

special orientation edition— SPELMAN SPOTLIGHT

SpelmanSpotlight@gmail.com

August 2009

The Voice of African-American Womanhood



PHOTO BY: WHITNEY SKIPPINGS-DUPREE
Clockwise from the left: The Core Values, posted in front of every residential hall; Students unload their cars at Howard Herralld Hall; SSGA members provide popcorn and cotton candy for the incoming students and their families

inside the *spotlight*

Five Important People for Success at Spelman

Who are the 'big players' on the Spelman College campus? The Spotlight tells you who they are, what they can do for you, and where you will find them.

The Most Major Decision of Your Life

Many students don't have a major in mind. It is nothing to be ashamed of— look inside for uncommonly chosen programs, and whether they may be of interest to you.

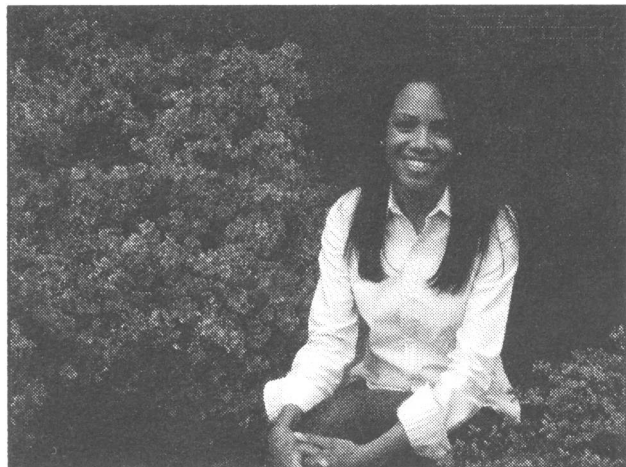
Welcome to the West End

Spelman College's campus is placed in an interesting location. Learn more inside about Spelman's home.



...because you can't change the world if there's nothing left of it

Letter from the Editor



Rebecca Clayton, Editor-in-Chief of the Spelman Spotlight

Have you noticed that over these past couple of months everyone has been trying to impart upon you words of wisdom to help guide you through your journey at Spelman College?

While some of this advice may be redundant, and in some cases, irrelevant, it is wise to listen and absorb these bits of information. The *Spelman Spotlight* staff knows the value of good advice, especially advice coming from your Spelman sisters – the women who were in the same position as you only one-to-three years ago! In this special edition, tailored especially for you, the Spotlight staff compiled some insightful information that we believe will assist you as you transition into Spelman College and the Atlanta area.

Some of the topics include: Selecting a major, Atlanta Hotspots, living with your roommate and the services offered in MacVicar Health Center. We hope these articles prove to be useful and relevant to your Spelman experience.

If you are interested in sharing your views and writing about issues that intrigue and interest the Spelman and local Atlanta area community, we urge you to join the *Spelman Spotlight*! We will be hosting an interest meeting for first-year students on Tuesday, August 25, 2009 from 10:30 a.m. to 11:30 a.m. Be sure to check for updates on posted flyers throughout campus, which will list the confirmed location.

My advice: Partake in all activities related to first-year students – no matter how “grown” or cool you may be. Keep in mind that once this year is over, you will never have another opportunity to relive those truly memorable first-year experiences.

I wish you all the best success in striving to maintain a balance between work and play, following the rules, and making your own.

Rebecca Clayton
Editor-in-Chief

The Spelman Spotlight

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Interested in joining the staff?
We are recruiting reporters, editors, page designers, advertising
representatives and distribution team members.
Applications are available August 25, 2009.
All majors are welcome!

Secretary for Enrollment Management Welcomes the Class of 2013

Dear New Spelman Sister,

Congratulations on your acceptance into Spelman College. It is with great honor and privilege that we welcome you to our beloved Institution. We applaud your decision to be numbered amongst some of the world's most profound emerging leaders. As you have journeyed through your life of preparation and growth, all of your efforts have led you to this season of innovative opportunity. It is in this place, this center of academic excellence that is now charged with the honor of fostering and developing your personal and scholastic success.

This Institution, "built for you", welcomes each and every one of your individual and unique gifts. We encourage you to step outside of who you were and step towards who you are now becoming. Now that you have arrived you must realize that all of

your struggles, triumphs, faults, and your unrelenting ability to prevail has prepared you for a time such as this! The world is in dire need of leaders; leaders who are distinctively cultivated to hear its sincere and bitter cry. In this moment, realize that Spelman College will be the place that will help prepare you and instill the values necessary not only to answer the call, but to answer the call with purpose, admirable character and the principles needed to fill the void. Be prepared to succeed, but be realistic in your expectations. Understand that you will face many new challenges and obstacles. Yet, bear in mind that this institution will provide you with the encouragement and support you will need to push through any adversity and help you to reach your fullest potential.

We ask that you prepare your hearts and minds for this new journey that you will soon embark upon.

Our Institution's foundation is built upon the belief that there is no failure when the heart is encouraged to forge through the darkness and create a path of light for all those whose lives will be impacted by your achievements. All that you have in you, your hopes, your fears, your struggles and your dreams are fundamental to your development; as you commit yourself to defy negative expectations and strive to attain the highest standards of excellence. As a Spelman woman, each of you has personally accepted the choice to change the world. It is our hope that you will use your gifts and talents, as well as your academic integrity to better the legacy of this institution, your community, and the world.

