

THE SPELMAN

SPOTLIGHT

The Voice of African-American Womanhood Since 1957



Courtesy of Spelman College

The Benefits of Women's Colleges

Sierra Stokes
Lifestyle Editor

Women are faced with many challenges in today's society. Statistics show that women are more likely to experience domestic violence, suffer from heart disease and they have the highest numbers of HIV/ AIDS cases. To combat these many issues women are plagued with, some young women opt to attend all-female institutions of higher learning.

"A positive aspect of going to an all women's college is that the environment is more open to telling the truth about women's roles in society – especially African-American women," said Sheryl Means, a sophomore at Spelman College. "Being comfortable when discussing controversial topics is

another benefit at an all women's institution," continued Means.

Historically black women's colleges like Spelman and Bennett prepare their students to succeed in the "real world." These schools focus on making women globally conscious leaders. They also focus on empowering the whole woman, while staying dedicated to academics, so that their graduates are confident enough to compete against their male counterparts.

"Spelman College has two main goals, the first is making sure the students are able to excel upon graduation and the second is ensuring that students graduate as renaissance women with a social conscious," added Means.

Some students attend institutions for women in order to build long lasting relationships.

"I felt [attending an all women's

school] was the best decision for me after visiting the campus and staying in a sorority house... It was like one big family," stated Karla Stevenson, an alumna of Bennett College.

"Also, when I attended a [women's] basketball game I saw how enthusiastic and supportive the student body was, which made me love it even more," added Stevenson.

Overall, many women are pleased with their decisions to attend an all female institution because of their experiences. They learn to be strong women who are able to change the world.

"When making the choice to attend Spelman, I was well aware of it being an all female school, yet that didn't matter to me. I over looked it because I saw it offered more. Now I've come to appreciate its exclusiveness to females and count it among its privileges," stated Jessica

Fitzgerald, a sophomore at Spelman.

There are 78 women's colleges in the United States and the women who attend these schools receive a first rate education, a real sense of personal power and a sense of responsibility to use that power constructively.

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From Me to You: A Letter From the Editor

Dear Class of 2014,

On behalf of The Spelman Spotlight staff, I welcome you to Atlanta and to Spelman College! Whether you are anxiously dreading the start of classes or excitedly waiting for New Student Orientation to end, you all have an amazing four years ahead of you.

You are at Spelman because you have exceeded both inside and outside the classroom and have the potential to accomplish great things. At Spelman, you will embark on an once-in-a-lifetime journey at the #1 HBCU. This journey is not easy and may be hard to handle at times but you have already proven that you are talented enough to complete it successfully.

Your time at Spelman, whether spent conducting research in the Science Center, editing papers in Cosby, or playing sports for the Spelman Jaguars - will be filled with exciting opportunities, life-changing lessons and unforgettable experiences.

We realize that leaving home, choosing classes and extra-curricular activities may seem quite daunting at first. Yet, we are confident that you are all up to the challenges that lay ahead. As your "voice," we at The Spelman Spotlight will always be by your side, striving to make your time here as enriching, fun and comfortable as possible. At any time, if you have any questions, concerns, or suggestions for The Spelman Spotlight, please get in touch with us at spelmanspotlight@gmail.com.

Best of luck,

Jasmine Leal-Taylor
Editor-in-Chief



Music Makes the AUC Go 'Round

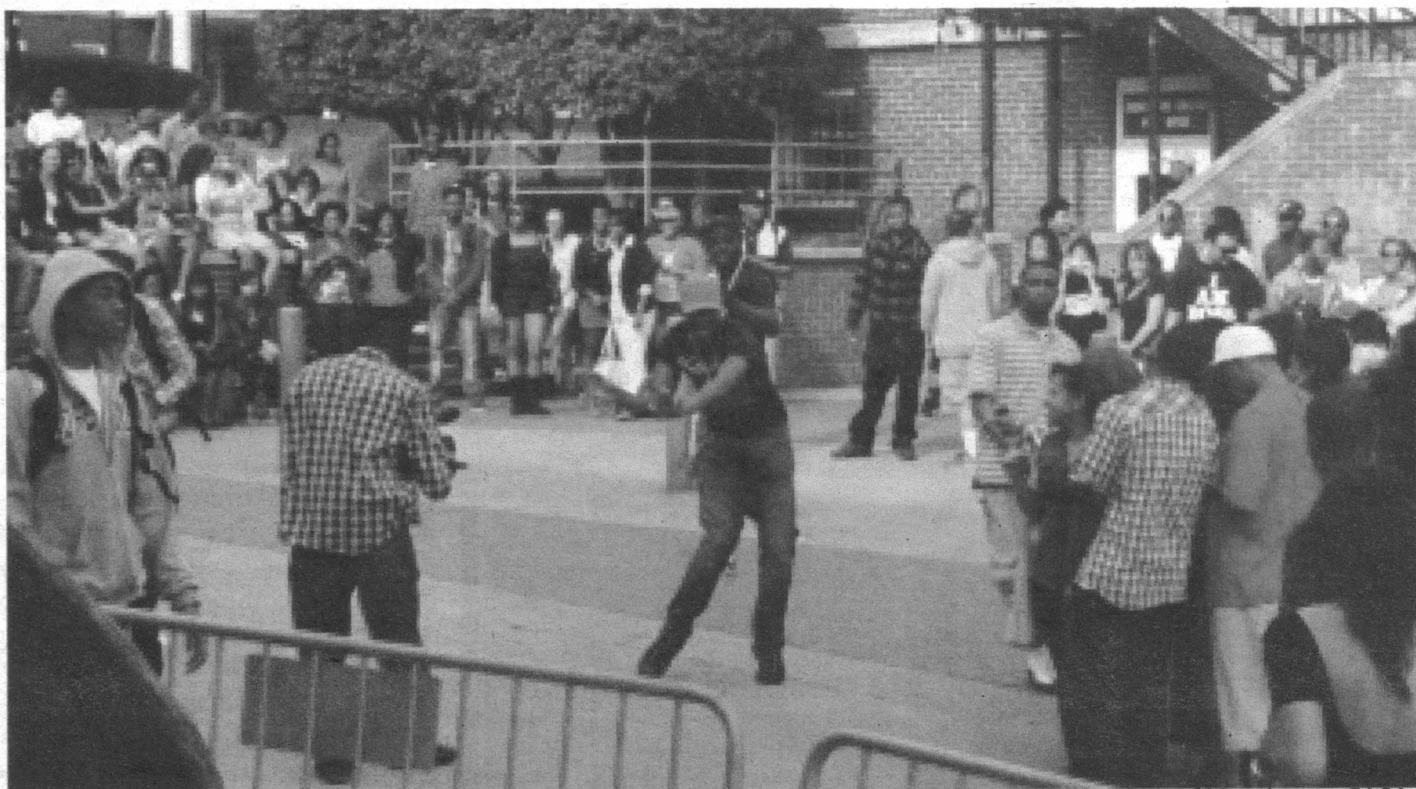
Lakin I. Starling
Staff Writer

Briana Haymon
Arts & Entertainment Editor

New Student Orientation Week will be one of your fondest memories at Spelman. It is the time when students bond and settle into their new lives as Spelman women. One thing that instantly unifies the first-year class is the music. Each region of the country represented in the Atlanta University Center brings its own unique style of music that you will soon come to appreciate.

When you first arrive in the AUC the southern twang and Atlanta club music will sound strange, but attending a HBCU in the south puts you in the presence of all kinds of music, especially when it comes to hip-hop. Southern hip-hop has its own sound and language. It is infectious, with an energy that is impossible to ignore. At first you may not like it or understand the dances associated with the songs. But, once you get comfortable with the music and dance moves, southern hip-hop will become a part of your life.

If you think southern music is the only style that is recognized



and respected, you are mistaken. Although, Atlanta has its own vibe, the AUC is a breeding ground for new music. Both national and international students infuse their own flavor into the bounce and flow of southern bangers when they arrive. Just as California brings their "hyphy" style; DC, Maryland and Virginia represents their "go-go" music when local bands come to the AUC.

Atlanta is a gigantic melting pot of fresh beats and sounds.

The friends you make will also play a major role in what new music you'll come to love. You'll develop a taste for out of state music that comes from the hometowns of your new friends.

