10-6-2009

The Hilltop 10-6-2009

Hilltop Staff

Follow this and additional works at: https://dh.howard.edu/hilltop_0010

Recommended Citation
https://dh.howard.edu/hilltop_0010/647

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 lopez.matthews@howard.edu.
The Vegan Life

...Through the eyes of a Howard Student

BY VICTORIA FORTUNE
Staff Writer

With the United Nations recently warning of the world economic crisis, the idea of a college student can be a difficult experience. From paying for tuition to the purchasing meals, becoming less concerned with the food they consume, people can sometimes forget the nutritional benefits from eating. However, students at Howard University choose to remain true to being vegan.

Amel has been a vegan since the 9th grade. She does not eat foods made with dairy or animal products. With everyone in her household being a vegan, she had no choice but to support that eating habit.

"Making it a whole vegan at the beginning is incredibly difficult. When I first started I was a vegetarian at the beginning, however, as time went on, my eating habits, goals, and plans only became incredibly momentous. Amel said, "Howard does not, in any way support being a vegetarian. Food and diet are not a very popular subject here at Howard because they are definitely neglected and vegan is in this case." According to www.vegan.org, the consumption of animal fats has been linked to heart disease, stroke, and cancer.

The vegan community is seen in the younger generation. Food in the cafe is very fat, and proteins have been linked to obesity and a number of other conditions. A whole vegetarian lifestyle helps to combat heart disease, kidney disease, hypertension, obesity, among other life threatening conditions.

Rodgers, banking major, Daniel Miller is an intern at Rehan's Jamaican, Jamaica. Although she is not a huge fan of Jamaica, she is a vegan and always manages to find a menu option that suits her. She knows that food is not the only thing that contributes to her health. Amel's food is well seasoned. Food is the key to every meal. It seems like eating raw, the same general trend. Because of this, I have a whole diet. The past week alone I've spent a lot of money on food. I think that the cafeteria should care to vegetarians more." Miller said.

Although Howard University may not care to vegetarians or vegan, Sodexho, Catering, and George Washington dorm, The Cafe makes a point ranging from the cafeteria to the dorm cafeterias to the whole foods with organic ingredients.

Though Miller and Amel are very concerned with what they eat, they both realize major Bradford before they what the benefits.

"Because I can take the effort to not eat anything I eat the cafe meals. I lost the time and place. If Howard allowed a healthier selection of food, then I think the tuition would be much higher. I don't need anymore my plate, especially with the economy being the way that it is. Instead I eat outside.

Sodexho is the Howard University food service. Though many students may believe that the food provided is unhealthy, Sodexho's "meals matters" ideology provides wholesome food. A "healthy meal was prepared contains selections of fresh fruits, vegetables, and whole grains for the right combination of "all aboard" through the pre prepared stations and local services to students.

With an effort to make money in the cafeteria, the students are more concerned with the dishes served. As Amel continues her journey in the United States, she has to make choices. Howard University may be able to create a healthier section of foods served.
Log on to...!

Delivering Daily Student Voice

The Nation's Only Black Collegiate Newspaper

©1984 TheHilltopOnline.com

http://www.thehilltoponline.com/

THE HILLTOP
The Daily Student Voice of Howard University

Established 1924
CAMPUS NATION & WORLD

Campus News

A student:
New Trojan Virus Causes Trouble for Bankers

Virus steals money, log-in information for online bankers, under fraud detection software

By ALEX K. BARKSDALE
Business & Technology Editor

Overbank fees are the bane of consumer's worries according to Opinion Research Corp., which finds that a major stumbling block for banks is the first line of defense against identity theft.

The total costs to create and maintain a new type of banking Trojan virus that steals money and bank login information has actually increased from year to year, according to security experts.

Dalled URLzere, the Trojan, is able to stay under the radar of most network software. The software operates while a consumer is at work. It displays a fake bulletin to deceive users. It's able to find the right combination of names to trick people into running the malware.

When the TV show is downloaded, it's actually a performance fee collected by companies like ASCAP.

To maintain these performance fees, the companies have had to add to their list of musical compositions the American Music Theater, or A.M.T., to the list of people they have to send money to.

Parents, though, expressing their worries, are not the only ones that are worried. Architects, and even those who don't perform, are also worried. They say they are not getting the money they're due.

The Trojan is sending information to the bank and gets payment for the song is watched, music industry associations receive a performance fee. But, Apple Inc. representatives did not comment on this subject.

The debate is really about performance fees, however. Performance fees are collected when a song is played in public places, not for the browser, but for the computer. And while some are uneasy about the idea that online music is taxable, others are uneasy because they're not sure the technologies are really providing fair compensation.

Parents, however, will have a hard time selling it to the public.

"We make $1.01 cents off a song and their idea is a whole list of people have to add to their fee too," said Nick Caruso, president of the American Guild of America, or AGA.

