wednesdays, a hip-hop showcase in New York as well as her novels, *Souls of My Sisters* and its sequel *Souls Revealed*. But most of all, she is living out her life's purpose.

In the hospital one day in 1995, Davis was diagnosed with HIV, changing her life from what she planned it to be. Looking back, she told *The Hilltop*, "That was what I was being prepared for. Not for the music industry, but to encourage others."

She's doing just that by speaking to groups around the country about loving themselves, no matter what. "You wanna love Lil' Wayne and put them up on a pedestal," Davis said, "put yourself on a pedestal."

Opening the hip-hop symposium today, Davis said she wants people

to "take away how important it is to be active in your own movement...we look for people to be our saviors and we have to save ourselves."

She has a 19-year-old daughter who attends Morgan State University and a 26-year-old son. Davis, 49, resides in Harlem, N.Y.

Davis looks up to Harriet Tubman, Phylis Wheatley and Rosa Parks because "they were women who not only were powerful for themselves, but they were powerful for others."

These concepts, among others, will be a part of her speech today, followed by a presentation by the Southern AIDS Living Quilt, an organization that travels the country to share their stories about having HIV/AIDS. At 2:30 p.m., Michael Eric Dyson will be speaking about the hip-hop movement and sexuality, followed by a town hall discussion with notable members of the hip-hop community.

The theme for this year's symposium is "HIV/AIDS, Women and the Hip-Hop Generation."

The theme last year was on HIV/AIDS in the black youth, but this year, "we wanted to make women the focus because they are suffering the most, not just here but in Africa as well," Wright said.

R&B artist Mya, actress Gina Ravera, radio personality and Howard alumna Angie Ange, television personality Melyssa Ford, Taylor Thomas of *The Steve Harvey Morning Show* and two Howard professors, Dr. Debyii Thomas and Dr. Lynette Munday will all panelists at the event.

## Fine Arts Meeting Puts Spotlight on Concerns

BY LAUREN GASPARD  
Contributing Writer

Faculty and students packed in room 3001 of the Fine Arts Building for the rescheduled Emergency Town Hall meeting for the Division of Fine Arts.

Nearly 50 students and about 20 faculty members were in attendance at the meeting, held by Associate Dean Tratobia Benjamin of the Division of Fine Arts and the College of Arts & Sciences Student Council, to address the concerns of students and faculty regarding the state of the Fine Arts department.

Junior music education major Quance Floyd stood as the modera-

tor for the program. Administrators present were Benjamin and the new associate provost Barbara Griffin, who stood in for the interim vice provost and Chief Academic Officer Alvin Thornton, who was at a meeting with President Ribeau. Also in attendance were department chairs from theatre arts, music and art.

When the floor was opened for questions, Kamal Warner, a junior classical voice major, asked the administration to explain what it means for a university to be up for accreditation. Benjamin addressed the question by discussing the process in which a university and its departments are evaluated.

> See ARTS, Page 2

## SmarTrip Cards: The Smart Way To Travel for Metro Riders in the District

BY SIMONE JOSEPH  
Contributing Writer

After a successful informational campaign in October, the Metro authority said there was an increase in SmarTrip card sales as riders rushed to purchase the electronic fare card before Jan. 4, when Metro eliminated paper transfers.

Emlyn Harewood, 61, who operates the Ride-on transit bus in Montgomery County, Md., felt good about the changes.

"It lessens the distraction of having to pass out transfers and to check if they are usable," he said. "Flash passes and smart cards are faster and safer and cheaper for the riders."

Kevin Spinley, an operator in the Silver Spring Metro station also observed changes in the station.

"The traffic flows better now

during peak hours," Spinley said. "The crowd is still big, but there are more people using SmarTrip cards."

Under the new plan, SmarTrip card users will pay 10 cents less on Metro buses and will have an extra hour to take advantage of free bus-to-bus transfers, as the transfer period extends from two hours to three hours.

They will also receive a 50 percent discount off their Metro rail fare if transferring from bus to rail and will save 50 cents on their fares when transferring from rail to bus.

Some of the objectives of Metro's changes were to minimize fraud and abuse of paper transfers by individuals who sell or give away their transfers to other riders and reduce assaults on bus operators by riders who have disputes with operators about transfers.

According to Metro authorities,

eliminating paper transfers will save Metro about \$300,000 a year for the cost of paper and printing and the repair and maintenance of the transfer machines in stations.

The changes were also effective during President Barack Obama's Inauguration.

"Throughout Inauguration weekend, we effectively dealt with record-breaking crowds," Metro general manager John Catoe said. "On Inauguration Day itself, our rail ridership surpassed the 1 million mark."

To date, Metro has sold over 93,000 Commemorative Obama SmarTrip cards. According to its Web site, Metro typically provides about 1.2 million rail and bus trips on an average weekday.



The Fine Arts administration, as well as concerned students, attended a town hall meeting to discuss their concerns about accreditation and other issues.



# Alumni Come Back, Give Insight on Life After Graduation



Howard alumni gave away items such as briefcases and bookbags to students in attendance.

BY ASHLEY JOHNSON-ALFORD  
Staff Writer

Starting at a panel of people who once filled the chairs they occupy now, the Reading Lounge was filled with black blazers and anxious students awaiting knowledge from alumni on Wednesday night.

The HU Alumni Association, co-sponsored by the Ladies of Alpha Kappa Alpha Sorority Inc., held the seminar titled "A DIVINE Destiny: From Backpacks to Briefcases," giving Howard alumni and professionals the opportunity to share their story about their journeys post-graduation.

With approximately 160 attend-

ees, including alumni and current students, the panelist discussed topics such as continuing on to graduate school, following the health care or medical track, breaking into the corporate world and being self-made bosses.

Howard professor Yuvay Meyers, Ph.D., graduated from Howard in 2003 and now teaches business marketing. After graduating, she went on to pursue her Masters at American University. She shared both negative and positive consequences of graduating undergraduate and continuing on to a Masters Program.

"Always remember the education is never a waste of time," Yuvay said. "With the economy how it is today, at some point, everybody will have to go back to school. Your chances of leaving HU and making an extreme amount of money are slim to none. So while you are still eating Ramen and going to afternoon classes, your friends might be out making money. But always remember that education is never a waste of time."

Meyers advises students looking to pursue a Master's to have a solid plan.

In pursuing a law degree, 2004 Howard graduate Aimee Pringle went on to attend Columbia University in New York where she said she "was given the opportunity to use the experiences that I had at Howard."

Pringle, a former legal communi-

cations major, advised students to have a plan, take the LSAT (preferably the July test date), as well as research the school, location, rank and faculty.

In doing this, she encountered many differences and changes from the atmosphere she had gotten used to here at Howard.

"Going from HBCU to Ivy League was a huge culture shock," Pringle said. "Be prepared to be the only person of your kind in your class. You don't realize the purpose of HU until you step out of it and you finally see how warm Howard really is."

Being the only student "of your kind" can have its benefits as well.

"Of course you have to get used to people asking you all the questions about black people," Pringle said. "Use it as an opportunity to enlighten them. You represent Howard. If you are the first Howard student they encounter, you can either make it harder or easier for the next student."

Pringle is currently trying to find a law firm to call home.

In the area of health and medical professions, Trina Scott, a Howard alumna and health care representative, cleared up misconceptions about the major, the difficulty and rigor of the programs and the careers and opportunities it offers.

"I was a biology major, but like so many, I decided it was too hard, so I

changed," Scott said. "My senior year, I finally made the Dean's List and had gotten my GPA up above a 2.5 for the first time in four years."

Scott graduated as a nutrition major, after three changes of her major. As a nutrition major, she emphasized the importance of knowing what is available in the medical field and the requirements.

"A common misconception about the medical field is that you have to get a four-year degree," she said. "Most people in this field have either an associate's, high school diploma or a GED."

She encourages students pursuing the medical path to "volunteer regularly and to pick up traits and skills from people who are currently doing what they would like to do in the future."

The forum was informative and spoke on many careers and fields, common to Howard students now.

"I enjoyed hearing the experiences and finding out about life after graduation," said Erica Austin, a junior speech and implied communications major. "All the panelists were pretty informative and gave great insight through their experiences."

Senior management major Sonia Jones agreed.

"I appreciated all the alumni who came back to share their stories so that we know what to expect when we go out into the world," she said.

## Forum Offers Opportunities for INROADS Scholarship

BY ZARIA POEM  
Contributing Writer

Students steadily filled the forum located in Blackburn on Tuesday, and despite their varying majors, ages and classifications, all attendees had the common goal of gaining information about the internship program, INROADS.

Since 1970, the purpose of INROADS has been to "develop and place talented minority youth in business and industry and prepare them for corporate and community leadership." With 50 chapters located in both the United States and overseas, the program proudly serves more than 4,500 interns at over 400 companies.

INROADS caters to sophomore and junior college students who have career interests in the fields of business, engineering, financial services and information technology, among many others.

Participants at the informative construc-

tively interacted with their peers and officials of the INROADS program by playing a scavenger hunt game at the start of the program. The game, which required the attendee to find interesting facts about an employee or intern of INROADS, was a "great networking tool" according to INROADS recruiter Lynn Sydnor.

Sydnor, the national recruiter for the Mid-Atlantic region of the program, believes the character skills the interns in the program receive helps the students to ultimately become essential assets for companies they work for.

"Interns at INROADS participate in our Leadership Institute, community service activities and have corporate mentors who are there to really help them connect more with the companies they are working for," Sydnor said. "We provide a real world experience for our students, a well-rounded one at that."

