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 **60**
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Tomorrow:
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Established
1924



THE HILLTOP

The Daily Student Voice of Howard University

VOLUME 93, NO. 58

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Friday, November 20, 2009

Friday's Notebook

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LOOKING FOR SOME GOOD THANKSGIVING RECIPES? READ CAMPUS TO LEARN HOW TO MAKE THE PERFECT HOLIDAY DINNER.

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School of Communications Gets a New Minor

BY MAQUITA EATON
Contributing Writer

Radio, television and film (RTVF), journalism, electronic studio art and computer science students can now look forward to a new interactive media minor, which will make its debut in the spring 2010 semester.

Geared towards those students with an interest in video game and interactive media program production, the minor has attracted a high level of interest from students and teachers.

"Students have been asking about classes they need to take for the minor. I have also heard from the Theatre Arts Department that there has been an increase in those that have registered for certain prerequisites," said Sonja Williams, RTVF department chair. "We are stepping into the 21st century," said Williams. "We don't know where media will be in the next 10 years but we know it will be more interactive."

For approximately one year, Williams said several School of Communications representatives

met once a week to draft a plan for the new minor due to the changing communications field.

"A lot of journalism is happening online and journalists are really trying to figure out what the future will be like," said RTVF Professor Candy Shannon.

Some of the classes chosen for the schemes include Gaming I, Computer Animation, Creative Drama, Script writing and Introduction to Media Production. As of now, the minor schemes have only been developed for students majoring in journalism, RTVF,

computer science and electronic studio art but other students interested in the interactive media minor should be a little patient since this idea is so fresh.

"Howard is lucky to have this program because there are not many black video game engineers," said Charles Canady Jr., junior electronic studio major. "There is always something new to learn in the graphics industry and I am sure many people [majoring in] electronic studio art are willing to learn more."

According to Williams, the

interactive media minor may be offered as a major, if given the right amount of support.

"When you are teaching about new technology, there is a need for technology. Right now we do not have the means for it. The game plan was to start it as a major but starting it as a minor gives us a chance to build the program up," said Williams.

Whether it is offered as a major or not, students can look forward to major changes in the School of Communications with the addition of the new minor.



The First Lady of the Republic of South Africa, Mrs. Nompumelelo Ntuli Zuma, will visit campus today. She will be in the Founders Library Browsing Room at 1 p.m.

NCNW Takes a Look at Blacks

BY TAHIRAH HAIRSTON
Campus Editor

In the fashion industry, black is the new scarce. Although African Americans are the number one consumers of retail, especially apparel, the presence of African Americans in the fashion industry is not as prevalent.

The Howard Chapter of National Council of Negro Women (NCNW) educated Howard students and introduced a panel of future leaders in the fashion industry with their program, "Fierce versus Foe." The program also included a fashion show featuring clothing from Howard students, CentSless and Aneztaz clothing.

Eyes bucked and mouths dropped as NCNW members Maya White and Shannon Vereen revealed statistics about African Americans and retail through a PowerPoint presentation. According to White, African Americans shop because it makes them feel better. Last year, African Americans spent \$184 billion in retail, particularly \$25 billion in apparel, she said.

Sophomore nursing major Karen Iyere said although spending money makes her feel good, she does see the problem. "It's a problem because the amount of black people in pov-

> See NCNW, page 3

New Play Featuring HU Alumnus Addresses Racism

BY SHANNON WHITE
Contributing Writer

Mark McKinnon may have walked to the large, upscale apartment building as a 23-year-old from southern Maryland, but he stepped over the threshold of the rehearsal room and became Emmett Till.

Rehearsal began for a play entitled "Anne and Emmett," and McKinnon filled himself up with the angry and frustrated emotions needed to capture the essence of his character for the majority of the play. "Every time I finished playing Emmett, I felt like I was reliving history. I'm reliving so much in this role," McKinnon said.

McKinnon graduated from Howard University in the spring with a degree in theatre arts and a concentration in acting. His mother, Jackie Thomas, secretary in the psychology department, remembers when her son's talents first surfaced.

"I believe he was in the 10th grade when he took interest in theatre. He played the love interest in 'Little Woman,' and it literally brought tears to my eyes," Thomas said. "Up on that stage I saw him in a different light. I saw the actor instead of the son."

As the actors took a rehearsal break between scenes, McKinnon and playwright Janet Langhart-Cohen sat down and discussed the compelling dialogue in the play and how each of them relate to Frank and Till's stories.

Langhart-Cohen said she came up with the idea of "Anne and Emmett" to have the characters, Anne Frank and Emmett Till, engage in dialogue about the suffering their races have endured.

"A white woman once asked me what my newest book was about. When I told her it was about growing up in an apartheid America, she told me not to ruin my good reputation by writing a book about those types of issues. I was appalled," Langhart-Cohen said. Instead of becoming angry, Langhart-Cohen said she decided to fuel that energy into an idea.

Langhart-Cohen said she wondered how differently the conversation would have gone if the children in white schools were taught about Emmett Till the way they were taught about Anne Frank. She began to think about the commonalities of the two children who died because of the oppression of their races.

"I always wanted Emmett to be as famous as Anne. I wanted America to know why we are so happy about Obama; to see what we came from," Langhart-Cohen said.

Both actors playing Anne Frank, Michelle Murad and Lauren Lakis, said the play opened their eyes to the reality of racism.

"Because I'm white, I always thought 'out of sight out of mind' about racism. I believed it didn't affect me. Now it hurts me to see it in everyday life; I'm so hyper-sensitive now," Lakis said.

The play, narrated by the voice of Morgan Freeman who plays the role of God, becomes a heated discussion about oppression and the result of hatred toward Jews and African Americans. During the play, Anne shares her story with Emmett while he reluctantly shares his and they begin to realize how alike they are.

Murad said, "I never realized what people have actually been through. I was introduced to Emmett Till and it awakened me."

McKinnon said it was a new experience working with actors of different ethnicities since he was accustomed to African-American co-workers. He encouraged Howard students who aspire to be actors to venture beyond the comfort zone of the university.

McKinnon said, "Don't wait until you graduate to start auditioning outside of Howard. Build a network outside of campus so that you know what's going on and you are in the loop."

After McKinnon finishes with "Anne and Emmett", he plans to obtain his Screen Actors Guild (SAG) card and become a part of the actors' union, which would make him a professional actor.

