# The Spelman Spotlight

Volume XVI No.2

October 10, 2001

# New provost reaches out to Spelman community

Kristina Swann Staff Writer

This year the Spelman community welcomes New Provost, Dr. Joyce Elaine King. A native of Fresno, California, Dr. King attended Stanford University for both her undergraduate degree in Sociology and postgraduate degree in The Social Foundations of Education. Although a new part of Spelman's faculty, Dr. King is not a stranger to our school or the Atlanta University Center. Her son attended Morehouse and her daughter, Spelman. As a result of her optimism for a progressive year, Dr. King has been embraced as a new member of the Spelman community. Recently, The Spotlight sat down with Dr. King to discuss her future aspirations for the college.

SS (Spelman Spotlight): Prior to coming to Spelman, what other career positions did you hold?

JK (Joyce King): Just before coming to Spelman I was the Associate Provost at Medgar Evers College of the City University of New York and the Associate Vice Chancellor at the University of New Orleans. Prior to that, I was Professor and Director of Teaching Education

sity of California as well as a Professor at Stanford University, and the first head of the Department of Ethnic Studies at Mills College in California.

SS: What future plans do you have for creating a 'beloved community' at Spelman College?

JK: I would like to get to know the entire campus, student body, and community, and continue the Spelman tradition of leadership and excellence-the foundation on which the school

situation. However, we must all learn to work together to reach a central goal of success. This would require the use of new technology, the arts and social and hard sciences, which are all aspects of the human experience."

SS: As the new Provost, how do you plan to most effectively impact the Spelman student body?

JK: By working closely with faculty, students, and staff, I would like to enhance the

ministrator, and researcher, I have brought an academic research initiative to the Spelman community with me. "Research in Black Education," is an education and research initiative. Out of this initiative, I have helped to establish an African language course on the Internet

website at www.coribe.org. SS: Do you plan to keep your office open for students to come and dialogue with you and your staff? What do you find as critical to the curriculum of the students here at Spelman?

for students, teachers, and oth-

ers. You may explore this

JK: Yes. I hope to meet and develop a personal relationship with each student on Spelman's campus. I would enjoy the opportunity to converse

with every person on what their particular needs are for the year and what their academic interests are for the future. I find the ADW course one of the most critical courses offered here at Spelman. I can remember studying Western Civilization in 1965 at Stanford University.

Therefore, it is still important today to incorporate history and Western Civilization into the undergraduate curriculum and it will continue to provide an educational perspective centered on history and tradition. I am committed to ways in which women serve the community and as an educator, I am continuously looking for new ways to strengthen the education of our students and enhance the role of Spelman within the community.

Spelman College welcomes the new Provost, Dr. King to our 'beloved community' of women who serve. Her office is located on the first floor of the Rockefeller Building.

"We live in a global village and we need opportunities to expand and understand the significance of being African women in a changing global context."

--- Dr. Joyce King, Provost of Spelman College

stands

SS: What academic recommendations would you make to Spelman women?

JK: We live in a global village and we need opportunities to expand and understand the significance of being African women in a changing global context. Some of us are studying the ways in which we can improve Programs at Santa Clara Univer- our community and its economic

modes of communication, supporting faculty research and scholarship, and providing opportunities for interdisciplinary study and ways to link learning with community service, here and abroad.

SS: What educational research endeavors have you led or contributed to pioneering academic research?

JK: As an educator, ad-

# N. E. W. Attitude of the SSGA

# **Spelman Student Government Association 2001-2002**

E. Joyce Iyamu Contributing Writer

The Spelman Student Government (S.G.A.) would like to welcome students to a new year of innovative programs and effective government. We began this school year with the theme N.E.W. (New Evolution of Women) Attitude to enlighten the student body with a feeling of change and renewal that is pertinent to everyone's success

Were you contagious during the week of September 16-22? Conveying the N.E.W. Attitude theme, the Spelman Government Association held its week during September 16- September 22. Some of the events included demonstrations by M.A.C., Mary Kay, and a local mussuse, while S.G.A. members treated office guests with treats and tours of the office. Mayoral candidate Gloria Tinubu also made a surprise appearance at the S.G.A. Think Tank painting session on Wednesday, coordinated by the

Spelman Women's Action Coalition (S.W.A.C.). For those who didn't catch the bug, you missed the \$5 party at Skate Towne on the 20th.

S.G.A. also gave out free food to

Spelman students during Market

Friday. The week ended with the

Walk for Success Program at

Kennedy Middle School, where stu-

dents went door to door in the neigh-

borhood surrounding the school.

encouraging parents to get involved

in their children's educational pro-

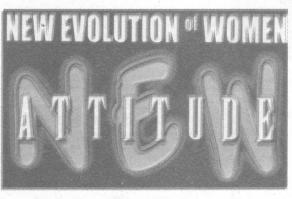
cess. The week was a success. The

S.G.A. would like to thank every-

one who participated.

Look for S.W.A.C.'s Black Fusion (a forum for sisters to speak on various issues) and Homecoming (October 23-28) during the

month of Octo-



S.S.G.A. wants to be here for you, but we can't do that without you. Please visit our office located in room 104 Lower Manley Concourse Monday-Fri-

The

day from 9am to 5pm to have your concerns addressed. Please stop by our office to fill out a student survey so that we can have the tools we need to help make your "Spelman experience" the best it could possibly be.

Feel free to email us at spelmansga@spelman.edu with any additional questions or concerns.

Sisters should supports sisters, especially in the political arena. Spelmanite Sean Waites asks for the Spelman Community's support on important issues she plans to ad-

See "Spelmanite Sean Waites. . ." ... page 3.

Glitter is not necessarily the "bling-bling" we expected it to be. Find out the inside review on Mariah Carey's

See "Everything that glitters. . ." ...page 6.

Check out the inside scoop on getting the best makeup for your complexion. Get tips on how to refine your skin for a healthy shine and to make those men say "OH MY!"

See "Make-up for women of color. . "

...page 10.

Hey get an outsider's opinion of the drama happening with the athletic department. He seems to think that everything is OK, right?

See "Issues in Spelman's athletic department. .." ...page 11.

all that and more......

INSIDE

# Women in sports history highlight

# Wilma Rudolph

meter dashes and the 4 x 100 meter relay when she retired in 1962. During the 1960 Olympic Games in Rome, she won gold medals in the 100- and 200-meter dashes along with the 4 x 100meter relay. In the 1965 U.S. Olympic games, she won a bronze medal in the 4 x 100-meter relay.