"Our fees are only for the actual performance fee, but we are not sure if ASCAP and BMI's demands are met.

Congress, however, will have a hard time selling it to the public.

"We make $1.01 cents off a song and their idea is a whole list of people have to add to their fee too," said Nick Caruso, president of the American Guild of America, or AGA.

"Our fees are only for the actual performance fee, but we are not sure if ASCAP and BMI's demands are met.

Parents, however, will have a hard time selling it to the public.

"We make $1.01 cents off a song and their idea is a whole list of people have to add to their fee too," said Nick Caruso, president of the American Guild of America, or AGA.
In Logan Circle, a statue of Gen. John A. Logan is located southwest of Vermont Ave., with a federal marker and former L.S. President McKinley on April 9, 1901.

Logan Circle

BY PHYLLIS SMITH Contributing Writer

In Logan Circle, a statue of Gen. John A. Logan is located southwest of Vermont Ave., with a federal marker and former L.S. President McKinley on April 9, 1901.

Logan Circle

Fall Semester at Southeastern Univ. Cut After Loss of Accreditation

Continued from FRONT MEU

"Whatever department it is not economically feasible is for sale to a private firm."

The support a private foundation receives goes hand in hand with the quality of its education. Donors are more interested in supporting high-caliber programs. Consequently, MEU began to lose prestige and the school gradually resulted in funding cuts. MEU offers 50 degree programs. Only 14 percent of full-time students enrolled in bachelor's degree programs graduate within six years. The insurance policy was reduced to 30 percent of its value. The university had to repay 135 automatic lenders who sent their bills to the school. The biggest problem is the school's inability to institute a medal proposal to institute a medal of honor. According to the D.C. Metro Briefs, "The Metro Briefs program is designed to provide a monthly update on the latest developments in the area."
Making Healthy Choices in Unhealthy Places

BY TIFFANY BRIGGS
Contributing Writer

While many blame the escalating rates of obesity to the popularity of fast food, the fact is there are many healthy menu options at almost every major fast-food chain.

There are certain places around downtown that can get a quick bite to eat between and after class. We have McDonald’s, Nugget Sub, and even The Punch-Out and The Grill. With a variety of food places available to campus, what are some healthy options that students get when they go to these places?

Some broadcast journal major Cameron Dilledworth never really made any specific food or fast food requests when she went to the fast food restaurants.

“I like to eat the food, but I feel I will not fall for chicken or chicken soup instead of beef or pork, but there are acne causes when I just want a burger with all the fixings on it.

A number of popular fast food options for students that are亏损 but also cheap are:

McDonald’s has several healthier options that the salad bar, the grilled chicken salad, Turkey mini-moob salad, sole salad, and even the small salad that is only 190 calories.

Some national restaurants like Fast Food Thomas says a different as fast as a fast food restaurant.

If I chance to eat fast food, I will get my food with a portion of vegetables; if I don’t get my portion, I just leave the salad out.

Adams.com Nutrition Consultant Sonalina Rogers states that one thing to keep in mind when trying to pick healthy fast food options is to look at:

- The smaller size of burger
- Chicken cuts used: within or without
- Brood menu options and sauce (more or none at all)
- The small side dish or salad

Some things to avoid are:

- Super-size of anything
- Fries and breaded chicken or fish
- Chicken in sauces
- Boxes with multiple items
- Extra cheese

Some television production major Rhai Stansbury states that every meal made around her so she doesn’t have the habit to fast food.

“I think it’s better to carry a fruit or a piece of fruit almost all day, and in the evenings I just buy my own, and yes I do make sure to be healthy for food.”

Some fast-food restaurants now have healthier foods on their menus, sometimes making no problem choosing healthy options.

With this trend becoming more and more popular the term “Cougar” is being used to describe the older lady picking up. Even though it is becoming more acceptable in society with everyone caring about their age it’s still something that are appealing relationships.

“Names like “Cougar” are being used in a derogatory way which has its own stigma that we don’t want to carry.”

As women age and have more choices available to them, dating younger men can be more appealing than dating their same age. Older women sometimes find it easier to date younger men: it can be more comfortable, they can do the right things that attract to them.

“Don’t get me wrong: we are still going dating younger men. There are some people defining the term “Cougar” as older women, usually in the 30s and older who specifically go after men who are at least 10 to 15 years younger than themselves, as they are doing what men have done throughout history. They are going after a man that they find more attractive, regardless of age.”

While “Cougar” originated in Vancouver, British Columbia, as a pejorative for older women who would go to bars and hook up with younger men, the term started to be used by women in their late 30s and early 40s.

“Women are no longer looking for men in their same age and they don’t need men in the way that they used to.”

Women are becoming more independent in the work force today and are building financial stability to their own. Thus, women have no longer having to tolerate a man, whether it is how they are going to be a gold provider and nothing else, so it’s a much easier task.