Thomas sees her son as a successful actor one day in the future, as long as he remains humble. "I don't think he would let the fame get to his head," she said. "I always told him, 'the higher you go; the more humble you become.'"

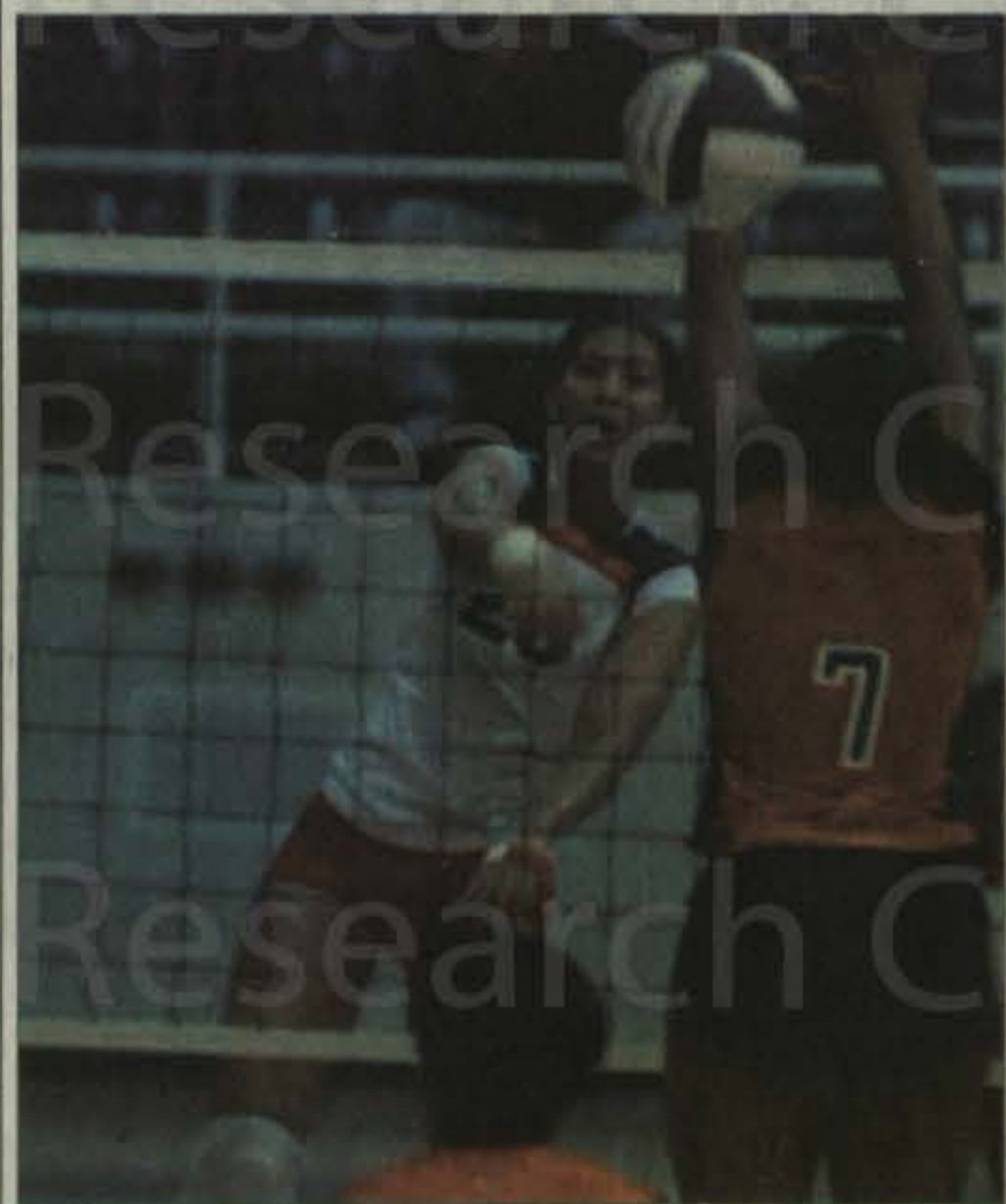


Photo Courtesy of HU Sports Information Office

Lady Bison Volleyball Team Wins Final Spot in MEAC Quarterfinals

The Lady Bison Volleyball team earned the fourth and final spot in the northern division and will play Florida A&M today in the MEAC quarterfinals at 4 p.m. Morgan State (4-6) won the tiebreaker over Howard and Hampton to earn the third seed in the playoffs.

After Friday, play resumes on Saturday with the semi-final rounds and then the championships on Sunday which will be broadcast on ESPN at 10 p.m.

Information Courtesy of HU Sports Information Office

Today at Howard



HOWARD UNIVERSITY
STUDENT ASSOCIATION

Holiday Tree Lighting Ceremony at 4:30 p.m.



South African First Lady Mrs. Zuma addresses Howard at 1:00 p.m. in Founders Library



As a follow-up to the "Refresh the World" Symposium in January, Spike Lee will speak to students in the basement auditorium of the Howard University Hospital.



J.D. Lawrence (Playwright), Jacquee Harry (Sister, Sister), Telma Hopkins, Ali Woodson and Christopher Williams (New Jack City) in Lower Level of Cramton 12 p.m. to 2 p.m.

Vote for "The Hilltop 24" via TheHilltopOnline.com.

The HU Thanksgiving Potluck

Thanksgiving Joy, Food Gets International

How to Roast a Turkey

BY JACQUELYN ROSS
Contributing Writer

Some could say that Mikael LaRoche adjusted well when he came to D.C. from Trinidad. He embraced the syncopated rhythms of the drums and cowbells of the native Go-Go music. He became active in campus activities; he enjoyed tasting the new foods the city had to offer and thrived in the new weather patterns loving the harsh, cold winters of D.C. One thing, however, still elicits a slight surprise in LaRoche each year – Thanksgiving holiday.

"Holidays like Thanksgiving were a cultural shock for me," said LaRoche, junior, interior design major. "We don't celebrate [Thanksgiving] in Trinidad."

Every year, international students are exposed to American holidays. Thanksgiving, based off the feast between the Pilgrims and the Native Americans, is designated as a time to give gratitude for life's successes.

"I'm still not sure of what significance it has; I'm uncertain of the historical aspect. But I enjoy the time with my family and eating," LaRoche said.

Many international students

admit they are uncertain of the exact origins of Thanksgiving, but like most American students, enjoy the few days off from class to spend with loved ones.