We welcome you now with the hope that you will take advantage of every opportunity available to you. We challenge you to accept no limits and to never underestimate the mag-

nitude of greatness that exudes from this collective unit of dynamic women. Spelman's legacy stems from the amazing women who have come before you determined to impact the world. I encourage each of you to reach out to these Spelman Alumna for the wealth of knowledge, support and opportunity they can and will provide to you.

Welcome to Spelman College, welcome to the place that has waited for your arrival with great hope and expectation for all the greatness that you will soon achieve. On behalf of the 2009-2010 Spelman College Student Government Association (SSGA), we welcome you and are excited for the inspiring journey that lies before you.

Sincerely,
Gaybrielle LeAnn Gant
2009-2010 SSGA Secretary for Enrollment Management

Five Important People for Success at Spelman *Individuals to Know For Overall Success on Campus*

Kiki Stenson
Staff Writer

To many first-year students, much of Spelman College is unfamiliar, and even intimidating. The Spelman Spotlight has provided a list of some of the most beneficial and important people for new students to know in order to achieve professional, academic, financial, and overall success.

Toni Ireland, Assistant Director of Career Planning and Development
404-270-5270, tireland@spelman.edu

The Office of CPD is located in the Milligan Building, Room 2306. The office is responsible for offering online career research centers, mock interviews, on and off campus recruiting, and résumé critiques. Ms. Ireland specifically assist in résumé building and instructing students on how to access and utilize Spelman's Spelman's online recruiting sites such as eRecruiting.

Merrine McDonald, Coordinator The Office of Disability Services
404-270-5289, mmcdonald@spelman.edu

The Office of Disability Services is located in MacVicar Health Center in Wellness Services Department located on the first floor. The office offers services to students with physical or mental impairments that substantially affects one or more of their daily life activities. Ms. McDonald evaluates students' disability claims and offers services to accommodate student's specific requests.

Dr. Geneva Baxter, Associate Dean of Undergraduate Studies
404-270-5218, gbaxter@spelman.edu

As an Associate Dean in the Office of Undergraduate Studies, Dean Baxter is responsible for monitoring the overall progress of first-year students. She also oversees the advising program for first-year students and coordinates a required course, "First-Year Experience." Dean Baxter's office is located in Rockefeller Hall.

Rosa McQuay, Scholarship Coordinator, Financial Aid Office
404-260-5699, rmcquay@spelman.edu
In a "State of the Campus Address" President Bever-

ly Daniel Tatum shared with the Spelman community that almost 50 percent of Spelman students are eligible to receive a Pell Grant - however, many of these students also need additional financial assistance in the form of scholarships. Ms. McQuay supervises scholarship distribution and assist students in soliciting scholarships that are both need and merit based. Students with unmet financial need or students wishing to obtain scholarships should visit Ms. McQuay in Rockefeller Hall, Room 107. Students can also visit the, Kara Gardner one of Spelman's newest Scholarship Coordinators.

Staci Bruce, Community Service Coordinator
404-270- 5315, sbruce1@spelman.edu

To pass the first-year experience and Sophomore Assembly, students must perform at least six hours of community service per semester. The Bonner Office, responsible for the Bonner Scholars Program, oversees and coordinates all campus-wide community service projects and individual community service activities. The Bonner Office holds an Annual Community Service Fair and verifies all student's community service hours. The office is located in Upper Manley Student Center.

SPOTLIGHT INTEREST MEETING.

On Aug. 25, 2009 the *Spelman Spotlight* will hold a interest meeting for first-year students from 10:30 a.m.- 11:30 a.m. Be sure to check for updates and posted flyers throughout orientation regarding the confirmed location and any last-minute changes for this event.

If I Could Talk To My First-Year Self

Hindsight is 20/20. We decided to ask upperclass students and alumnae for some of the things they wish they had known when they were finishing their first year at Spelman College.

"... I'd tell her to make all of her decisions with her future in mind, because once your undergraduate experience is over, you can't go back and change what's in the past."

Morgan Hall
Class of 2009

"... I would say that life is extraordinary and being open to change does not make you a weak person, but rather a person who is open to a new world of capabilities."

Brittany Fennell
Class of 2012

"... I'd say that while you're away from home and it is important to have fun, remember to focus on your academics. Enjoy and treasure the relationships you build because they will last a lifetime."

Sheryl Webber Washington
Class of 1977

"... I'd say to not rush through school and take as much away from the experience as you can."

Charis Johnson
Class of 1979

"... I would tell her to enjoy and cherish these four years; they go so quickly."

Yasmine-Imani McMorris
Class of 2010

"... I would tell her to figure out quickly if you study best at night or early in the morning and then figure out your favorite studying spot on and off campus. Once you have your studying habits down, it is easier to establish an awesome social life."

Jamila McGill
Class of 2010

"... I would tell her that working off campus freshman year is ambitious and admirable, but the little bit of money you earn will never make up for the opportunities you'll lose to make life-long friends. Join clubs and activities and excel in your classes. If you have to work then try work study!"

