

THE BLUEPRINT

A SPELMAN SPOTLIGHT PUBLICATION

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Intellectual Framework for the Freethinker

November/December 2013

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Arts & Entertainment Special Spotlight

The Real Story Behind Spelman's Music Policy

Presented by Dr. Cynthia Neal Spence
By: **Analisa Wade** C'2016

Many students refer to the new music policy enforced on Spelman's campus, as another way of confining the freedom of the student body. If students are encouraged to embrace the policy then they must be provided with the facts surrounding the Anti-Misogyny Policy. Dr. Cynthia Neal Spence, associate professor of sociology at Spelman, and one of the supporters of the music policy petition, explains the goals and overall purpose of the music policy.

The petition was initiated in fall of 2013; it was formed by students in the course called Violence Against Women taught by Dr. Cynthia Neal Spence C'78. The students became extremely engaged with a particular reading entitled The Reality of Linguistic Violence Against Women, by William Gay. The reading sparked a conversation about violence and derogatory messages in hip-hop music. The students thought that they should create a petition to ban such music in public spaces within the Spelman community. They figured since Spelman is a women's institution, its students should not support music that degrades women.

Spelman College is committed to the intellectual and personal uplift of women. Thus, allowing derogatory music on the campus is quite contradictory to the values of the school. With this type of music becoming increasingly popular on campus, some student tour guides even admitted to feeling uncomfortable when giving tours of the campus, especially during events such as Market Friday.

Most students argue that prohibiting misogynistic music goes against the idea of being a "free-thinking woman", a concept widely-used as a descriptor for the Spelman student body. However, one aspect of being a free-thinking woman means that students have to encourage students to break out of boxes that define them as promiscuous, vulnerable, and submissive.

Free-thinking women do not have to abide by societal norms, especially when those norms do not support the positive uplift of women. Free-thinking women challenge the status quo. In this case, the status quo is music that degrades rather than uplifts women.

The new music policy enforced by Spelman College allows all students to feel comfortable on the campus. Students are free to listen to the music of their choice in their own private settings; however, within the public venues of Spelman, music that negatively portrays women or condones violence will not be tolerated. Dr. Cynthia Neal Spence, associate professor of sociology at Spelman, and one of the supporters of the music policy petition, explains the goals and overall purpose of the music policy in her letter to the student body.

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STUDENT SPOTLIGHT

Queen of the Ring Spotlight on Jessica Laine-Bass, Olympic-Bound Boxer

By: **Raquel Rainey** C'2014

Defeat isn't an option, especially for up-coming boxer Jessica Laine-Bass, a senior Women's Studies and English double major. Growing up in Decatur, Georgia, Laine-Bass always had a passion for modeling and sports but for some reason, boxing stood out to her.

"[Boxing] looked fun," Laine-Bass said. "Not saying that I am a violent person or think that fighting is fun—even though it is. I was intrigued by it because it was different."

Her mentor DJ Nabs, who has worked with music artists such as Michael Jackson, always instills in Laine-Bass the importance of staying focused and determined. She notes his favorite quote, "Nothing can be accomplished without focus." Laine-Bass's work ethic eventually led her to being sponsored by legendary boxer Evander Holyfield.

While Laine-Bass knows the importance of practicing and training, she notes that she would not be in the position she is in today without her trainer Xavier Biggs. Biggs, who Laine-Bass says is like a second father, is an acclaimed boxing trainer. He is a ranked trainer sponsored by Men's Health Magazine, and his personal realms of boxing helped his brother reach the 1984 Olympics. With Biggs' help in developing her skills, Laine-Bass will compete in the 2016 Summer Olympics in Rio de Janeiro, Brazil.

Having the opportunity to train with Xavier Biggs led her to meeting and working out with R&B singer Usher Raymond.

"I always looked up to him as a child," Laine-Bass said. "Never did I think he would train with me, especially on a regular basis." Laine-Bass notes she and the R&B star have formed a close relationship and he is a huge supporter of her and the other fighters in their gym.

One of their favorite things to do is ab-work and Laine-Bass actively seeks to battle him on having a better six-pack.

"He taught me an ab routine he calls 'Superman Banana,'" Laine-Bass said, "I always tell him he

better watch out, my six-pack will be better than his before he knows it."