There is excitement in the musical diversity that is present at Spelman and in the AUC. Not

Courtesy of Morehouse CASA only do the various genres give the parties and events a flavorful vibe, but it also seems to bring the student population together. With every new song, comes an exhilarating and fresh new memory. So embrace every melody and remember every line, because it is all essential in this new time as a new student at Spelman College.

The Dreaded Freshmen 15

Jordan Harris
Arts & Entertainment Editor

The fear of gaining a few unwanted pounds is a common concern for any college woman. Likewise, the strong correlation between the infamous "Freshman 15" and youth obesity raises the concerns of health care professionals nationwide. Fortunately, researchers have found that excessive weight gain in college is unlikely and preventable. Recent studies challenge and disprove the "Freshman 15" myths.

In 2008 a study of 36 college freshmen at Auburn University, found the average weight gain for college first-year is 4.8 pounds. That same year, a study of 67 college first-year at Rutgers University, suggested more weight gain among first-year students. The study was conducted by Daniel J. Hoffman, Ph.D., associate professor of the department of Nutritional Sciences. It proves that although 18 students lost weight, 49 students gained an average of seven

pounds, over the course of one year.

Albeit first-year students reported gaining weight, none gained 15 or more pounds.

It is necessary to note that men gain more weight than women during their first year in college. According to the Scientific Program of the American Society for Nutrition, previous research found that men reported gaining an average of 3.7 pounds while women reported an average gain of 1.7 pounds during their freshman year of college.

Likewise, the study at Auburn University reported an average weight gain of 5.4 pounds for men and an average weight gain of 3.2 pounds for women during freshman year.

Researchers credit a variety of factors for weight gain among first-year college students.

One factor is the decreased levels of exercise or the lack thereof. A study conducted by researchers at the University of Guelph, found that

some women who participated in high school sports stopped doing so once they entered college, leading to excessive weight gain.

The increased availability of food on college campuses and the sudden absence of parental guidance on diet is another reason for weight gain. Researchers at Auburn University blame the all-you-can-eat buffet style college cafeterias for student weight gain. They suggest it is challenging for students to moderate their food intake when they are offered unlimited food in one setting.

Social eating and binge drinking is another cause of unhealthy weight gain. According to researchers at Auburn University, because students are eating out more and consuming excessive amounts of alcohol in social settings, they are unaware of how many calories they are consuming, resulting in weight gain.

Some researchers have discovered methods and interventions to prevent unhealthy weight gain

amongst college students. Many health care professionals suggest students demand nutritional and caloric values of foods be posted in cafeterias. Others suggest students incorporate more physical activity into their lives, such as going for a walk, taking the stairs, or using campus workout facilities for 30 minutes a day.

To avoid any unwanted weight gain, during your first year at Spelman limit how many times you order out and begin an exercise routine you can follow at least three days a week. Spelman also has a workout facility in Reed Hall, which offers different aerobic class during the week such as Pilates and step aerobics. Students even have the option of speaking with on campus nutritionist in MacVicar. Any of these suggestions will help keep your figure intact while at Spelman.

Caring for Your Hair

Ariel Smith
Staff Writer



Courtesy of naturalhair.org

Properly caring for your hair can be challenging for a college student with a limited budget, but it is possible. The first step in proper hair care is selecting a shampoo and conditioner system that will cleanse your hair and scalp, while restoring your hair's natural oils. There are numerous shampoos geared towards women of color. Here are some

shampoos and conditioners that are best for relaxed and natural hair; Crème of Nature Regular Shampoo and Conditioner, Mizani Botanifying Shampoo and Fulfyl Conditioner, Pantene Pro-V Relaxed and Natural Shampoo and Conditioner or Nexxus Therapee Shampoo and Humectress Conditioner. These products cost about \$10 and can be purchased at

retail stores like Target.

The next step is to keep your hair moisturized at all times. Regardless if the hair is natural or relaxed, it is imperative that your hair stays hydrated to avoid split ends and breakage. To prevent dry and brittle hair, opt for products that contain a sealant. The sealant will "seal" in water and your hair's natural oils.

Oils and cream moisturizers are good sealants to use on a daily basis to restore your hair's moisture. Shea butter, coconut oil and olive oil are the most common and accessible moisturizers. Shea butter is a thick butter that is easy to melt and apply. When purchasing Shea butter choose one that is 100% raw with a yellow hue, it is available in various stores in the Historic West End.

Shea butter is a great moisturizer but weighs the hair down and should only be used by individuals with thick hair. For women with thin hair, oils are great substitutes. Oil is much lighter and a great way to give dull hair a refreshing pick me up. When selecting hair oil try a 100% extra virgin cold pressed oil like olive oil or coconut oil. It is sold in supermarkets and beauty supply stores.

Keeping your hair hydrated is extremely important, but applying too much moisturizer can cause your hair to become limp, clogged and smelly. Remember when applying moisturizers to use them sparingly and avoid products that contain alcohol, like gels. Alcohol strips the

hair of its natural moisture and gives the hair a greasy appearance. Gels, such as Fantasia IC and 100% Aloe Vera Gel are alcohol free and will keep your hair looking healthy.

Also, exercise caution when straightening and blow drying your hair. If you are of fan of straight hair, you can prevent damage by applying a heat protector serum before flat ironing your hair. Heat protector serums are created specifically to restore hair damaged by heat while providing protection from future damage, Thermal Creations Heat Tamer Spray is a must-have for any woman that exposes her hair to heat sources on a regular basis. Overusing this product will make the hair appear to be greasy and unwashed. This spray is best used in very light amounts and only when styling. This product can be found in most beauty supply stores.

If the previous tips are too much to handle, you can also wear your hair in a low maintenance style that will protect your luscious locks. Braids, weaves, twists, and wigs are all fun and easy ways to protect your hair from damage.

Even though you can take care of your hair on your own, try to visit a salon bi-monthly and get your hair done by a professional, who will be able to recommend other hair care options. Remember, anyone can have beautiful hair regardless of the length if you take simple steps to care for it.

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Got MacVicar?

A Quick Guide to Spelman's Student Health Services

Kelly Harper
Copy Editor



Courtesy of Spelman College

As stressed in the media, prevention is the key to attacking everything, from a cold to sexually transmitted diseases (STDs). Spelman's MacVicar Health & Wellness Center, located directly across from The Suites and in between Howard-Harrel Hall and Living and Learning Center 1, offers a plethora of resources designed to help students with their various health concerns. This cozy brick building is home to an amazing array of health services that cater to various physical and mental health issues that affect young women.

The helpful staff in MacVicar wants to make sure that you have a healthy and happy time here at Spelman.

Brenda Dalton, Director of Student Health Services at MacVicar relates, "Often we find

that graduating Spelman students have never been to Health & Wellness Center. We urge that students take advantage of the wonderful and free resources that we provide here at the center, because they are here for you."

A unique feature MacVicar provides is their same day appointments, which means that you can see a health care professional that same day. If you have a pressing concern that needs to be checked out immediately, stop by the sick hall clinic on the 1st floor between 8:30 a.m. and 11:30 a.m., Monday through Friday. If you need assistance after the allotted times, you must call MacVicar and set up an appointment.

"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 all women staff is ready to answer any and all question they have," says Dalton.

Located on the 2nd floor of MacVicar, is the Women's Health Clinic. The Women's Health Clinic provides services such as gynecological exams, STD testing and provides birth control prescriptions. Same day appointments are not guaranteed for the Women's Health Clinic, you will to make an appointment at least 2 weeks in advance.

Also, MacVicar offers free flu shots and other vaccines, such as the HPV vaccine for a reasonable price.

During your first year in college, you will experience some exhilarating highs as well as some disappointing lows. It can be difficult to deal with all of the overwhelming emotions that one experiences during her first year. To help you cope with your transition, MacVicar offers free counseling services to all Spelman students.

Services offered include individual and group counseling. Students typically receive 20 counseling sessions per school year for 50 minutes each. If a student requires more counseling than the allotted amount, the therapist will help secure more sessions for the student. If you are interested in talking with a counselor, don't hesitate to schedule an appointment in the Counseling Department, by calling (404) 270-5297.

In addition to the health services that the center provides, there are informative brochures that offer insight to everything from different birth control methods to preventing heart disease.

Also, don't forget to peruse throughout your entire orientation bag because Student Health Services has included first aid kits!

To learn more about the Spelman Student Health Services or to make an appointment, please call (404)270-5249. If you have an emergency that occurs after 5p.m., call Public Safety at (404) 525-6401.

Interested in joining the staff?