Graduating seniors Victoria Kirby and Pris-

cilla Simon are both testaments to these insightful experiences.

Over a span of three years, Kirby has worked as an intern with a local newspaper in her hometown and with the leading publication company, McGraw-Hill.

"Along with interning for the company, I was a consultant for them as well," Kirby said. "This allowed me to gain a greater experience with the company, along with being able to know the ropes of what goes on throughout the business world."

Like Kirby, Priscilla Simon has been fortunate enough to gain hands-on experience with top companies as well. By applying for an INROADS internship, Simon has been offered positions at companies such as Target and General Electric and has had interviews with leading corporations like Xerox and Lockheed Martin.

"I chose General Electric and learned so much there," Simon said. "My role in the leader-

ship initiative allowed me to mingle with senior level management, shadow and spearhead initiatives throughout the corporation. These companies are excellent in what they do. They actually take their time and invest to help us and produce other leaders."

Tony Penny, manager of Mid-Atlantic INROADS, believes that the most important thing potential interns should do is to do their research on the company.

"You never know who you may be possibly interning for, so it's very imperative that you know the history of the company you have an interview for," Penny said. "The next biggest thing to understand is that you are a commodity. As young adults, you should constantly be striving to 'sell yourselves' and market yourselves. Whether it's to your professor, to a significant other, you're selling everyday. Image, experience and hard work are all key factors."

## Meeting Opens Floor for Student Voices

Students voice concerns regarding issues that have plagued the Fine Arts building throughout the semester

continued from FRONT, ARTS

"The university and its departments are going to be evaluated by consultants in preliminary matters that refer to a previous [accreditation] time line to see what issues have been addressed," Benjamin said.

Christopher Royal added to the remarks by simply stating that the consultants "make sure we are doing what we say we're doing."

Further discussion cleared up what it means to be "accredited."

Dr. Gwendolyn Everett, chair of the art department, highlighted the fact that not every institution or department is accredited. "The art department at Howard University has been accredited for over two decades, and we have done our very best to make sure we uphold those standards."

Music education majors expressed concern about what is being done about the technology within the classrooms, and if there have been improvements made, what areas were they in.

Chris Royal, chair of the music department, responded with an update on improvements in progress, including a program that will loan pianos to the university for music students and the amount of technology available campus-wide for music students to utilize toward their benefit.

Professor Royal emphasized that throughout the program, the student voice is not only important, it is necessary to solve problems.

"If you have an issue, tell someone," he said. Royal also encouraged the students to speak up so that the problems can be handled expeditiously and effectively.

Adequate funding was also an issue addressed at the meeting. According to students in attendance, they feel as if they are overlooked and, in return, do not

receive proper funding for the needs of the division. Students were very adamant about the stance that the faculty is taking toward addressing the problems that other universities do not have. The consensus among students is that they do not want to leave Howard University with regrets because they did not receive what should have been given to them.

In response to the shared sentiments among students regarding funding, Benjamin explained the economic condition having a large effect on the university. According to Benjamin, the university is experiencing its own \$30 million deficit as well.

"These things factor into budgetary decisions," she said. "Therefore, the faculty does not have much control over access to monies, because it is a university-wide issue that everyone is experiencing."

A number of students responded in confusion. Some questioned the scholarship funding and why if there was an issue with money, why students aren't getting what they are entitled to with their scholarships.

Also, if there is not adequate funding and students are not receiving what they need, then why certain programs are still offered. Various faculty members responded humbly in empathizing with the students, expressing that conditions may worsen before improvement, but their voices are not going unheard.

Security was a primary issue for the reason behind the emergency meeting, as some students expressed their concerns involving the lack of security in the practice rooms and basement within the building.

Students expressed sincere concern for their valuables going unprotected, the sanitary conditions of the areas and access to open areas that those who are not students within the Fine Arts division and the university can invade.

"If you see something wrong, call security," Royal said. "If you don't see a guard where there's supposed to be one, call security."

Benjamin also brought into consideration the identification and sign-in policy to use the building after hours.

Students responded saying that this does not occur, bringing it to the forefront for discussion.

Another main issue of the students was the inadequate facilities. Each student expressed concern about broken chalkboards, useless acoustics within rehearsal rooms, heating problems and other issues.

Faculty responded with some points that are being done in the future to resolve this problem, but students are concerned with immediate action.

Benjamin reiterated that a budget problem is one of the main things holding them back, and that students cannot expect overnight results because of the economy and the university deficit.

One student suggested that there be more security at nighttime than there is during the day. Benjamin commended the idea and plans to take it up with officials.

Although students were upset, they did not want to be misconstrued by administrators.

Rich Green, a Fine Arts graduate student, mentioned that although addressing the issues is necessary, he was concerned with the attitude of the students.

"I don't hear the sound of gratitude," Green said. "We are all dedicated to making sure you are all successful, but make an impression upon these professors and officials to develop trust and reach out."

A student responded, to reassure everyone in attendance that students are grateful just to be at the Mecca, but there is a level of concern that is arising. If improvements aren't made, they fear they will fall behind and be put at a disadvantage because of progressing technology.

Administrators and professors commended the students for coming out and letting their voices be heard, and reassured them that every action available is being taken to adhere to their needs for a better learning environment.



The Woman-to-Woman Conference is aimed at inspiring young girls to attend college.

## DMV Area Girls Attend Empowering Conference

BY ODOCHI IBE  
Contributing Writer

Over 500 girls were invited from the DMV area Wednesday to Blackburn to discuss politics, health, beauty and education.

The girls were all participants of Alpha Chapter, Delta Sigma Theta Sorority Inc.'s 17th annual Woman-to-Woman Conference, titled "Sisters Lets Talk: Reaching Our Full Potential, Excelling Beyond Belief."

Orchestrated by Carri Cowan and Ashley Wright, co-chairs for the event, the day-long event, geared toward motivating young girls in the D.C. metro area to attend college, provided a day of fun and education for high school girls.

"We are enriching the girls to want to attend college," Wright said. "And showing them there are successful African-American women out in the universe that are actually doing something in the community and bringing it back to motivate these girls."

During the day, there were numerous motivational speakers including Ramonica Moore, Marianna Becton, Camille McDonald and Rev. Debyii Thomas, Ph.D., with keynote

speaker Ericka Dunlap, Miss America 2004. Each speaker presented the girls with a different outlook on life that was equally important.

"It feels really nice that they are trying to make sure we are aware of what we need to do for college," said Briana Cadias, a junior at Benjamin Banneker High School. "The mentors actually sound like they care about us."

Dunlap indulged the crowd with both laughs and serious conversation.

She encouraged the girls to not push away from other people that may offer them insight, but to latch on and take as much input as they could in order to excel beyond belief.

"I wanted to instill some principles that I've learned along the way to some of the young ladies," Dunlap said. "I hope I was able to inspire them to want to excel beyond their own beliefs and to do the things they're destined to do."

The Woman-to-Woman Conference serves as an outlet to bring young girls from around the D.C. area together to fellowship and form bonds with new people and encourage them to do better.



# Ward 7 Aims to Bring Promise to Main Street

BY NATELEGE WHALEY  
Contributing Writer

For years, residents of Ward 7 living east of the Anacostia River, east of the Anacostia River, have been restless for change. The residents have been concerned with the lack of services and amenities that their neighbors who live west of the river enjoy.

Today, residents are meeting with city government officials to shed light on these problems, in efforts to push for the revitalization of the area. The meeting will be held at 7 p.m. by the DuPont Park Civic Association, at the Pennsylvania Avenue Baptist Church located at 3000 Pennsylvania Avenue SE located in Ward 7.

"The whole idea is to get people out of their cars and give them the ability to shop within their community," said Barbara Morgan, president of the DuPont Park Civic Association.

Morgan and others want the city to start work on the Pennsylvania Avenue Revitalization Project, which would bring in more retail shops, provide more transportation options and make the area along Pennsylvania east of the river more pedestrian friendly.

A resident of Ward 7, Morgan is also one of the members of the project's Advisory Board, which is a coalition of representatives of neighborhood civic associations and Advisory Neighborhood Commissions of Wards 7 and 8.

"We are trying to get this part of Pennsylvania Avenue to look like the other part across the bridge," she said, referring to the west side of the Anacostia River. Morgan said she feels that communities east of the Anacostia River are like the stepchildren of the city and have always received the least quality treatment.

"There are not any shops over there [east side] like there are here [west side]," said Nicandra Wilson. "You have



U.S. Representative Todd Tiahrt (R-KS) joins volunteers in helping pick up trash along the Anacostia River in Washington, D.C.

Chuck Kennedy - MCT

the little strip malls with the Chinese restaurants, the dollar store, the liquor store, but there are no boutiques or clothing stores. If I want to shop I have to go to Maryland or Virginia or go downtown."

Wilson, a 57-year-old lifelong D.C. resident who currently lives in the Ward 7 neighborhood of Hillcrest, also works on the west side of the Anacostia River, right off of Pennsylvania Avenue, as a

Family Support Worker at the Capital Hill Group Ministry.

As a resident of the area east of the Anacostia River, and a worker in the area west of the river, Wilson is very aware of the differences on each side. "On this [west] side, we have Harris Teeter," she said. "Across the bridge, there is Safeway and Giant."