Racheal Hawthorne
Class of 2009

Major Decisions

The road to finding the right department

Ashley Brooke Brown
Staff Writer

Selecting a major is simple for some who have been planning their course of study since high school, but for others, the selection process can be daunting.

According to Spelman's 2008-09 "New First Time Admitted Class Profile," there are five popular majors among entering students: biology, psychology, political science, economics, and English. These popular courses are commonly pursued for numerous reasons, but there's more variety available in the majors that are less explored by Spelman students.

Sociology and Anthropology

The sociology and anthropology program focuses on the study of people and why they are the way they are. The department boasts on its official Web site that, "Sociology and Anthropology epitomize Spelman: We are all from very dif-

ferent places and different backgrounds."

Kerrione Phillips, a senior sociology major, says that many students don't realize that her department is a close-knit community.

"We all know each other and we help each other out," says Phillips, who says she chose sociology because she's interested in the ways in which society shapes people.

The sociology and anthropology major at Spelman offers courses that deal with societal analysis and social theory. It offers concentrations in women's issues, theory and methods, anthropology, pre-law and criminology, urban studies, and contemporary issues and social policy.

Comparative Women's Studies

The comparative women's studies major is another academic program that allows students to zero in specifically on Black women's issues. When the college approved the program in 1996, the

program was recognized as the first undergraduate women's studies major at a historically Black institution.

It has since gained much acclaim for being groundbreaking in its thought, diversity, and changing the social pace in the Spelman community.

The department prides itself on having played a major role in establishing a distinctive interdisciplinary comparative women's studies major and minor that allows students to analyze Black women's experiences from a cross-cultural perspective.

April Caddell came to Spelman with the intentions of joining the international studies department but later decided to major in comparative women's studies.

The junior says she selected this major because it allowed her to tailor her courses to her interests and because the material she is learning is engaging, new and different than what she has previously encountered in school.

"The women's studies major is very diverse and offers the opportunity to take a variety of different classes outside of the major courses," Caddell says.

Philosophy and Religious Studies

If you love reading, writing, and delving into new concepts of thought and religious theory, then the philosophy and religious studies major might be for you, says

Dr. Gertrude James Gonzalez de Allen, a professor of philosophy at Spelman.

Gonzalez de Allen says the majors encourage critical thinking skills and analytical inclination through use of philosophical and religious coursework.

"People don't know that you can do a lot with philosophy and religious studies," Gonzalez de Allen says. "Many students go into law school, journalism, medical school, and some have become Fulbright Scholars."

While the Philosophy major doesn't have any formal concentrations, Gonzalez de Allen says the religious studies major requires that students specialize in two of three religious groups.

These three majors are just a few majors that are available outside of the five most popular academic programs. Feel free to explore all that's available but don't take too long.

Got MacVicar?

Spelman's health services offers care to students

Kelly Harper
Contributing Writer

As it is often stressed in the media, prevention is the key to attacking everything from colds and sexually transmitted diseases to cancer. It is always better to get a health care professional's assessment, which usually leads to a quicker and less painful recovery for health ailments.

Spelman's MacVicar Health & Wellness Center offers a plethora of resources designed to help students with various health concerns. This cute, cozy brick building is home to an array of services designed for young women.

"So often we find that Spelman students have been here for their entire four years and have never been over here to the center. Take advantage of the wonderful resources that we have here at the center," says Brenda Dalton, director of Student Health Services at MacVicar.

MacVicar has a same-day policy for making appointments, which means that students can usually see a health care professional on the same day they require medical attention. Students can stop by the sick hall clinic on the first floor from 8:30 a.m.-11:30 a.m. during the weekday for "Sick Call" hours. For the remainder of the day, MacVicar operates on an appointment schedule.

Dalton says many students request assistance with exploring various birth control options when they come to the Women's Health Clinic, which is located on the second floor. There, students can receive pap smears, breast exams, pregnancy testing, and contraceptive supplies.

"Many students are afraid of certain changes and issues with their body, but they should know that our doors are open for them and the staff is ready to help," Dalton says.

When the temperature drops and students start swapping their jeweled sandals for their Ugg boots, students can take advantage various health screenings including free flu shots.

MacVicar also offers individual counseling, group counseling, and workshops. Students receive 20 counseling sessions per school year and each session lasts 50 minutes. If a student requires more counseling, a therapist will decide how to further proceed with securing more sessions for the student. While there is often a negative stigma attached to therapy and counseling services in the Black community, mental health advocates say that it is

important to speak with someone from the onset of experiencing signs of depression. Symptoms may include a combination of feelings that interfere with a student's ability to study, sleep, work, eat, and enjoy activities.

In addition to mental health services, MacVicar offers nutrition counseling by appointment only. A registered dietitian can assist students with weight gain, weight loss, and special diets.



PHOTO BY: WHITNEY SKIPPINGS-DUPREE
MacVicar Hall, which houses Student Health Services.

Blame it on the Alcohol

Kelly Harper
Contributing Writer

It's 11 p.m. on a Friday night and all of your friends are getting ready to head out to the first party of the weekend. Classes are over and students are buzzing around the dorm, applying the last touches of their makeup and giving themselves a quick once-over in the mirror before everyone races out the door.