We are recruiting reporters, editors, page designers, advertising representatives and distribution team members.

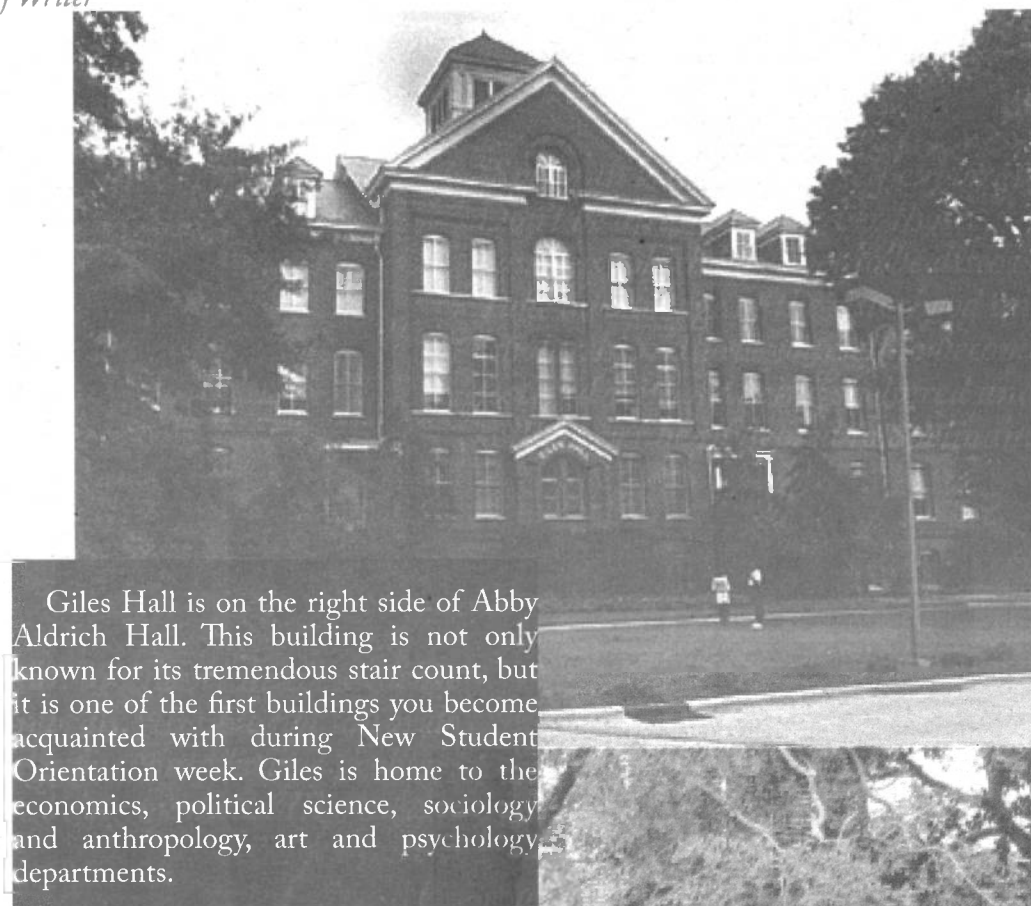
Information Session August 24, 2010.

10:30 a.m. - 11:30 a.m., Manley Atrium

All majors are welcome!

A Guide to Spelman College

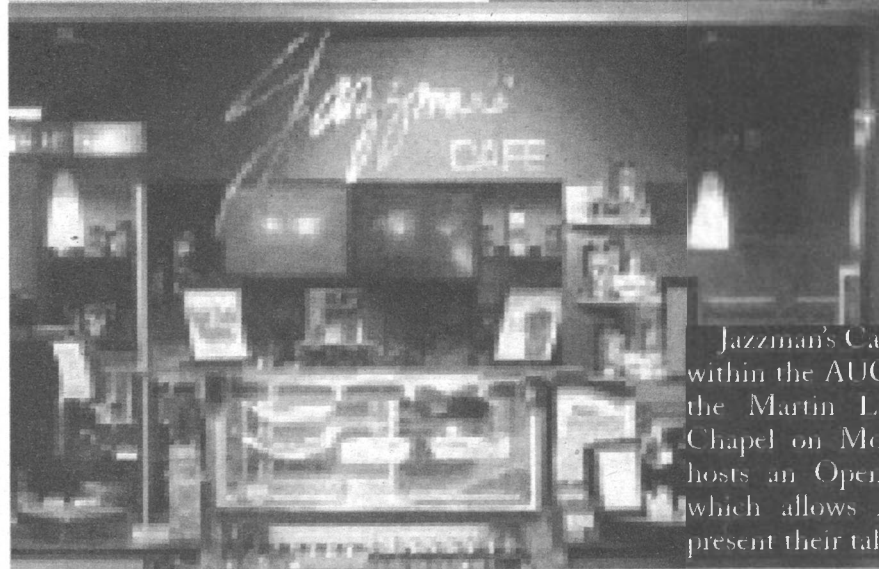
Gabrielle Hamilton
Staff Writer



Giles Hall is on the right side of Abby Aldrich Hall. This building is not only known for its tremendous stair count, but it is one of the first buildings you become acquainted with during New Student Orientation week. Giles is home to the economics, political science, sociology and anthropology, art and psychology departments.



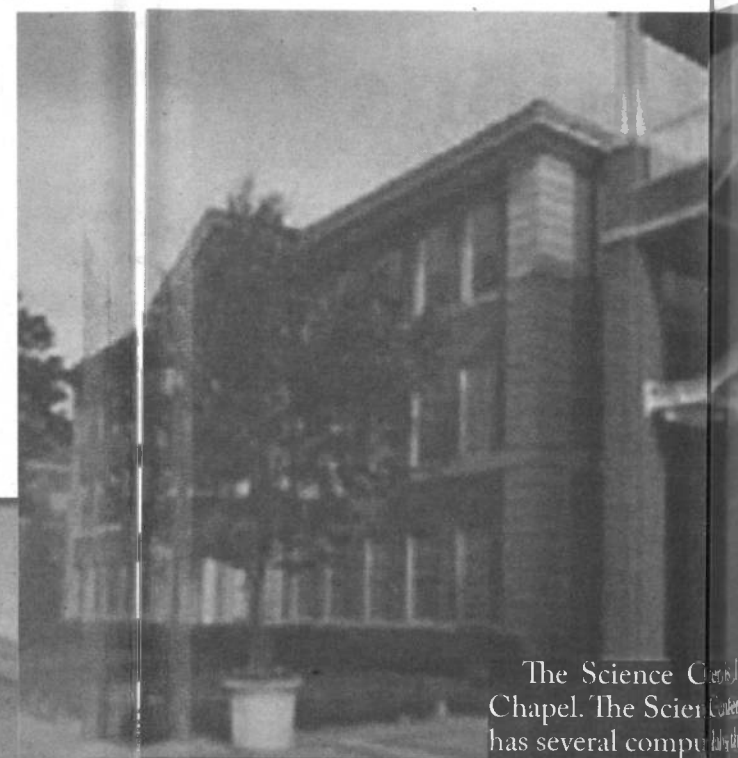
Packard Hall can be found behind Manley Student Center. Students can take care of a number of logistical issues here. The registrar's office is here along with financial aid, student Accounts and the scholarship office.



Jazzman's Café is a cozy coffee shop located within the AUC. The café located across from the Martin Luther King Jr. International Chapel on Morehouse College's campus. It hosts an Open Mic Night every Thursday, which allows local artists and students to present their talents to the AUC community.



The historic Sister's Chapel is found in between Reynolds Cottage and Read Hall. It is the place where you are inducted into the Spelman sisterhood. Sister's Chapel is the place where first-year convocations are held and a place where you can worship with your AUC sisters and brothers. Most importantly Sister's Chapel is the home to Spelman's Founder's Day celebration.