Outside of boxing, the opportunities Laine-Bass has received since transferring to Spelman last year have been overwhelming. She is on the Board of the Black Women's Film Network of Atlanta, interns at 11Alive, holds membership in Phi Alpha Delta Law Fraternity, Granddaughters' Club, Beepers,

The National Society of Leadership and Success, and was crowned Ms. 1911 for Kappa Alpha Psi Fraternity, Incorporated.

As the Student Spotlight and Spokesmodel for Spelman College's Wellness Center, Laine-Bass embodies Dr. Beverly Daniel-Tatum's vision of the Wellness Revolution: eating better, moving more and sleeping well. However when it comes to her Spelman sisters, she feels as though students aren't taking the necessary initiatives in bettering their own health.

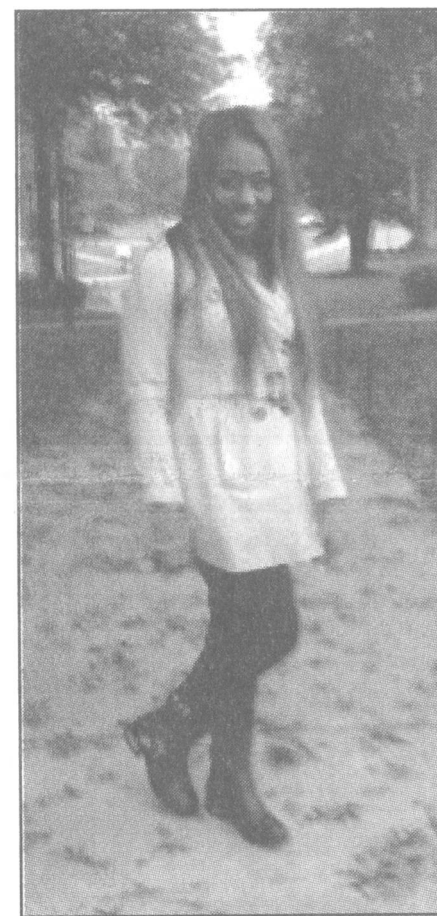
"A lot of students aren't really active in the Wellness Revolution," Laine-Bass said. "I teach boxing on Fridays and the only students who come to the class are my friends."

"You hear that African-American women are leading in heart failure and diabetes yet students aren't involved. We are not exempted from these numbers just because we're young. It is very important to stay fit."

As far as her road to the 2016 Summer Olympics, excitement and apprehension are understated but Laine-Bass knows that she has the foundation and perseverance to come out victorious.

She admits that sometimes the journey to boxing success can be difficult but she strives to uphold a quote by her favorite fighter, Muhammad Ali:

"I hated every minute of training, but I said, don't quit. Suffer now and live the rest of your life as a champion."



EDITORIAL

Letter From an Editor

By: **Ayanna Runcie** C'2015



Ayanna Runcie C'2015

Resilience and perseverance have facilitated The BluePrint thus far and hopefully will continue to be the driving force behind The BluePrint in many years to come. I am dedicated to producing a news source that will not only serve as a

journalistic outlet for Spelmanites but that is reflective of the aptitude of the Spelman College community. Aside from being a driving force behind the paper, resilience and perseverance are two words I aim to remain steadfast to in every aspect of my life.

My name is Ayanna Runcie, hailing from the windy city of Chicago, IL. I have been passionate about the art of writing since I was small child, from writing creative stories, poems, and now journalistic articles. I am

currently the Managing Editor for The BluePrint and what I love most about journalism is that it allows writers to inform and engage readers about the world around them, essentially shaping people's worldview.

As an International Studies major, my goal is to expand my knowledge about the global arena, providing me with background and understanding on the people and issues I plan to write about. I want to navigate my career from a global perspective and to do this I must emerge myself into cultures outside of the United States.

Therefore, next semester, I will broaden my horizons as a global citizen through a semester abroad in Shanghai, China. During

my semester abroad I will study at Fudan University, work on developing proficiency in Mandarin, and learn about a culture and community much different from that of the U.S.

While it is heart wrenching for me to no longer physically be at Spelman working with The BluePrint next semester, I plan to remain an active member of the editorial staff in doing all that I can to ensure that the paper continues to progress towards greatness. I am excited to take advantage of this amazing opportunity to study abroad; and I charge you to also become engaged in the global arena and let resilience and perseverance drive you.