As a child, Rudolph suffered from scarlet double fever, pneumonia, and polio, which left her without

Wilma Rudolph held the use of her left leg. She in both track and the world records in wore a brace until age 9 the 100- and 200- and by age twelve excelled



basketball. After high school she attended

Tennessee State University where she graduated in 1963.

Rudolph inducted into the **Black Sports Hall of** Fame in 1973, four years later she published autobiography, Wilma: The Story of Wilma Rudolph. In addition, Rudolph was inducted into the Women's Sports Hall of Fame in 1980, and the U.S. Olympic Hall of Fame in 1983.

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### September 27, 2001

Sitting in church last Sunday, I listened to my pastor, a man of God, give advice that touched my soul. No matter what denomination, everyone can learn from his words.

My sisters: tomorrow is never promised to us and life is too short. We must stop being petty and love each other. No matter how much you loathe that girl in your science class, she is your sister. The two of you are bound together by Spelman's rich history and the blue blood of our traditions. It's time my sisters to put the petty grudges

With our nation under constant watch, now is not the time to roll our eyes at 'that girl' because she 'thinks she is cute.'

When we sing our Spelman hymn, there is a reason that we hold hands. It is to exemplify our love for not only each other but our school. Whatever it is that draws us together, let us emanate these vibes during this difficult time.

Blessings to you,

**Cynthia Daniels** Editor-In-Chief

# Spelmanite Sean Waites running for Atlanta City Council

Natashia McGough Campus & Local Editor

Sean Waites hopes that this November 6th City Council election will usher a Spelmanite into its ranks. As a continuing education student here at Spelman College, Waites represents a new young generation of politicians. If she wins her race on November 6th, she will become the first Spelman student to become an elected official. Waites stresses the need for young black women to achieve positions in the political arena by forming her whole campaign mission around this issue.

"My campaign mission is to form a template for young black women to seek elected office and provide them the resources to run successfully," says Waites.

As an eighth generation native Atlantan concerned with maintaining and preserving the quality of life in the City of Atlanta, Waites decided to run for a position on the Atlanta City Council seat Post 1 – At Large. Post 1 - At Large, currently represented by 'Able' Mable Thomas, encompasses city council districts 1 - 4, which includes Grant Park, Ormewood Park, West End, the Atlanta University Center, Old Fourth branches. The Council, the and cost effective manner. If development of the city such



year's election, however, council member Thomas is vacating the Post 1 seat and campaigning for Council President. Waiting in the wings to take her place is Waites, who brings forth a new style of leadership and vision.

"The public is still trying to find the new Maynard Jackson and Andy Young," says Waites, who unlike these predecessors is a 28 year-old black female.

The Atlanta City Government is divided into three bodies: the legislative, executive and judicial

Ward/Sweet Auburn Avenue, body on which Waites desires and Castleberry Hill. In this to serves, is the legislative

> branch, which makes the laws that govern the city. It is responsible for the development of policies, which serve operational standards, and establishes the parameters for the administration of city government. City departments, under direction of the mayor, constitute the executive branch while the Courts compose the judicial branch. With the

legislative branch as lawmakers, voting for a city council member is just as important as voting for mayor.

Waites' campaign addresses three key areas of citywide concern, or "The Three E's": education, elderly, and the environment. Although the four districts that comprise Post 1 are diverse, according to Waites, they all share common denominators: clean air and water quality, good education for their children, a safe city and city services delivered in a prompt

elected, Waites intends to go into neighborhoods and ask the residents what they want and need in order to improve their quality of life in Atlanta. Waites is also proposing a plan that involves a partnership between local corporations or businesses with limited resource communities

"Our campaign is about raising constituency awareness and acting on the issues important to all citizens. Elected officials need to stop telling residents what they need, but rather ask the constituents what they want," says Waites.

Prior to pursuing a seat on the Atlanta City Council, Waites was an employee for the Department of Finance. During her tenure, she helped implement an organized system for recovering outstanding city revenue. In addition, Waites served in the financial services industry for over eight years as a loan officer for one of the nations top mortgage lenders. As the current Deputy Registrar for Fulton County, Waites has hosted several Atlanta-wide voter registration drives, geared towards youths ages 18 - 30 and seniors 60+. She is also involved in various community organizations concerned with the growth and

as, Big Brothers and Sister and Common Ground. A constant advocate for the Homeless community, Waites has proposed several upcoming projects directed at providing jobs and housing for individuals needing assistance. She is a supporter of the Human Rights Campaign, Stonewall Democrats, and a volunteer for the YouthFest, an sponsored event bу Councilman Martin, for youths throughout the city.

"My ultimate goal is to pursue commercial, residential, business, social, and community development among the neighborhoods of Atlanta. This involves promoting growth that benefits both the residents and the City of Atlanta," says Waites, who hopes that on November 6th, her commitment to her city will grant her the position she so desires.

To support your Spelman sister's campaign, please send all checks or money orders to The Committee to Elect Spelmanite Sean Waites at 326 Nelson Street Suite 404, Atlanta, Ga. 30313 or call at (404) 659-9006.

# Fatima Gaskin doing the unthinkable

Ekua Assabill Staff Writer

Sophomore Fatima Gaskin is the epitome of a student-athlete at Spelman. She participates in four sports including, soccer, basketball, cross country, and track, while juggling a challenging Computer Science major. Not only does she exhibit academic excellence, but she has also contributed to making a name for herself within Spelman's athletic department. "Fatima is a very talented girl, she picks up things faster than any player I've dealt with, and I've coached a lot of talented girls in my career," says Gaskin's soccer coach, Chris McDermott, who stated that she is very diligent, working hard to perfect everything she has learned.

In addition, Gaskin plays several positions, including goalkeeper and forward, but her most significant role is being a team leader. Her patience and willingness to learn encourages her teammates and continues to

"...know what you want to do and once you find out, don't let anyone stop you."

push the Jaguar soccer team to higher heights.

Fatima has found that her experience can be summed up in one word- "Difficult- it's hard when some teachers do not accept an absence because of sports related issues. It's difficult, because there is always make-up work to do, even practice can be difficult, especially for science majors because labs can cause a major

Despite the hurdles that she has encountered, Gaskin has memorable experiences that make balancing sports and academics worthwhile. When asked to reflect on her most memorable athletic experiences, a proud grin crept upon her face as she stated that "the first memorable experience was when Spelman got 3rd place in the Morehouse relays-that was the first award we won in cross country. And the second experience was when we beat

Bennett's butt, 101 to 19- that was the greatest feeling ever." "Sports has opened my eyes to a lot of determined and strong sisters, like volleyball captain Dionne Gilmore who balances a dual degree major and sports. I draw strength off sisters like that," says Gaskin, who as an athlete, it is important to understand how sports have the Spelman enhanced experience. As for words of wisdom or encouragement for the future student athletes of Spelman College, Fatima says, "know what you want to do and once you find out, don't let anyone stop you."