"I don't know much about the whole Pilgrim story," said Lucky Adike, senior computer engineering major from Nigeria, laughing. "I know it is a celebration of thanks and it helps bring people together."

Although unfamiliar with the exact origin of American Thanksgiving, international students explain that the idea of thanksgiving is not foreign to them. According to Kemdi Opara, sophomore biology major whose family is from Nigeria, countries abroad have celebrations among family and friends in which they give thanks but these celebrations are not considered holidays.

"In Trinidad, we have a thanksgiving service. It's more religious. You invite the family and neighbors to church or your home and give back thanks to God for prosperity," LaRoche said. "People bring food, gifts, fruit, etc. It's like a super potluck times 10."

For most HU students, the Thanksgiving holiday means a chance to get away from campus

and return home. Unfortunately, for international students home is not just a state away. Being so far away from their native countries and airline tickets ranging from \$400 to \$900 makes it very difficult financially to go home for the Thanksgiving holiday.

"It cost way too much money to go to Nigeria for such a short break," Opara said. "We are better off just waiting for Christmas. It's a lot easier."

Because a trip home is often unavailable and since most of their family is still at home in their native countries, international students find other relatives or friends in the area to spend the holiday with.

"I go to church and spend time with my church family," Adike said. "If I don't do that, then I normally hang out with other international students."

Despite being unable to go home and visit family, one thing common among the international students is an appreciation for the holiday centerpiece – the turkey.

"I really love going to church and remembering why we are thankful, but most of all, I love the turkey," Adike said.

To prepare the turkey for roasting, first remove the giblets (the flesh of a bird or fowl), rinse the bird inside and out, and pat dry with paper towels.

1. *If you are stuffing the bird, stuff it loosely, allowing about 1/2 to 3/4 cup stuffing per pound of turkey.*
2. *Brush the skin with melted butter or oil. Tie drumsticks together with string (for stuffed birds only).*
3. *Lastly, insert a meat thermometer into the thickest part of the thigh. The thermometer should point towards the body, and should not touch the bone.*
4. *Place the bird on a rack in a roasting pan, and into a preheated 350 degree F (175 degrees C) oven.*
5. *Bake until the skin is a light golden color, and then cover loosely with a foil tent. During the last 45 minutes of baking, remove the foil tent to brown the skin. Basting is not necessary, but helps promote even browning.*

Courtesy of allrecipes.com

Thanksgiving Menu

Dinner

<i>Turkey with Stuffing</i>	<i>Green Beans</i>
<i>Cranberry Sauce</i>	<i>Salad</i>
<i>Cornbread</i>	<i>Rolls</i>
<i>Greens</i>	<i>Corn</i>
<i>Mac and Cheese</i>	<i>Black-Eyed Peas</i>
<i>Mashed Potatoes</i>	<i>Candied Yams</i>

Dessert

Sweet Potato Pie
or
Pumpkin Pie
or
Peach Cobbler

Do You Care? Petitions For Social Change

BY CAMILLE AUGUSTIN
Staff Writer

To continue the momentum generated after marching through the LeDroit community earlier this semester, the "Do You Care?" campaign will hold petitioning drives to put the brakes on gun violence.

The goal is to collect 10,000 signatures for letters which ask the government to have a larger stake in the battle against gun violence. They will submit the papers to the White House early next year. The "Do You Care?" campaign hopes to get the White House to hold a national summit on gun violence.

Coordinator of the "Do You Care?" campaign, Melech Thomas, said the campaign hopes to take their initiative to other colleges universities in different cities.

"A class on gun violence in the United States, and conflict resolution workshops are in the process of being implemented," said Thomas.

For immediate results, the campaign has scheduled numerous petitioning drives. Rivers, sophomore civil engineering major, said through these drives the Howard University students will try to get as many signatures as possible.

"A lot of people do not know the facts of gun violence," said Jordan Rivers, assistant coordinator of the petitioning drives. Rivers hopes to spark the community's interest through the drive in Chinatown today at 7 p.m.

Belief and inspiration is the most valuable thing from anyone taking a stand, he said.

Lack of jobs and inadequate educational opportunities in some communities are some reasons behind gun violence, according to Brian Menifee, sophomore mechanical engineering major.

"We are not killing each other because we want to kill each other," said Menifee. "There is reason behind this."

Menifee said if this campaign and its many initiatives get to a broader and larger audience, better strategies will be analyzed and carried out. He described the petitioning drives as a productive way to get people aware of what is happening in the community. Menifee said this puts students at Howard University in a good light because it shows the community what Howard students are capable of.

Rivers said people should not become close-minded and see that change is good. "It is a shame that some people are cynical about the situation which is gun violence ravaging our communities," said Rivers. "People need to be open to change and see that it will be for the better of our future and the youths' future."

Check Up: School of B

BY CAMILLE AUGUSTIN
Staff Writer

As the semester comes to a close, the School of Business student council looks back at their accomplishments and the one task waiting to be fulfilled, the beginning of financial literacy seminars.

The task of starting the seminars will be accomplished next semester, according to Council Executive President Jewel Burks.

"Council did accomplish the vast majority of its goals for the year," Burks said. "We have been able to reestablish a connection with the administrators, and regain the support of the students of the School of Business."

According to Christopher Bryant, the council wants to make sure they are accessible to students.

"We want to make sure students can rely on us," Bryant said.

Natalie Neilson, sophomore finance major, said this year's council was better than last year's School of Business student council.

Neilson said the town hall meeting with School of Business Dean Barron Harvey sounded like a good event, but she did not know about it until *The Hilltop* mentioned it to her while being interviewed.

"I have personally only seen Dean Harvey once in the two years I have been in the School of Business," Neilson said.