While “Cougar” has been confused with the stereotype of mindless, domineering woman, it is becoming acceptable to be a successful woman. Well, if the drake is OK, and related to it...

The National Association of Retired Persons released a survey revealing that one-third of single women between the ages 40 and 60 and 50 do not date younger men, and 25 percent of women say they don’t need men in the way that they used to date younger men. The study also revealed that 46 percent would like to date an older male.

Men are beginning to drive this trend as well. They are starting with many of them who are just looking for “Cougars.” These men are calling themselves “cougar hunters.” These web sites give information on how to find cougars and what to do with them when they find them.

Kay says, “The trend shows no signs of stopping because women are not going to be intimidated or to continue to grow stronger and more confident.”

Come to The Hilltop’s budget meeting next MONDAY after the holiday.
Same time, same place, different day.
6 p.m. in the West Tower, P-Level

Do You Like Tanya Morgan & Hip-Hop legends Black Sheep?
E-mail hilltops@gmail.com your favorite song from either free ticket BREAKS!

The Hilltop
Recent Thefts Strike a Nerve With HU Students

Glaring evidence of the breach was all around the School of Business, as theft victims (from the ceiling with a door slathered uncomfortably below the opening, perfect for the temperature-controlled airflow coming through the ceiling) were marked. Debris marked where the intruder did down the wall, and walls of all two missing computers.

This is just the beginning of the reporting on how thefts have impacted Howard University.
Hilltopics are printed everyday. The first 20 words are $10 and $.25 for each additional word. There is a 25% additional charge for small images. All classifieds must be submitted and paid for 3 business days in advance.

We accept payment in the form of cashier's checks, money orders, business checks, and major credit cards. NO CASH. Any questions? Contact The Hilltop Business Office at 202 806 4749. Email your reservations and artwork material to Hilltoponline.com to be sure to specify your run date, background and text colors.

---

Hilltopics: October 6, 2009

**Political Science Society meets in DGH B21**  
Tues. 6 pm.  
Ask Ms. Taylor in Poli Sci Department for more info.

**National Council of Negro Women invites you to our 2nd Annual Health Week**:  
Tuesday, Dental Care/Gynecological Body Meeting, 7 pm.  
Weekend, Drug and Alcohol Abuse, 5 pm.  
**WBA**

**18th Annual Woman to Woman Conference**:  
Entitled "Sisters Let's Talk..."  
Unveiling Our Destiny, Pursuing a Path of Purpose requests your assistance. If you are interested in volunteering, please email chairwoman@womanconference.org

**The School of Communications Student Council needs volunteers for the Mid-Atlantic Pre-Law Conference. If interested, please attend the meeting on Wednesday, October 7, 2009 in C.B. Powell Room 213**

**The College of Pharmacy, Nursing, and Allied Health Sciences Presents**:  
The Cotton Club Revue  
Location: Blackburn Ballroom  
Time: 7 pm  
Price: FREE

**The Ladies of Alpha Chapter**  
Delta Sigma Theta  
Sorority, Inc.  
Present:  
"Do you want to join our sorority?"

**The College of Pharmacy, Nursing, and Allied Health Sciences Presents**:  
The Cotton Club Revue  
Location: Blackburn Ballroom  
Time: 7 pm  
Price: FREE

**Come Witness GREATNESS as we crown our NEW Mr. & Miss Hilltop”**

**It’s a BLUES Affair**

---

**ARE YOU FUNNY? Improv and Sketch comedy**

**group The Team is holding auditions for new members!**

**For information email HuThe Team@ paypal.com**

---

**THE HILLTOP**

---

**THE COLD FACTS**

Phi Beta Sigma Fraternity Inc., Alpha Chapter presents...  
Sigma Week 2009.  
"I Got The Blues"  
Oct 4-10th

Tuesday Oct 6th:  
"True Blues"  
Music Appreciation program  
Location: Blackburn Forum  
Attire: Business casual  
Time: 7:14pm

Wednesday Oct 7th:  
Meet the Brothers  
Location: Blackburn Digital Auditorium  
Attire: Business casual  
Time: 7:14pm

Thursday Oct 8th:  
"Speak Your Mind Pt. 2"  
Location: WBA  
Attire: Casual  
Time: 7:14pm

Friday Oct 9th:  
"BLUE Cheese and Wings with the MBA"  
Location: Meet at the Tree/ESPN Zone  
Attire: Casual  
Time: 6:30pm

Sat Oct 10th:  
Communiversity  
Location: Meet at the Tree/Soup Kitchen  
Attire: Casual  
Time: 10am

---

**The Ladies of Alpha Chapter**  
Delta Sigma Theta  
Sorority, Inc.  
Present:  
"Do you want to join our sorority?"

---

**THE DIVIDING LINE BETWEEN Pro-Life and Pro-Choice**

**Columnist**

---