

SPELMAN SPOTLIGHT

Iyanla Vanzant inspires crowd

Kibby Araya
Features Editor

Volume XLV No. 9

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"My greatest desire is for people to know who they are from the inside out and use that knowledge to create the life they desire and deserve. I believe my purpose in life is to facilitate the evolution of human consciousness, how we think, through the understanding of spiritual principles," said Rev. Dr. Iyanla Vanzant.

Vanzant's inspiring assembly last Wednesday night in Sisters Chapel attracted many seeking her advice, her thoughts, and her perspectives about living life to the fullest.

The powerful lecture opened with honorable introductions for Dr. Vanzant. During the introduction, the background on Women's History Month was discussed for the event was held in that honor. As soon as she walked onto the stage, she captured the audience's attention.

She spoke openly about her past experiences in effort to

show the common experience of pain is part of the journey of life. This definitely helped others ask questions and receive answers about what is important in life. Her charismatic and comforting nature triggered outpour of emotion from some.

She smartly blended seriousness with jokes to express her message of discovering spirituality in order to live a positive life. Dr. Vanzant hopes her self-empowerment speeches help people, especially women, overcome the obstacles in searching for self-fulfillment.

She wants to inspire women to be more than they expected to be. She believes the world is waiting for a stronger woman spiritually, emotionally, and mentally.

"I think that now the world is preparing itself in every major arena [for stronger women]. We have to be prepared," she said.

Her books, poetically written, are filled with passages of



Photo | Courtesy of People.com

Iyanla Vanzant visited Spelman College on March 14 to speak to students on remaining true to themselves and overcoming obstacles.

improving oneself by finding oneself. One of her most well known books, *Everyday I Pray*, was the title of her assembly since throughout she read excerpts from the book.

After concentrating on a career involving law, Dr. Vanzant veered into a path of teaching self-empowerment through spirituality in the 1990s. She soon gained popularity nationwide as an inspi-

ration speaker with five of her influential books being New York Times bestsellers. She had her own talk show, and after its cancellation, she became a life coach on the reality television show *Starting Over*, which concentrated on improving women's lives.

Vanzant has changed many lives over the years, and her visit to Spelman continued with that mission.

10,000 Girls supporters travel to Senegal

Janelle Richardson
News Writer

Over the past year, Spelman Student Government Association has joined with other schools to create the 10,000 girls program. The program is aimed to collaborate with Morehouse students to generate resources that will educate Senegalese youth. The girls that are taking part in the program are failing school or abandoning school. Some of the girls have never attended school at all. The plans of action SGA created consisted of commitment, implementation, presentation and a finale.

The journey began March 3, 2007 and ended March 11, 2007 when 20 students traveled to Senegal for spring break. The students traveled throughout Kaolack, Senegal to visit rural schools within various villages. At each school, Spelman and Morehouse students held open dialogue with Senegalese

students about what resources they were lacking and what Spelman/Morehouse students could do to help.

"Too often we think very domestically and don't realize what is going on outside of our realm. Global issues like poverty really do affect us," stated Sophomore Francesca Gibson.

"This adventure has taught me to be extremely grateful for the things that I have and whenever I have an opportunity to gain knowledge or to assist in someone's journey of knowledge to do so with an open heart and mind," stated sophomore Paige Simpson.

After their experience in Senegal, SGA will continue their efforts.

"Right now we are putting together our experiences and trying to pinpoint what they realistic/action is to help youth in Senegal. Our efforts are continuing now, these youth need basic necessities,

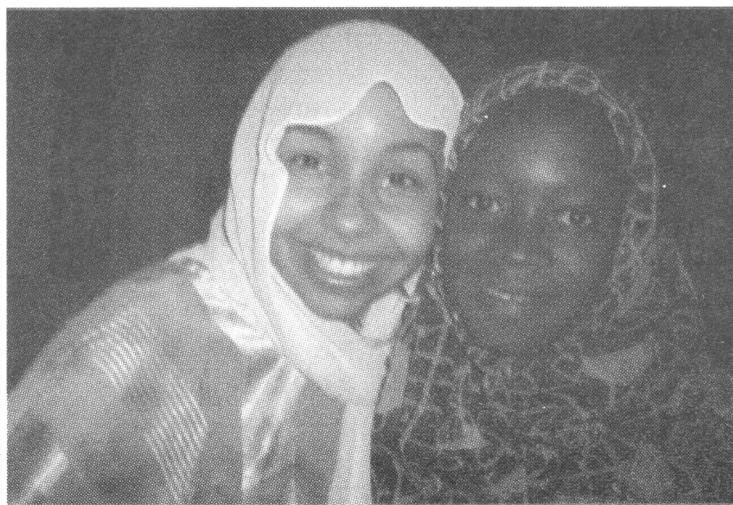


Photo | Courtesy of Brittany Galloway

such as shoes and clothing to wear to school, says Gibson.