Support School Sports For more information about Spelman Athletics visit www.spelman.edu

# "Phat Tuesdays" give way to enlightning options

Shelby Larkin and Orescent Mason

Alternative I

Many have grown sick of the trite club experience full of tired, sweaty, stanking wanna-be ballers referring to everyone as "Shawty Doo-Wop." With the increasing demand for a higher level of consciousness among young adults today, culture is changing. You can see it with the rise of the neo-soul genre of music, the destruction of stereotypes in pop culture, and a stronger awareness of the importance of the distinction between nature socialization. People are conducting soul searches. What better way to do this than to explore the soul and verbally express your findings?

This is exactly what Urban Recitations: An Intimate Evening of Mental Stimulation is all about. The weekly event, held at The Shark Bar, serves as a forum for one to express emotions through spoken word and music. From the moment you enter until the moment you leave, you will feel the positive vibes entering your aura. I had the opportunity to check out opening night, which was filled with live music and spoken word. Every week features a different live band and music performance.

Though all AUC institutions were represented, the event was by no means limited to the college crowd; many young professional adults from the Atlanta community also attended. Now ladies, this is the type of setting where you might want to meet a man. (Not Club 112). The evening began at 7:00 and did not end until the boiling creative energy was brought down to a simmer.

I had the chance to speak with The Brothers of Reciprocity, who serve as the hosts of the grand event. The group, which is comprised of five young Morehouse men, informed me the demand for an event such as "Urban Recitations" came about after the close of Yin Yang, Atlanta's version of The Sanctuary in the film "Love Jones." The Brothers of Reciprocity view Urban Recitations as a unique community service project because the event brings a therapeutic outlet to the

Atlanta community, where Alternative II

Shuffling through an inch-tall stack of flyers and various advertisements, I found something a little different from the usual leaned their heads against the shown respect by full attention the list is incredibly easy. porch's wooden shell.

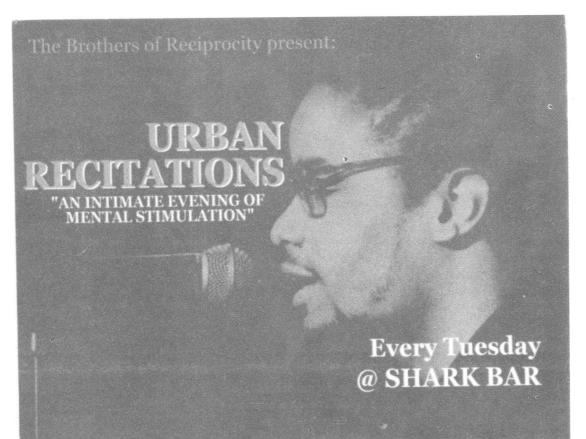
At 8:00, an almost fictitiously cheerful host named Wisdom started the evening. She read two of her own poems to create the mood and open reception.

Though the list opens at 7:45, it does not close until 10:00, when the Open Mic Night officially ends. If the spirit moves one to do two or

the store and a few stragglers warmth. Each presenter is more pieces, getting back on

Admittedly, sometimes the location of the bookstore presents a problem. The hustle and bustle—or just plain noise—of the strip can be distracting and frustrating when one is trying to hear another's piece. I was even tempted a few times to turn around and see if such-andsuch was in his regular spot in front of the library or who that gorgeous guy who just walked by was. All in all, however, the SoulSource's "This Little Thing We Do" will be something that I do again and again throughout the school year.

It really does not matter which alternative you choose. The point is to try one. With the changes going on in the world lately, it is important to re-evaluate ourselves and how we spend our leisure time. Spoken word is an outlet to enhance and examine self, express creativity, and explore differences in philosophy, culture and beliefs.



"Booty Party" at such-andsuch club. The flyer talked about Tuesday nights at the Shark Bar — a program called Urban Recitations. Excited, my friends and I prepared all day for our trip. We picked out our special "deep" outfits, griped about the \$7 cover charge, discussed the fact that we would have to find a means of transportation (no shuttle bus to this one, folks!), and bragged to our other friends that we were going out.

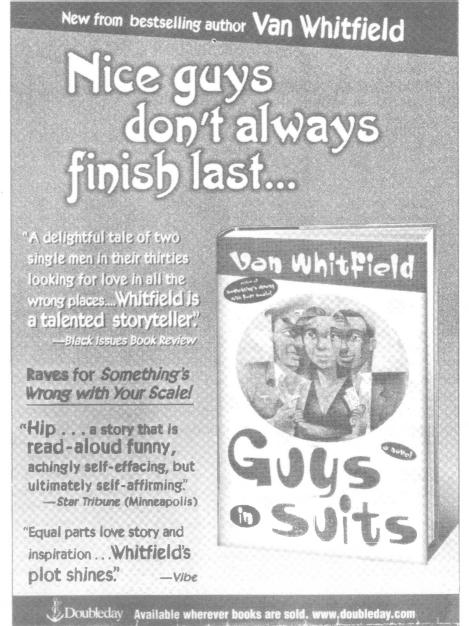
a non-"So?" participating friend replied. "Some dude invited me to some bookstore across the street from the Woodruff Library. They are supposed to be having a free Open Mic Night at 7:00." Free! That beautiful word quickly flashed in each of our eyes and without hesitation the plans for the night were revised.

SoulSource bookstore, located directly across from the Woodruff Library, hosts their free Open Mic Poetry/ Spoken Word Night, "This Little Thing We Do," every Tuesday evening. The sharing list opens at 7:45 p.m. and Open Mic begins at 8:00 p.m. Incense burned as I approached the bookstore, where about 17 gathered on the front porch of

then relinquished the "mic," which was really nothing but an area on the porch where a solitary stool sits, to those on the

I have

been to Open Mic Nights before. At times atmosphere is so charged with emotion and awe that one finds it hard to even process what is being said. At incredible talent of the preceding presenter is so intimidating that those who follow want to go home and put their own material in a very dark closet. At times the attitudes of both the presenters and the audience are so self-satisfied and smug that one wonders if the air of superiority was purchased at and



# Fashion Front: "Dressing for Success" in the new millennium

Glamour Girl--G.G. Contributing Writer

Initially, the topic for this issue's Fashion Front was hairstyles. However, the many formal business attire events taking place on campus made me realize that the do's and don'ts of formal business attire must be addressed. Whether you are an Economics major or a Dance/Drama major, at some point you will attend an event, which requires that you know these rules. Below you will find seven essentials for achieving a successful business look.