Harris Teeter is a recently opened

supermarket near Pennsylvania Avenue west of the Anacostia, which, according to Wilson, is targeting the new residents of the area with higher incomes. Wilson said low-income residents can't afford this supermarket and, more than likely, do their grocery shopping at the nearest Giant.

Residents with higher incomes are now moving into the area west of the An-

acostia because of the influx of new condominiums and townhomes being built there. Wilson said these developments have been taking place for over 10 years. "On the west side of the bridge, new developments have been coming fast," she said. "On the other side, however, it has been pretty slow."

According to Evelyn Kasongo, the Neighborhood Planning coordinator of Ward 8 from the D.C. Office of Planning, a development plan has been completed for a small area along Pennsylvania Avenue from 4th and Independence to Southern Avenue, but it is being held up by the Department of Transportation, which has conducted its own study of Pennsylvania Avenue. This study "has encountered delays due to issues associated with the finalization of construction documents," Kasongo said.

Delays, and other issues surrounding the revitalization of Pennsylvania Avenue east of the Anacostia, are what make this upcoming meeting with Ward 7 residents and city officials so significant. "We will have officials of the D.C. government coming out to explain what is supposed to happen with the community's input," Morgan said. "The government shouldn't come into the community and tell us what they want to see; they have to listen to what we want."

Wilson is not too optimistic about the future of these revitalization plans as long as the neighborhood's residents remain predominantly African-American. "When they get enough black people to move then they will revitalize, but until then, no," she said.

Pennsylvania Avenue leads to the nation's capital and is often referred to as "America's Main Street." Because of its special significance, residents of Ward 7 feel an even greater obligation to make sure that the revitalizing of the avenue actually goes through.

## NON PROFIT PROFILE

### PEACOHOLICS

BY GENET LAKEW  
Staff Writer

They call themselves the Peaceoholics, people addicted to peace. And they're currently looking for young people to join in on their efforts.

On Jan. 23, local non-profit organization Peaceoholics, Inc., held a news conference to invite more volunteers. Six major crime-ridden areas were identified as locations accounting for almost one-third of all D.C. homicides. This organization is dedicated to curbing such crime, violence and inequities that plague the African-American population in the District.

In 2004, chief executive officer Jauhar Abraham collaborated with Ron Moten, current chief operations officer, to establish Peaceoholics, Inc. Since then, more than 10,000 D.C. youth and families have benefited from its services and intervention programs.

According to its Web site, Peaceoholics commits itself to issues such as conflict resolution, HIV/AIDS prevention and substance abuse prevention. In addition, it concerns itself with overall family wellness and gang prevention.

In order to accomplish its goals, the Peaceoholics rely on helping hands. "Nothing can ever replace the gift of service, that's the greatest thing a human being can do," said Abraham.

Peaceoholics volunteers must be 15 years of age or older. As for specific requirements for volunteers, that's just about where it ends. "There is not one specific type of individual that we're looking for. We think that everyone has something to offer," said Abraham.

Abraham and his colleagues believe that everybody has a different skill or talent they can utilize to reach out to troubled youth. The most important thing is to have a "love for humanity" and the "courage to be willing to make a difference."

For students at Howard striving to make such a difference, Abraham suggests linking up with a surrounding elementary school to initiate a reading program. Volunteering requires a weekly or monthly time dedication, a luxury some college students might not have.

For this concern, Peaceoholics offers its volunteers a schedule. Abraham recommends dedicating at least six to 10 hours a month, in order to make the cor-

rect kind of impact.

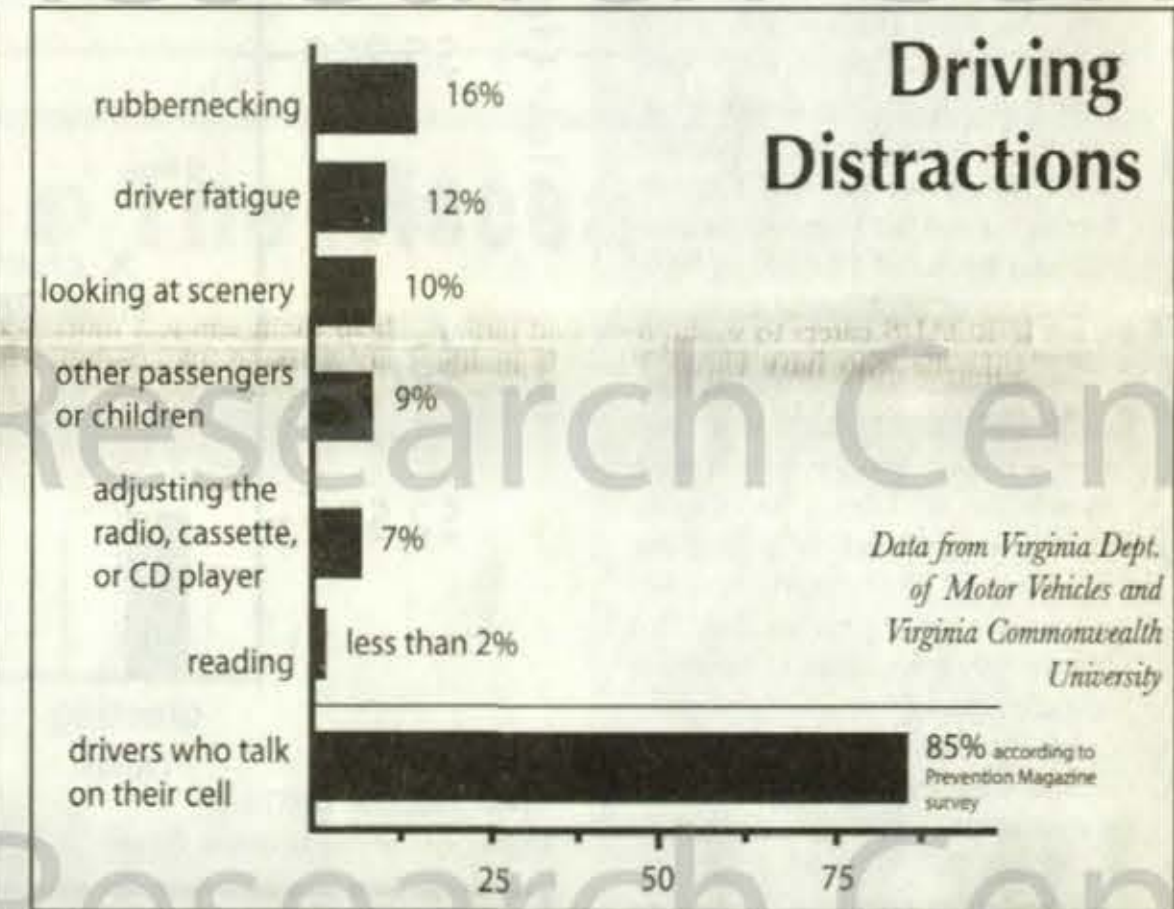
Being so, the Web site states "Peaceoholics was established to enhance the academic and social development of at risk youth and their families."

Abraham points out the success and impact Peaceoholics has had on area youth. At least 50 young students joined Peaceoholics in their middle school stage. Throughout their years, Peaceoholics followed and guided them as they graduated high school to attend several HBCUs such as Morgan State, Shaw University and North Carolina A&T.

Responsibilities of a Peaceoholics volunteer include mentoring, conflict resolution, mediating and tutoring. An important goal is teaching youth not to immediately resort to violence and fighting when a conflict arises, in other words, teaching people to negotiate without being angry.

Abraham strongly encourages college students and other young people to get involved in Peaceoholics and other community movements.

"I think as a human being, that's when you experience your greatest growth," said Abraham.



## Cell Phone Ban Passes in Virginia

BY COURTNEY MIMS  
Contributing Writer

Using a cell phone while driving on the roads of Virginia could soon be a crime and one that could take hundreds of dollars out of driver's pockets.

A bill presented by Delegate Nancy Guthrie (D-Kanawha) proposes that a first-time offender would be guilty of a misdemeanor, punishable by a fine of \$100. The second offense would result in a \$175 fine. Designed for the third and subsequent violations, the driver would be required to pay a \$250 penalty.

Because many states had already put stipulations on young drivers using cell phones, Guthrie felt that it was time to ask the adults to share the responsibility in making the roads safer.

In a floor session during the early stages of the bill, Delegate Guthrie said, "I just believe if we're going to ask students to be more careful by passing this legislation, then adults ought to be more careful as well."

Because Guthrie understands that cell phones have become a way of life and are extremely advantageous in emergencies, the bill if passed would allow for some exemptions.

Any hands-free mobile phone such as blue tooth or a headset could be used at all times. A hand-held device would be allowed, with one hand only on the steering wheel, if the driver has reason to believe his or her life or safety is in danger or that a criminal act is forthcoming.

The ban would also not be in effect when a driver feels compelled to report a fellow motorist driving in a

reckless, careless or otherwise unsafe manner or who appears to be under the influence of alcohol or drugs.

Furthermore, there is an exemption that covers a need to report a fire, traffic accident, serious road hazard or medical or hazardous materials emergency to the proper authorities.

While it is undeniable that the number of accidents or traffic violations that occur have often been linked to cell phone usage and the distractions they cause, some students feel like they are safe drivers even while talking on their phones.

Kristen Iverson, a sophomore film major from Richmond, Va., thinks that the ban has its positives and its negatives. "I honestly do drive and talk on the phone at the same time, but usually it's because I need to not just leisurely converse," said Iverson. "I think the ban should be on texting because that causes a huge distraction. You can talk to other people in the car while driving, so I don't really see how talking on the phone is that much of a hazard."