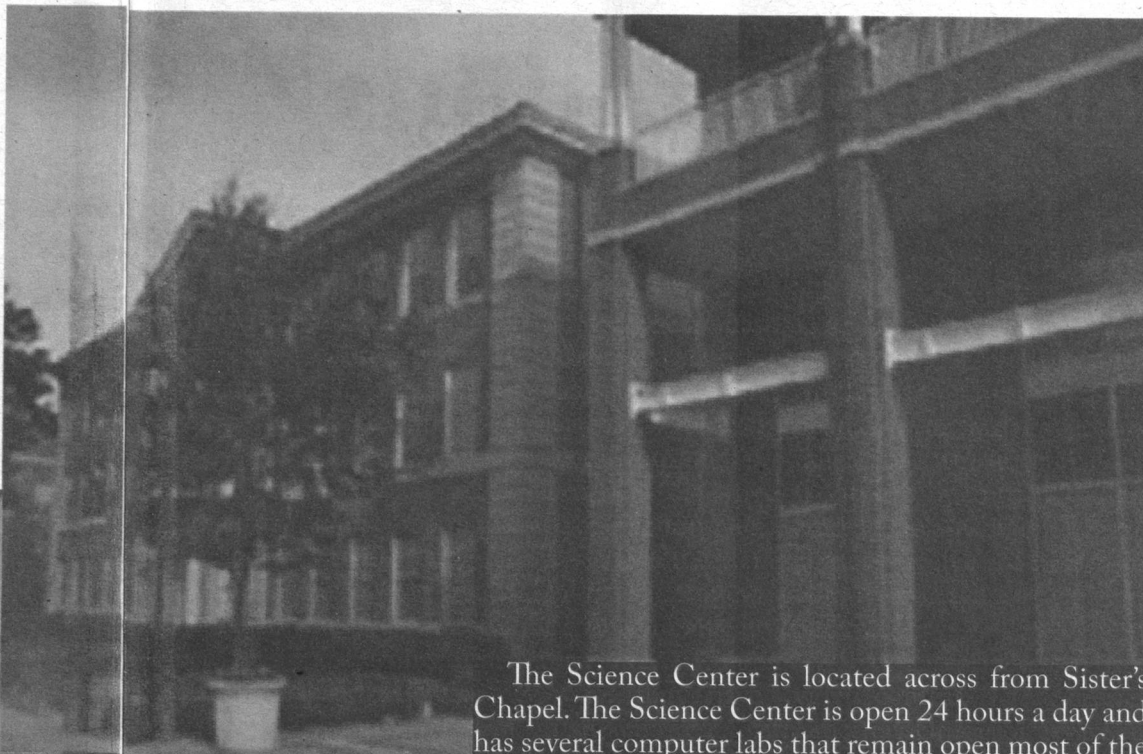


The Science Center is located in between Reynolds Cottage and Read Hall. It has several computer labs and a day as well. Also, the Science Center is located here. Most importantly, the Science Center has solutions for all of your STEM department needs.



The Martin Luther King Jr. International Chapel is located on the Morehouse College campus. It is a beautiful building that is a walk away from the AUC.

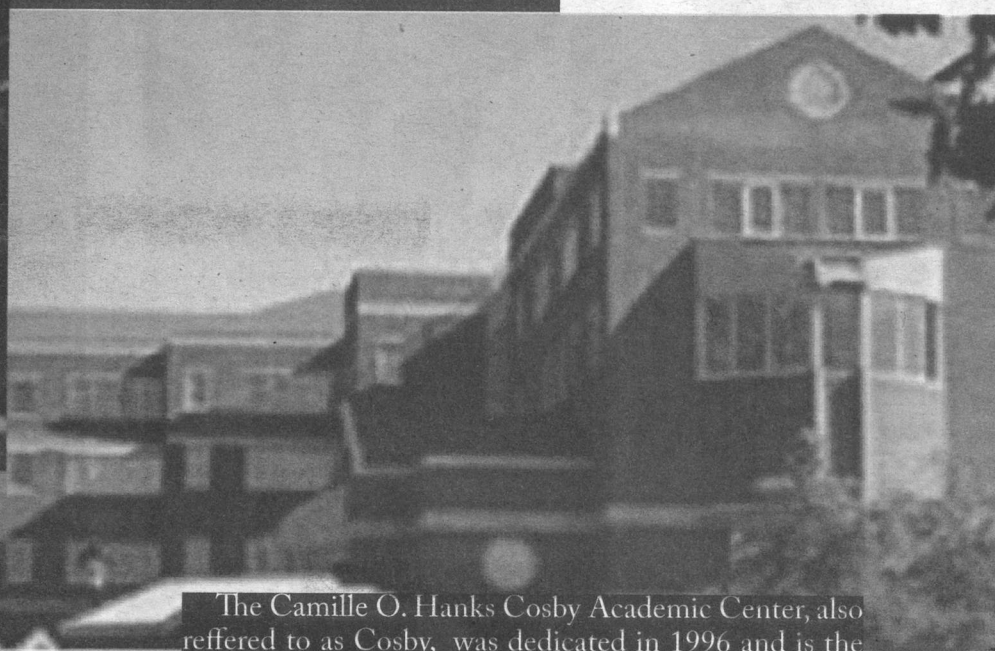
College



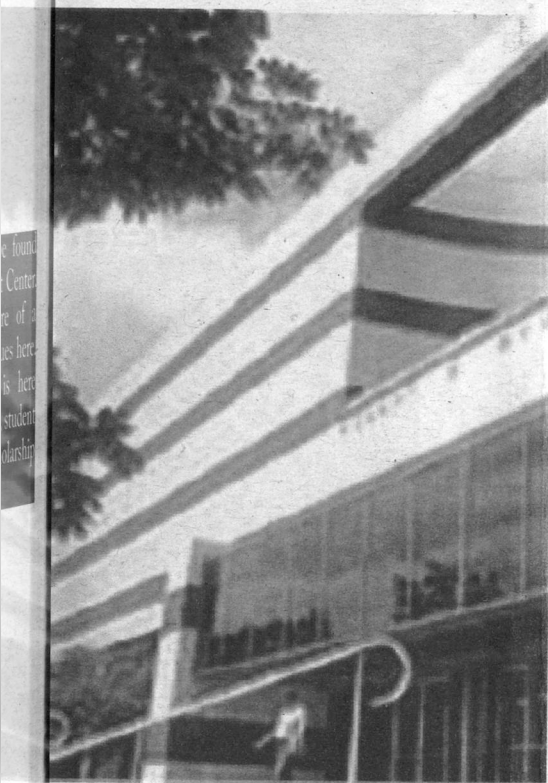
The Science Center is located across from Sister's Chapel. The Science Center is open 24 hours a day and has several computer labs that remain open most of the day as well. Also, Media and Information Technology is located here. MIT is an on campus computer center that has solutions for all your computer needs. All STEM departments are located in the Science Center.



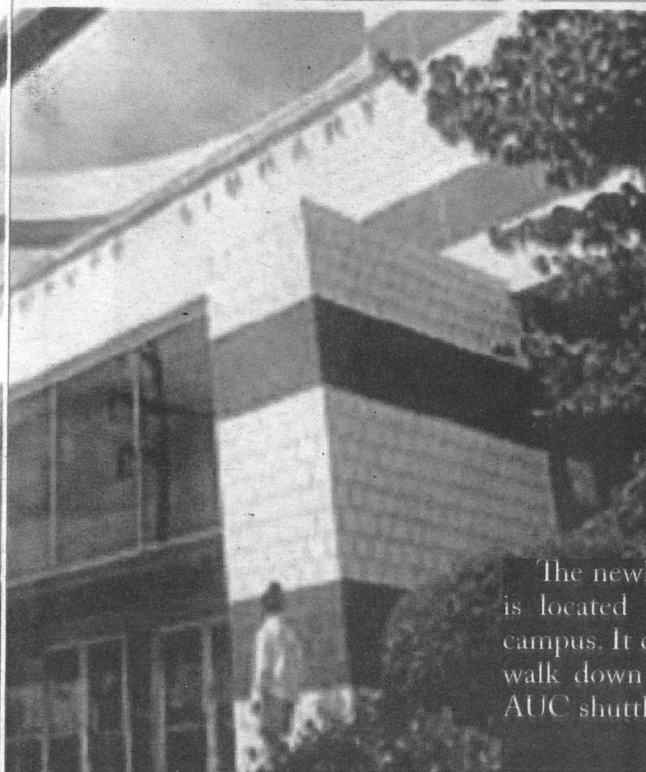
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The Camille O. Hanks Cosby Academic Center, also referred to as Cosby, was dedicated in 1996 and is the first building to your left upon entering Spelman's Lee St. gate. Cosby is home to the English, comparative women's studies, world language and literature, history, philosophy and religious studies departments. This building also hosts the Women's Research and Resource Center, the Writing Center, the college's archives, and the Spelman College Museum of Fine Arts.