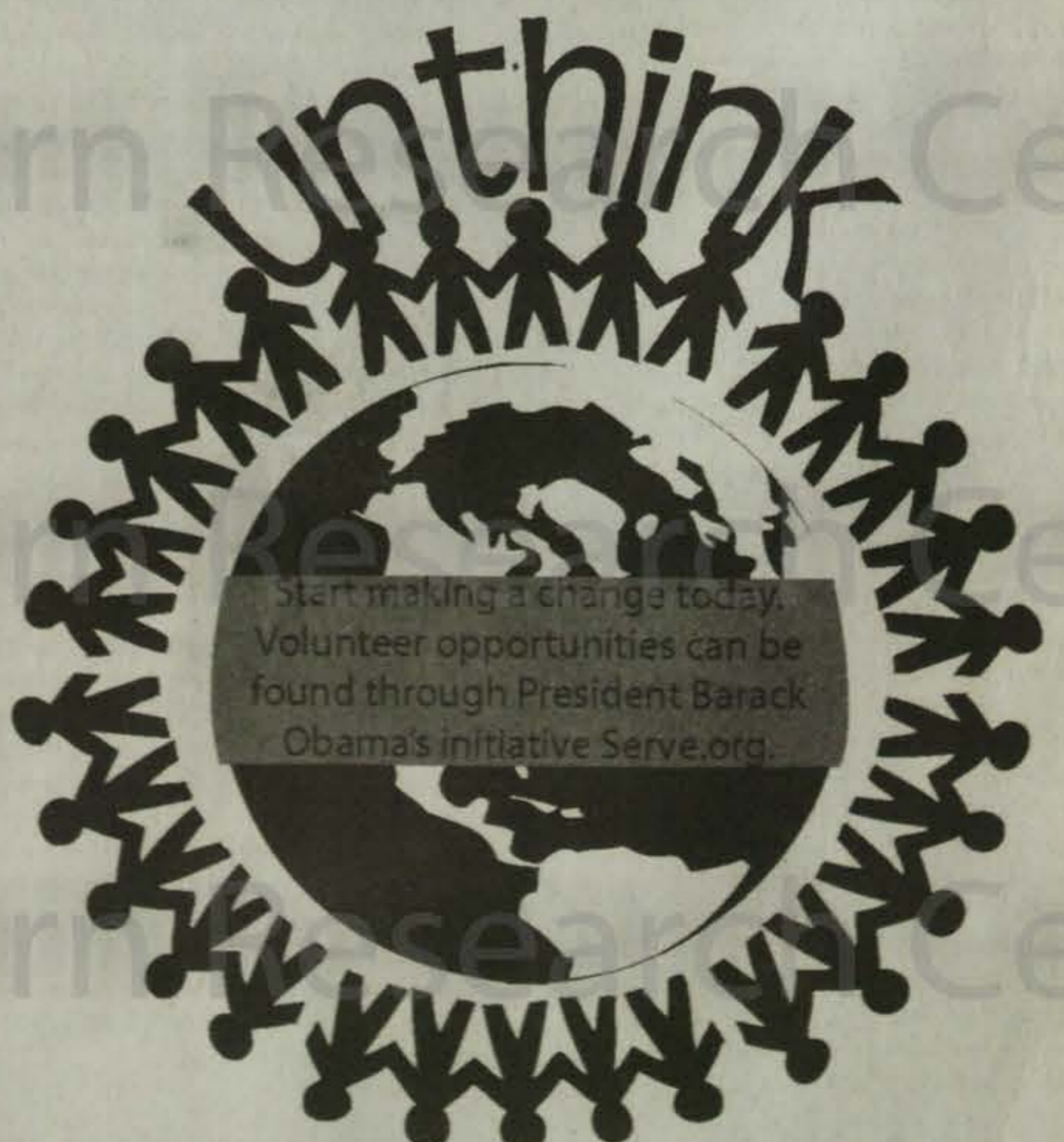
However, Neilson heard positive feedback from her peers about the Men in Business week events.

Marilyn Beloko, junior international busi-

ness major, said council it seems that they are doing their best to reach out to students. However, she said some of the events put on by council were not unique, but traditional.

Bryant said council's image has improved to students not on council. Council had to start from scratch as opposed to picking up from where last year's council left off, Bryant said.

Nonetheless Burks said council will end this semester on a high note. "I feel like this semester was pretty good in terms of listening to student demands, but of course there is always room for improvement," Burks said. "We are striving to do a better job listening to student demands and seeing tangible results of those concerns next semester."



NCNW Program Encourages Blacks to Join Fashion Industry

Continued from front, NCNW

erty are the same people who are spending money—they need to be educated," she said.

African Americans consume 75 percent more retail than whites, White said. Sophomore fashion merchandising major Damaris Brown said it's unrealistic to tell people to stop shopping. "To slow down this problem, designers should come out with inexpensive items," he said.

While designers like Tommy Hilfiger and Timberland have made statements about not making their clothes for African Americans, the culture of Africa has recently inspired some designers' collections. White said the New York Times stated one of the trends for spring 2009 was African style shown in the patterns of the clothes and bangles from designers

such as Gucci, Oscar de la Renta, and Ralph Lauren.

As White introduced little known African American designers such as Kevan Hall, Tracey Reese, Duro Olowu and Tori Nichel, NCNW introduced a panel of future leaders in the fashion industry.

The panelist included senior telecommunications major Ashley Maltbia, senior fashion merchandising major Keosha Johnson, founders of the clothing line Cent\$less, Casey Crawford and Greg Ganthier, and founder of Anceztaz clothing line, Tanzania Bridgett.

On the topic of African-American consumerism, Bridgett said black people love to look good. Her clothing line, Anceztaz, represents different ancestors from all clothing lines. "My clothes are

really affordable and when you buy my clothes you're going to get a message," she said.

Crawford said there needs to be a synergy among black designers and black consumers. "The key to answering this problem is to invest in black businesses," he said. "Black designers need to make use of those investments in their communities."

African Americans need to create a corporate structure, said Ganthier.

"A lot of African Americans don't get into this," he said. "I thought it [the program] was very interesting to see how much money black people spend on clothing and I didn't know how many people here at Howard aspire to work in the fashion industry," Iyere said.

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Crystal J. Allen!**

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Hilltoppers!**

Long Live Caesar!

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The last edition of The Hilltop for the semester will be next Tuesday, Nov. 24, 2009.

The Hilltop staff would like to wish everyone good luck on their final exams and a happy holiday season!

Many Americans Oppose the Swine Flu Vaccine

BY OLLIE MONTGOMERY
Staff Writer

The 2009 H1N1 virus has caused a major uproar across the globe. Known as perhaps one of the most dangerous pandemics to hit the world in as many as 20 years, the virus has already killed a number of people and promises to kill many more if it goes untreated.

In order to combat the virus, a vaccine has surfaced, but the vaccine has brought more problems than solutions in the eyes of many. As such, many Americans do not plan to take the vaccine.