"I realize that Africa needs to be more of a focal point. After graduation my pursuit will be to gain knowledge and readings on issues that pertain to the continent of Africa. I want to know the issues are going on throughout Africa," says Morehouse senior John White.

For those who did not travel to Senegal, but want to join in the action with SGA, Gibson says that the best way

to help is "to support initiatives and draw awareness so other people understand. Join efforts that are going on throughout the campus."

The trip overall inspired each person who took part in it, as well as Spelman students who continue to learn about the initiatives.

"You don't realize what you have until you live with those who have not, and need not. They are happier than those who have everything", stated junior Victoria Beeks.

News

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What inspired you to start this magazine?

I had a dream while studying abroad in South Africa at the University of Cape Town to create a vehicle of expression that dispelled a lot of the negative stereotypes associated with people of color from all around the world. While in South Africa I was witnessed to a rich culture and as my travels continued to Costa Rica and Puerto Rico I discovered that this was not just an African problem, of being depicted negatively within mass media, because there to I saw rich culture. Therefore, I was inspired to start an international magazine that aimed to reshape, redirect, and bring full circle the truths and the richness of cultures from all over the world.

What specific changes have been made to improve the quality of the magazine?

The launch issue of Afro-

lution Magazine was released in late 2005 to critical acclaim and featured the artistic vision of co-founder Ian Vengnai, of the University of Cape Town. Fast forward to 2007 and we are in the midst of our 3rd issue have already with 2 new partners from Morehouse College, Sanpha Kargbo and William Smith; launched our interactive media website and have created a publishing company to produce other media outlets that are about change

What specific topics have really touched your heart?

The culture lesson section, study abroad, country profile, international news, and the story about the war in Sudan from our 2nd January/February issue are topics that are very special to me because the purpose is to create culturally competent individuals with these various thought-provoking sections.

What is your present project?

Afro-Lution Magazine has been selected as finalists in the annual Ford Business Classic. Me and my business partner, Sanpha Kargbo were chosen from a pool of 100 teams to travel to Washington, D.C., March 14-17 to vie for thousands of dollars in scholarships. We are in Washington D.C. to present our business plan to a panel of topnotch entrepreneurs during the Annual Conference for the National Association for Equal Opportunity in Higher Education (NAFEO) on March 16.

The winners of the grand prize will receive \$35,000 in personal scholarship funds and \$15,000 for their HBCU school. The first-place team will receive \$20,000 in scholarship funds and \$10,000 for their school; the second-place team will receive \$15,000 in scholarship funds and \$5,000 for their school.

What is your magazine's focus?

The focus of Afro-lution Magazine is to make a positive difference in the lives of global youth so that their highest potential is achieved. Afro-lution Magazine, seeks to promote understanding, respect, and awareness of the economic potential among all races, religions, and cultures through advocacy, education, and awareness.

How can students find out more information about Afrolution?

People can visit our interactive media website at: www.afro-lutionmagazine.com. We consistently encourage students to become active participants in the development of Afro-Lution Magazine. If you want to become apart of a magazine with a movement contact me via: b.furrow@afro-lution-magazine.com.

CORRECTIONS:

February 13, 2007:

Two articles were published by the Spotlight with incorrect bylines. "Campus museum introduces new exhibit" was written by Deanna Jenkins and "Jennifer Hudson celebrates new success" was written by Alana Neely.

February 27, 2007:

Per the request of the Office of Undergraduate Studies, the Spotlight would like to note that the financial aid GPA requirement provided to us was inaccurate. Students are required to maintain a 1.8 average, rather than a 2.0 as quoted in the article.

Spelman Spotlight welcomes all submissions. Submissions are edited for space and to correct errors in grammar and punctuation.

Opinions in the Perspectives section of Spelman Spotlight are solely the views of the author, not the opinions of Spelman Spotlight. They do not necessarily reflect the opinions of Spelman College, its administration, or Spelman Spotlight advisers.

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Please mail all correspondence to:

Spelman Spotlight
350 Spelman Lane SW
PO BOX 1234
Atlanta, GA 30314
Phone: (404)-270-5969
Fax: (404)-270-5970
spelmanspotlight@Spelman.edu

Campus prepares for Toni Cade conference

Nicole Barden
News Editor

On March 23-24 Spelman College will host the 7th Annual Toni Cade Bambara Scholar-Activism Conference. This year the theme is The Global Politics of Sisterhood: 360° of Power! and the conference focuses on students as well as activists leading presentations to other student and community activists. The student-planned event is strongly backed by the Women's Research and Resource Center but it will be co-sponsored with the Spelman Museum of Fine Art, the Spelman College WIS-

DOM Center, and Student Affairs.