The newly renovated Woodruff Library is located on Clark Atlanta University's campus. It can be accessed by taking a nice walk down the Promenade or taking the AUC shuttle.



Read Hall

Read Hall is adjacent to Sister's Chapel and next to the Living & Learning Center II. This building is the college's Physical Health and Education Center. Here you will find all of your required PE courses and some dance courses. Read Hall accommodates the Wellness Center, which provides traditional workout machines such as free weights and treadmills. Read Hall also is home to all of Spelman's sports teams!

Manley Student Center

The Manley Student Center is located across from Howard-Harrell Hall and is the heart of the student experience at Spelman College. The student center provides a space for student activities and interactions. Students dine, meet friends, hang out, have parties, study and even celebrate historical events in the Manley Student Center.

The student center is split into two parts, Upper and Lower Manley. Upper Manley houses the Alma Upshaw Dining Hall, the office of Student Life & Engagement, and the Manley Atrium. In Lower Manley you can find the Student Technology Assistance Center and the offices for the Spelman's Student Government Association, P.U.L.S.E., and The Spelman Spotlight. Lower Manley also has a lounge space for commuter students. The Jaguar Underground, better known as The Grill, is also located on this level.

The outside area is Manley Patio, which hosts a number of student events that range from the weekly Market Fridays to special events sponsored by various organizations on campus.

A Guide to Student Organizations

Jasmine Leal-Taylor
Editor-in-Chief

Spelman has many student organizations - it is just a matter of finding your niche. In addition to classes and internships, student organizations are a great way to meet new friends who share a common interest, whether you choose to save the environment or sing at Sister's Chapel on Sundays. *The Registered Student Organization Fair on Tuesday, Aug. 24th in Upper Manley.*



Courtesy of Diverge

Diverge AUC Art Club

Do you have a passion for Art? If so, Diverge AUC Art Club should interest you. Diverge enhances the educational, cultural, professional and aesthetic experiences of art students and patrons of the arts.

Esther's Circle

Esther's Circle is a ministry founded on three pillars: sisterhood, identity and virtue. They strive to help their Spelman sisters foster relationships with Christ and to expose them to the God of amazing love, justice and peace.



Courtesy of Manifest

Manifest

Want to turn your shower singing into something more? Try out for Manifest (formerly known as the Spelman College Sister's Chapel Praise Team). Manifest is a group of college students hailing from the Atlanta University Center whose mission is to minister through praise and worship. The vision of this ministry is to allow each member to use his/her gifts to praise and worship God in spirit and truth. They strive to create an authentic ministry that reaches beyond itself to spiritually engage and inspire others.



Courtesy of Spelman College

Granddaughter's Club

Has anyone in your family attended Spelman? If so, you are a granddaughter and should become a member of Granddaughter's Club. The purpose of the Granddaughter's Club is to study and preserve Spelman's history and traditions.



Courtesy of Esther's Circle



Courtesy of Spelman College

Spelman Jaguars

Do you love being active, sports and teamwork? If so, Spelman sports may be your calling. As members of the National Collegiate Athletic Association (NCAA), at the Division III level, the Jaguars compete in the following sports: basketball, cross country, golf, soccer, softball, tennis, and volleyball.



Courtesy of FMLA

Feminist Majority Leadership Alliance

The Feminist Majority Leadership Alliance (FMLA) of Spelman College actively combats, critiques, interrogates and speaks out against all forms of oppression that marginalize, dehumanize and homogenize women of color. With BLACK FEMINIST POLITICS, they strive to RADICALIZE our campuses in the AUC and throughout the surrounding communities. Any and all students are invited to join FMLA.

Freshman Roommate: Best Friend or Worst Nightmare?

Kelly N. Harper
Copy Editor

For those who have never shared a room before, having a roommate can be a totally different experience. If you have ever lived with siblings, chances are you've had some prior experience with sharing and have learned to compromise. But even with this extensive pre-training, there is nothing like living with a complete stranger for an entire school year. However, it is up to you and your roommate to decide if you all remain strangers or become sisters. While some may not have control over roommate selection, each person has the opportunity to create a successful relationship with her freshman year roommate.

Establish boundaries and ground rules before there's a problem.

Early on, it's important to discuss essential issues with your roommate, such as visitors, sharing food and

personal items, and noise levels. It's vital that each person is honest, in order to prevent a major blow-up later on in the school year. Create a plan for a peaceful, memorable freshman living experience so that you are both aware of the other person's needs and requests.

Are you a morning person who rises with the sun for a morning run or last-minute calculus review? Or are you more of a nocturnal person who prefers staying up late surfing the web, watching television or talking on the phone? Conversely, do you like to blast your Lil' Wayne or Frank Sinatra at the highest level on a regular basis? Make sure to discuss this as soon as possible before classes begin and you all settle into your lives at Spelman.

If something is consistently

If a problem arises, handle it respectfully and quickly

bothering you, it is important that

you and your roommate(s) sit down to discuss the issues and possible solutions. Avoid letting an issue fester until one of you loses her temper. If you are unsure of how to handle the situation, consult with your Resident Advisor about advice and intervention.

Create special roommate-bonding traditions

Creating regular rituals will help form long lasting memories that will cement your bond during your first-year. Try attending church and brunch on Sundays, followed by an afternoon of studying or watching movies.

Be open to new possibilities

It is likely, that you and your roommate will come from different backgrounds and have different beliefs and habits. Remember that you are both different and will need to adjust to each other's lifestyles. Don't judge her on preconceived

notions or prejudices—you may discover that you both possess unique commonalities.

Don't be disappointed if you all aren't best friends

Some people are just not meant to be best friends, and that is perfectly fine. Let the relationship develop naturally, as long as you both establish a basic foundation based on respect and understanding. As the year progresses, friendships realign and new alliances are formed on a regular basis. Do not resist a change in your friend line-up if it changes from Orientation to Homecoming; it happens to most people.

Overall, freshman year can be one of the most exciting yet frightening years of your life. Forging a strong and positive relationship with your roommate is an important part of your freshman year experience. Further questions about dormitory living should be directed to your Residence Director or Resident Assistant.

Big Sisters On Campus

Jordan Harris
Arts & Entertainment Editor

Social networking is an essential part of the college experience. It allows students to build relationships with professors, meet potential employers and gain lifelong connections. Some students find the benefits of social networking to extend far beyond the academic and professional realm. In fact, some Spelman students form big sister networks to strengthen the bonds between collegiate women and to support and uplift their sisters.

Taylor Allen, SSGA vice-president, built her big sister relationships by chance.

"There are so many different opportunities that you can take advantage of that cater to your interests. In those various extracurricular activities you find yourself developing genuine relationships," says Allen.

"I came in contact with someone who is only two years older than me and she became my inspiration as well as my mentor and my friend."

Allen believes she was able to establish a successful big sister

network because she first developed a quality relationship with her big sister.

"I went to my big sister when I sincerely needed help. I trusted her to advise me and to genuinely want to help me," Allen said. "Because she wanted what was best for me and supported me in all I did we built an invaluable relationship."

However some students like Monique Gray, purposely look for big sisters on campus.

"I selected all of my big sisters because I viewed them as positive leaders who exemplified what the true Spelman woman should be," says Gray.

Gray admits it was only a matter of time, before communication and understanding developed her big sister relationships.

Nonetheless, Gray had to understand that her big sisters were not always available, but they still cared about her well being.

Gray is no longer concerned with whether her big sister relationships

will work out.

"If the person is really your big sister then you should not have to worry about whether your relationship will fail. Your big sister will be there through thick and thin," Gray said.

Both Gray and Allen prefer to have several big sisters and have found many advantages in building numerous networks.

Gray believes that with numerous big sisters comes the opportunity to explore different options.

"You won't be stuck if one big sister does not come through. Also, you learn different things from more than one person," Gray said.

Allen believes her big sister networks are the cause for her growth as a person.

"I have grown and challenged myself based on my relationships that I have with my big sisters. They have pushed me to be my own young woman and to be the best I can possibly be," Allen said.

She encourages incoming first-

year students to seek big sisters on campus early.

"This is the best time to develop big sister networks. At this time in your life you need a lot of help with your transition into adulthood," said Allen.

"You have to become involved and figure out your passion. Once you do that, you will find people around you who share the same passion, or want to help you carry yours out," concluded Allen.