PRESIDENTIAL Corner

Why Moving More Matters

By: **Dr. Beverly Daniel Tatum**, Spelman College President



Dr. Beverly Daniel Tatum

November 1, 2013 marked the first anniversary of the official launch of the Wellness Revolution at Spelman. It was a year ago that we announced our withdrawal from NCAA Division III and our intention to invest in a campus-wide wellness initiative, one that would encourage students and employees to “eat better, move more, and sleep well.” Why did we call it the Wellness Revolution? Because we know that if Spelman women learn about and embrace these core elements of good health, not

only will they benefit, but they will spread the news to others, just as the first Spelman graduates used their education to spread literacy in their communities – and that indeed would result in transformational impact.

Our goal is *not* for everyone to achieve some ideal weight or body size; instead, it is to achieve and maintain good health for a long and productive lifetime. Weight loss is nice but not always necessary for good health; what is *required* is to move! When we are sedentary (and according to a study by the National Institutes of Health, Black women are among the most sedentary women in the nation), we place our health at risk, increasing the likelihood of developing diseases like high blood pressure, heart disease, Type II diabetes, and breast cancer, just to name a few. Surprisingly, public health researchers now tell us that being sedentary is even more dangerous to your health than smoking!

For more information about that, check out the YouTube video, “23 ½ Hours.”

Is the Wellness Revolution taking hold at Spelman? It looks that way to me. It is encouraging to see that the number of students participating in Wellness programs is increasing daily, and I appreciate the e-mails I have received from students who tell me about the changes they are making to improve their own health. If you are wondering how to start, keep it simple and do one thing – find 30 minutes in your day to take a brisk walk around the campus. Harvard Medical School psychiatrist and researcher Dr. John Ratey, author of *Spark: The Revolutionary New Science of Exercise and the Brain*, documents studies that show 30 minutes of brisk activity a day will not just burn some calories; more importantly, it will reduce stress, anxiety, and can even reduce the symptoms of depression. Cardiovascular exercise (whether it is walking, running or

doing Zumba) will not only improve the condition of your heart and lungs, it will also turbocharge your brain. Post-exercise brain scans show that critical areas of the brain are activated, improving your ability to focus attention, process and remember information. To quote Dr. Ratey, “Exercise is the single best thing you can do for your brain in terms of mood, memory, and learning.” It is one reason I almost always start my day with exercise. I want that extra brain power! With just a few weeks left before final exams, now might be a good time to test that strategy yourself.

There are so many good reasons to make daily exercise a part of your life, and so many creative ways to do it – in Read Hall, on the Oval, or even up and down the stairs in your residence hall. So, what are you waiting for? Join the Wellness Revolution today!

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If you have any questions, please contact Marli Crowe at (480) 277-4387 or the Office of the Dean of Students at (404) 270-5133.

THE BLUEPRINT: Mission Statment

It is the mission of The BluePrint to serve as a profound forum that fortifies understanding, unity, and advocacy throughout the Spelman and greater AUC community. The BluePrint strives to produce innovative, fair, and creative journalism that helps its readers understand the nation and world through the lens of African-American and Black Women.

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For a complete listing of events taking place at Spelman College, check the Student Life and Engagement section of Spelman.edu

Dates, times and locations may change without advance notice

CAMPUS LIFE & Events

Who Let The Dogs Out?:

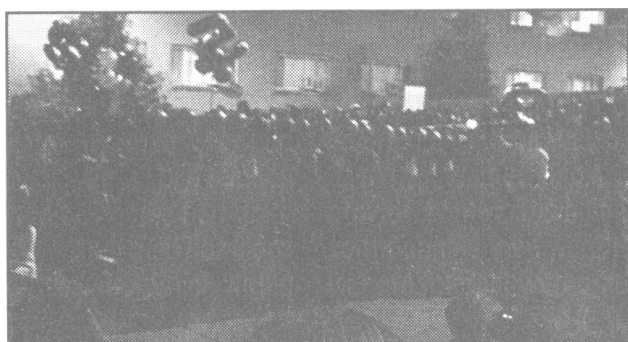
Omega Psi Phi Fraternity, Inc. Probate

By: Erin Gloster C'2015

Students, alumni, friends, and family joined outside of Morehouse College's Kilgore Campus Center to watch as 14 men of Morehouse participated in arguably the one of the most important moments of their lives thus far. Dressed in army fatigue and gold painted boots, the F.A.T.A.L. 14 stomped out of the U-Haul truck (usually called "Q-Haul" during probates) and into the center of the circle of the eager audience.

That night, the fourteen men publically introduced themselves as the newest members of the Bloody Psi Chapter of the Omega Psi Phi Fraternity, Incorporated.