### 1. A blue or black business suit

Some say that other dark colors may be permissible, such as a dark green. However, if it ain't broke then don't try to fix it. This is not the appropriate time to become a trendsetter. G.G.'s Rule #1 of fashion is: When in doubt, black it out!

#### 2. No Mini Skirts

While we're on the subject of suits, please remember to pay attention to the length of your skirt. A too short skirt will only make you more uncomfortable, which will cause you to be fidgety. I have never understood why a young lady would put on a skirt that she knows it too short, then tug at it the entire time she is wearing it in an attempt to pull it down. What's the point? You knew better from the very beginning.

### 3. Closed-toe Shoes

First of all, open-toes are out of season. But more importantly, closed-toe shoes give you a more professional look. This way no one is distracted by checking out your pedicure instead of listening to what you are saying. Also make sure that your shoes are polished. You do not want someone to think you just finished kicking up dirt. These things shows a potential employer that you pay attention to detail.

### 4. Very Few Accessories

In this case less is definitely more. Small studded earrings are the best. If you must wear rings, then they should only appear on the ring fingers.

### 5. Light Make-Up

You're trying to get a job, not a man.

#### 6. A Portfolio/Briefcase

Most college students feel more comfortable carrying a nice leather portfolio instead of a briefcase. Portfolios are a great thing to have because you can keep your resume and any other necessary materials in them. Plus, you have room for a legal pad in order to take notes. Spelman College portfolios are available in the campus bookstore.

### 7. A Black/Brown Leather Handbag

This isn't the best time to rock that brand new red Coach bag you bought last week.

### 8. A Nice Manicure

A nice French manicure or a cool shade of nail polish works best. I would encourage no airbrush at all Also watch the length of your nails. You do not want a person to wince in pain because you almost clawed them to death while shaking their hand.

### 9. Light Perfume/Fragrance Spray

You don't want to nauseate the company representative.

### 10. Hose, Hose, Hose

When selecting which nylons to complete your business formal look, make sure that your sheer, I repeat, sheer nylon stockings are not darker than your shoes. Nude is the safest, which means that brown-skinned sisters like myself will have trouble finding a pair to perfectly match your skin. Just try hard. Lastly and most importantly, BARE LEGS are a no, no. Just don't do it, even if you just got your legs waxed.

That's all for the Fashion Front for this issue. Check out the next issue to find out what sort of fashions you should be getting for this year's Homecoming Events.

Still trying to sell those old ADW books?
Are you tired of hanging up flyers and getting no results?
Place your advertisement in *The Spotlight's* classified section. For more information email us at sspotlight@hotmail.com or stop by the office in Lower Manley room 104.

# Everything That Glitters Isn't Gold

Stacey Fulton Staff Writer

Let's face it: Mariah Carey may be a phenomenal songstress, but acting is not her cup of tea. Moviegoers might be surprised by that statement considering the extensive coaching she received for her new autobiographical movie Glitter. As much as I hate to say this: the coaching original story line and better was wasted.

Glitter lacked everything from acting to cinematography to . . . just everything. It was a waste of money and time. Only Carey's desperate 5-year-old fans would drag their poor parents to watch this sorry showcase of lackluster acting ability by the entire cast. Okay, okay, maybe 7year-olds, too.

During the opening credits, moviegoers are introduced to Lillian Frank (Valerie Pettiford) vocalizing in a cloud of cigarette smoke in a bar, where she calls her talented young daughter, Billie (Mariah Carey), to the microphone to sport her outstanding vocals. They perform a cute mother/ daughter duet and everyone cheers.

However, the duo has their set of problems: poverty, addictions and losing their house to a fire. Lillian suffers from some drugrelated cravings, which cause little Billie to be taken from her and put in an orphanage.

Then the movie cuts to sassy Billie about 20 years later, in the 80's, dancing in a skimpy outfit at a club with her very annoying, but lifelong friends and roommates played by Da Brat (of course) and Tia Texada. The two friends attempt to serve as the comic relief of the film, but fall ridiculously short. Finally, an immoral producer, Timothy Walker (Terrance Howard), uses Billie and her irritating roommates as backup singers for a non-singing wanna-be diva,. Billie's vocals, however, steal the show while the alleged leading lady simply dances, looks cute and lip-synchs during performances.

Dice (Max Beesley), a DJ who wears the same shirt during every scene, discovers Timothy's little game and wants to turn Billie into the real star he feels she deserves to be, by landing a recording contract for her. Billie records her first single, and everything begins to look up for the new songstress. Then, of course, things start tumbling down, and Billie finds that along with stardom, prices must be paid.

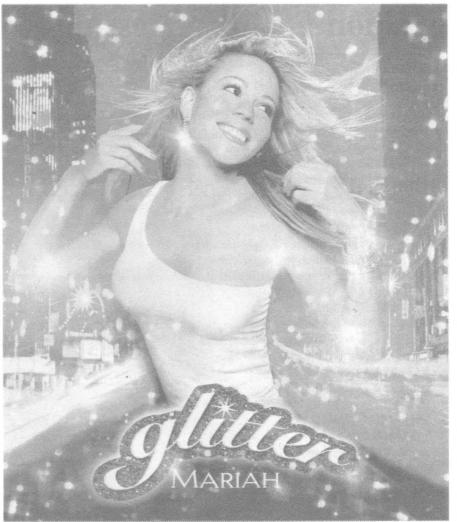
Although some scenes in Glitter are kind of touching, it lacks everything that makes a movie, a hit. Perhaps Carey's upcoming movie, Wise Girls, will have more of an acting. For now, this film receives a rating of 1, which

means that it isn't worth the cable bill. It's not even good enough for a Blockbuster night, proving that all that Glitters in definitely not gold.

AUTHOR'S NOTE: On July 27, Carey checked herself into a mental institution due to extreme exhaustion. She had been under a rigorous schedule promoting Glitter, its soundtrack, and Wise Girls

According to her publicist Cindy Berger, Carey simply needed some much-deserved

She was released from the hospital August 8, but according to New York Daily News, she has been re-admitted and is currently being held at the psychiatric wing of the UCLA Medical Center. We at The



Did your mother, aunt, cousin sister, or other relative attend Spelman? If so, the Granddaughter's Club wants YOU! For more information on how to join this exclusive club visit Mrs. Eloise Abernathy-Alexis or Ms. Dineo Brinson in the office of Alumnae Affairs located in Rockefeller Hall 2nd Floor.