The Wonderful World of Scholarships

Sescily Coney
Executive Editor

College is expensive and with the economy in shambles, it's obvious that colleges and universities nationwide are feeling the pressure. Tuition and fees are steadily rising, along with the cost of textbooks.

With the unbelievably high costs of a college education many students end up in a heap of debt or are forced to drop out of school. There is, however, a wonderful term that many college students dread and love all in the same breath—scholarships.

Scholarships are useful tools that can soothe the financial burden that college can bring. They come in many different forms and can benefit every student. The common misconception is that scholarships are for 'straight-A' students only, but that's not the case. What's even better is that scholarships are essentially free money, meaning that they do not have to be paid back to the scholarship committee or organization. So here's a guide to finding scholarships!

1. Look for scholarships related to your major. Most scholarships that are given are geared towards a particular field of study. For example, the Development Fund for Black Students in Science and Technology allots scholarships to students who are science, technology, engineering, or math (STEM) majors at HBCUs. The scholarship is based on merit and financial need. The scholarships are up to \$2,000 and can be renewed annually for a maximum of 4 years.

Women Arts, an organization based in California, funds scholarships for women in the visual or graphic art and design field. From figurative and representational sculptures to creating a masterpiece in an environmentally safe way, Women Arts provides scholarships to some talented women in the field. The scholarships range from \$1,000 to \$5,000.

2. Find scholarships that are geared to students in a particular geographical area. As students, we sometimes fail to realize that we are a part of a smaller community aimed at serving the greater population. Students in New Jersey, for example, have many options regarding scholarships. The Robert C. Byrd Honors Scholarship is awarded

to a New Jersey student who has demonstrated academic excellence. Eligible students must have high SAT scores, near perfect GPAs and showcase strong leadership skills. Another great scholarship is the Dana Christmas Scholarship for Heroism, which was named after a former Seton Hall student who helped save the lives of students in a burning dormitory. New Jersey students who feel that they have demonstrated a great amount of heroism are welcome to apply.

3. Search for scholarships related to community service or past extracurricular activities. Community service and extracurricular activities are important criteria in relation to college admission. They are also great assets when it comes to scholarship searches. The BRICK Awards, offered by the Do Something organization, provides scholarships to "change-makers" under the age of 25. Five nominees will win up to \$10,000 in scholarships or community grants and one winner will be awarded a total of \$100,000 in community grants. Although the community grants are given to a charity of the winner's choice, \$5,000 can be awarded as a scholarship.

4. Search for scholarships simply based on essays. We may not prefer them, but when it comes to scholarships, we all seem to fall in

love with the long-winded world of essays. The Institute of Humane Studies has sponsored a scholarship geared towards environmental education. The aBetterEarth Essay Contest is open to all undergraduate students in any major. Winners of the contest receive a \$2,000 scholarship with runner-ups winning \$250-\$1,250.

If essays aren't your forte, try a video contest. The American Civil Liberties Union offers a scholarship for their ACLU Stand Up for Freedom PSA Contest. The best PSA on civil liberties wins \$5,000 and if you'd like, you can apply for their essay contest and win an additional \$1,000.

5. Even wacky or creative scholarships help! Have you heard about the duct tape contest or the left-handed scholarship? Whether you are familiar or just becoming acquainted, wacky scholarships do exist and they are very useful. The Tall Clubs International Scholarship is given to students of "unusually" tall stature. Women who are 5'10 and above are eligible to apply for this scholarship. The awards are usually up to \$1,000.

If you are voluptuous, then the National Association to Advance Fat Acceptance may be for you. This scholarship is geared towards society's complete acceptance of those who

don't fit the current stigma of what "beautiful" is. This scholarship is merit based and includes an essay about, "Fat Acceptance" issues. Winners will be awarded \$1,000.

As you can see, scholarships are everywhere and geared towards anyone. If you don't have a high GPA or if you have an essay phobia, you can still get that free money. If you look hard enough, you'll see that scholarships are a wonderful thing.

Check out these websites for more scholarship information.

http://dfbst.dlhjr.com/dfb_sch.html

<http://www.womenarts.org/fund/VisualScholarships.htm>

<http://www.finaid.org/scholarships/average.phtml>

<http://www.fastweb.com>

<http://www.scholarships.com>

<http://www.uncf.org>

<http://www.college-scholarships.com>

<http://www.blackexcel.org>

<http://www.collegeinvest.net>

THE SPELMAN SPOTLIGHT

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WORDS OF WISDOM

As Spelman welcomes the Class of 2014, upperclassmen and alumnae offer a few words of wisdom to encourage and inspire the new class throughout their Spelman journey.

"Spelman is a home for self exploration. Don't be afraid to discover those passions which have yet to be discovered. Take advantage of the sisterhood and scholarship. Allow yourself to become fostered without being sheltered and you will forever be indebted to Spelman."

Nina Gloster '10

"Don't be afraid to make mistakes. A mistake requires change in what you're doing so it doesn't happen again. Don't be afraid of change! Change initiates growth."

Angeliça Grays '11

"Have fun but never at the expense of your morals. Also, Do not say or do anything you would have a problem being publicized."

Cherise Morgan '13

"Use your resources, especially your Spelman sisters. They have been where you are now and can be great helpers."

"Don't rush through school. Take as much away from this experience as you can."

Brittany Hill '11 Charis Johnson '79

"Don't ever change who you are but recognize that there is always room for improvement."

Breyon Dixon '12

"Love yourself, your sisters and your life because the next 4 years will be the best years of your life."

Renata Johnson '09

"Remember to focus on academics and enjoy the relationships you build."

Sheryl Washington '77

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Major Decisions?

thespelmanspotlight.com

Jasmine Leal-Taylor
Editor-in-Chief

Choosing a major, thinking about a career and getting an education are what college is all about. But one of the most important decisions you will make during your matriculation at Spelman College is selecting a major. It has both long and short term consequences that should be examined carefully in the decision making progress. Not only will your major play a role in your career path, it also determines how you interact with your college.

It is true, that some students know exactly what they want to major in, but a majority of students don't and many change their major several times over the course of their college career. Here are some suggestions that will make your decision easier.

Identify your interests.

Success in a major depends on your aptitudes, interests and ability. As you look through the possibilities take the time to review the requirements of any potential major and honestly assess your ability and inclination to complete them.

Think about a career.

Many departments have lists of potential careers relative to that discipline. If you need help, seek advice from your academic advisor. Try to picture yourself in these careers and assess if they are suitable for you. Don't be completely guided by today's job market. Choose a major and career that suits and, in fact, reflects you as a person.

Be creative and flexible.

Use your electives and divisional requirements to help find your niche. Knowledge and skills in various areas make you more marketable in the workforce.

Remember your grades.

Employers and admissions offices use grades as an indication of what you have learned, your dedication, enthusiasm and self-discipline. Choose a program that you will be dedicated to. The more enthusiasm you have towards your major, the more likely you are to

discipline yourself, and, as a result, earn higher grades.

Think about advance degrees.

Some professions and majors require certifications or advance degrees. Make sure you know what is needed other than a Bachelor's degree to follow your career path and make plans so that you are preparing to fulfill these requirements.

Make mistakes and change your mind.

It might cost you some time and more money but, the truth is it is easier to change majors now than to interrupt your life in five years to return to school for a degree in another discipline. Don't be embarrassed to tell your advisor that your priorities or interests have changed. Intellectual life and success presents an array of options.

Let your career goal drive your choice.

Graduate and professional schools expect you to take particular courses and many job recruiters look for people with certain skills and expect your transcript to reflect these skills.

Get experience.

Jobs, volunteer activities and extracurricular activities all come together in validating your choice of a major. Give your potential major a test drive by finding an internship that will give you real work experience.

Remember college is not suppose to be easy, neither are the decisions associated with it. Take your time when deciding on a major to ensure you are satisfied with your choice.

Before the Money Goes: Tips on Money Management

Kelly Harper
Copy Editor

Briana Haymon
Arts & Entertainment Editor

We have all been there - the sheer euphoria that you experience when money has been directly deposited into your banking account.

Extra money for many students means new clothing, shoes or purse purchases from one of Atlanta's many shopping destinations. The possibilities and choices seem endless. But do we ever notice the faint voice, deep inside our subconscious, that suggests we...save the money?

Money mismanagement can place students in a tight financial bind, so The Spelman Spotlight has highlighted four tips to help you

manage your budget, no matter how big or small.

Prioritize Your Money: Create A Budget.