The chilly night air filled with a putrid smell and constant barking meant only one thing: the Atlanta University Center needs to prepare for a new addition to the yard.



The F.A.T.A.L. 14, in true Omega Psi Phi fashion, put on an amazing show.

With a combination of hopping and reciting of the

history, the Omega neos showcased their dedication to the fraternity. Ending the probate by gathering in a circle and singing their fraternity hymn, "Omega Dear", the F.A.T.A.L. 14 depicted a brotherhood like no other.

Purebred Poodles:

Sigma Gamma Rho Sorority, Inc. Probate

By: Courtney King C'2015

On the chilly night of October 17, 2013, five glamorous poodles—decked in black dresses and heels, blue scarves, and gold hats—introduced themselves as the

newest addition to the "Exceptional" Epsilon Eta Chapter of Sigma Gamma Rho Sorority, Incorporated. These glamorous poodles are Lashon Blackwell, Elizabeth Jenkins, Lisa Carter, Briana Hill, and Brandy Edmondson. The Sigma Gamma Rho Sorority, Inc. probate was full of cheers, balloons, and posters as friends, family members, and fellow AUC Greek fraternities and sororities showed their enthusiasm and love for the five ladies.



All five women were in synch as they recited the sorority's history from memory and stepped out to introduce themselves before receiving a line jacket.

Their movements and precision showed the crowd why the Epsilon Eta Chapter is exceptional.

The neos impressed the members of

Kappa Alpha Psi Fraternity, Inc. with mesmerizing shimmy dedication. The Kappa men better watch out because these women gave them a run for their money. Based upon their performance at the probate, it looks as if the newest sorority members of SGRho are a force to be reckoned with.

Spotlight on Spelman Professor's Novel in Honor of Novel Month

By: Dedra Mitchell C'2014

In honor of National Novel Writing Month, The Blueprint would like to pay homage to one of Spelman College's very own novelists, Dr. Tarshia Stanley. In August, Stanley, who uses Carolina Knight as her pen name, published her first novel, *The Book of Ephesus*. The following interview provides a little insight about Dr. Stanley's process and what she hopes readers will take from her premier novel.

Tell us about your novel and where your inspiration to write it came from

I teach a Sunday school class and I really like the literature and the references that are in the Bible. One of my strategies for teaching, because I teach adults, is to get them to think about how would those stories look today. The novel is inspired by the Bible's book of Hosea, where a priest marries a prostitute and it's a demonstration of God's love for Israel. I just started thinking about what would that look like today.

Then of course, I started thinking about what would it look like if the priest were a woman, and how would that play out if this woman who had dedicated her life in a particular way, all of a sudden is responsible to her community, people had great expectations for her and then she met someone whom those people didn't agree with. Which would she choose?

In many ways I think it might be reflective to many women of color who sometimes have more education than a lot of their partners might, and thinking about how much of a difference that might make. Even though, for my protagonists Cornelius and Ephesus it's not about a difference in education. It is about the difference in their lifestyles.

I was teaching *Representations of Women in Literature*, and one of my students asked me did Black women write books that had happy endings? And I looked at my syllabus and I thought 'I certainly don't have anything on here that has a happy ending.' I really started thinking about that and I accepted it as a challenge to really think about how can you tell a deep story that has many lessons

and nuances, but may also have the opportunity to make you feel good.

How was your writing process?

[I write] whenever I'm not working so it took me seven years. I love to write when it rains, so I used to only write on Friday nights if I was home and it was raining. That's why it took me so long. Then I realized I had to develop a new strategy. I couldn't just write when I was in the mood. I had to create the mood at all times. I couldn't just wait for the optimal writing mood to hit.

What would you like readers to take from your book?

"just hope they have a good time. I hope they fall in love with the characters. As Cornelius and Ephesus fall in love I hope they do too and go on that journey with them. I hope it brings back memories. It very much has many of the memories I have as a child growing up in a very small town in North Carolina and having people be all in your business, and really be invested in who it is you're going to be. I also hope that for people who haven't had that kind of experience that it might provide some possibilities in terms of the kind of communities they want to build and the ways they want to interact with other people.



Dr. Stanley hails from Four Oaks, North Carolina and is an associate professor and chair of Spelman's English department. *The Book of Ephesus* is available online via Amazon, Kindle, Nook and Ibooks. In addition

to making sure you get your copy of *The Book of Ephesus*, also check out some of these other great novels.