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Tuesday, October 9, 2001
11:15 am - 1:45 pm
LLC II Room B
"Everything You've Wanted to Know About the Financial Services Industry and More..."
Informal Session

# **Operations, Finance and Resources Presentation**

Wednesday, October 10, 2001
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LLC II Room B
"Join Us to Learn More about the OF&R Division of Goldman Sachs"
Casual Attire



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# Fighting Boredom: Consider the Alternatives

Asha C. Jennings Staff Writer

Atlanta—also known as "A-T-L Shawty," "Hotlanta," or "The New Chocolate City." Whatever name you chose to tack on to it, Atlanta is supposed to be the city where young African Americans can come to be educated in all aspects of life: intellectual, spiritual, and social. Yet this is almost impossible when there is a sickness plaguing most of these same students: boredom. It is sad to watch the promising futures of these young individuals slowly fade away, but if something is not done soon about this epidemic, then the symptoms will spread and the whole AUC will be affected. We must find a cure. Already the malls are too crowded, the movie releases can't keep up, and the clubs...well, they'll just get old. The first step in curing this ailment is recognizing the warning signs and following the necessary steps to nip them in the bud...

### 1. Stomach ache

For all who ate one too many sticky hash browns or saturated chicken sandwiches, your stomach hurts because, just like after you cook bacon and the grease hardens quickly, you have allowed the grease to harden in your stomach (and you wonder why you are full for days). No doubt, the Waffle House has come through at 3 in the morning, when the hunger pains were unbearable, but keep it real, if there were any other options, most of us would not be caught dead in the place. Well for all of you with this feeling, Creative Loafing's "Best of Atlanta" issue has another suggestion for any late night diners: R. Thomas. Never heard of it...me neither, but anything other than the Waffle House is worth a try (sorry, hardening my arteries doesn't appeal to me). R. Thomas is located on 1812 Peachtree and serves a variety of salads, pastas, burgers, and breakfasts at anytime of the day. Despite the knight in armor (literally) that sits on the roof, the place is not bad to look at either. Try it. It beats Pepto Bismol.

### 2. Back ache

Sure, it could be hereditary, but most likely it's the hard board mattress of your dorm bed that creates this ailment. Sorry, no matter how many mattress pads you buy or how many times you wish it to be your bed at home, it still won't get any softer. These beds were made for prisoners. The only way to get rid of these that's what I thought, but these places

have gotten rave reviews from people not affected by the bias of the AUC. Although it's in the heart of Buckhead, 3179 Peachtree Road to be exact, Moondogs caters more to a college crowd although nearby Emory and Georgia Tech students are the ones taking advantage of the club. What a perfect place to get rid of a fever and you might

The best thing to do when you are dizzy is to sit down and relax so that the blood can flow to your brain again. However, knowing that being confined to your room is not intriguing, the operative relaxation place has proven to be a park. So why not grab a blanket, make a few sandwiches, and invite

a friend to lay out in the grass with

you. I know this is a California thing, but maybe you should try it...After all, it has been proven that Californians do livelonger. But, you must find a park with real grass or the picnic will be a disaster. Therefore, Azair Park, with its ten million woodchucks. will not work. Try Piedmont Park. It's in a nice part of town, has lots of trees for shade, and, lots of interesting people that pass through each day. I'm sure you'll see a skate boarder who just missed the height necessary to complete the jump. Ouch. Guaranteed to dissolve to dizzy spells for good.

### 7. Fatigue

Fridays always tend to be tired days. After a long week of an intense workload, rest is usually the best thing for all students. However, once again, the dorm room is where no person wants to be and the social scene of Market Friday followed by the Beer Bash just isn't for everyone. So what is a person supposed to do to rest but not sleep... Well, once again I have a solution. Every Friday during early fall, at the High Museum of Art, you can join their staff to look, listen and learn about culture with an artistic evening affair of live jazz music. It is a casual event in which you can eat, mingle, dance, and listen to nice relaxing music. The admission price for the general public is \$6 per person...cheap, first-class, original date. After

which you should be internally and spiritually energized.

### 8. Frustration? Uncontrollable Anger

Need to release your frustrations? Well, what better way to salute the American culture than to go to a baseball game and give those umpires a piece of your mind? Trust me, they're the only ones that will put up with you crankiness. So, make your plans now to visit Turner Field. A statement from the Atlanta Braves says that, "The Atlanta Braves are committed to exceeding the expectations of every fan, customer and member of our community by delivering the best sports and entertainment experience with quality customer service, exceptional value and a world-class ballpark." In other words, grab a beer (if you're 21), buy a hotdog and some peanuts, and get wild. Shoot, with tickets only \$5-\$40, this is cheap therapy. Try it!

Now that you are aware of the symptoms associated with boredom, please do your best to utilize the suggestions I have given. This, of course, is only the beginning, but it will be a significant step. Take advantage of your time here in Atlanta. The city has so much to offer yet so little is actually taken advantage of. Atlanta has created the remedies, so lets take them.



meet a few new people while you're at it.

### 5. Runny Nose

When experiencing unwarranted dripping around the nostril area, it is best to stay indoors. Even though this is not a symptom that should hinder your activity or mobility, the windiness of the outdoors might only make things worse. Plan your day inside. Why not spend a day of cultural enrichment? And no, that doesn't mean at the club. Atlanta is filled with interesting, nationally recognized museums and tourist attractions that the average student has never laid eyes upon. To highlight a few, the High Museum of Art on 1280 Peachtree Street is known for attracting notable collections such as Van Gogh. The Eyedrum Music and Art Gallery on 290 MLK Drive puts an original face in art through video art events and conceptual projects. The Coca Cola Factory and the Martin Luther King Jr. Memorial are also great places to visit. There is no excuse to leave Atlanta without at least touring those two... they're Marta assessable.

### 6. Dizziness

# 10 Habits Morehouse Men should outgrow by their senior year

Compiled by: Your Fairy Godmother

- 1. Running away screaming when girls mention anything relating to a "committed relationship."
- Who are we? Calling girls "Ma", "Baby Girl", and "Girl in the Purple" are not acceptable names for addressing females.
- Attending Freshman Week Events trying to get first pick on the new freshman girls when you know that you are in NO way affiliated with NSO. (i.e.: Fort Valley State Game in Griffin, GA.)
- When your time span of calling a female back "later" is two weeks or more, but you in turn expect her to call you everyday (it is ok for us to call sometimes, but everyday? That is a bit much guys....)
- When you expect females to sweat you because you are Greek or on SGA, but then you get mad when we don't.
- When you believe that every female is after your money, or the money you have the possibility of acquiring after graduation (Not all Spelman women are all about the paper).
- When you assume that just because females enjoy looking nice we are high maintenance. (Would you talk to a girl whose hair and gear looked a mess?)
- When you have been in school for four years and your idea of a positive mentor or role model is a various rap artist. (Trust me Jay-Z and Lil' John DO NOT count as scholarly sources for a paper).
- When you are still looking for love on AOL. (Need I say more?)