Events related to the conference begin on Thursday, March 22 with a special Convocation featuring Cosby Chair, Dr. Patricia McFadden. Chantal James, a senior philosophy major, will also speak. The Toni Cade Bambara Collective, the group of students who planned the conference, will host a Speak Out Corner during Market Friday. The Opening Celebration occurs Friday, March 23 in the Spelman College Museum of Fine Art. It will be a celebration of the life and work of Toni Cade with special presentation from student organiza-

tions and community activists.

The bulk of the conference, including panels, roundtables, workshops, and films, will take part on Saturday, March 24. The Toni Cade Bambara Collective contains students from all majors and classifications. Meetings took place throughout the year and focused on organizing the conference as well as student development. Speakers from across the country were brought in to speak with the students about progressive topics such as female genital mutilation, gay and lesbian rights, and the various effects of war.

Bambara is well-known for her 1970 publication, The Black Woman, the first major Black feminist anthology. She also made a documentary entitled The Bombing of Osage Avenue about MOVE, a Black alternative lifestyle organization. Their headquarters were bombed by the police and it escalated racial tensions. Bambara briefly taught at Spelman, but she encountered tension from the administration for her progressive views.

"Toni Cade is an amazing woman, and I feel that her legacy should be continued and celebrated," said Justina Towns, a member of the collective.

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Features

Journalism week arrives at Spelman

Kibbkabe Araya
Features Editor

With many media outlets throughout the AUC, Spelman students interested in journalism as a career focus or hobby find themselves without the expertise skills of becoming a journalist due to the lack of a proper journalism major. To solve this problem, Professor Rochelle Spencer collaborated with media professional and writer/producer Rosemary Jean-Louis of Dark Phoenix Media to create a journalism week to help students evolve into professional journalists.

During the week of March 26-March 30, renowned female journalists in the local and national arena plan to visit Spelman to bestow their knowledge and advice to students from all majors preparing for journalistic careers. This event, as well as other events in different departments, is to celebrate Women's History Month.

"Because I have several

Spelman College Journalism Week

Tuesday 3/27/07 1pm
Newsgathering and Producing Workshop, Jennifer Thomas, executive producer, CNN Headline News
(Ennis Cosby Reading Room)

Thursday 3/29/07 1:30pm
Balancing Creative Writing with Newswriting, Devin Parrish, writer, CNN Headline News
(Ennis Cosby Reading Room)

Thursday 3/29/07 4pm
On Air Meteorology, Betty Davis, broadcast meteorologist, The Weather Channel (Cosby 214)

Friday 3/30/07 12:30pm
The Role of the Assignment Editor, Tressa Washington, assignment editor, Fox 5 WAGA News (Cosby LL32)

women friends and colleagues in the news business, I thought it would be great to invite them to come to Spelman during Women's History Month. Since it is the last week of Women's History Month, I thought what a great way to end the month by having these wonderful women professionals share their wisdom and give people a taste of what their jobs are like," said Jean-Louis.

The week consists of free,

informational workshops called "Who's Who in the Television Newsroom" by local broadcast journalists. Since broadcast journalism ultimately involves many aspects within the field, all of the career women will focus on teaching students their tasks. The journalists include an executive producer, newswriter, broadcast meteorologist, and assignment editor.

As a journalist who knows

about all the responsibilities, Jean-Louis said, "I think people see a television anchor and think that's all there is. Students who are interested in a career in broadcast journalism also tend to focus on being an anchor."