Domenio Smith, a sophomore political science major from Portsmouth, Va., is in accordance with the bill and believes it should be passed. "I think keeping people off their cell phones is a good way to keep people focused on the road and it would force people to keep both hands free," Smith said. Although the bill and ones like it have been brought before the Senate and House before without success, Delegate Guthrie remains optimistic. "I'm hoping that it will pass this year," Guthrie said in a press interview.

**100%**  
of our Physical Therapy graduates passed the 2007 national licensure exam the first time.



Doctor of Physical Therapy degree at Thomas Jefferson University's Department of Physical Therapy

Jefferson College of Health Professions

Open house and workshop dates at [www.jefferson.edu/JCHP](http://www.jefferson.edu/JCHP) 1-877-Jeff-CHP

THOMAS JEFFERSON UNIVERSITY



# Love's on V-Day Budget, Research Says

BY CHRISTINA BURTON  
Business & Technology Editor

While love will still be prevalent this Feb. 14, money may not be, according to one research group.

Spending for Valentine's Day will drop 4.8 percent from last year, IBISWorld, a national industrial research company, predicts that America will only spend \$28.6 billion this year on showing their love to others, meaning that chocolate and cards will almost always beat diamond necklaces and rose bouquets this time around.

"Valentine's Day is more of a discretionary occasion than Christmas and birthdays, which means it will be hit particularly hard by the current economic climate," said George Van Horn, a senior analyst with IBISWorld.

Van Horn said families with children who just had to budget for Christmas shopping and planning will be budgeting



Cindy Yamazaki - Orange County Register (MCT)

A box of chocolates is a staple of Valentine's Day giving along with flowers, greeting cards and dining out.

more for Valentine's Day, or may just cancel the holiday out altogether.

IBISWorld said they expect couples to substitute "pricier gifts for a simple box of chocolates and a card, as well as coming up with inexpensive ways to celebrate such as cooking a romantic meal at home, enjoying a picnic, walking on the beach, or writing a love letter or poem."

Those romantic ideas likely to suffer are: buying jewelry, dinner dates, sexy lingerie, roses and weekend vacations. At the same time, gift retailers like CVS, Hallmark and Walgreens are expected to do worse than in previous years with greeting card sales. Consumers will likely buy these products from supermarkets and warehouses instead.

Van Horn said dining out is likely to remain the most popular Valentine's Day venture, making up 41 percent of all the day's sales.



## The Biz

### Outsourcing Your Life

BY CHARLES TAYLOR  
Contributing Columnist

Outsourcing isn't just for businesses anymore. A host of new Web sites can provide you with access to thousands of people who will compete to do anything, from research on a homework assignment to designing your campaign poster. The best part? You can usually get these services for a fraction of the normal cost. It's called crowdsourcing, and it could save you a lot of time.

The primary principle of outsourcing and crowdsourcing is that you are willing to pay someone else to do something a better than you can do it and/or b. so you don't have to. It's just like when you go get Subway instead of cooking your own food — you're essentially paying to have more free time so you can concentrate on other things. The principles are the same. Outsourcing and crowdsourcing are a bit different, though. If there was a big crowd of people, you would be outsourcing if you asked one person to do a task. Crowdsourcing would be like yelling your request to the crowd and then picking whoever you think is best.

So, what kinds of things can you use crowdsourcing for? "Anything you can do on a computer or phone, someone on the other side of the planet can do," said Timothy Ferriss, a time-management consultant and author of *The 4-Hour Work Week*, (a great book by the way).

Here are a few examples:

**Research** — Crowdsourcing can be a great benefit when you have a project that requires insider knowledge or labor, like finding sold-out concert tickets or booking travel in a foreign country. Sites like elance.com are perfect for this. The site not only keeps track of feedback on each person, but also shows their earnings, rate per hour, location and area of expertise. You usually get what you pay for, so try not to be cheap. Don't be afraid to use the services of someone outside the United States either, (if they seem reputable).

**Custom-design project**

— Crowdspring.com and guru.com are great places to find freelance designers to make campaign posters, wedding invitations or pretty much anything else you need. To find the best person for your project, check out their reviews and ask potential designers to submit portfolios or even sample projects. If they're reputable, they should have no problem with this.

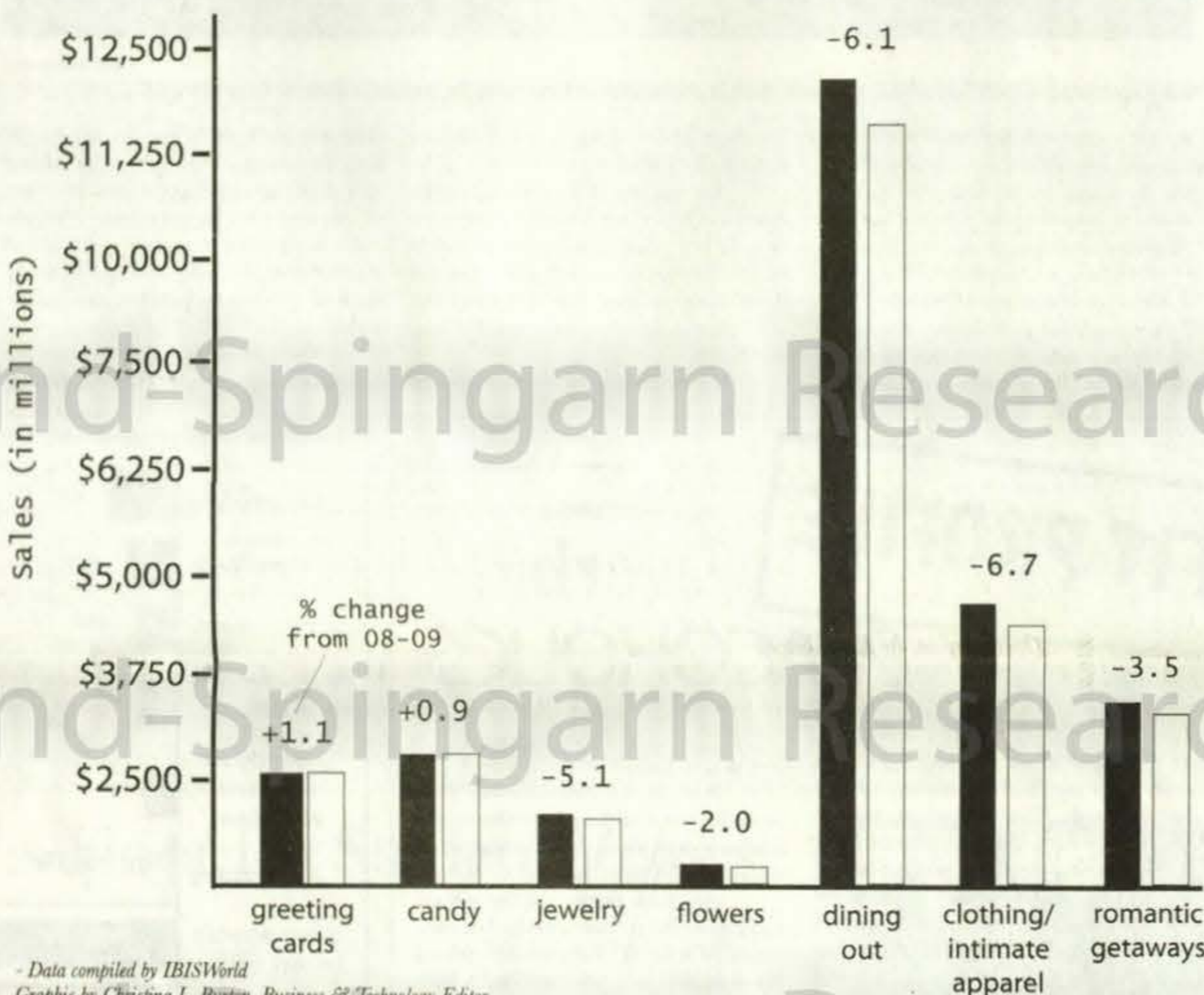
**Personal assistant**

— Here's where it gets fun. Virtual assistants can pretty much do anything you need, from keeping track of your calendar to sending out holiday cards or organizing your files. Ferriss said his virtual assistant, who lives on an island off the coast of Vancouver, goes through about 2,500 of his e-mails every week. The assistant then sends a daily e-mail with four of five action points. The cost? Roughly \$60 a month. Check out asksunday.com, getfriday.com and redbutler.com for these types of services.

Charles Taylor is the owner of OriGenius Company and founder of Howard's Educational Revolution (H.E.R.), which creates student-led classes at Howard University. He can be reached at [charlestaylor@gmail.com](mailto:charlestaylor@gmail.com).

## love lumps

estimated changes in spending from '08 to '09



Data compiled by IBISWorld  
Graphic by Christina L. Burton, Business & Technology Editor

## Student Hustle: I Sell Based On My Own 'Status'

BY JASMINE TURNER  
Contributing Writer

While some students' parents give them money to spend for college, others get jobs, and some students decide it would be better to make "green" their own way.

Ahmed Brown, a sophomore political science major, for instance, has a love for gadgets and a knack for selling them.

Brown's Facebook status, on almost any day of the week, is likely to say something along the lines of, "Ahmed is selling a Sidekick Slide LX and a new LG vx8350 for Verizon (\$60)" or, "Ahmed is selling a LUPE FIASCO CONCERT TICKET this Friday at College Park...and a Treo 700w (Sprint) Blackberry Curve (Verizon) iPhone, Sidekick Slide."