When you reach the party, the pulsating beat of the music consumes you and soon you find yourself moving to the music. Many of your peers are holding red cups filled with some mix of alcohol and the effects of the drinks are evident throughout the room.

Many students have heard Academy Award-winning singer and actor Jamie Foxx's summer hit, "Blame It," which alludes to the things that occurs to a young woman as she sips on various drinks at a party.

Alcohol usage is prevalent on college campuses nationwide, but before you reach for that double shot of Grey Goose, consider the broad spectrum of alcohol and its consequences and side effects.

According to the Center for Disease Control, adults representing the 18 to 20-year-old age group binge drink the most out of any other group. Binge drinking for a young woman is described as consuming more than four drinks in two hours. Medical experts say this is dangerous and can lead to alcohol poisoning and other life-threatening injuries.

There are ways to have sober fun—all you need is good company, and great music to get ready for a night of fun and laughter, says sophomore Lauren Williams.

Williams says that she doesn't drink because she says alcohol is not a necessary component in order to have a good time.

"I believe that allowing yourself to become intoxicated is potentially dangerous because you are ultimately putting yourself in a compromising situation. I do not judge others who drink because I know that for some people, drinking is fun," Williams says.

From the off-campus house parties to undercover "pre-gaming" in someone's dorm room, alcohol is always omnipresent on the party scene.

However, it is your choice to drink responsibly. Spelman has a dry campus policy, which means that the possession or the consumption of alcoholic beverages in your room or on your person means that you can be fined, written-up, or even dismissed from living in the residence halls.

To be realistic, telling college students not to drink, or assuming that they never will, is naive and assuming. So if you do choose to drink, remember that moderation is the key. Learn your limits so that you don't end up binge drinking. Decisions that you make during times of fun can lead to unnecessary drama and consequences later.

Adjusting to on-campus living

Quick tips that will make dorm life more pleasurable

Lea Scruggs
Staff Writer

After a whirlwind of unpacking suitcases and boxes, and exchanging introductions to the new roommates and peers, dorm life in August seems to be going smoothly.

But two months later in November, things begin to go downhill. You come home from a study session ready to relax and indulge in leftovers, only to find strangers in your bed. Then you head to the kitchen only to find your food missing. Now livid, you think, "How am I ever going to get through this year?!"

Scenarios like this, although exaggerated, are not unusual in residential halls at Spelman. One of the most difficult adjustments in college may be learning to live with a room-

mate. Think about it: You are sharing a small space with a stranger while trying to adjust to college life, academics, and living away from home. To ease the process, below you will find some tips to living with a roommate and enjoying your dorm experience.

Clean regularly

After a few months of living together, roommates begin to get comfortable and may forget to be courteous. Cleaning up after yourself is vital because the small space you will share is likely to become more unkempt than you anticipated. Make sure your space is livable. If you are expecting guests, be sure to check with your roommate beforehand—especially if your visitor is a significant other.

Check Your Noise

Reducing your noise tops the list of dorm courtesies, especially during quiet hours. Limit music and sound levels within the confines of your room. If your roommate is sleeping or studying, take your chatter, dancing, and music somewhere else.

Never assume, "What's yours is mine."

You and your roommate may be like sisters, but always ask before borrowing clothes, food, and other items. If you use something, be sure to apologize and offer a replacement. It is disrespectful to take something that doesn't belong to you.

"I used my roommate's honey in my tea almost everyday. I assumed that it was okay to use because it was on

the dresser until it became an issue," says sophomore Daryl Fortson. In order to correct her mistake, Fortson says she eventually replaced the honey.

Know residence officials & resolve issues before they escalate

If your relationship with your roommate worsens, schedule a meeting with your resident assistant or residential director who may act as an impartial third party. Don't complain to your friends and neighbors. They are not always unbiased and they can create more tension.

Get involved

Many alumnae and upper-classmen will tell you that chanting dorm songs and throwing up hand signs was one of their most memorable

first-year experiences. Dorm spirit goes beyond having stroll battles during "Hump Wednesday" on Morehouse's campus. Try out for your dorm's stroll team. Even if you can't dance, learning the moves is fun, and it makes for a great bonding experience. Be active in meetings, dorm councils, and party planning to gain leadership experience and to make connections.

Live it up.

Sure, living in a dorm has drawbacks—little-to-no privacy, crowded bathrooms, and weird roommates. However, most people find that the rewards outweigh the frustrations.

Avoid Financial Woes

When using credit cards and managing accounts, a little financial literacy goes a long way

Michelle A. Jenkins
Contributing Writer

A major part of college is learning how to manage your finances. While many students adore musical artists who flaunt jewels and cash, many of us ironically treat our own fiscal fallacies as a taboo topic. How often have you sat down in the café and discussed your credit score?

I'm sure it has been not been nearly as many times as you have debated how much Jay-Z paid to put a ring on it. This goes to say, although it's unnecessary to shout your account balances from the roof tops, it's also not a bad idea to take advantage of the financial resources available to you.