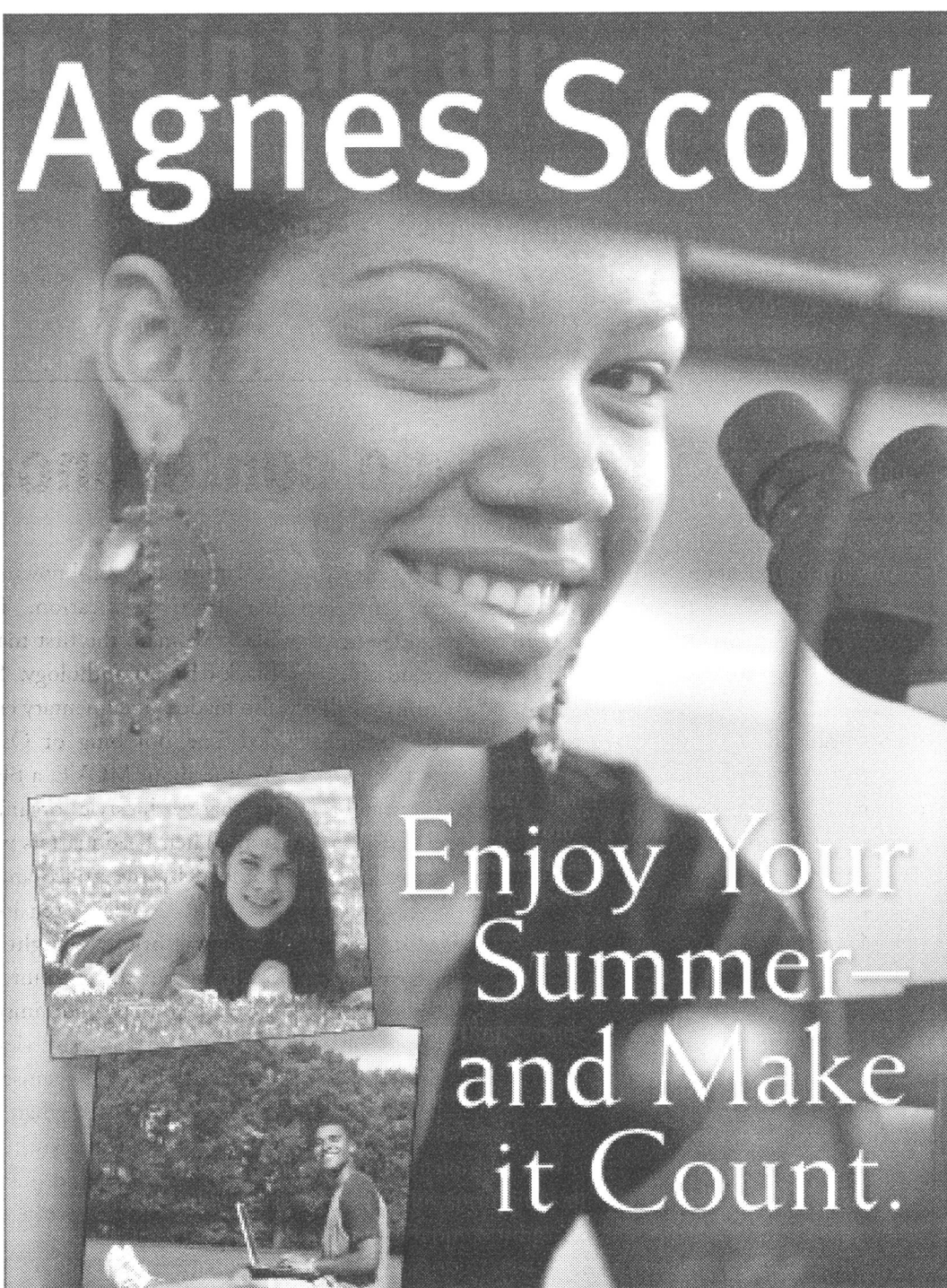
She adds, "What they don't realize is that there are other roles involved. There are other roles they should think about when planning their careers. There is the writer who writes the scripts, the executive producer who decides what will be on the newscast, the assignment editor who sends reporters out to get certain stories. There is the on-air meteorologist who is a different kind of on-air personality."

These workshops were designed to be better than the last journalism week during the fall semester. Although it was a success, Professor Spencer, who teaches in the English department and specializes in the writing and media business communications concentration, felt more

can be done to help the students. With the determination of Jean-Louis, who was a speaker at the last journalism week, a new journalism week was developed only with female journalists teaching the workshops for showing Spelman students they can be successful in the field also.

"We have a lot of students interested in journalism here at Spelman College. We wanted to raise awareness of what it means to be a journalist. For instance, a lot of people who go into broadcast journalism think they do not have to be a good writers, which is not true," said Professor Spencer. According to journalists, the best skills students need to develop are reporting, interviewing, and speaking.

For more information and updates, visit Professor Spencer in the English department in the Cosby Academic Building. All students within the AUC are welcomed to attend the events.



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Features

Senioritis plagues Spelman students

Celia Dozier
Features Writer

There is an epidemic on Spelman's campus. Many have been infected by this pathogen. It is prevalent on every college campus, especially in seniors, worldwide. This pathogen has been given the name of senioritis.

You may ask, how I know if I have been infected? The symptoms include high levels of stress, being unable to focus, extreme procrastination, and the feeling of "been there done that."