The post is usually followed up by peers asking questions about the products being sold.

"It started my freshman year when I would get a new cell phone every month and then sell the old phone," Brown said. "Then I started selling stuff I had but didn't need."

When asked how many cell phones he's sold, he quickly counted on his fingers and said 25.

"The information would just get out by word of mouth," Brown said.

Information started to travel rather quickly because Brown was soon not only selling his things, but other people's unwanted items as well.

"It didn't get that bad until this year," he said. "People just started hitting me up wanting me to sell their stuff."

It doesn't seem like a bad idea. Brown gets paid a percentage of the profit and doesn't have to do much work. He said items have sold in as little as a week and as long as a month. His small business eventually branched out into selling things other than phones — a television, a camera, books and his most recent and relatively large sale, a car. However, what makes Brown's business boom is his Facebook statuses.

"People really started to get wild when I posted information about the car, but really all that happened was a family friend who lives in Maryland asked me to sell it for her," he said. "It's not that big of a deal to me. I just really like being financially stable; my parents don't give me money, so I have to make it somehow."

Brown is a busy student, balancing campus activities such as Gentleman of Drew Social Club, College of Arts and Sciences Student Council and Student Ambassadors. He also works at the Howard Middle School, Drew Hall and volunteers with Heads Up.

"I have a lot of different ways of making money," he said. "That's my hustle."



### Department of Residence Life IMPORTANT RSVP ANNOUNCEMENT Housing Information for 2009-2010

# 3 Days left to pay your Housing Deposit!!!

Students seeking housing for the 2009-2010 academic year are required to participate in RSVP.

Students who are validated for Spring 2009 will be able to make their \$200 Advanced Rent Payment online through February 6, 2009.

Payment instructions are under "Housing Deposit Payment" in BISONWEB.

#### IMPORTANT NOTICE

All students with housing assignments for the 2009-2010 academic year MUST be validated prior to moving into the residence halls.

**NOTE: Your \$200 deposit does not guarantee you housing.**

Continuing students who are recipients of the Presidential, Laureate, Capstone, Founders, Upward Bound and Hartford Scholarships do not have to submit a RSVP deposit, but must make an online selection.

**STILL SEEKING WRITERS**



To Mr. Greene and Friends

BY MERCIA WILLIAMS-MURRAY  
Deputy Managing Editor

You know I could go back and forth forever with people who criticize *The Hilltop*, but I feel like it's a waste of time. Unless someone says something extraordinary, I probably won't touch on this subject again because this column is not about what people think of the publication I work for.

I will, however, address DeMario Greene's perspective which ran on Feb. 3, titled "It's a Thin Line Between Love and Hate."

Mr. Greene decided, like the people who posted comments to the online version of my column from last week, to rebut everything I said as if they know what goes on in *The Hilltop* office better than I do. That's fine. Ignorance is bliss.

Just know that no one is harder on the staff than we are. The main difference is that when our staff advisors and members of management — such as myself — go in, we do it in a tactful manner that will promote growth, learning and understanding.

That's why some people are built to manage others and some people are not. Lawrence Ball, Mr. Green and others like them wouldn't cut it in *The Hilltop* office because they don't know how to express their displeasure in a constructive manner.

Being abrasive, sarcastic and using "wise-guy" tactics only prompts others to become defensive and then problems don't get solved.

I do, however, wish *The Hilltop* could conduct a forum so that any and everyone who has a problem with the way *The Hilltop* operates or with its content could come talk to us face to face.

Few people would probably show. They'd rather hide behind anonymous posts and Facebook. Don't get offended. If the shoe doesn't fit, don't wear it. If it does, re-examine yourself.

I will say Mr. Green has a lot of opinions but few facts to back them up. For instance, he referred to my column as an article and said it was "slanted." It's not an article; it's a column. This means I can slant it towards the moon if I want to.

While Mr. Greene came up with many chuckle-worthy phrases and metaphors in his perspective, he was as lean on the truth as he claims *The Hilltop* is on newsworthy content.

He said we don't utilize contributors much. Mr. Greene, pick up a *Hilltop* before you criticize it. On any given day, at least 25 percent of our stories come from contributors.

See, that's what I'm talking about. Most people who criticize *The Hilltop* don't know what they're talking about!

It's just like when Mr. Greene thought that budget meetings were on Tuesdays. Maybe they were — when Zora Neale Hurston started the paper. But for the three years I've been working here, budget meetings have been on Sunday evenings and most of the time, we have between 25 and 30 people rushing in to get stories from our editors.

Are the motives of the contributors to "help" or to fulfill publication requirements for classes? For most, probably the latter.

Maybe if Mr. Greene and other students who don't like what they see in the paper would come pitch story ideas or write stories, we'd have more people "doing it out of love" instead of for themselves. Mr. Green probably won't contribute, though. He, per his post under Mr. Ball's video on Facebook, wants a check. We have people on staff who don't get paid regularly, but their passion keeps them around.

Mr. Greene expressed concerns over how much "outsourcing" we do. Sir, they're called wire stories. We pay for a subscription to the wire. Most professional papers use such stories. Get with it.

We may use them more than average, but when you have editors who take the time to come up with creative story ideas and writers — contributing and staff — don't turn the stories in, you have to use them. Why? Because no matter how much you call, text and e-mail people for stories that are due, you can't force them to respond. They can ignore you. Life must go on. Business as usual. The paper must run. I'd appreciate if a greater number of responsible and reliable people would contribute. Dare to dream.

Furthermore, I know some people like "Concerned," as the online poster called him or herself, thinks that 35 people is a large staff. However, he or she needs to do his or her research. Most campus publications have at least 50 staff writers — and that's just staff writers.

Imagine how many copy editors, photographers and editors they have? How many people they have working online? More than our total staff of 35. Anyone who wants to aid in the increasing of productivity, come to a budget meeting. Please!

I mean, despite what some people feel are "secret politics" and an unwillingness to feature contributors (laughs out loud, literally), we do want help.

Maybe that's why we put ONE MILLION ads in the paper EVERYDAY telling people to contribute and come to budget meetings.

See, it's easy to say "We're here for you, Hilltop. We will support you," Mr. Greene. Living this mantra may be more difficult. I mean, obviously, since I haven't seen your face in my entire life. That's usually the case, though — a bunch of people talking smack but not backing it up.

PS. I hope I gave you the attention you've been so desperately seeking. Kisses.

He Said...She Said  
Viewpoints from Both Sides of the Gender divide

This week's issue:  
Miss Independent

By Jada Smith & Deontay Morris

What kind of person can legitimately have a problem with the song "Miss Independent" by Ne-Yo? A hater, that's who.

When this song came on one day in *The Hilltop* office, I casually commented on how I could appreciate Ne-Yo's efforts to write an uplifting song about hardworking black women and how I can personally identify with some of the qualities the song praises.

Then, my co-writer Deontay proceeded to tell me that very few women at Howard can call themselves "Miss Independent" and therefore, "should sit down when this song comes on." What a hater.

Let's break down some of the qualities of a "Miss Independent" that are mentioned in the song and try to compare them to many of the women that attend Howard University.

1. "She's fly effortlessly." If Howard University is known for nothing else, it's known for having some of the most fashionable women in the country. Just take a glance around The Yard or even better, read *The Hilltop* on Wednesdays for "Caught in Style" (shameless plug) and you can see for yourself how almost every woman at Howard takes her appearance **very** seriously.

2. "She got her own thing." I guess one of the positive aspects of the high ratio of women to men on our campus is the fact that we pretty much dominate the men in, well, everything.

Let's see, this year and last

year's undergraduate trustees have been women. Three of the four executive positions in the School of Communications Student Council are occupied by women, both the president and vice president of the School of Education are women, the president of the School of Business is a woman, the editor-in-chief and all three managing editors of this publication are women; the list can go on.

There are many fabulous lady Bison who are holding down internships, jobs, exceptional GPAs, bills, family responsibilities and various other obligations that deserve a little credit.

Now, when "Whatever You Like" by LL comes on, we don't tell y'all to sit down, even though can't none of y'all "gas up a jet" nor do you "have stacks on deck."

When Rick Ross' "The Boss" comes on, we don't say anything when y'all rap along to the lyrics, "I made a couple million dollars last year dealin' weight," when that is clearly false.

So how come when a song comes out celebrating black women instead of reducing us to sex with lyrics like these from Plies: "Shorty I wanna know if you come over/ if you don't mind girl put your legs up on my shoulders," y'all wanna get mad?

The point is, the only explanation anyone could have for saying Howard women could not be considered "Miss Independents" is because you are a HATER!

Every year there are a few songs that both guys and girls can't get enough of. There are very few songs however, that can accomplish satisfying both sexes.

I know everyone reacting these words has probably heard the song "She Got Her Own" by Ne-Yo, Fabolous and Jamie Foxx. I enjoy all three artists' music. Fabolous is actually one of my five favorite rappers (Jay-Z, Nas, Eminem and Biggie are the others, FYI).

The song is a remix to "Miss Independent" by Ne-Yo. It is one of the few songs in recent memory where the remix actually turned out better than the original.

The beat is very mellow. The hook is very catchy and easy to remember. The verses actually make sense and are true! My favorite part of the song is the first verse when Jamie Foxx says, "Knowing she can do for herself/ makes me wanna give her my wealth/ Only kinda girl I want, independent queen working for her throne/ I love her cause she got her own."