Due to repeated supply issues with major vaccine manufacturers and initial reports of severe side effects, many people are simply averse to taking the advised help. Some feel they'd actually be better off without taking the vaccine.

According to the latest *Washington Post*-ABC News poll nearly half of American parents do not intend to have their children vaccinated and others are steering clear due to skepticism about the safety of the vaccine. Thirty percent of Americans are not confident the vaccines are safe, 66 percent of adults do not plan to get vaccinated, slightly up from last month.

Among parents, only 14 percent say they've had their children vaccinated, which is an improvement from previous months but is still relatively small. Almost

three times as much, 45 percent, do not want to get their children vaccinated for swine flu.

"If it becomes critical for my health, then I will get the vaccine, but I don't see a very good reason too," said sophomore film major Jaron White. White hasn't counted out the vaccine however.

As of last Thursday, swine flu has infected 22 million Americans who contracted it in the previous six months, while 98,000 have been hospitalized. Almost 4,000 have died from the virus, 540 of the fallen were children.

FDA Commissioner Margaret Hamburg sent a letter to physicians reiterating that the swine flu vaccine is produced the same way as the seasonal flu and there is no less of a reason to think it's safe.

Most Americans reject a suggestion that the government has exaggerated claims about the danger of swine flu, but are unlikely to get vaccinated. Some have already done so, and others simply will not do it.

Availability is one barrier. Among parents who still plan to get the vaccine for their children, 52 percent say they've already tried to do so, but found that it wasn't available. Initially, Health and Human Services Secretary Kathleen Sebelius ensured that there were enough vials of the vaccine for



The swine flu vaccine has caused concern for many American parents who have decided to abstain from taking their children to get the vaccine. H1N1 continues to infect adults and children resulting in hospitalizations and even death.

nearly half the country. However, as the fall came, only a fraction of the vaccine was actually produced. This initial vaccine shortage at the beginning of the infamous fall flu season did not result in any casu-

alties but did have a severe impact on public opinion as the days and weeks passed.

As of this publication, the vaccine is available and supply issues have been addressed. The U.S.

government has assured the vaccine is safe and recommends that any and all American citizens take it.

The University Speaks Out on H1N1 Prevention

The following article was published on the Howard University Web site.

Dear Students, Faculty and Staff of Howard University:

We are taking steps to prevent the spread of seasonal or H1N1 flu here at Howard University. We need your help to accomplish this. To date, the overwhelming majority of cases of new influenza A (H1N1) viral infection occurring in the U.S. have been uncomplicated illnesses of limited duration.

The Centers for Disease Control (CDC) recommends the following ways you can keep from getting sick with either strain of flu:

Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also very effective.

Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.

If you think you have the flu, stay at home or in your residence hall. Drink plenty of clear fluids such as water, broth, sports drinks and electrolyte beverages, to keep from becoming dehydrated.

Stay at home or at your place of residence if you are sick, for at least 24 hours after resolution of your fever or signs of a fever (chills, feeling very warm, sweating, or being flushed). This must be determined without the use of fever reducing medications (ibuprofen containing medications or acetaminophen, or naproxen containing medications). Staying away from others while sick can prevent others from getting sick, too. Symptoms of flu can include fever, chills, cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, tiredness, diarrhea or vomiting.

If you develop shortness of breath, confusion, pain or pressure in the chest or abdomen, severe or persistent vomiting, sudden dizziness, or fever that is not relieved by fever reducing medications, seek immediate medical attention.

Talk to your healthcare provider to find out whether you should be vaccinated for seasonal flu and/or the 2009 H1N1 flu.

Information regarding 2009

H1N1 flu vaccination may be found at: www.cdc.gov/h1n1flu/vaccination

Information about seasonal flu vaccine may be found at www.cdc.gov/flu/protect/keyfacts.htm

Avoid touching your eyes, nose and mouth.

The Student Health Center will have seasonal flu vaccine available in mid to late September for students. You will need one injection to get protection from seasonal flu. The H1N1 flu vaccine is expected to be available in late October/early November. The Student Health Center is attempting to get the vaccine and will notify you when it comes in.

Persons who should get the vaccine:

- Pregnant women and household contacts,
- Caregivers of infants younger than 6 months,
- Health care and emergency services personnel
- Age 6 - 65 year olds who are at greater risk for influenza related complications due to preexisting medical conditions, such as chronic pulmonary conditions, including asthma, cardiovascular conditions except hypertension, renal disease, hepatic disease, cognitive and neurologic/neuromuscular disease, hematologic or metabolic disorders, including diabetes mellitus, immunosuppression caused by medications or by human immunodeficiency virus,
- Persons over 65 years old.

We are working closely with the Department of Health to monitor flu conditions and make decisions on the best steps to take concerning our institution. We will keep you updated with new information as it becomes available.

Students who are rotating through patient care areas should not report to their clinical rotations for at least seven days or until all symptoms have completely resolved, whichever is longer.

Thank you,
Dr. Robin Newton
Senior Vice President for Health Sciences

FRIDAY FOLLIES

R.J.P.

...to myself?

When a Brazilian bricklayer received word of his funeral, he decided to show up.

Family members and friends identified the victim of a car crash as Ademir Jorge Goncalves, 59, and scheduled his funeral for the following day, which fell on the holiday where Brazilians remember loved ones who have died, the Day of the Dead.

However, little did they know Goncalves spent the night drinking at a bar near the site of the crash, and was not the victim.

When Goncalves got word of his funeral, he showed up. The sight of him alive shocked relatives, causing some to try to jump out of the windows of the funeral home.

Soon after, a family in a neighboring town came to inquire about a missing son, and recognized the body, and took it away for burial.

- Compiled by Le'Dia J. Smith,
Staff Writer

Find something funny?
Submit your Friday Folly to
hilltopnw@gmail.com

Sports Trivia Answer:

In 1984, Dwight Gooden was selected for the Major League Baseball League's All-Star game at age 19.

Freshman Making Moves in the Bison Attack

BY MICHAEL WATERS
Contributing Writer

For nearly every incoming college athlete, there is a time of adjustment as they transition from high school to college.

Often, freshmen in college sports are regulated to smaller roles as they try to acclimate themselves to the nuances of the college game.

Every year, despite these obstacles, there are college athletes that develop quickly and are able to contribute significantly to their team in their first year. Freshman Phillip Borde of the Howard University Men's Soccer team is one of the latter.