"I have felt senioritis the whole year. I have always wanted my senior year to be my best, and I am definitely living it up. I am getting a little lazier than usual, but it is only because I am feeling intense excitement," stated Morehouse senior Chris McMullen.

We all know how the story plays out. It is the spring of your final year of college, and there are many important decisions that must be made. You



look back over the years at all your hard work and accomplishments as a college student. Then you sit in class one day, and you just cannot seem to get it together or completely stay focused. However, do not feel dismayed senioritis is a "disease" that occurs in majority of college seniors.

"I strongly believe that senioritis is real. However, I believe that it depends on one's course load. For some people who slacked off during their first three years and are forced to take a full load of

courses their last semester, they will be more prone to senioritis. However, for those people that have a light course load, senioritis might not hit them as hard due to lower stress levels," stated senior Danielle Boler.

Senioritis is almost like a rite of passage. If you complete any level of education whether it is high school or college, it occurs. However, there is no cure for senioritis yet it can be managed. Some of the methods of treatments are to set reasonable dead lines, prioritize carefully, practice time management, and take personal time.

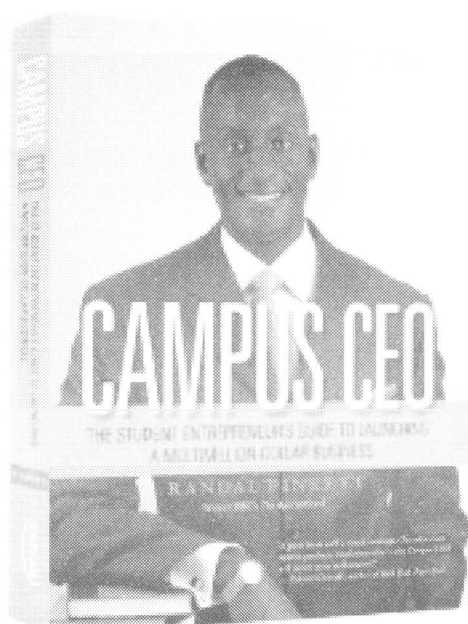
If you have been hit with senioritis, please take the appropriate methods of treatment to ensure you finish Spelman with as much success as possible!

SENIOR GRADUATION CHECKLIST

- o Have I verified all Paracurricular, AP, CLEP, exemption and/or internship credits? Are they recorded on my transcript?
- o Have I thoroughly reviewed my transcript to determine its accuracy?
- o Have all of my repeated courses been recorded on my transcript?
- o Have I turned in my commencement confirmation form? (Will receive during the Spring Semester)
- o Have I satisfied all library fines and obtained a clearance signature? You must go to the Robert W. Woodruff Library to obtain a clearance signature at the desk whether you've patronized the Library or not.
(Deadline: December '06 Graduates-Due: December 1, 2006 & May and August '07 Graduates-Due: May 4, 2007)
- o Have I completed my loan exit interview with Financial Aid and/or Perkins Loan Officer and had my clearance form signed off by the Financial Aid/Perkins Loan Offices?
(Deadline: December '06 Graduates-Due: December 1, 2006 & May and August '07 Graduates-Due: May 4, 2007)
- o Have I completed the Senior Survey (via the web) and printed off my confirmation?
- o All signatures must be completed on the Commencement Clearance Forms for the form to be accepted by the Registrar's Office

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Arts and Entertainment

International Spring Fest comes to campus

Heather Winfield
Arts and Entertainment Writer

Programming for a Unique and Lively Spelman Experience (P.U.L.S.E.) members, The International Spring Festival Committee, The Office of International and Commuter Student Services and The Office of Student Activities proudly presents a week of international awareness entitled, International Spring Festival: Global Fusion. Many creative minds were behind the scenes in the development of this very important upcoming week.

Sophomore, Namina Forna, founder of the International Spring Festival, and a native of Sierra Leone, says that she is "very excited about this upcoming week. Even though we are black women, a lot of our sisters, including myself, come various countries around the globe," states Forna.

The Spelman campus will be dynamic and effervescent with Caribbean, European, Asian and African cuisine and

music. The week kicks off with the Moroccan Explosion Kick Off Jam that will take place on Monday, March 20 in Lower Manley from 7:00pm to 10:30 pm.

Other highlights for this upcoming extravaganza



include an international fashion show called Couture Marsala, with include our very own Spelman sisters and Morehouse brothers. The show will take place on Friday, March 23 on the Manley Patio, during Market Friday. This is a fashion show with an exotic twist because the clothing represents various nations around the world.

"Specifically, I look forward

to the fashion show and the African women leadership forum because it's going to be very empowering for my Spelman sisters," says Forna.