The time you spend in college is a great time to start saving money. Many college students enjoy the freedom to earn an income while also enjoying the absence of any large financial responsibilities outside of tuition. Some of Spelman's requirements for first-year students create avenues for savings. For example, not being able to bring a car to campus eliminates the need to spend money on gas and insurance.

Knowledge, such as your account balance and credit score in addition to planning your spending will give you a better sense of what your financial means are and it will also help you experience more financial success.

Estimate your earnings, savings, and expenses, and create goals according to these estimates. Differentiate your needs and your wants and make adjustments where necessary. Be honest in your assessment. If you normally

have coffee every morning, don't eliminate the luxury entirely, but cut back gradually. Remember, a budget ought to be a personal goal, not a punishment.

Accidents will happen, and unexpected costs will arise. Fortunately, there are resources that can provide some assistance with these occurrences. Some helpful Web sites include: www.Mint.com and www.annualcreditreport.com. The first Web site is an interactive tool that allows users to create personalized budgets and track their spending patterns. The latter allows users to retrieve one free credit report per year.

In addition to these resources, President Barack Obama signed the "Credit Card Accountability, Responsibility, and Disclosure Act" (CARD Act) in May, which aims to make credit card usage a transparent and accountable process. Key components of Obama's bill include bans on unfair rate increases and fee traps, as well as a mandate that the language used in contracts be plain enough for the average consumer to understand.

Using these tools and taking advantage of the President's newly implemented bill will make establishing your savings plan a breeze. However, it's up to you to stick with it.

Michelle Jenkins, a Spelman senior, lead a semester-long campaign last fall to inform students about financial literacy and credit cards. Jenkins was one of 12 students selected by MasterCard to participate in "Are You Credit Wise?" a financial literacy program relying on a "peer-to-peer" teaching model to educate college students about money management skills.

Know the Language: Credit Terms to Know

- **Annual fee:** The fee some issuers charge to manage a credit card account. Most credit card accounts extend credit without charging an annual fee.
- **Annual Percentage Rate (APR):** APR is an interest rate used to calculate how much in finance charges will accumulate if the balance isn't paid in full by the bill's due date.
- **Balance transfer:** This term refers to the process of moving an unpaid credit card debt from one issuer to another. This is often done so the cardholder can move unpaid credit to a credit account with a lower interest rate. Card issuers sometimes offer teaser rates to encourage balance transfers coming in and balance-transfer fees to discourage them from going out, financial experts say.
- **Credit History:** This historical account provides a profile informing credit issuers if consumers pay bills on time and how much debt they carry. Credit card issuers check a consumer's credit history when determining if wants to extend credit to that consumer. It also includes a consumer's current credit score, which determines whether or not a consumer can be expected to pay certain bills.
- **Credit limit:** The maximum amount of credit available on a credit card.
- **Finance charge:** The charge for using a credit card, comprised of interest costs and other fees.
- **Introductory rate:** In effort to attract consumers, especially young consumers, credit card issuers often offer a low introductory rate that switches to a higher variable or fixed rate.
- **Variable interest rate:** This rate is the percentage that a borrower pays for the use of money, which can fluctuate periodically based on changes in other interest rates.

Source: *Adventures In Education, Bankrate.com*

Paying for Spelman: The Recession Guide

Briyyah McClain
Staff Writer

So, what's on the mind of many incoming Spelman students? They are wondering if they'll ever get used to living with the strangers some call roommates, their 8 a.m. class, and most of all, the huge price tag on their education. Thus, every bit of funding towards tuition and fees makes a difference to students. Knowing how to tap into financial resources is where many students fall short.

Kara Gardner, one of two scholarship coordinators in Spelman's Financial Aid Office, says one of the most common gaffes students make when looking for tuition money is not submitting their applications early and failing to checking their e-mail accounts for scholarship opportunities.

Gardner advises students to begin their search early and to apply at the beginning of the fall semester. She also suggests that students take advantage of the applications and books in the financial aid office and to join

a Facebook group designed to help Spelman students find scholarships.

For many students, paying for their education is an obstacle that has left them with very few options this year. However, several Spelman students have found creative ways to fund their education for the 2009-2010 academic year. The combination of a suffering economy and the higher tuition and fees of a private college has inspired students to take advantage of the scholarship resources available on campus and online.

Ashley Owens and Aris White are among the many students at Spelman who found creative ways to pay this year's tuition and fees over the summer.

From late May until July, they devoted 300 hours of community service with Jumpstart, an AmeriCorps program focused on improving early childhood education in some of the nation's most under served areas. After successfully completing their service hours, AmeriCorps awarded Owens and White a \$1,000 award that went directly towards their tu-

ition and fees.

Similarly, sophomore Christian Watkins earned a monetary award to pay for tuition by participating in the MBRS-RISE program this summer. Funded by the National Institute of General Medical Sciences of the National Institutes of Health, MBRS-

RISE is a research initiative that provides professional development opportunities for historically under-represented groups in the biomedical field.

While there are many resources available to Spelman students, it takes a creative spirit to turn the dream of attending Spelman for another year into a reality.