Borde is part of men's soccer coach Michael Lawrence's first recruiting class. Lawrence, a Howard alumnus, became the men's head soccer coach in 2008. He was able to see the potential in Borde and saw him as a great addition to rebuilding the Howard soccer team.

"Evaluating him was very easy," Lawrence said. "After his first touch on the ball, you could tell that he was a Division I caliber player. He fit the mold of the type of players that we were looking to add to our program. His character, speed and decision making ability set him apart from the rest of his competition."

Borde, a psychology major from Ocoee, Fla. is living up to expectations, gaining a spot on the



Freshman Phillip Borde has made a huge impact on the Bison soccer team in his first year playing. Coach Lawrence recognized his potential early.

All-Conference First Team and winning the Atlantic Soccer Conference Rookie of the Year Award

unanimously. Borde, who his coach describes as an "attacking midfielder that has a nose for the goal," led

his team in all offensive categories including goals, assists, and game-winning goals.

Though Borde's natural talent shines through, he has made many improvements since arriving at Howard.

"As a soccer player my decision making on the ball has gotten much better," Borde said. "The way we train has forced me to improve my quickness and movement off the ball. My fitness has improved tremendously, it's a big difference from high school."

Borde is a professional caliber player and his performance speaks for itself.

Coach Lawrence still believes that freshmen as a whole can contribute as long as they have the right motivation.

"I am a strong believer that freshmen players can have a tremendous impact on any team that is in the process of rebuilding," Lawrence said. "The important thing is that they must have a good work ethic, positive attitude and a no quit attitude."

The playing field is not the only place where freshmen athletes can have difficulty making adjustments.

Making the transition from high school classes to college can also be trying. The travel, practice and responsibilities of being on a team can burden the workload even more for new students.

"Coach had us attend several academic and time management meetings in the academic reinforcement center which has really helped with organizing my time better," Borde said. "I try to spend at least 10-16 hours a week on my school work, some time it feels like time is moving so fast."

These improvements don't happen automatically. Many hours on the practice field are spent learning the system, improving endurance and learning the intricacies of the game.

Meanwhile, more hours are spent studying and making up assignments missed during the season.

This is not an easy job for a first year college student. Coach Lawrence recognizes this and gives each member of the team the attention they deserve.

"Freshmen players need to be shown a lot more patience and require more teaching," he said. "However, upperclassmen can function with just simple guidance, because they have been in the system longer, are more mature and have a better understanding of what is expected for them succeed at the Division I level. In other words, freshmen will have questions while upperclassmen will have suggestions."

SOSA TAKES A WALK ON THE LIGHTER SIDE

BY TYLER DRAGON
Contributing Writer

Changing one's skin color is very rare in today's society. Most often the lightening of skin color is due to the disease vitiligo, a chronic disorder that causes depigmentation of one's skin. The late entertainer, Michael Jackson suffered from this condition. However, this cannot be said of former baseball superstar Sammy Sosa.

Once known for his epic home run battle with Mark McGwire in 1998, the former baseball standout hit 609 home runs throughout his 18-year career. He was a superstar with the Chicago Cubs, Chicago White Sox, Texas Rangers and Baltimore Orioles but is now drawing attention for something quite different.

Sosa was photographed at the Latin Grammy Awards in Las Vegas looking a lot lighter than normal. In addition to his lightened skin, Sosa was also caught sporting green colored contact lenses.

"He looks strange now," Hakim Fumers of D.C. said. "I don't know why he would want to drastically change his appearance like that."

When questioned about the change in his appearance, Sosa said the change is attributed to the use of a skin softening cream manufactured in Europe. Later in the week, Sosa admitted to reporters that he uses a skin bleaching cream before he goes to bed every night and added that he has used the bleach-

ing cream for the past couple of months.

"It is pretty surprising to hear what he's done to himself," junior Trumpet Franklin said. Many other Howard students are puzzled by the move.

"I honestly think that it's pretty lame," senior Sam Connor said. "I can't agree with it [skin bleaching], because it looks to me like you aren't cool with who you are. More importantly, it's the message that it sends to the kids who look up to him. I don't think he thought about this thoroughly. You must take into consideration the backlash from the media and how this will be portrayed to the world."

The Sosa skin color change has been a media favorite topic of late. Pictures have been published throughout the Internet with before and after photos of Sosa. Former National Basketball Association (NBA) star and current analyst of TNT's "Inside the NBA," Charles

Barkley, wore white makeup mocking Sosa in front of a national television audience.

Sosa, however, doesn't believe that the change in his physical appearance is as drastic as portrayed in media reports. He has told reporters that bright TV and camera lights make his skin appear lighter than it actually is. Other people seem to be in Sosa's corner as well.

"If he feels it [the skin cream]

is of good quality, it may be something that he will be endorsing and marketing in the United States in the near future," said Rebecca Polihronis, former Cubs community relations employee, who spoke to reporters on behalf of Sosa.

Like it or not, the change of complexion has caused a media circus. The former baseball star is set to make his first television appearance since the controversy.

Tony Dunderdres will interview Sosa on Univision's "Primer Impacto" show next week. The interview will almost certainly surface all over network and cable news programs. "I think that whenever someone has a problem with the way God made them, it's a problem. However, it is his decision to do this, and it's his life," Franklin said.



Former MLB slugger Sammy Sosa has incited debate about his skin color change, which is extremely drastic. Sosa is allegedly planning to become an endorser for the bleaching cream he used to change his skin color.



Photo Courtesy of Eric Jamison/AP & Chicago Sun-Times

Sports Trivia!

What New York Mets pitcher was the youngest player to be selected to the All-Star game in MLB history?