Another event that is highly anticipated is the dancehall class that is sponsored by the P.U.L.S.E. Programming Board that will take place, Thursday, March 22 in Lower Manley from 7:00pm to 10:30pm. There will also be a "Women of Africa-Leadership and Law Forum" that will be taking place on Tuesday, March 20 in the Manley Atrium that begins at 12:30pm.

"I am excited for the different cultures and nations that are being represented during the week. I am anticipating the Reflections forum on Tuesday because I heard that the trip to Senegal was amazing," says sophomore Amber Richardson.

Please be sure to come out to as many events as possible. This week will be fun-filled and culturally enlightening.

Tuesday, March 20

"Women of Africa - Leadership and Law" Forum

Noon- 2:00 p.m.

Manley Center Atrium

Free Refreshments will be provided.

"Reflections" - 10,000 girls
7:00 p.m.

Location TBD

Wednesday, March 21

"Dance" - Soweto Street Beat

12:30 p.m. - 1:30 p.m.

Manley Center- Upper Concourse

Thursday, March 22

Study Abroad Forum

Noon - 2:00 p.m.

Manley Center Atrium

Free Refreshments will be provided.

"Bashment" - Caribbean Dancehall Class

7:00 p.m.- 10:30 p.m.

Manley Center- Lower Concourse

Friday, March 23

"The World Bazaar" - Market Friday

11:00 a.m.- 5:00 p.m.

Come enjoy this weekly event with an international twist!

"Couture Masala" - Fashion Show

4:00 p.m.

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Life and Style

Black fashion still going strong

Christian Mitchell
Life and Style Editor

As spring starts to show us its fresh blooms and pastel colors it's now time for us to pay more for wearing less.

However, what is in style now is not quite, what we have been interested in lately. On the contrary, it is how Black fashion is slowly fading out.

The sell of Jay-Z's very lucrative fashion company, RocaWear, to Iconix Brand Group is all too reminiscent of the "disappearance" of the For Us By Us line a.k.a. FUBU.

Created by five close friends in 1992, FUBU at its peak was beloved by the Black community. Even though it has not been known as the popular trend since my own middle school years, FUBU actually continues to make money worldwide.

One of its creators Daymond Johnson has now written a book titled "Display of Power: How FUBU Changed a World of Fashion, Branding and Lifestyle" where he advises Black entrepreneurs

on how to lead themselves to greatness.

Although it may be disappointing for some of us who enjoy the fashion world, we still have hope beyond the horizon.

After all, Kimora Lee Simmons is still setting new limits with Baby Phat. Calling itself "a lifestyle for the glamorous woman who is everything hip-hop and everything fashion" Baby Phat has been steadily on the rise in the fashion world since its conception in 1998.

Gracing New York's fashion week with its elegance yet comfortable appeal, this line will remain a high fashion staple for years to come. In that same year, P. Diddy created famed clothing line Sean John. Even his website highlights the sophistication, sleek lines and flair that has made Sean John appreciated worldwide. Of course, Phat Farm headed by the sultan himself, Russell Simmons, is still working hard to remain on top of men's fashion.

So it may not be as bad as it seems after all. We still have a few Black moguls that will keep showing this nation what it means to exude hip-hop appeal with modern elegance. Even though we can count on these few holding on to their ideals, we also must support them to keep their companies alive.

Think of Project Runway Atlanta native Michael Knight whose fashion line for women called Mika and lingerie line Kitty and Dickmay now be found online. Should we all at least spend some time looking at his clothes and perhaps making a purchase in order to ensure his success?

Black owned boutiques like P.Valentine, Klimaxxtion, Seven of Escape, The Fashion Industry and Pieces of Adrene always have great clothes that represent the styles of today and will often carry lines by Black designers locally and nationally," recommends Morehouse's own Andre Williams.

Spring fever is in the air

Gina Lawrence
Office Manager

Fresh pedicures. Light tans. Tank tops, short skirts and flip flops. This sounds like the description of spring in the AUC. It is a known fact that once the warm weather begins, some people feel the need to show some skin. Once spring hits, people start to look a bit different without their sweats or with their fresh hair do. With the arrival of the new season, are you looking for a spring fling or a permanent catch?

Spring flings may seem logical to some students. They may think that with the semester ending in less than two months, it is probably not smart to try to maintain a long distance relationship. This may be the case for a lot of seniors. With graduation fast approaching, is it smart to start a relationship right now? I think it depends on the individuals involved.

"Personally, I am not looking for a spring fling or a permanent catch because unless he is going to the same place I'm going to after graduation;

there is no point in starting a relationship," says senior, Diana Stallworth who agrees with the logic of not starting a relationship right now.