Allow me to paint a scenario:

There are 1,000 Howard ladies in Gramton and the song "She Got Her Own" comes on. Probably 998 would get up and sing along.

And about half of ya'll need to sit back down!!!

Please do not sing this song if your parents just put money in your bank account. Please do not sing this song if a guy bought you those shoes you're wearing. In reality, I'd say about 500 of those girls in Gramton truly "have their own."

However, I must applaud the gentlemen who made this song. They made an anthem for young black women to live by.

If you don't have your own yet, let this song be inspiration; it's actually probably the reason you are in college now.

Also, it was a nice change up from the typical booty shaking songs that come out nowadays.

I'm not trying to say that you don't have your own. But we all know your friend singing next to you probably doesn't! So politely remind her next time she is singing off key!

Disagree with something you've read here? Tell us what you think and send your topics for discussion to [meccanisms@gmail.com](mailto:meccanisms@gmail.com)!

Overheard @ The Mecca

Overheard in the East Towers

Girl 1: (Talks about how her parents met when her father was in the army)

Boy 1: What rank was your father in the army?

Girl 1: I think he was a black belt.

Overheard in Locke Auditorium

Girl 1: *The Hilltop* sucks.

Boy 1: Yeah, I wrote a perspective the other day, basically telling them to get their sh\*t together.

Girl 2: Hi, I'm the editor of that section, and that's not what it said.

Boy 1: .....(Silence)

Overheard in UTC

Girl 1: The girl, she had the nerve to be mad at me because her boyfriend wants me.

Girl 2: I don't know why she's mad with them soup coolers [big lips] he got.

Girl 1: Me either, but she better think twice when she kissin' them soup coolers cuz they done cooled *all* my chicken noodles!

Overheard one of your fellow Bison say something crazy? Send it to [meccanisms@gmail.com](mailto:meccanisms@gmail.com)!

HOWARDISMS

Howard-ism \HOW-urd-is-mmm\ noun: 1. A word or phrase that Howard students use often. 2. A saying that your friends at home probably don't understand.

"Womp Womp"

1. Used to express disdain for something a person said. 2. A sound effect that means you've just said something extremely corny.

Example Sentence(s): 1. Bison: Yo' mama so fat, she sat on a rainbow and skittles popped out! Bisonette: Womp womp.

What's your favorite Howardism? Send it to [meccanisms@gmail.com](mailto:meccanisms@gmail.com)!

MECCA WISDOM

Words of Advice from Howardites of Yesteryear



David Miller - Abaca Press (MCT)  
HU alumnus Sean Combs attended Howard from 1987-1989.

"It's OK to be crazy, but don't be insane."  
- Sean "P. Diddy" Combs, 1987-1989 Howard student.

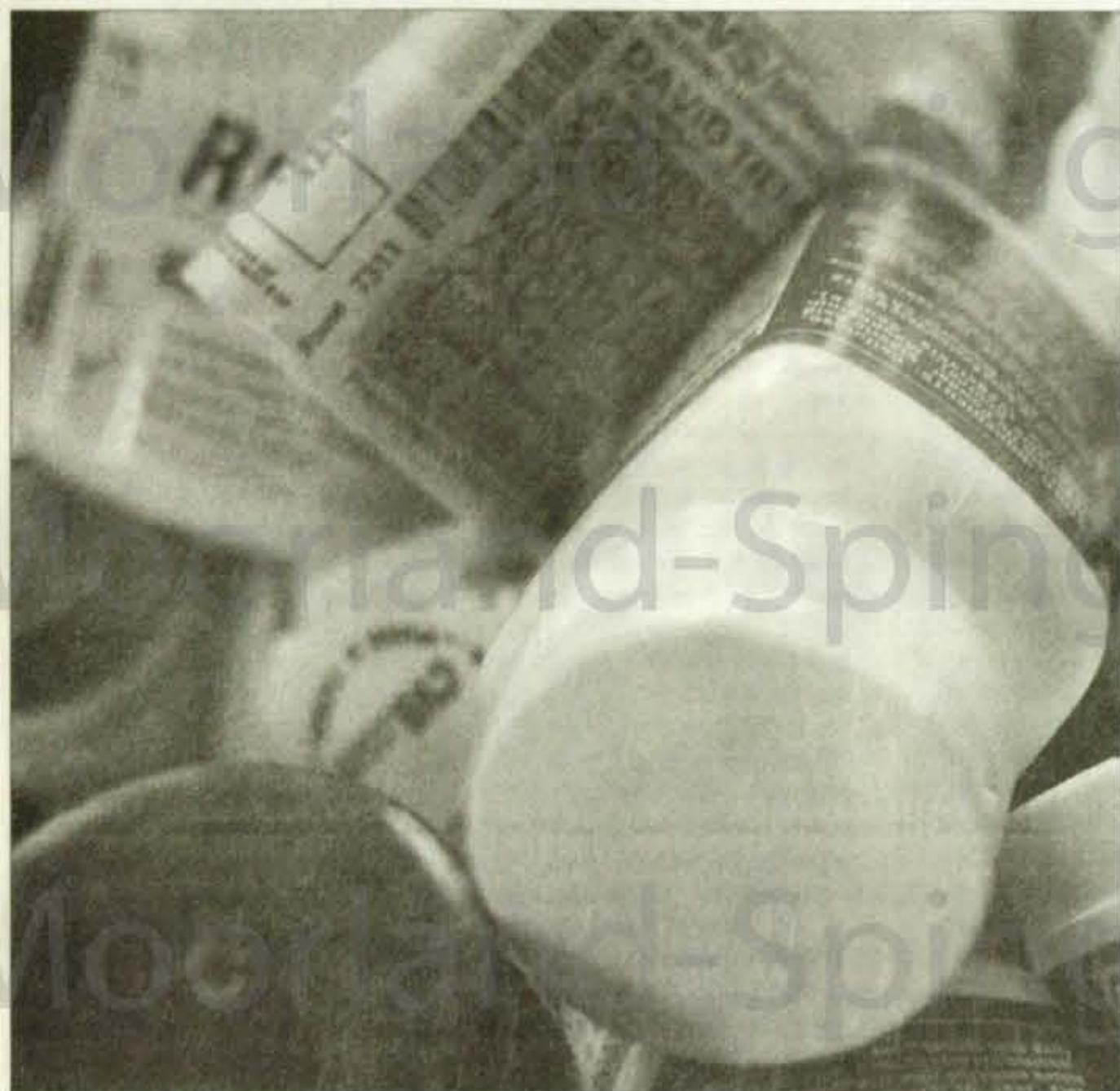


Debbie Allen - Abaca Press (MCT)  
HU alumna and successful actress Debbie Allen graduated in 1971.

"I'm always moving forward." - Debbie Allen, 1971 Howard Grad.



# Pills a Popular Option for Quick Weight Loss



Weight loss pills can be effective if used properly, but experts say those seeking to lose weight should not only depend on pills but should practice eating healthy and exercising daily as well.

BY CHABLE BRACKEN  
Staff Writer

America is poppin' pills. With the alarming rate of obesity in America, consumers are racing to shed the pounds and some are turning to pills to boost their weight loss.

"I don't think weight loss pills work," said April Barnes, a sophomore public relations major. "They're just a gimmick to get people concerned about their personal image."

People searching for a quick way to lose weight may view weight loss pills as the microwave oven of weight loss innovation. The pills promise fast results in the least amount of time.

Products like Orovo Detox, Nuphedragen and Hydroxycut Hardcore are some of the numerous weight loss supplements available to American consumers.

"The boom of the weight loss pills market really shows how America has become reluctant to get up and do things for ourselves," said Nicole Brown, a sophomore political science major, "especially when it comes to dieting and exercising properly."

Sophomore legal communications major Lyman Strawder is

skeptical about what effect weight loss pills actually have on one's body.

She said, "I feel like there's a catch with these pills because if it's strong enough to make you lose weight that fast, then it has to be doing something else to your body too."

Weight loss supplements like Hydroxycut work by using increased amounts of herbs such as Ephedrine, Guarana and willow bark, which when combined, boost energy, reduce appetite and increase alertness. However, the U.S. Food and Drug Administration (FDA) has noted ingredients like that of Ephedrine, derived from the plant Ephedra, can have serious — if not fatal — effects.

Supported by evidence found in 2003, the FDA recently released a statement regarding ephedra-based dietary supplements as potential health hazards. Some of the effects include heart palpitations, tremors and insomnia. The FDA has also claimed there is little evidence that ephedra is effective in boosting physical activities and weight loss.

"When people use weight loss pills they are disturbing the natural balance of their bodies," said Joyce Gates, a medical nurse for Kaiser Permanente. By suppressing the body's functions, Gates warns some

pills can cause irreparable damage.

As of December 2008, the FDA has announced a recall on 25 types of weight loss pills, including 999 Fitness Essence, Japan Lingzhi 24 Hours Diet, Perfect Slim and ProSlim Plus due to an excessive amount of "active pharmaceutical ingredients" such as phenolphthalein, which is a "suspected cancer-causing agent" and anti-seizure medication phenytoin, according to an FDA December press release.

"I think weight loss pills are good when used correctly, like with diet and exercise," said Brittany Lofton, a sophomore psychology major, "but not when they're continuously used without exercise and without any regard to your own personal health."

Weight loss supplements, like Hoodia Gordonii Pure and Alli Diet Pills, contain fat burning herbs and carefully suppress appetite and have been FDA approved. The supplements must be used in accompaniment with regular diet and exercise to be effective.