Analyzing your personal expenditure is the first step to money management. In order to track where your money goes, create a spending journal of your spending throughout the course of the week. How much did you spend in the Grill? How much did your hair and manicure cost? How much did you spend on gas? From this diary you should be able to tell how much you are spending and whether your purchasing behavior is rational or in need of a transformation. From this information, create a monthly budget and decide how much you will spend on food, clothing, entertainment and

other miscellaneous items.

Set Up A Closed Bank Account.

A closed bank account will help you save money by keeping funds completely out of reach. It's easy to dip into an accessible savings account whenever your checking account is running a bit low. A closed bank account will eliminate the urge and ability to do so. Set up a closed account and forget about the cash you contribute periodically. Before you know it, your money will grow exponentially.

Monitor "Plastic" Use.

It's easy to swipe a debit or credit card when making purchases and eating out. Debit cards are especially

susceptible to abuse because they quickly swipe and take up less space than cash. Overdraft fees from your bank can occur if you use your card, and those fees can add up quickly. Try to withdraw the amount of cash you budget per week so that you have a tangible idea of the amount of money you are spending. Additionally, you will not need your credit or debt card to make purchases.

Create a Self-Reward System.

Give yourself incentives to monitor your spending and adhere to your budget with a modest, low-cost self-reward system. For instance, if for one week you stay within your allocated budget, you can treat yourself to a manicure or a meal at your favorite restaurant.

Make Your Long Distance Love Last

Deaweh Benson
Executive Editor

It is so hard to say goodbye to love while getting acquainted with your newfound love—Spelman College. In fact, a face full of tears and a purse full of balled up Kleenexes may have marked your entire trip to Spelman. Though long distance relationships are difficult, there are ways to make them work. Here are a few tips to help you and your significant other grow stronger regardless of the distance.

Communicate:

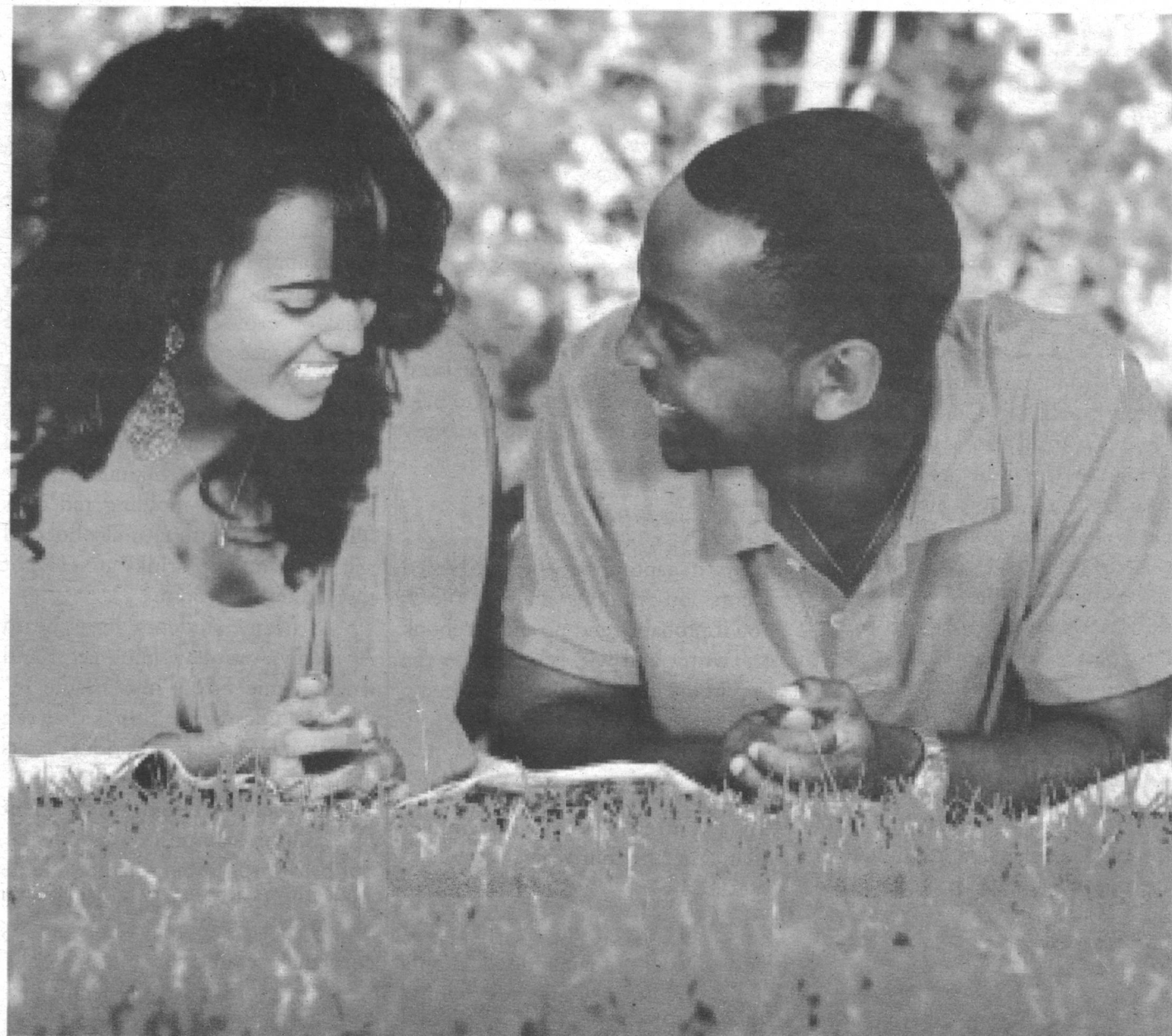
Communication is essential in any relationship. However, in a long distance relationship communication is all that you have. Therefore, be honest and open with one another. One way to do this is to update your partner on everything. Try not to assume that your partner will not understand simply because he or she does not attend a school in the AUC. Go as far as to explain what Hump Wednesdays and Market Fridays are. Make sure that your partner feels close to you despite the miles. Another great way to keep the communication lines open is to use Skype, an online service that allows you to video chat with others for free. You can also make calls to mobile phones using the Skype services for very low prices. Learn more at www.skype.com

Take Advice with a Grain a Salt:

When hard times hit, you will surely turn to your friends for advice. Although they always mean well, your friends will never fully understand your relationship so avoid making accusations or assumptions based on what someone else tells you. Instead, look to friends for support and speak with your significant other before making any final decisions.

Weekend Trips and 'Just Because' Gifts:

Everyone needs a vacation from time to time so why not plan a



Courtesy of Essence Magazine

little vacation time with your loved one? The time spent away from one another can be aggravating, but a sweet reunion will refresh any relationship. Plan in advance so that you can visit your special person in time for a holiday or birthday. On a college student's budget, the Airtran Standby program may become your best friend. This program provides flights starting at \$69. Visit www.airtranU.com for more information. If airfare cannot fit in to your budget, send a gift in your place. For example, you can put together a collage of your first few dates. Also, handwritten letters and care packages are always cherished gifts.

Blossom into a Better You:

You have probably already heard

these words by now: "Long-distance relationships will ruin the college experience." This can be true—if you forget the reasons why you decided to attend Spelman. Spelman women dare to achieve greatness. In order to prepare for success during your time here and in the future you have to take advantage of what the AUC has to offer. Here are a few tips that will assist in becoming a better you.

- Make the grades by dedicating yourself to your studies.
- Build relationships with your professors and your peers. This includes building friendly relationships with our brothers at Morehouse and Clark Atlanta. Networking in college will open many doors and will also provide you with lessons that are not taught in a classroom.
- Join clubs and organizations that will enhance your resume and

give you a better understanding of what your career path may be.

These suggestions may take time away from the relationship, however if you are involved in a *healthy* relationship your partner will encourage you to explore new opportunities.

If your relationship doesn't last, you are destined to become a great Spelman woman and there are many other fish in the sea.

Do's and Don'ts of Orientation

Jasmine Leal-Taylor
Editor-in-Chief

New Student Orientation is probably your first experience of college life, but it is important to make sure you do not abuse this new found freedom and get yourself in trouble before the school year officially begins. The Spelman Spotlight has compiled a guide of things you should and should not do during your time at freshman orientation. The Spelman Spotlight has compiled a guide of Do's and Don'ts for your first-year orientation.