While spring flings work for some, others may see things in a different light. Some people believe that if they find a permanent catch, they are willing to put the effort in to maintain the relationship, no matter the distance. Relationships are hard work but also have great benefits. If you are not into the spring fling, then finding a permanent catch may be for you.

Spring is usually recognized for its warm weather, but it is also the time for renewal. Spring is the time when trees bud and flowers bloom. Everything starts anew in this season. However, the renewal process just is not for nature. It is for people, too. In the spring, people start to think about life and what things they may or may not want to change.

Spring renewal is a process in which people realize that some things in their lives need to change. These things may

be in various arenas of their lives, such as romantically, professionally or spiritually. Spring renewal is also time for self-reflection. If there is something wrong in your life or something that you do not like, make an effort to change it. If you are not focused on, school and want to be, do something about it.

Start studying more or get a tutor. If you want to improve your self-image, do it. Get some self-help books, figure out what it is that you need to change and do it. Spring renewal is a great process for those who are trying to get their lives together. Spring is the perfect time to start. Just remember to surround yourself with positive people that will provide you with encouragement and support.

Whether you decide to dedicate your spring towards to exploring spring flings, finding a permanent catch or focusing on a spring renewal, remember whatever you decide to do make sure that it is for you. This spring it is all about you. Happy Spring!

AUC model madness

Joy Hightower
Life and Style Writer

Just recently, it seems that the AUC has been transformed from white tees and overalls to a funky mini fashion district. Whether one decides to venture out to

dressers.

The craze of runway shows factors into this high drive of fashion forward people that want to see what they are wearing reproduced in a creative manner on the runway. Runway shows have become



Photo | Courtesy of Tish Lauren

Morehouse, Clark, or Spelman, one is sure to see students dressed to impress on their way to class.

Nevertheless, it is no surprise that Spring has brought an array of dynamic fashion shows.

"I did not know anything about fashion until I came to Spelman...in Louisiana people dressed, but it was nothing like what I see here" says Candace Smith, Freshman Class Senator, who helped to coordinate the recent freshman fashion show.

Perhaps, students feel pressured to wear the latest trends and produce fashion shows because it is a current fad in the AUC that many enjoy. Many feel the pressure to dress fly and be apart of the elitist of

the capstone for any successful week that an organization throws.

"I have been interested in fashion since I was young...coming to school I knew that I wanted to be involved in the creation of shows" says Tish Martin.

With all the shows and aspiring models, the AUC is a great place for students to network and experience a career field of their interest.

Whether this fashion craze seen in the AUC is just a bug or hear to stay-it is enjoyed by most and only seems to be growing in popularity with each show. Hey, you might as well get all the practice you can now because you never know you could be "walking" right into a career.

inquisitive eleven inquiring minds would like to know...

1. Did you go to class at all last week?
2. You couldn't wait 24 hours to post your album?
3. Didn't she let it all hang out?
4. Weren't they EVERYWHERE on the beach?
5. Do you think they're still INTERESTED?
6. Why does the AUC always try to rip the runway?
7. Shhh...did you know Spelman has a secret?
8. But do you really care?
9. Wasn't '06 in full effect?
10. Election predictions anyone?
11. What year are you again?

Sports & Wellness

Making it to the Big Dance: Guide to March Madness

Lauren Harper
Sports and Wellness Writer

College basketball players all over the country waited in suspense to hear their teams' name invited to the "dance," or the March Madness NCAA basketball tournament. Fans waited eagerly to fill out their brackets to bet which teams would make it to the Sweet Sixteen, Elite Eight, Final Four, and the championships. Many people join pools among their friends or, recently, on the internet social website Facebook.com, competing against each other to see who predicted the success and failure of the 65 teams accurately. Sound like fun? It is. Below are a few tips to bracket success.

Fill out two brackets. Many people support more than one team or teams that aren't expected to do well. Most pool rules only allow each person to submit only one bracket, but filling out more than one bracket is a simple solution. Fill out one according to statistics-which teams have better records, which have more post-season experience, etc. The other one, however, can be more, well, emotion-based. In your "fantasy" pool it is perfectly alright to choose your state institution to go all the way, even though technically they have the worst record of all 65 teams.

Bet against the home team. Many bracketology experts agree that, at least for the bracket you compete with, going against your team may be the way to go. For example, if you support the number nine-seeded Michigan State Spartans, pick them to lose in the first or second round. If they end up losing in one of those rounds, congratulations, you're ahead in the pool! However, if they prove you wrong and end up making it

to the Elite Eight, well then, Go State!