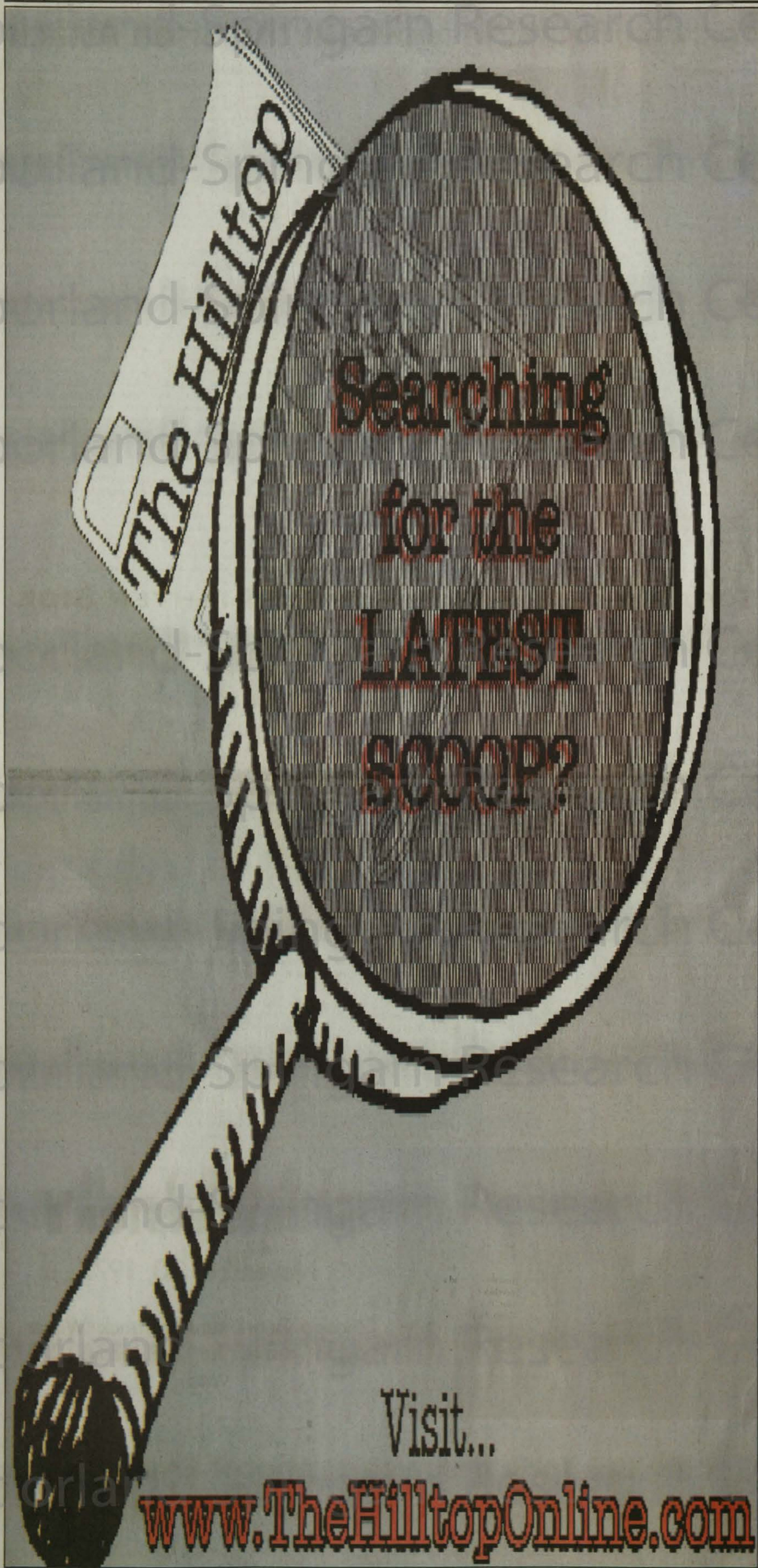
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TODAY IN SPORTS HISTORY

November 20, 1977

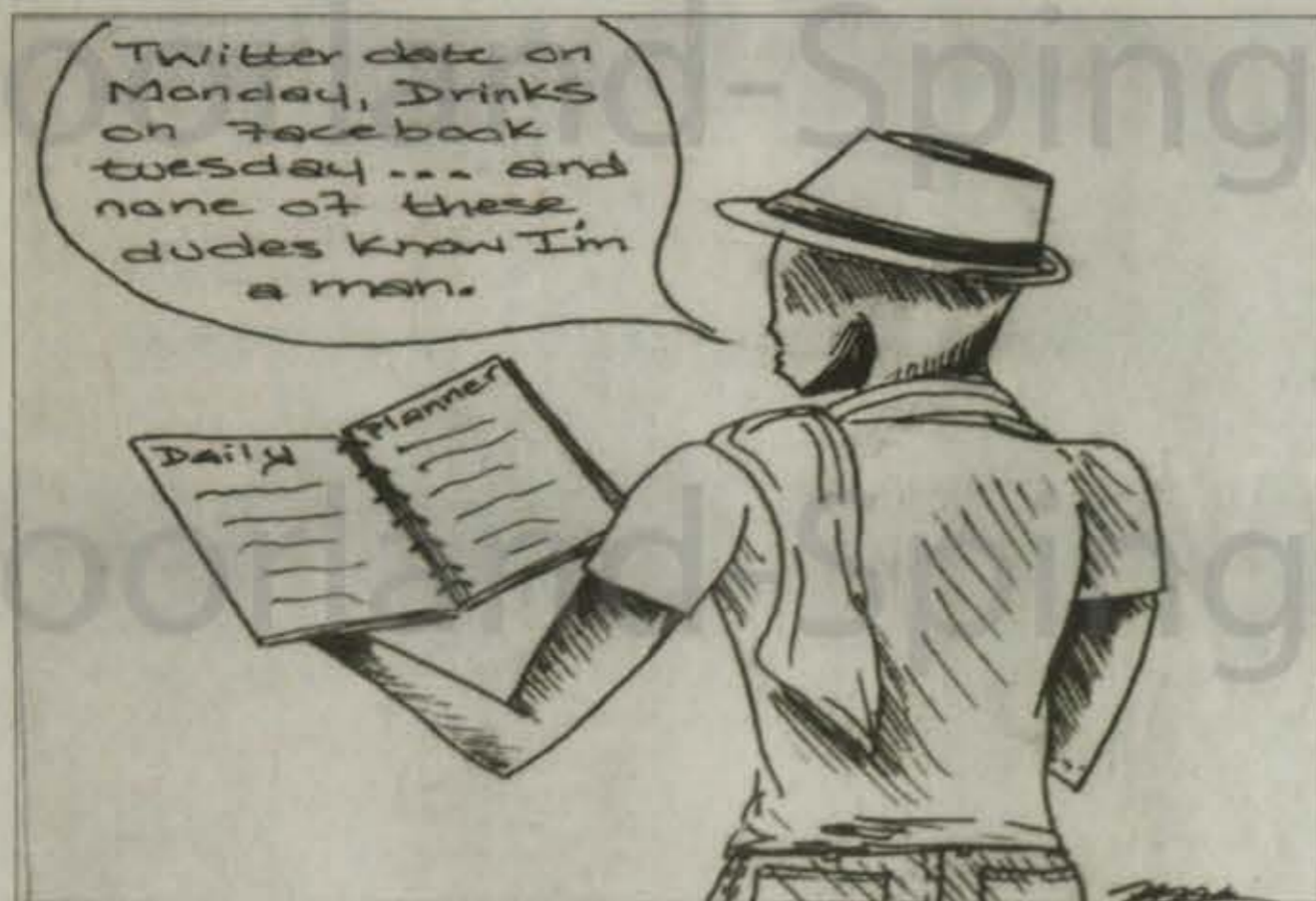
Chicago Bears running back Walter Payton rushes for NFL-record 275 yards.