According to Gates, an individual looking to lose weight should create a weight loss regimen instead of depending solely on pills. "An individual should consult their doctor and settle on the healthiest and most appropriate way in which to lose weight," she said.

## Want to Watch the Grammys In Hard Rock Style?

The Washington, D.C. chapter of The Recording Academy is giving away three tickets for the 51st Annual Grammy Telecast Viewing Party. This year's event will be held Sunday, Feb. 8 at the Hard Rock Cafe, 999 E St., NW from 7–11 p.m.

Attendees can watch the live Grammy telecast, enjoy complimentary hors d'oeuvres, buffet, open bar and will receive an official Grammy Awards program book and more.

Interested in going? The person who answers the most trivia questions correctly by Friday, Feb. 6 at 7 p.m. will receive three tickets to the event.

E-mail responses to [hilltopls@gmail.com](mailto:hilltopls@gmail.com) for your chance to kick back, relax and watch the Grammys in style.

Attendees must be at least 18 years old and will need to bring an ID for entry. Attire is dress to impress.

## Trivia Questions

1. Which legendary musician performed with Jay-Z and Lincoln Park on the 2006 telecast?
2. Which group has won the most Grammy awards?
3. Beyonce' and D.C. producer Rich Harrison earned Best R&B Song Grammy at the 46th Annual Grammy Awards for which song?
4. Who won the most Grammy Awards during the 1980s with 14 wins?
5. Which singing legend is the most-nominated female in Grammy history?
6. How much does a Grammy award weigh?

## Know Your Roots: Winterizing Your Hair

BY JENERRA C. ALBERT  
Staff Writer

The dry cold and winter weather is taking its toll on more than just your skin.

The same way students tend to bundle up and layer on the thermals, sweaters and coats, both men and women must be sure not to neglect their hair throughout the winter months.

Dry, thin and breaking hair is normal for the coldest times of year, but following a strict routine can retain just the opposite effects.

"The snow and precipitation makes it dry out," said Ashley Crum, a sophomore television production major. "Then, it sheds and thins out."

Ashley "Mizz Ashley" Martin of Above Beauty Hair Salon in Silver Springs, Md., has suggested many ways to shield your crown from the threatening winter cold, ice, snow and water.

"The elements, of course, always dry the hair out, whether it's kept moist or processed," Martin said. "The key is to keep moisture in the hair, for both men and women."

Not only is moisture essential to have in one's hair, but what is sometimes forgotten is that it's important for the environment in terms of hair growth.

According to Martin, since the air is dry during colder times, moisture is likely to be stripped from the hair, essentially causing it to break.

"I usually get braids once the cold comes around because then my own hair isn't affected by

any cold water that it comes into contact with it," Crum said. "But, I still make sure that my scalp is moisturized. I still make it more than I would during the fall or spring."

The ordinary regimen for hair care should always include a weekly shampoo and condition, as well as a bi-weekly deep condition at a professional hair salon.

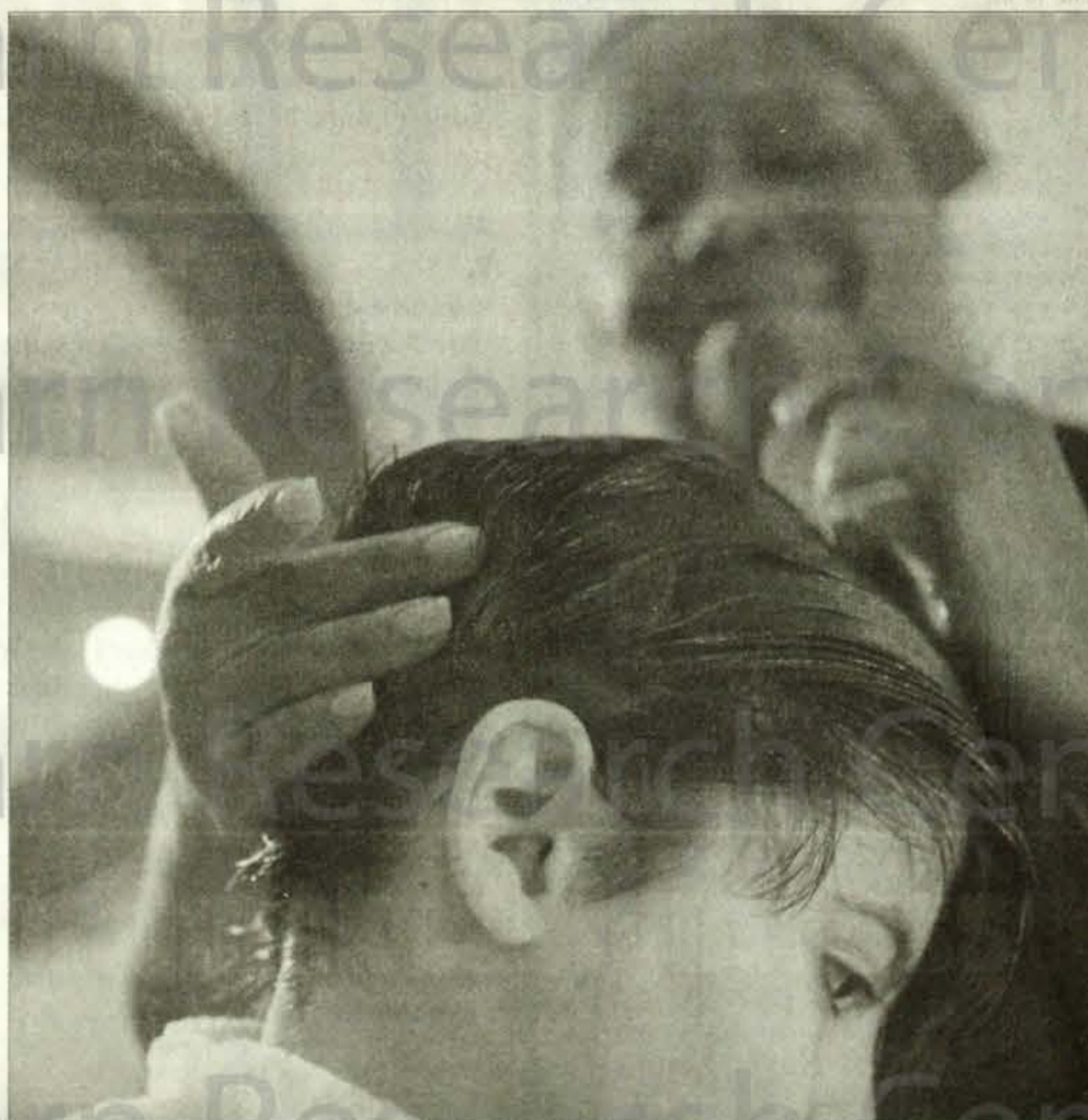
"For students, it helps to put a good leave-in conditioner and allow it to saturate the hair while cleaning, studying or working out," Martin said.

This routine should continue throughout the year, but should be increased during winter months. Martin explains to stay away from wool scarves around the nape of the neck because of breakage. "It's abrasive, so over time it tends to break the hair off."

"I have found that in the winter, weave is the most helpful because it's being protected," said Ashley Owens, a junior psychology major. "It's easy to maintain, it doesn't require a lot of work and it won't break; but I always go to get it washed and conditioned at the salon while the weave is in. I still get a bi-weekly treatment even while it's weaved up."

Useful winter products include Paul Mitchell's Moisturizing Conditioner and Mizani's Moisture Fuse.

"It's important to keep both oil and moisture in the air," Martin said. "They are both important because there is a difference between oil and moisture. Oil blocks moisture from getting in so both must be pressed into the hair."



Because of the dry air and environment during the winter months, it is important to keep hair oiled and moisturized in order to prevent breakage and damage. Also, wool scarves may cause breakage due to the rough material.

For a healthy head of hair in the winter wind:

1. Wear a scarf, hat or cap to protect your hair from the cold and wind, but make sure that it's not so tight that it will restrict circulation in your scalp.
2. Don't go outside with your hair wet; you risk breakage. Your hair will freeze if it's cold enough and may break off.
3. Limit the usage of hot items on your hair such as blow dryers and curling irons. If you need to use a hot item, be sure to use a leave-in conditioner before using the item on your hair.
4. Avoid taking hot showers or washing your hair in hot water; use warm or cool water instead; the heat can dry out and/or damage your hair and skin.
5. Get ends trimmed with natural hair, regularly, once a month; once you have split ends, they keep splitting.

-compiled by Jenerra C. Albert, staff writer



# Daily Sudoku

Directions:

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

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



Charles Meitz II-Cortomero

## Black History Month Should Serve as a Time of Celebration

Do you remember back in the day when Black History month meant going to school and learning about figures such as Martin Luther King Jr., Malcolm X, Rosa Parks and other great Civil Rights leaders who paved the way for us to progress? The books, posters and movies that we reviewed taught us about a part of history that reshaped American civilization, as our parents and grandparents knew it.

Up until recently, our generation had yet to experience a moment that would be remembered as a triumphant and historic moment for blacks. And for the first time ever, Generation Y is old enough to understand, appreciate and live through a moment in black history.

While it is important to remember Barack Obama is president of all Americans, not just the African Americans, we should take pride in knowing that we can relate to him because he relates to our struggle.

We now have something to tell our grandchildren about because we actually took part in history and that is something to look forward to.