Maroon Tiger Body Issue Review

By: Jasmine M. Ellis C'2015

Stripping away the layers of uncertainty, Morehouse and Spelman students brought a transparent perspective on body image in *The Maroon Tiger*. The issue titled, *MT Body Issue* included both Morehouse and Spelman students who shared their stories of how they overcame obstacles and learned to love themselves regardless of the opinions that the media and society portray.

Receiving both national and local attention from various media outlets such as ESPN, which originated the idea of *the Body Issue*, and Black Entertainment Television. While ESPN's publication of *the Body Issue* served as inspiration behind the *MT Body Image* issue, The Maroon Tiger's edition took a different angle for the Atlanta University Center (AUC) community. was a difference in the angle that was presented to the AUC Community.

"It was great to see an issue that focused on body image and healthy self-image, as this has been a personal peeve of mine that the ESPN *Body Issue* does not cover," said Tiffany Solomon, senior English major.

It also sparked conversation about African-Americans on body image that had been absent from dialogues. A topic of conversation that the African-American community refrains from speaking on has influenced dialogue amongst students in the AUC such as Educational Studies Major, Alicia Cole-Quinlan C'2016.

"This conversation is important to discuss because of the relevance it bears, particularly in the AUC Community," Cole-Quinlan said. "So many college students in this community have body images and do not care to share them.

"Those brave individuals that shared their stories are trailblazers and catalysts for social change in this community of college students. This issue has helped to spark conversation about body image and issues concerning body image, which is a good thing. Hopefully this issue has helped to address these issues, and create a sense of community around the topic of body image, and allow students to feel more comfortable about themselves. I learned that this issue is extremely prevalent in the AUC."

As Cole-Quinlan points out, this topic is very relevant among students in the AUC.

However it is still not usually talked about amongst the male population. In this issue, Morehouse students decided to be honest about sensitive topics including eating disorders and self-acceptance. Biology major, Delanie Jones C'2016, took notice of this fact when reading the issue.

"This conversation is important because at an early age, most of us were constantly reminded that we were different because of our skin color," Jones said. "Before I came to college, I thought that coming to an environment like Spelman and the AUC was a gateway to acceptance.

"I soon realized that as people of African descent, we continue to find things that separate rather than unite us. Before reading the *Body Issue*, I knew that men struggled with body image, but not nearly to the degree in which it was expressed in this paper. I know that body image is important to everyone. But it is more important to focus on health as a way to gain self-satisfaction as opposed to seeking the approval of society."

Psychology major, Emma Jackson C'2015, was featured in the issue. She shared her personal story of questioning her own image as it relates to her career path. Reflecting on sharing her truth and the stories that were told in the *Body Issue*, a specific segment of the publication spoke volumes to Jackson.

"I loved the fact that it gave people an opportunity to move outside of their comfort zone," Jackson said. "Students were able to tell their stories about their own bodies which can help others in the AUC about their own view of body images. My favorite piece of the issue was the two pages that show how molly and alcohol can affect the body."

While the issue has gained popularity throughout the AUC, there have been critiques on the issue. Throughout the years, hair has become a prevalent subject of debate in the African-American community, but the *Body Issue* did not include much about it.

"There is nothing that I disliked. However, it would have been nice to see more about hair," Jones said. "There were students who spoke about locks and being bald, but straight hair, natural hair, relaxed hair, and weave are definitely things that we factor in to our perceptions of beauty, too."