Got an idea for a throwback photo? Email your suggestions to thehilltopsports@gmail.com



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Nicolette McClendon - Cartoonist

African Americans Enjoy the Status of Social Networking

MySpace burst onto the scene with an unprecedented popularity, marking one of the first highly successful social networking sites. Its success was closely followed by that of Facebook, and most recently, Twitter — which has turned out to be one of Howard University students' favorite means of keeping friends posted, often complete with joke cracking and trash talking.

Twitter, and other sites of its nature, have recently become tremendously popular with not only Howard students, but also celebrities, soccer moms and everyone else in between.

Interestingly enough, it seems that African Americans engage in social media networking more than their Caucasian or other minority counterparts.

According to a recent survey done by The Pew Internet and American Life Project, a nonpartisan think-tank, African Americans are

more likely to use Twitter, or any other status-updating networking site than members of any other ethnic group.

Is there a reason that black people are more interested in social networking sites — or at least, tend to use them more frequently than people of other ethnic groups?

According to the afore-

Our View:

Networking sites appeal to African Americans as venues to speak their minds.

mentioned study, which was released in October of 2009, 26 percent of African Americans use social networking sites, as opposed to only 18 percent of Hispanics and 19 percent of Caucasians.

The purposes of these sites are to keep people connected, and to promote and

facilitate networking.

Surely Caucasians and Hispanics aren't less interested in building relationships than blacks. So what's the difference?

The majority of Twitter users (Howard students specifically), use this site and others of its kind to get things off their chests, to talk about issues that bother them.

Part of the appeal to these social networking sites is that the publisher knows that there's someone out there in the cyberworld who's going to read (and possibly comment on) the original thought they decided to express as a status.

Maybe as African Americans we have more things to get off our chests, and while we as average individuals might not have the time (or desire) to write a novel, or the celebrity to sit on Oprah's couch to talk about what's going on in our lives, we do have access to free social networking sites.

Daily Sudoku

Directions:

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

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



Want to write for The Hilltop?

Come grab a story at our last budget meeting for the semester.

Sunday at 6 p.m. in the Howard Plaza Towers West P-Level

Perspective

Advice for Women Rarely Given by Men

How do you define beauty? Do you define it by an unchangeable personality? Do you define it by the models you see in *Vogue*, *Cosmopolitan*, or in music videos? Do you let others define it for you?

While we all may have our own definition, allow me to show you where true beauty should reside.

For starters, "Don't be overly concerned about the outward beauty that depends on fancy hairstyles, expensive jewelry or beautiful clothes. You should be known for the beauty that comes from within, the unfading beauty of a gentle and quiet spirit which is precious to God and others" (more specifically real men). Don't get me wrong, it is good to look nice, but don't allow it to consume your entire being.

I see a lot of females dress a "certain" way to catch attention. Now I am a guy, and I'm not supposed to share this with you, but let me share with you some of the unspoken secrets of men.

Men are attracted to various types of woman. We like nice sized breast, (think 36B - DD), a skinny waist (22-29) and a nice onion booty (a booty that isn't too big, definitely not too small, but so perfect it makes you cry). Basically, we like a well proportioned body.

Most of you ladies know this. But have you ever wondered why we like women like that? Well one answer...lust. There are few exceptions, because "some" men do like a female who's in shape for health reasons, but for most...it's just lust.

When we see females with a bangin' body, the first thing that comes to mind is

"Oh the things that I would do to THAT!"

Second, since most like what we see, we come up with an approach to see if we are able to get what that female in particular is made of. Oftentimes, we get to "experience" what her "goodies" are made of and then trash her. We never have intentions of that girl becoming a future wife.

The problem is that a lot of females know that is what we men are attracted to, and try to imitate that sexuality that other females put forth. We guys can pin this out a mile away and to us that usually screams desperation, insecurity, a lack of confidence and a false sense of love.

Those are all perfect conditions to slut a girl out and have no remorse. It's not right, but that's life. The only thing you as a female can do is accept it and adapt.

In addition, ladies "Don't advertise what you don't tend to sell." Want a man to treat you with respect? Dress with respect and let the personality follow.

And the reason why I stated, "You should be known for the beauty that comes from within, the unfading beauty of a gentle and quiet spirit which is precious to God and others," the reason? You ever met a guy who thought he was all that but was ugly as God-knows-what? Or, you ever meet a guy who was built like Tyson Beckford, LL Cool J, Shemar Moore, Morris Chestnut, LL or Gary Dourdan, and find out that his personality was crap. Well, we guys see A LOT of you females like that. Not all of you now are like that. Just. A lot...like Janice Dickinson.

You should be known for your unfading beauty of a gentle and quiet spirit, because if you take care of yourself on the inside, it will definitely show on the outside.

That's why sometimes you see a good-looking-all-around guy with an average sometimes less-than-average woman. Not because she looks good, but because of the humility, love, confidence and among other things she has to offer, that most of you, unfortunately don't.

So if you want a man to look at you when you're 40, when you're 60 and even when you're 80, when things are starting to sag, weight is gained in all the wrong places and body parts don't function as they used to, and you want him to look you dead in your eyes and say, "You are as beautiful today as the day I first met you. I Love you!" and mean it, then you know what to do.

So in conclusion, if you want to find a real man, develop that beautiful spirit that never fades. Learn to laugh, be free, enjoy life, become educated, establish a spiritual relationship within yourself. Because I know this is cliché, but a real man will love you for you, while a boy only loves you for your outward adornment and that pink kryptonite between your legs. Charm is deceptive and beauty is fleeting.

Remember, "We don't love dem hoes, we just like what they got to offer."

J.D. Spivey, senior biology major

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