- **Make your search personal:** Narrow it to ethnicity, income, classification, major, etc. This will improve a student's odds. Search sites like Fastweb.com allows students to narrow searches down to personal characteristics and interests.
- **Get involved:** Join Jumpstart or a similar program for a year and earn an educational award to pay tuition and fees while giving back to the community.
- **Rent your text books:** At Chegg.com students can find most text books for only a 1/3 of the cost that they would spend at the college bookstore.
- **Tap into federal resources.** Fill out the FAFSA online and do it early in the beginning of the new year before you or your parents prepare taxes.

Special Interests

Campus life offers a plethora of activities

Getting involved with several organizations and other special interests groups on campus can be a daunting task. Because there is so much to choose from, it may take some time to decide which groups are truly for you. While students are often seeking to join more popular organizations such as the Student Government Association and P.U.L.S.E., they should know that there are other groups in which they can participate. The *Spelman Spotlight* has compiled a list of just a few of these organizations:

Afrekete: We all wish there was a place we could go sometimes and just be comfortable in our own skin—sexuality included. Afrekete is an activist group in the Atlanta University Center that will provide you with just that. "Afrekete," is the name of a character derived from Audre Lorde's "Zami," which delves into issues of developing a vivid understanding of self-identity. Afrekete pulls from this theme and provides students with a place to break down barriers that the outside world may throw at anyone who is a part of the LGBTQ community. Come and free yourself of the judgmental reigns of the mainstream, or come to understand the issues which your LGBTQ sisters face everyday.

Community Leaders Council: Are you a leader? Are you organized and think you can make a positive influence on your fellow Spelman sisters? If you answered yes to these questions, Community Leaders Council (previously Hall Council) may be the place for you. Within each first-year residence hall, there are various positions for which students may run. If you're interested, get your platform together, as campaigning can be quite vigorous and competitive.

Jaguars Athletics & Cheerleading: Yes, Spelman has athletic teams. The college offers volleyball, soccer, cross country, tennis, basketball, softball, and golf teams so get involved! Former cheerleaders, what better way to reach out and have fun at the same time than by cheering on your Spelman sisters? By becoming a member of the Spelman Cheerleading team, you not only show your support for Spelman's basketball team, you can experience an excellent work out, too.

Pre-Alumnae Council: Do you love Spelman College? Of course you do! Every Spelman undergraduate student aspires to someday graduate and thus become alumnae. For this reason there is a group called the Pre-Alumnae Council, which paves students' way

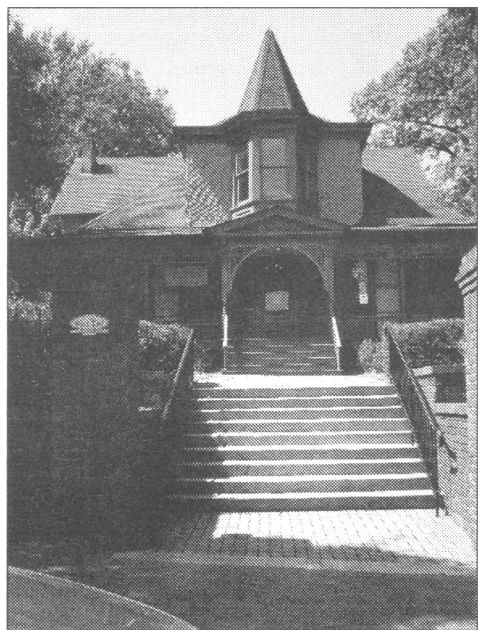
to remain active and in tune with the Spelman community even after commencement has passed. This group of Spelmanites are responsible for ensuring that the relationship between current students and alumnae is healthy and thriving. Events such as Homecoming, Christmas Celebrations, and Founders Day serve as events in which Pre-Alumnae members bring alumnae to campus to unite with their fellow Spelman sisters.

Spelman's Independent Scholars Program (SIS): As Spelman students, we are all thirsting for knowledge. Spelman's Independent Scholars program gives students an opportunity to have an in-depth learning experience with other scholars. This group is comprised of a diverse set of scholars majoring in all fields. Spelman's Independent Scholars program lasts for two semesters. The first semester focuses on research and interviews, while the second concentrates on transcribing and editing. Weekly seminars and meetings are used in order to increase knowledge of oral history. The SIS often includes special guests as well as oral historians to enhance the learning experience.

Compiled by Denia Moreland.

Welcome to the West End

Home of the Atlanta University Center



Hammonds House is an independent art museum that displays pieces from the African Diaspora. Historians believe the building was built around 1880, making it one of the three oldest homes in the West End.

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At first glance, the Historic West End may not look like much. In fact, you may be lost on the idea of historic all together.

Traveling on the Atlanta University Center shuttle in transit to the MARTA station, you can expect to see a surplus of stores and fast food eateries such as Gut Busters, a restaurant serving Philly cheese steaks, and Maxway, a department store offering deep discounts on household items and toiletries.

You should also become accustomed to the sounds of southwest Atlanta—the latest hip hop tunes blasting from passing Chevy cars and rimmed-out Buicks driving down Lee Street or parked in the West End Mall parking lot.

When venturing around the area you may be alarmed. The experience of humanity that you will encounter walking around the outskirts of our campus is one that should inspire you, encourage you, and in some instances, uplift you. To be a Spelman woman is to see the realities of this world and to approach it with a heart filled with compassion, and a mind set on being the advocate for change.