Holiday Reads

Sister Souljah
The Coldest Winter Ever

Paule Marshall
The Chosen Place, The Timeless People

James McBride
The Color of Water

William Faulkner
Light in August

Ayn Rand
Atlas Shrugged

Suzanne Collins
The Hunger Games

Bapsi Sidwha
Cracking India

Ralph Ellison
Invisible Man

Maryse Conde
I, Tituba Black Witch of Salem

Joseph Conrad
Heart of Darkness

Sharon G. Flake
The Skin I'm In

F. Scott Fitzgerald
The Great Gatsby

Earl Lovelace
The Dragon Can't Dance

Alice Walker
The Third Life of Grange Copeland



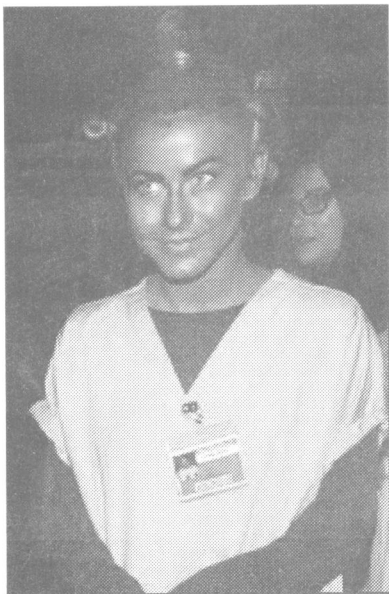
DOMESTIC & International News

Halloween Used as Excuse for Insensitivity

By: Dedra Mitchell C'2014

Halloween 2013 has undoubtedly been one that will be hard to forget. While many regard this holiday as an opportunity to take on a foreign persona for twenty-four hours, this year Halloween attire was exceptionally disturbing.

Celebrity Julianne Hough thought it would be great to dress as one of her favorite characters, Crazy Eyes, from the new hit Netflix series "Orange is the New Black." Along with her orange prison suit and Bantu knotted hair, Hough believed that a touch of blackface would be an exceptional finish to her costume.



On the heels of the acquittal of George Zimmerman, several individuals chose to dress as Trayvon Martin and George Zimmerman. In this particular photo that has



been circulating on the web, an unidentified man also donned blackface with faux blood splattered on the front of his hoodie. Meanwhile, another unidentified man costumed as Zimmerman holds two fingers mimicking a gun to the head of the costume version of Martin.

Alicia Ann Lynch wore one of the most outrageous costumes of the year. Lynch chose to dress as a Boston Bombing victim. In the photo, Lynch smiles for the camera in her jogging attire with imitation blood dabbed on her forehead and sporadically on her legs. Each of these disturbing costumes has ignited much backlash, including Lynch, who has suffered a considerable amount of adverse reactions, including death threats.

At the University of Michigan, fraternity Theta Xi sent out an email blast to the entire student body advertising a party entitled "Hood Ratchet Thursday". The event invitation included several racial and gender biased facets, including "bad b----s, white girls, basketball players, thugs, gangsters, and the notion of 'goin' back to 'da hood again'".

Students immediately reacted to the crude invitation. One particular organization, the Black Student Union (BSU), was fervent in seeing that a conversation was held between them and the Theta Xi members, Eric Quang and Alan Wu. In an interview with juniors Robert Greenfield, the BSU Treasurer, and GERALYN GAINES, the BSU Secretary, the conversation did not seem to yield desired results. Gaines stated that upon seeing the invitation she was thoroughly disgusted.

"They took the lowest of the low to represent black and hip-hop culture. We shouldn't want that representation of us". Greenfield said, "The main reason that it was offensive was that it was a misappropriation of culture. They generally didn't understand what they did wrong."

Both Gaines and Greenfield also stated that in their meeting with Quang and Wu, it was a never-ending cyclical argument.

"I don't think it's a lack of understanding," said Greenfield. "They don't want to understand." The fraternity has not received repercussions for their actions. Rather, they will simply be participating in a few sensitivity classes. "We let a lot blow over," said Gaines. "I want people to know about this. I want them to be upset and do something about this."

It is imperative for people to be knowledgeable about these incidents. So next year feel free to be as creative as possible with Halloween costumes and themed parties, but don't degrade someone's race, gender, or pain while doing so.



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November Marked Native American Heritage Month

By: Dedra Mitchell C'2014

The history of this nation is rooted in immigration. From the many immigrants who voluntarily came here searching for new opportunities, to the involuntary immigration of the Transatlantic Slave Trade, it is safe to say that many in America are not actually from America.

However, Native Americans share a completely different relationship with this country. Prior to the arrival of Europeans, Native Americans were the indigenous occupants of this nation.

Though November is the month that honors Native Americans, The National Museum of the American Indian, located

in Washington DC and New York City, has several ongoing exhibitions in honor of Native Americans which include:

"Before and after the Horizon: Anishinaabe Artists of the Great Lakes"
Now--June 15, 2014: New York, NY

Our Lives: Contemporary Life and Identities
Ongoing: Washington DC

Circle of Dance
Now --October 8, 2017: New York, NY

Traditional Knowledge Shapes Our World
Ongoing: Washington DC

IndiVisible: African-Native American Lives in the Americas
Ongoing: Traveling Exhibition

For more information about National Native American Month, The National Museum of the American Indian and current exhibitions visit nmai.si.edu.