When you are drunk or high so many times out of the week that we hardly recognize you when we see you sober.

# Black college experience proven to be 'a different world'

Dwan Carter Contributing Writer

Have you ever seen A Different World? I'm sure you've seen Dwayne Wanye, Whitley and Freddy represent

the black college scenario to the fullest. Ever since I began watching A Different World, college was truly something that I wanted to experience. All the different aspects of attending college, from the new knowledge you gain, different kinds of people you meet and the dramatic difference from high school to higher education were addressed. I knew college would change the way I thought, felt and looked at the world and related to people. It was my dream to go to a place like Hillman and encounter all the things that I had seen on television.

There was already a desire within me to attend

college, so when I got my acceptance letter to Spelman, one of the best schools in the country, I was ecstatic. It wasn't Hillman, but it was as close as I could get. This was an accomplishment that was generally only read about: a girl from the inner city going to a top-notch college after four long years of hard work and sacrifice. The fact that I was on the receiving end of this achievement is amazing. It just goes to show you that dreams can truly come true.

My family was especially proud because I was the first one to go away to college. And I wasn't just accepted anywhere, but a top-notch college like Spelman. It wasn't my intention to become the very first: I didn't set out to gain this title; it was placed upon me because others weren't up to the challenge.

The importance of education has been stressed, preached and reiterated in my family for as long as I can remember. I grasped the concept of education being important very early on. All the time, effort, and money my parents invested in my education have finally paid off, because I can gain the type of college experience that my parents never got a chance to have

Getting into Spelman has been a journey in itself. There were detours, dead ends and splits in the road. Spelman is only the beginning of my journey but it has been a reward

in itself, a reward that so far has been fruitful. My parents wanted me to have something to share with my sisters. If I didn't set a good example for my younger sisters, they wouldn't strive to reach higher and expect more out of their lives. I want

dropouts. It's harder to stick to the right road instead of straying toward the easier path, but it is worth the trouble. The reward might not be visible right away but in the end just knowing you were able to accomplish your aims is enough.



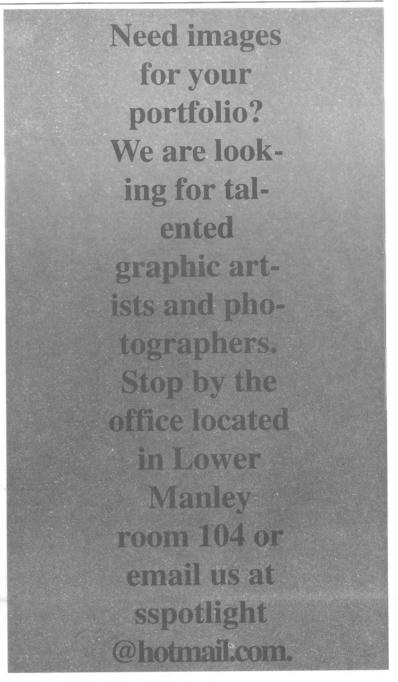
them to see what I have achieved and consequently expect the same from themselves. In this aspect, I have become a role model-not by choice, but by example. As a role model, I try to avoid anything that can ruin my chances of achieving my goals, such as boys, drugs, and peer pressure. Although the road to Spelman was hard, it was a road that I conquered in hopes that my sisters would not have

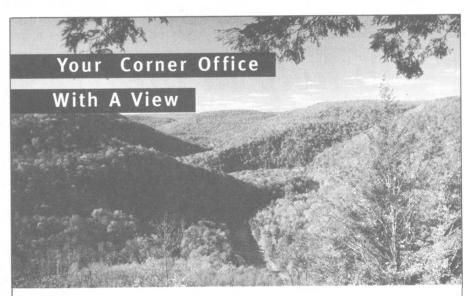
Some people might expect that being the first to go to college would be an unbearable burden of aggravation and pressure. I'll admit that at first I didn't perceive it as a blessing but as an unnecessary responsibility. Hundreds of questions whirled through my mind. What if I ended up dropping out because it was too hard? What if the pressure was was my parents' too much to bear? Or what if I fell in love and ended up getting pregnant? What would happen to my family's pride?

Despite all of the worst-case scenarios, the worst possible thing that can happen is that I am unable to rise to the challenge that college presented me, as being black and succeeding within a respectable college is not without its own set of challenges. But when a great opportunity presents itself to you, you shouldn't let it get away. It is too easy to fall prey to all the distractions and become another number in the increasing statistics of college

Getting accepted to Spelman College has brought my family an infinite amount of pride. My family has been brought

together in a way it has never been before. They are now connected by the knowledge that something great has occurred, something that makes the entire family proud. Thousands of other African-American teenagers gain this title and bring these unified feelings to their families. It's a feeling that can't be replaced. Now the bar in my family has been raised. I think it dream as well as my own to see me surpass expectations, and so far, I have.





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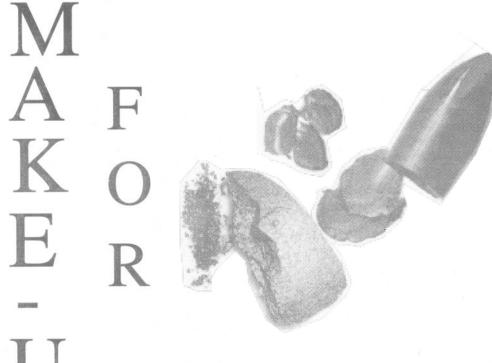
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# Women of Color:

Tips to remember when purchasing your make-up

Teresa Yvonne Smith Staff Writer

Many of the products manufactured in this country are not made with African Americans in mind. One of the hardest products for African American women to find is make-up. Atlanta based make-up artist Mosi Singleton provided us with her expertise

on finding cosmetics for women of color.

Many of the well-advertised cosmetic companies provide a variety of shades of make-up, but very few come close to the skin tones of women of color. Singleton describes a time when famous make-up artists, like Reggie Wells, who works with Oprah Winfrey and Destiny's Child, and Tony Marshall, who works with Jada Pinkett-Smith, had to mix several shades of make-up to create a color close to our skin tones.