DON'T...

drink alcohol or do drugs. You must follow Spelman's Code of Student Conduct at all times, and violating these rules is not the best way to start your college career. Students have been dismissed from the college in the past for substance abuse. Besides, there are a plethora of things to do during your time in Atlanta to keep busy besides drinking. And trust us, you do not want to risk your future for a few minutes of "fun."

DO...

talk to people. You may meet your future best friend, roommate or mentor.

DON'T...

skip meetings with your SOL or any information sessions. The faculty and staff put a lot of time and effort into preparing for NSO, and a lot of the presentations and meetings answer questions students have about the transition into college life.

DO...

check out the Registered Student Organization Fair to learn more about the many extracurricular

activities you can partake in. Talk to the student leaders – they have been in your shoes and are anxious to help you. But, DON'T sign up for every single student organization you see.

DON'T...

bring a laptop to the scheduled events on campus during NSO. You'll probably end up on Facebook or Twitter and will miss out on the important information that is being presented.

DO...

enjoy yourself this is the beginning of an amazing four years.

DON'T...

leave campus or roam around Atlanta alone. While you are safe behind Spelman's gate, keep in mind that you are still in a big city and you are new to the area. Make sure to head out with a group of friends at night.

Blame it on the Alcohol

Kelly Harper
Copy Editor

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 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 actor and singer Jamie Foxx's hit, "Blame It," which alludes to the things that can occur when sipping 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 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 junior Lauren Williams.

Williams says that she doesn't drink because she says alcohol is not a necessity 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 people who drink because I know that for some people, drinking is fun," said Williams.

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 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 no to drink, or assuming that they never will, is naïve. So if you choose to drink, remember moderation is the key. Learn your limits so that you don't end up binge drinking or worse. Decisions that you make during times of fun can lead to unnecessary drama and consequences later.

Interested in joining the staff?

We are recruiting reporters, editors, page designers, advertising representatives and distribution team members.

Information Session August 24, 2010.

10:30 a.m. - 11:30 a.m., Manley Atrium

All majors are welcome!

Making Friends in the AUC

Jasmine Leal-Taylor
Editor-in-Chief

Beginning school in an unfamiliar environment is extremely challenging and stressful. It can be difficult to adjust to new surroundings and at the same time find your niche. Making new friends, good ones at that, is an important factor that will enrich your college experience. It may take time, but it is not an impossible task. The following are tips, which can lead to long lasting friendships.

Be open-minded.

The simplest way to make friends is to be open-minded. Be willing to make friends that don't share a similar background with you. Just because you do not share the same religious beliefs, hometown or family structure doesn't mean you won't be good friends, in fact that person might become your best friend.

Venture beyond Spelman's gates. Be Approachable.

Why limit yourself to only Spelman friends? There are many other schools in Atlanta with students that might be your match. Take a leap of faith and visit a neighboring school; this may lead you to some of your closest friends.

Join a club/community service initiative.

Joining a club or community service group is one of the easiest ways to meet people that you share a common interest with. Don't limit yourself to organizations on Spelman's campus, Clark Atlanta and Morehouse both have clubs that you might enjoy.

Appearing approachable and easy to talk to is very helpful when building new relationships. It will be hard for others to introduce themselves to you if they don't think you're friendly. Remember when approaching other, be pleasant and engaging.

The previous steps can turn a stranger into a new friend; so don't be afraid to try them out. Happy friend hunting!

Five Important People for Success at Spelman

Kiki Stenson
Contributing Writer

To many first-year students, much of Spelman College is unfamiliar, and 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. Ms. Ireland specifically assists in resume building and instructing students on how to access and utilize Spelman's eRecruiting site.

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

The Office of Disability Services is

located in MACVicar on the first floor. Ms. McDonald evaluates student disability claims and offers services to accommodate specific requests.

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

Dean Baxter is responsible for monitoring the overall progress of first-year students. She also oversees the advising programs for first-year students and coordinates "First-Year Experience." Her office is located in Rockerferller Hall.

Rosa McQuay, Scholarship Coordinator, Financial Aid Office
404-270-5699, rmcquay@spelman.edu

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 Rockerfeller

Hall, Room 107.

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

To pass 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 Scholar Program, oversees and coordinates all campus-wide community service projects and individual community service activities. The Bonner Office holds and Annual Community Service Fair and also verifies all student's community service hours. The office is located in Upper Manley Student Center.

The Spelman Spotlight has created a list of 25 fun things you must do as a first-year student:

- 1.) Study at Woodruff Library... really study.
- 2.) Date someone outside of The AUC.
- 3.) Eat Ramen noodles for a whole week.
- 4.) Go to a Morehouse football home game.
- 5.) Wait in line at the bookstore.
- 6.) Pull an all-nighter (not like you had a choice).
- 7.) Pay \$100 for one textbook, and then sell it back for \$10.
- 8.) Steal silverware from the cafeteria.
- 9.) Take the shuttle bus.
- 10.) Take the AUC shuttle.
- 11.) Volunteer.
- 12.) Go to Lenox Mall and come back with no money.
- 13.) Cake at the gate.
- 14.) Go to Waffle House.
- 15.) Walk to Mall West End.
- 16.) Recognize and accept your addiction to Twitter, Facebook and Skype.
- 17.) Go to as many free events as possible, especially if they are serving food.
- 18.) Go to every Homecoming event.
- 19.) Go to the Career Center.
- 20.) Give money to the little boys by I-20, knowing that they don't play for a team.
- 21.) Work out in Read Hall.
- 22.) See a Spelman play.
- 23.) Make new friends.
- 24.) Get rid of your high school boyfriend.
- 25.) Bleed Spelman Blue.

WELCOME TO ATLANTA

A BRIEF GUIDE TO YOUR NEW CITY



Courtesy of Atlanta.net

Briana Haymon

Arts & Entertainment Editor

While it may be comforting to stick to the confines of campus, as a student in Atlanta you should take full advantage of the endless possibilities for adventure and exploration.

Take a ride on the MARTA to enjoy just a few of the opportunities the city and surrounding area has to offer.

Beauty

Located within the Sky Lofts development at 898 Oak St SW, Blendz is a popular hair salon that specializes in cuts and colors. Although the prices may rise depending on the level of care your hair needs, it is money well spent. You can reach them at (404) 758-0155.

If you prefer natural hairstyles, Natural Hair Care Center located at 1180 Ralph D. Abernathy Blvd

has you covered. If you're interested in doing something new to your hair, check out their website, www.naturalhair.org, for an extensive gallery of innovative designs. You can also reach them at (404) 753-4555.

Restaurants

Do you want a fun and exciting night on the town? If so, take a chance and journey to Loca Luna.

This local restaurant, thrives off of two things: flavorful tapas and sensual Latin music. The venue is large, inviting, and decorated with bright lights. It contains a large dance floor that stretches from the outdoor patio to the dining hall. Located on the second floor is a sub-balcony patio styled lounge area.

The atmosphere resembles a dark and steamy scene from Havana Nights. During the week, pulsating sounds of a live Latin band flow from Loca Luna's doors to its large parking lot, which is flooded with patrons of

all ages, waiting to enter and enjoy the fun. Entry into Loca Luna is free on most evenings, but for the 21 and older crowd, admission is \$5. The meal prices range from \$5-\$13.

Coffee Shop/Lounge

The closest, and most popular coffee spots are both located on Marietta St. Octane Coffee Shop and Urban Grind Coffee Shop are both great, if you want a break from the AUC. They both feature a selection of exotic coffees and teas, accompanied by warm and welcoming atmospheres.

Octane has a hipster vibe, with steel chairs, plenty of outlets and an eclectic music in the background. On the other hand, Urban Grind is a relaxed venue with large, plush furniture and tons of windows. Octane is located at 1009 Marietta St NW and Urban Grind at 962 Marietta St NW.

Shopping

While you are in Atlanta, you must visit the famous Lenox Square Mall. Here you will be able to shop at all of your favorite stores, such as, Victoria's Secret, Wet Seal and Macy's. But if you're a one-of-a-kind girl, you should take a trip to Little Five Points, which is located off of Moreland Ave. This open-ai red market is full of specialty stores and vintage shops that sell chic clothes at reasonable prices. Another great store to check out is Cherry Bomb located near Inman Park. This eclectic boutique houses designer dreads for under \$100 and has an entire room devoted to footwear. At Cherry Bomb you will be able to find comfortable sneakers and sexy stilettos for unbeatable prices.

RECYCLE THE SPOTLIGHT