Haiyan, Strongest Typhoon to Touch Land in History

By: Raquel Rainey C'2014

Since Typhoon Haiyan hit the Philippines last month, citizens and government officials are struggling to rebuild. Recorded as the most powerful tropical cyclone in world's history to ever make landfall, Typhoon Haiyan surged through the Philippines at a staggering 195 mph with gusts reaching 235 mph. With the height of the storm nearly 17 feet, the city of Tacloban received the worst of the flooding. Over 490,000 homes were destroyed. According to CNN and NBC, of the people affected; 3,976 are deceased (two were American citizens), 1,598 are missing, 12,501 were injured, 3 million have been displaced, and 2.5 million are in need of food assistance.

While many citizens are looming over the loss of their homes and how to start over, some are still grieving the loss of family and friends. Marilyn Arroza, a native of St. Catharine's, Ontario, lost 14 family members including her mother. Arroza spoke with her mother, Linda Collera, a day before the storm hit urging her to seek higher ground at an evacuation shelter. She refused in order to provide space for

children. After the storm, Collera's body was found over 30 miles away from her village. Arroza plans to visit the Philippines in the coming weeks to provide supplies to anyone in need.

As far as assistance, the United Nations appealed for 300 million dollars to provide supplies and services. The World Bank is finalizing 500 million dollars to support reconstruction. The United States donated more than 20 million dollars. Even American rock group Journey donated \$350,000 towards relief efforts.

Since November 15, the U.S. Navy has provided over 400,000 gallons of freshwater for displaced citizens. Cebu City, the second largest area in the Philippines, sent a barge with 2,000 metric tons of relief supplies, generators and vehicles to the victims.

The effort towards restoring the country's infrastructure is slowly underway. Donations can be made to Hope Worldwide-Philippines, Doctors Without Borders-USA, American Red Cross, Global Impact, Oxfam America and the Salvation Army.

Obamacare and the Cost of America's "Affordable" Health Care

By: Karys Belger C'2016

The Patient Protection and Affordable Care Act, or Obamacare as it's more commonly, is arguably one of the most controversial pieces of legislation of the current presidential administration. While originally a well-intentioned attempt on the president's part to provide affordable healthcare to millions of low-income American citizens, Obamacare has inadvertently done more harm than good.

Recently, The Affordable Care Act has grabbed headlines because of the public's inability to register for health insurance; additionally many Americans have lost their current health care policies because they did not meet the standards of the Affordable Care Act. As a result, Obama has issued a public apology to all those who have lost their insurance as a result of the minimal care standard that the Affordable Care Act enforces.

The Affordable Care Act also has provisions that prevent insurance companies from refusing those with preexisting conditions, federal subsidies for low-income families, and individuals whose income is between 100% and 400% of the federal poverty level. There are also tax penalties for

businesses with 50 or more employees who do not offer insurance to those who work for the company full time.

Prior to its most recent setback, Obamacare came under fire due to false allegations claimed by former Vice-Presidential candidate Sarah Palin that there would be "death panels" that would determine eligible sick and elderly persons. These allegations managed to increase conservative resentment towards the bill. So much so they played a rather important role in the government shutdown in October, when the Republican-majority House of Representatives refused to approve funding for the bill.

The recent failures have fueled conservative agendas to completely nullify Obamacare altogether. While this is unlikely, the president has announced that some provisions are being made to the bill in order to correct what went wrong in the previous stages. In the meantime, millions of Americans are still wondering whether or not they will receive insurance or keep the coverage they have.



BUSINESS & Finance

JesusLove: Spotlight on Student Entrepreneur

By: Jourdan McGhee C'2015

JesusLove is an upcoming online store that sells unique, edgy and classic fashion pieces that encompass the spirit of the owner and creator Fennella Miller. As a junior she has managed to start a business from the ground up. The first day the store launched she had over 1,500 views on different outlets of social media. To date, she has added three interns to the business. Her mission is to transform the lifestyle of shoppers through creative evangelism and philanthropic endeavors.

Although JesusLove is a part of the retail industry the goals of this innovative business represent so much more than just clothes. On Nov. 21 they held a black and white affair at Kings

Chapel in the African-American Hall of Fame. The event served as a creative and spiritual artistic experience. The event showed people that they can use their creative gifts for God outside of church. There was prophetic art, prophecy tables where spiritual words of encouragement were received, music, spoken word and a fashion show. They also had exciting giveaways and tasty refreshments! Spiritual hipsters, artistic souls and everyone else who fits in between were in attendance.

Make sure to check out www.shopjesuslove.com so you can take a look at the fashion that is changing the face of college style. God is love and where there is love there is freedom.