At first glance, the West End is "just...the West End". It's your new home, and it's a place that may take a little getting use to. You may not realize it, but the West End was once a highly prominent Atlanta area that boasted the very best of African-American culture.

Established in 1835, the West End is one of the oldest neighborhoods in the metropolitan Atlanta area. Named after a fashionable theater district in London, England, the West End was considered to be the prime area for up-and-coming development in the 1870s because of its location being five minutes away from the heart of downtown.

Due to its popularity, the West End community experienced exponential growth, and up until the 1960s, the area was predominately white. But with the founding of the West End Busi-

ness Association, West End inhabitants began moving to the suburbs, and this migration ushered in new space for highly distinguished Black Americans.

Along with this migration came much of the cultural vibrancy that is still visible today. For instance, Hammonds House is an independent art museum that solely displays pieces that represent the African Diaspora. Historians believe the building was built around 1880, making it one of the three oldest homes in the West End. It was renovated shortly before the death of its original owner, Dr. Otis Thrash Hammonds, a prominent Atlanta physician and arts patron.

Another noteworthy cultural landscape is the Shrine of the Black Ma-

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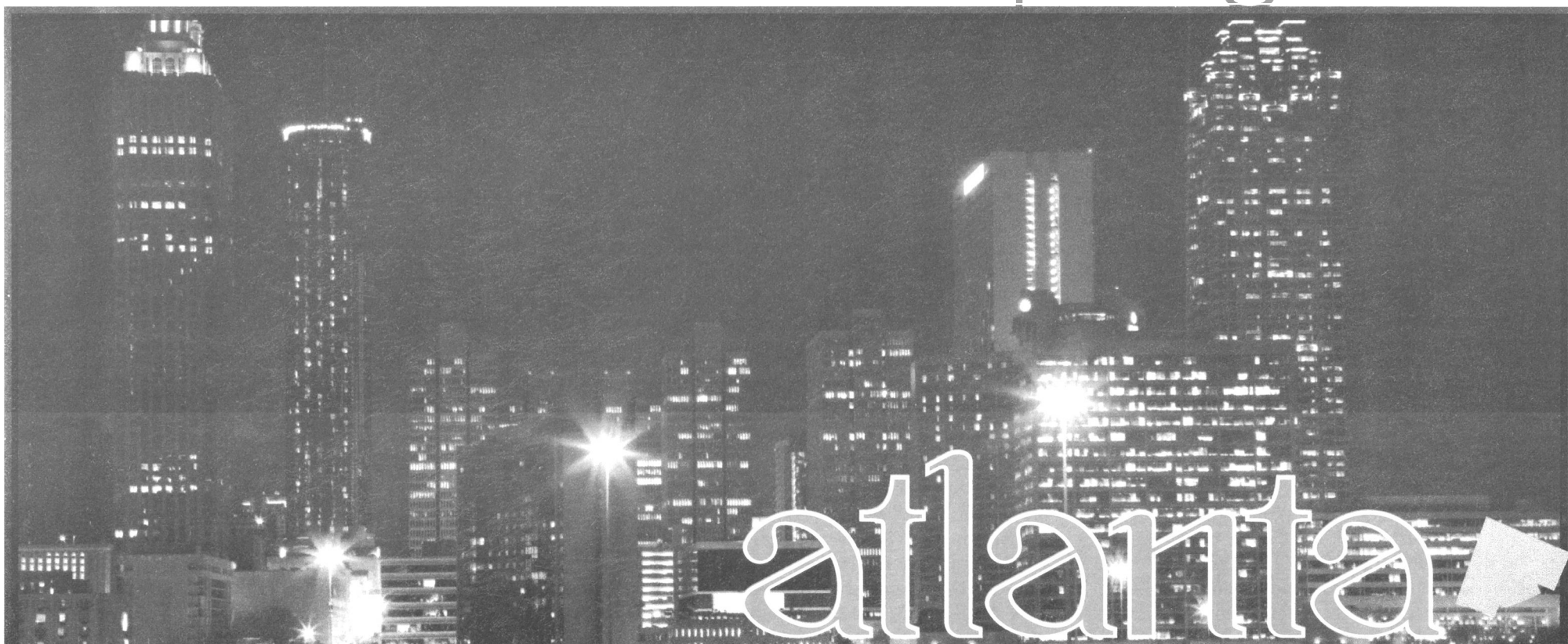
donna, a bookstore located on Ralph D. Abernathy Boulevard. For the Afrocentric buff the Shrine is a great place to find literature and artistic pieces that boasts the very best from the Motherland. The Shrine promotes the belief that in order to understand ourselves as a people we must invest in our culture. Beyond intellectual literature, you can purchase jewelry and participate in special events. You may even find some

discounted books for your courses.

Among these cultural landmarks, exist new establishments like the Sky Lofts, an urban lifestyle housing complex. The West End is undergoing a remarkable revitalization. Such additions to the West End are highly anticipated and some people believe they are much needed in order to bring the area back to the level of socioeconomic and cultural diversity that it once held. The West End community, although it is often made out to be a place ravished by poverty and desolation, is simply a community with a rich past and an even brighter future.