Pick at least one upset per region. In a perfectly balanced tournament, two number one-seeds would play against each other in the championships. This rarely, if ever, happens. You do not have to pick the number-16 no-name team to beat their number-1 opponent in the first round (we still must be realistic, here), but expect at least one number-12 to beat a number 5 seed, and closely-numbered match-ups such as number-8 teams versus number-9 teams are usually anyone's game.

Don't over analyze. Major mistakes that beginners make when filling out their brackets are depending too much on statistics, records, and ESPN commentators. After all, statistics are from the past, records mean nothing come the post-season, and ESPN commentators, as learned as they are, are not the ones suiting up to play. Emotions, extenuating circumstances or home-court advantage have a big part in how successful a team does in the tournament. The star player on the highest seed in the country may choke up at the sight of all the surrounding hoopla (remember Syracuse's early exit last year?), and the lowest seeded team may get a flash of inspiration and deliver upsets all the way to the Final Four (last year's George Mason WHO? threw everyone for a loop).

Remember, contrary to popular belief, the tournament is just a game. Picking the wrong team can be disappointing and sometimes embarrassing, but it is all a part of the "madness" of the March Madness basketball tournament. Tune in starting Thursday, March 15 and have a little fun engaging in some healthy competition.



Lupus concerns rise for black women

Kibbkabe Araya
Features Editor

Today, many black women are suffering from a disease that affects us more than any other ethnic group. Symptoms usually show in women around the ages 15-44, but black women tend to develop the disease at a younger age, making black college women susceptible to its wrath as they ease into adulthood. The disease is lupus. Since there is no cure, the disease it often misunderstood by its victims and their families. However, we need to educate ourselves about its effect within the African-American community.

Dominantly affecting women with 9 out of 10 of the patients being female, lupus is an autoimmune disease meaning it negatively affects the immune system. The purpose of the immune system is to fight off infection by attacking foreign cells, but with lupus, the immune system attacks the body's own healthy cells instead.

Since it impacts women on such a large scale, black women are three times more likely to have lupus than white women. There is a strong possibility that one in 250 young black women can develop lupus. The mortality rate among black women affected by lupus increased by 70% in recent years. Other minority women are at great risk also, but black women are usually the ones who have the most problems with major organs such as the heart, brain, lungs, and kidneys. Most patients experience difficulties with their skin and joints.

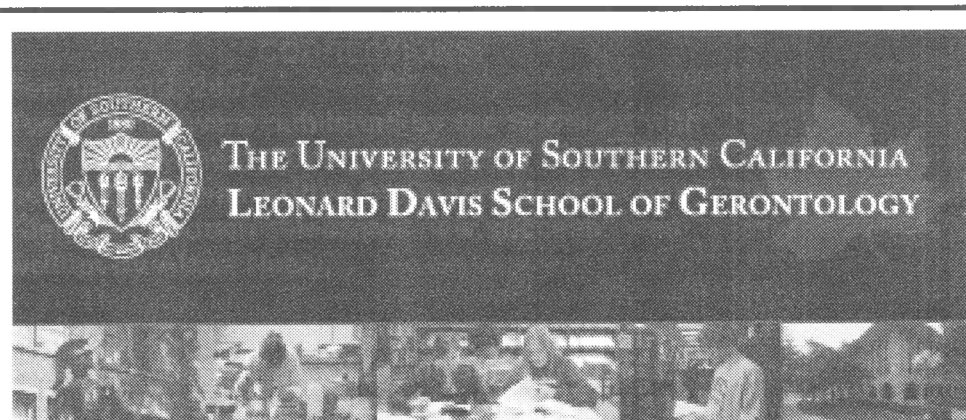
There are different types of lupus. The most common form is systemic lupus erythematosus and can affect any organ. Other forms are discoid lupus erythematosus which only affects the skin and drug-induced lupus which only occurs after taking prescription medicine.

With lupus, patients have episodes called "flares" in which symptoms such as rash-

es, fever, hair loss, abdominal pain, shortness of breath, and hallucination can develop. Some medications used to ease a flare are anti-inflammatory drugs to soothe pain, skin creams to reduce rashes, and antimalarial drugs to help with most of the symptoms of lupus.

To avoid a flare, women are advised to upkeep a healthy regiment. Doctors suggest not being in the sun too long, set positive goals and priorities, avoid stress as much as possible, eat healthy food, and exercise often.

Lupus is predicted to be more evident among black women in years to come. Scientists and doctors cannot explain why the disease disproportionately affects black women, but it is usually the case in many illnesses. To find more information about lupus, visit the Lupus Foundation of America, Inc.'s webpage at www.lupus.org.



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