Unfortunately, Black History month has become an unobserved

and overlooked cliché, especially among young people. Now that our president is black (and some might even have a Lambo that is blue) our interest in Black History month should be reinvigorated. We have a reason to believe in

**Our View:**  
Generation Y is experiencing black history in the making. Take advantage of Black History month!

our country again and a reason to celebrate! So why not take advantage of this nationally recognized month that is solely dedicated to us?

Living in Washington, D.C. allows those living in the city to visit historic and monumental attractions that tourists travel thousands of miles to see. We can take a 10-minute train ride or even walk to see national monuments and museums.

This month, we encourage you to visit some of the attractions that chronicle moments in black history.

In case you are unaware of how to celebrate this month (and year-round), here's a list of things

you can do on a student's budget:

1. Visit the National Great Blacks in Wax Museum, located in Baltimore. The museum displays past and present-day, life-size figures of blacks in history. Admission is \$11 with a college I.D.

2. Visit the African-American Civil War Museum. It's in walking distance and it offers a glimpse of African-American service that is oftentimes overlooked.

3. The Smithsonian Anacostia Community Museum, which is located in Southeast D.C., contains exhibitions, educational programs, workshops, lectures and film screenings. It's FREE, so take a friend and go visit!

4. We all have classes in Douglass Hall, so why not visit The Frederick Douglass National Historic Site? It's also located in Southeast. You can learn more about what Douglass did for his country and even take a tour of his home. Admission is free and it only costs \$2 to tour his home!

These are just a few things that you can do to celebrate Black History month 2009. This month, choose to educate yourself in honor of this special moment in American history.

Do you want to write for The Hilltop?

Come to our next budget meeting!

Sunday @ 6 p.m. in the West Towers

**CORRECTION:** The byline of the Feb. 4, 2009 "From the Mecca to Korea" story incorrectly read Ashley Johnson-Alford. The story was written by Lauren Woulard.

**CORRECTION:** In the Feb. 4, 2009 front-page article, titled "Fine Arts to Fine Tune Issues Today," it was falsely stated that the departments within the Fine Arts building will be up for accreditation in the upcoming months. The university as a whole, including the Fine Arts departments, will be up for accreditation as soon as 2010.

# THE HILLTOP

The Nation's Only Black Daily Collegiate Newspaper

**Vanessa Rozier**  
Editor-In-Chief

**Danielle Kwateng**  
Managing Editor

**Traver Riggins**  
Managing Editor

**Mercia Williams-Murray**  
Deputy Managing Editor

**Shivonne Foster**  
Campus Editor

**Linsey Isaacs**  
Assist. Campus Editor

**Christina L. Burton**  
Business & Technology Editor

**Crystal J. Allen**  
Copy Chief

**Gierra Jones**  
**Jenise Cameron**  
Copy Editors

**Eboni Farmer**  
Online Editor

**India Clark**  
Assistant Business Manager

**Jessica Littles**  
Special Issues Editor

**Aleesa Mann**  
Life & Style Editor

**Flynn Bailey**  
Editorials & Perspectives Editor

**Charles Metz III**  
Carbonist

**Jeremy Williams**  
Layout Editor

**Kandace Barker**  
Business Manager  
**Johnson W. Sattiewhite**  
Graphic Design Manager

**Jada F. Smith**  
Nation & World Editor

**Deontay Morris**  
Sports Editor

**Natalie Thompson**  
Metro Editor

**Travis White**  
Photo Editor

**Faraday Okoro**  
**Jazelle Hunt**

**Brandon Washington**  
Photographers

**Adedamola Ademiluyi**  
Advertising Manager

The Hilltop encourages its readers to share their opinions with the newspaper through letters to the editor or perspectives. All letters should include a complete address and telephone number and should be sent electronically on our Web site at [www.thehilltoponline.com](http://www.thehilltoponline.com). Any inquiries for advertisements or Hilltopics should be directed to The Hilltop Business Office.

**THE HILLTOP**

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

Now in its 84th year, The Hilltop is published Monday through Friday by Howard University students. With a readership of 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 Hilltop Editorial Board and those of the authors and do not necessarily represent Howard University or its administration.

The Hilltop reserves the right to edit letters for space and grammatical errors and any inappropriate, libelous or defamatory content. All letters must be submitted a week prior to publication.

## Perspective

### Is Any Publicity Good Publicity?

Did you know Swizz Beatz was having an affair with Alicia Keys? Neither did I, at least not until Swizz's now ex-wife, Mashonda, went on Philadelphia's Power 92 with Kendra G. and on Angela Yee's Lip Service talk show on Sirius Satellite radio to "confirm" it.

Coincidentally enough, she was also there to promote her new single, appropriately titled "Dirty Laundry." Once this interview hit the Internet, the blogs and message boards went bananas, applauding Mashonda for "being the bigger woman" and not starting any drama with the knowledge that her husband was cheating, much less knowing who the other woman was. Opposing opinions said that she was doing the exact opposite of that, and shamelessly promoting her new material in the process. As one can imagine, there are several different things wrong with this picture. Let's assume that the former Mrs. Beatz is telling the truth, and Ms. Keys really did have an extramarital affair with her husband — after all, why would she lie about such a thing?

In that case, can Alicia be

judged from her artistic material? After all, she says she is a "Superwoman." Does being a superwoman give her the right to have another woman's husband? Of course not. So should the public take her to task for not practicing what she preaches? I don't believe so.

To me, all celebrities — actors, singers, television personalities — are a portrayal. We, as the public, do not personally know Alicia Keys, so all that we have to identify her with is her music. In reality, Alicia could be a man-hungry sex adulteress. I doubt that, and this is in no way meant to justify her actions (if the allegations are true); but the point is, we simply don't know.

Now, on the flip side, if Mashonda is accusing Keys of such reputation-damaging actions as adultery, and it has no truth, Keys is legally entitled to sue for slander. But aside from that, it would then be painfully obvious — as if it isn't already — that Mashonda is using this situation to promote her new project.

I know the saying is that "there's no such thing as bad publicity," but as a public relations

major (and future public relations leader), I can say that I would not want to represent her under those circumstances. Capitalizing on untruths is unethical, and in her specific case, illegal.

As it stands, Keys has not released a statement neither confirming nor denying the allegations, and Swizz Beatz has vehemently denied Keys being the cause of his failed marriage; but, Mashonda should not accept silence as admission of guilt, especially with all parties involved being public figures. But again, we just don't know.

Was this the smartest move for Mashonda? Definitely not, especially if her accusations aren't true. But did she accomplish her goal of publicity? Not exactly. A Google News search with "Mashonda" as the search criteria yielded only 43 results, and only 10 of those 43 were related to her not-so-famous interviews. So was Mashonda being the bigger woman or was she seeking fame by way of sympathy? We just don't know.

— Nick Nelson, senior public relations major

Do you have an opinion about something?

We'd like to hear from you!  
Submit your perspective to  
[hilltopeditorials@gmail.com](mailto:hilltopeditorials@gmail.com)

Please include your major and classification!



The Hilltop prints every day. The first 20 words are \$10 and .25 for each additional word.

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

We accept payment in the form of cashier's checks, money orders, and company checks. **NO CASH**

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

The Society of Collegiate Black Men Present: Society Week 2009

Wednesday, February 4th Anatomy of a Man: A Discussion on Manhood, Spirituality, and Health Panel Discussion Blackburn Digital Auditorium 7:17pm

Thursday, February 5th A Night Out with The Society Meet and Greet Blackburn Recreation Room 7:17 pm

Saturday, February 7th Informational Session Founders' Library Browsing Room 3: 17pm Business Attire Required

Alpha Delta Beta Chapter of Chi Eta Phi Sorority, Inc. Presents Chi Week

Sunday, February 1, 2009 Call to Chapel Cramton Auditorium 10:32am

Tuesday, February 3, 2009 If I Knew Then, What I Know Now Nursing Building Room 124 7:32 pm

Wednesday, February 4, 2009 Game Night Blackburn Game Room 7:32pm

Thursday, February 5, 2009 Informational Tea Dental School Auditorium 5th Floor 7:32pm

Friday, February 6, 2009 Movie Night TBA

Phi Sigma Pi National Honor Fraternity Inc., Alpha Tau Chapter Presents: Spring 2009 Rush Week

Thursday 2/5 Formal Rush Biology Auditorium 7:16 pm

Stop by The Hilltop Office to purchase your very own Inaugural Commemorative Edition of The Hilltop! Limited number of copies left. Get yours today!!!

HAPPY BIRTHDAY JENISE!!!!!!

GU-CCI

A000H!

YOU ARE BY FAR OUR HOTTEST COPYEDITOR AT THE HILLTOP

WE LOVES YA!

Howard University 4th Annual Hip-Hop & Higher Education Symposium  
YES WE CAN!...Young Women United Against HIV/AIDS



Gina Ravera Mya Melyssa Ford Maria Davis

February 5, 2009  
Blackburn Center Ballroom  
1 pm - 5 pm  
Sponsored by  
Howard University Student Health Center  
and  
Substance Abuse HIV/AIDS Outreach Program (S.H.O.P.)



For More Information, Contact  
Joshua Kondwani Wright  
jkwright1492@yahoo.com  
202-213-8832

PHILADELPHIA WATER ICE FACTORY



#1 VOTED The REAL Philly Cheesesteak

2620 Georgia Ave NW  
(across from the school of business)  
Mon-Friday 12-7pm  
202-483-1429

**50% off**  
on beef cheesesteak w/coupon.  
exp 2/6