I remember the first time I went to the West End Mall. On the ceiling hung numerous banners depicting all five colleges representing the Atlanta University Center consortium. In the middle of the building hung one particular banner that read, "Welcome Back Students". Upon seeing this for the first time I felt a sense of pride. I felt accepted, and I felt at home in this foreign area. Even though this community may not be able to provide the finer things in life we may be accustomed to coming from our various backgrounds, it was satisfying to know that within the West End, we could find support.

What lies in between is the opportunity for students to contribute to its restoration and to make it their adopted home. Welcome to Atlanta and welcome to the West End.



hotspots

Southern charm and Urban flavor converge in this "New Capital of the South", known for its trendy nightclubs, chic boutiques, world-renowned attractions and charming restaurants. Venture out to Atlanta's diverse neighborhoods: Buckhead, Downtown, Little Five Points, Midtown, Virginia Highlands and West End to experience all that this metropolis of personality, style, food, music and history has to offer!

You've gathered everything you need and you have designed your living space just the way you like it. It's beginning to feel a little more like home. You know that there are several events for you to attend during orientation, and you have come prepared, but what about outside of Spelman's gates? No worries. The *Spelman Spotlight* has got you covered with a quick guide to some of Atlanta's salons, shopping districts, restaurants, hangout spots, and clubs.

* Hair

For students who wear perms and texturizers Blendz Hair Salon is an establishment that specializes in relaxing, coloring, and sew-ins. The salon is located in the West End behind CVS. Ph: 404-758-0155. For students with locs check out Bornu Locs in Decatur, Ga. The salon specializes in naturals, locs, twists, and coloring. Ph: 678-360-2116. Peezy Headz in Little 5 Points also offers loc maintenance, twists, braids and thermal silkening. www.peezyheadz.com

The more upscale and pricier Too Groovy Salon and Spa also offers services for natural and relaxed hair in addition to full spa services. www.toogroovy.net

Once you have gotten your hair done, to finish it off with a manicure and pedicure?

For a great nail experience, try 10Ten Midtown. This nail salon only specializes in manicures and pedicures, but offers eyebrow waxing. www.10tennailbar.com. Other nail salon with low but with a spa experience, Nails & Spa in the Edgecommunity. Ph: 404-230-1-Too, which is located in Atlanta Village, offers an alternative to eyebrow wax-salon removes facial an ancient East-technique called This

salon also offers henna body art tattoos and body waxing. www.itoosalon.com

* Beauty

have gotten your what better way it off than with and pedicure? salon experience Nail Bar in shop not manicures it also services. An-pricing, is C-wood 6255. East alternating. The hair using ern technique "threading." removal method is said to yield better results than plucking and traditional waxing. The

* Shopping

At Spelman, students have their own individual styles. In Atlanta, there are plenty of malls and shopping centers aside from the popular Lenox Square Mall and Atlantic Station. Other great areas to shop include Little 5 Points. The shopping district offers a variety

of boutiques and stores ranging from the well-known American Apparel to local treasures like Cherry Bomb, a shoe lover's heaven, and Rags-O-Rama, a thrifty shop that allows customers to buy, sell, and trade old threads, bags, and shoes. www.lp5.com. Castleberry Hill, which is located just around the corner from the Atlanta University Center, also offers a variety of boutiques such as Adrene's Boutique and Dymond Wayz Accessories Heav'n Boutique, which offers high-end customer jewelry, quality inspired leather bags, and more. www.castleberryhill.org

* Dining

Although many students are grateful for Spelman's cafeteria, several students will want a taste for something different. For a down home Southern meal, check out Busy Bee Café, which is minutes away from campus. www.thebusybeecafe.com. For American Cuisine, try Tapas Lounge. This eatery specializes in all kinds of American cuisine from chicken tenders to cheeseburgers. Euclid Avenue Yacht Club and Soul Vegetarian-West End are favored establishments for vegetarian fare. For pizza, check out one of the many Fellini's Pizza locations in Atlanta. www.fellinisatlanta.com.

* Hot Spots to Hangout or Study

Sometimes we just need to get away from campus to study and hang out with friends. There are great spots

around Atlanta for students to hang out with a laid back atmosphere. Tilt Coffee Shop, located in Castleberry Hill, offers a warm comfortable environment www.tiltroom.com. The Grounds Coffee Shop, located behind CVS on Ralph David Abernathy Road, is also a great place to hangout and chill. Ph: 404-753-7063

* Clubs & Leisure

For leisure, there are plenty of events Atlanta collegians can attend. College Night at the High Museum gives students the opportunity to experience the High Museum on a different level. On these special nights, the museum stays open until midnight offering live music, dancing, and other activities at a discounted price. www.high.org. Last, but not least, after getting dolled up, one of your last stops of the day may be the club. Club Miami and Club Eros are popular among first-year students. Worried about transportation? Several club promoters provide free shuttles that will pick up and drop off students. There's also Apache Café. The café is located downtown and offers a relaxed club atmosphere for those who desire live music and an artistic environment. Common guests include Janelle Monáe and the AUC-bred hip jazz musical act, Jaspers.

Compiled by Sydney E. Robinson and Michelle D. Anderson