"It wasn't until the late 80's or early 90's that cosmetic companies began to put out make-up lines that were geared towards women of color," Singleton explains. "The only option for make-up that colorful

women had prior to that time was Fashion Fair." Though Fashion Fair paved the way in cosmetics geared towards ethnic women, " all Black women do not have the red under tones that Fashion Fair products create," says Singleton. So what new cosmetic lines target women of color? Lines such as Iman, Bobbi Brown, Interface, and Black Opal are great choices. These cosmetics are developed for not only beauty, but also skin care and can be found in stores such as JCPenny's, Sephora, Neiman Marcus, Saks Fifth Avenue, and

A new advancement in make-up is a store called Prescriptions, which creates make-up specifically for you at the counter, by testing your skin color and type. This cosmetic line is well known for their products containing vitamin E and other nutrients that provide a finished look and a healthy shine.

However, simply knowing where to look for your make-up is only half of the battle. How do African-American women know what colors they should wear?

"We have such a beautiful pigment that leads us to wear all kinds of colors," says Singleton. "It's not the color, but how you wear it; brown and bronze are not the only colors we can wear. Artists are using smokey eyes, neutral colors for the lips, and violet colors all over the face for falls newest looks."

Once you have found the makeup that works best with your skin tone and type (oily, dry, or sensitive), learning proper application is the next step.

"You should make sure you match the color of your foundation from the neck up, not on your hand," says Singleton, who also suggests using brushes not pads to apply foundation.

When wearing make-up, cleanliness should always be the most important part of the process. Pads and tools may harbor bacteria that can be transferred to your face if reused for over a week. Women often re-use their make-up tools and never bother washing them. Brushes, however, should be washed once a week with either brush cleansers, sold at the make-up counter, or regular hair shampoo.

For more information, Singleton suggests visiting the websites of cosmetic companies or approaching cosmetic counters where you can sample some of the different testers before buying products. Reggie Wells's Face Paintings and Kevyn Aucoin's The Art of Make-Up and Making Face are excellent sources for information about make-up for women of color.

WWW.blackcosmetics.com also gives detailed information about health and beauty for people of color. For tips on how to apply eye shadows, enhance your lips with liners, or other details, keep an eye on monthly magazines such as, Essence, Ebony, Hype Hair and Heart & Soul.

Remember: The decision to wear make-up is the first step in a long process. Knowing what to buy, how to wear it and how to take care of your skin will put you on the road to make-up success.

Note: Mosi Singleton may be reached through The Spotlight for any additional questions. Email us at: sspotlight@hotmail.com.

To help in the fight against breast cancer visit www.

breastcancersite.com
where every click
donates money to
breast cancer
victims.

# Celebrating Breast Cancer Awareness Month

October is National Breast Cancer Awareness month. Each year, many women lose their breasts or their battle with this deadly disease. The key to preventing breast cancer, however, is to know the facts. With the proper education, we can prevent, detect and treat breast cancer. According to the MAYO Clinic, Rochester, MN, "Breast cancer affects an estimated one in eight American women." When visiting the Gynecologist, your doctor performs a clinical breast exam. Yet, this yearly exam is not enough. You should perform monthly self-exams, two-five days after your period ends, to check for abnormalities. Why is it important to do these monthly exams? The answer is simple," Breast cancer kills more women than any other cancer except lung cancer."

It is best to check your breasts while either in the shower or lying down. Before beginning, make sure that you place the arm of the side of the breast you are examining behind your head. Use several fingers and start with a circular motion around the outside of your breast, working your way towards the center.

Some other important facts that you should know about breast cancer:

- "The most common type of early breast cancer begins in cells lining the ducts of your breast."
- Breast cancer has three categories: early, invasive and metastatic.
- Early cancer is restricted to the ducts or lobules. It can be cured more than 95 percent of the time. However, even if the tumor is taken out there is a small possibility that cancer cells have already spread to other parts of the body.
- Invasive cancer has gone beyond ducts or lobules, spreading to tissue around the breast and maybe lymph nodes. A hard lump in your breast may be one of the first signals of invasive cancer.
- Metastatic cancer has spread to other parts of the body including "distant lymph nodes, bones, lungs liver or brain"

Information provided by MAYO Clinic Health, Rochester, Minnesota

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# Issues in Spelman's athletic department is okay, right?

Will Thomas Staff Writer

Now before any of you beautiful Spelmanites browse your extrinsic and exotic eyes on this article, please note that this piece was written specifically for your "caring and compassionate" faculty who is "profoundly concerned" about the wants and needs of you, the tudents of Spelman College. Also note that I im an outsider looking in, a man of Morehouse n close observation of the activities behind the, what I like to call, "The Pearly Gates."

It has come to my attention, that Spelman College has devised a most ingenious plan to solve the problem of the leaking roof in he gym: a bucket. Yes you heard right, a bucket. Now this "well-thought" up plan makes a lot of ense. I mean you place the bucket where the oof is leaking, and be sure to dump it when it gets full. "What!" Now ladies calm down, I know what you are concerned about, and don't vorry. We will just have the volleyball team practice on one side of the court; I mean the other side really isn't that important, right? Whoever s not practicing, can empty the bucket when it gets full. But volleyball players beware, and be areful, because to my understanding not all of ou have kneepads, and it may get kind of slick. That's okay, right? I mean if anything were to nappen, you would just go to the athletic trainer. Oh, my bad, Spelman does not have a trainer, I guess you ladies will just have to wrap your own inkles. That's okay, right? If I'm not mistaken, Spelman does note on their web site that they nave an "Athletic Program," but of course that loesn't mean its going to have enough kneepads or the volleyball team, a regulation court for he basketball team, or even a field for the soccer team. That's okay, right?

Another thing I have noticed about Spelman's "Athletic Program" is their cute tennis coach. Man, does he have some legs on her! Oh, wait a minute, my bad, my bad. The tennis team does not have a coach! What's the deal with that? In addition, what's deal with the old blue and white uniforms the tennis team wears? Oh, wait once more, I have been misled, THEY DON'T HAVE UNI-FORMS! That's okay, right?

The fact of the matter is that athletics play a large role in some student's lives. Some even made their decision because the brochure said they had an "Athletic Program." However, I can't think of any school that would institute an "Athletic Program," and not have a trainer to care for those who may get injured. If Spelman claims that they are concerned about their student's well being, how is this possible?

Now it is understandable for the institution to put a larger emphasis on "higher education," but that doesn't mean punish those unique individuals who have athletic as well as academic talents. I mean what institution's faculty threatens a student with an "F", if they leave class early for a game? This so-called "caring" faculty at Spelman College should be more than understanding to these scholar athletes. The students understood what they were getting themselves into when they joined the team, so who is the faculty to question their intelligence. Believe me, I feel the sit-in that took place on September 10, is just the beginning. These women are determined to receive what they deserve, and although I am just an outsider looking in, I have observed that these women will stop at nothing to get what they want. That's okay, right?



# ACADEMICS FIRST, NO B.S.

(This story is based on an actual event). The day was May 2, 2001, the first day of finals—the last week of school. Instead of the usual hustling, studying for finals, packing up the last stray items scattered in the room, and getting in last minute farewells to friends before going separate ways, inside the walls of one predominantly freshman dorm on a certain hallway, a war had begun.

It's hilarious to look back on that day now, months later. At that particular time, however, the amount of tension in the atmosphere was even more detrimental to each individual who was involved, because it took place during a very critical moment—finals. What tickles me the most is that it happened at all, especially at the end of the school year, when all of the stress associated with the year is supposed to be lifted and all the burdens carried away. Instead, every young woman on that hallway walked away with additional strains, headaches, and hurt feelings. The cause: gossip, lies, and rumors that were conjured up at the beginning of the first semester finally surfaced at the worse possible time, and caused a whirlwind of arguments, spats, and an overall terrible representation of so-called sisterhood. And because of the intense and unanticipated manner in which the hallway erupted, several negative views linger in the minds of each girl against one or more of her sisters even unto this day, at the beginning of a whole new year.

There was an actual process that led up to the event; it wasn't as spontaneous as it appears. From the start of the year, each hall mate's tendencies were quite apparent, and each person made their personal assumptions about each of the girls on the hall, which is totally normal and expected. However, some attitudes simply ran unchecked, and un-

was yet to come. We were like a dysfunctional family, with a love/hate relationship. One minute there could be laughter heard resonating throughout our hallway, the next: cursing, arguing, and slamming doors. Nevertheless, we were still somewhat like a family, never expecting anyone to overstep the boundaries. Unfortunately, things began to escalate over a period of time, and kept building up to the point where it just couldn't be brushed off or overlooked. Things just got out of hand. There was undercover animosity, jealousy, and insecurities that were collectively taken out on certain individuals in this incognito hallway, which was completely unfair, and absolutely irresponsible. I happened to be the target of this attack, along with a few others.

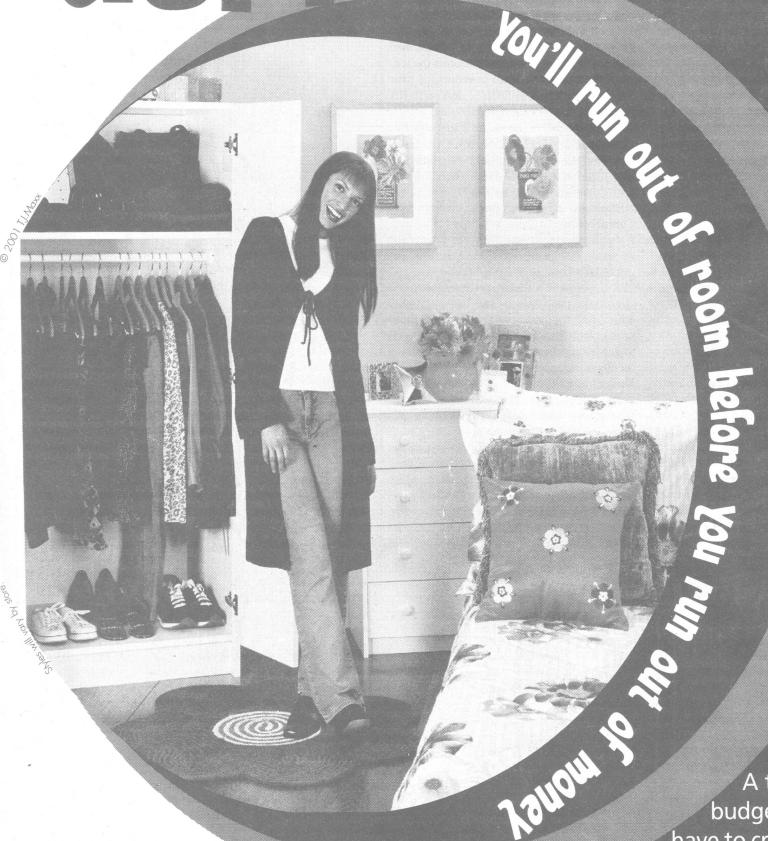
I was a freshman last year, of course, my first year here at Spelman, and first impressions are lasting. However, instead of allowing that experience to make me bitter, or simply talking about that day amongst friends, now and then, I decided to tell a portion of the story, to get a point across to the incoming freshman class. The main moral of this story is that an idle mind is the devil's workshop—or in layman's terms, you give power to pettiness if you decide to dwell on pettiness. I thought the upperclassmen's stories of catfights in the dorms, and roommates from hell, were just exaggerations, until it happened to my neighbors and myself. "Academics first, no B.S," may sound lame at first when you call yourself going off on some girl that crossed you the wrong way, or keeping an attitude with someone you don't like, or wasting your time and energy spending hours and hours at

known to all of us they foreshadowed the disaster that night talking about one of your sisters behind her back. Sure, it may sound lame, until the end of the year, when you get your grades and you then realize the time you were bickering you should have been studying or involving yourself in more productive activities. I happened to be lucky enough to end the year with decent grades, even though I spent my last week of my first year heated and angered about the episode that took place on May 2nd. Everyone on that hallway was not so lucky, and to be honest we all suffered one way or another.

This is a new year with new beginnings. I grew to many of the girls on my hallway since that incident and I grew apart from some. But overall I learned for myself the truth in the advice I was given before I started college. Now I could give the class of 2005 all sorts of advice: Choose your friends wisely; watch who you tell your business to; sisterhood is only what you make it; be yourself and establish your own individuality; your roommate doesn't have to be your friend; be considerate of others; etc. But instead of brainwashing you (based on what happened during my first year), I would rather you come upon your own realizations—that's a major part of your first year experience. Each experience is distinct. I know of a whole hallway where all of the inhabitants were the best of friends, and their living condition was so successful that they all decided to stay on the same hallway in the same dorm together again this year. No matter what your experience may be, simply learn from it.

Aja Edmond Opinions and Editiorial Editor

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