Saving at Spelman: Cheap Local Restaurants Spotlight

By: Jourdan McGhee C'2015

Do you have champagne taste and beer money? Don't fret, here are some deals around town that will no doubt satisfy your appetite without emptying your wallet during this hectic (and most certainly expensive) homecoming season!

Merkerson's Fish Market:

Just a mile from campus lies the Merkerson's Fish Market, a great place for fresh seafood that is, of course, cook to order. They serve catfish, whiting, and my personal favorite, fried mullet with french fries. Although not an ideal place to sit and enjoy your meal, the AUC Whiting Special for \$2.15 is a steal. With the special one can get a whole plate of fish!

*Closed on Saturday and Sunday
740 Ralph David Abernathy
Atlanta, GA 30310
(404) 758-9079



Get Fruity Café:

Are you a college student trying to eat healthy on a budget...Get Fruity Café is the perfect place for you! This small Café serves some of the freshest food in Atlanta and if one unlocks an offer on the "Yelp" app one can get 10% off their first order. One of the menu's best items is the avocado buffalo chicken wrap and the smoothies are simply divine.

79 Marietta St. NW,
Atlanta, GA 30303
(404) 521-0109

Hours:
Mon-Fri 8 am - 4 pm
Sat 8:30 am - 3 pm



Boston Fish Supreme:

If you find yourself on Northside Drive, stop by Boston Fish Supreme if you are looking for a delicious meal for the steal! It is a great place to grab some fried fish or chicken, they also have a deal for 15 nuggets with fries and a soda for \$5.00. A special deal for yelp users is the 10 piece wings that come with fries and a drink. The best items on the menu are the hush puppies and red velvet cake that is simply delicious!

296 Northside Dr. SW,
Atlanta, GA 30313
(404) 880-8901

Hours:
Mon-Thu, Sat 11 am - 10 pm
Fri 11 am - 11 pm
Sun 12 pm - 10 pm



Sweet Cheats:

Sweet Cheats located on Kirkwood Ave is a great place to satisfy your sweet tooth. The cupcakes are delicious and the chocolate dream (cookie dough baked inside of a cupcake) melts in your mouth and leaves you wanting more. The cake pops are a great treat and through the yelp app one can get a free cake pop with purchase.

692 Kirkwood Ave,
Ste B1, Atlanta, Ga
(404) 590-6086

Hours:
Tue-Fri 7 am - 8:30 pm
Sat 8 am - 8:30 pm
Sun 8 am - 7 pm



Healthful Essence:

Healthful Essence is the perfect place to get a home cooked meal...without going home! The curry dishes are highly recommended and the exemplary customer service creates an overall great dining experience. They serve vegan food and is a great spot for the starving vegetarians at Spelman. For the ultimate discount use the Scoutmob app and receive 50% off any meal.

875 York Ave
Atlanta, GA
30310
Phone number
(404) 806-0830

Hours:
Mon-Thu 11 am - 8 pm
Fri-Sat 12 pm - 8 pm



Nicky's Seafood:

Looking for a quick lunch between classes... Nicky's Seafood is right around the corner from Spelman and the food is absolutely delicious. The fried fish and shrimp burrito is a fan favorite and the lobster served on the weekends is so fresh one would think it hopped out the water and onto your plate. The food is always made to order and Scoutmob app users get a free order of crab dip with purchase.

609 Whitehall St SW
Atlanta, GA 30303
(404) 588-3474

Hours:
Mon-Thu 11 am - 9 pm
Fri-Sat 11 am - 10 pm
Sun 12 pm - 9 pm



Adios Café:

Near the Castleberry Hill apartments lies a great brunch spot that serves delicious authentic Mexican food at affordable prices. For these brisk Fall nights, their highly reviewed hot chocolate will warm you up! Scoutmob users, get a 50% off with any meal!

180 Walker St SW
Atlanta, GA 30313
Neighborhood:
Castleberry Hill
(404) 574-5678

Hours:
Mon-Sun 8 am - 10 pm



Freacking out about what to do this summer?

By: Tyler Lee C'2015

Well if you dream of working in the financial services industry you have a short window to get your grades up and your applications in for the competitive Wall Street internships. For those of you who are awaiting your second round interviews be aware they will ask you questions about the company so they can have a grasp of your financial knowledge and what better way to showcase your skills by knowing the company's stock price!

Listed below are some companies that have

been to Spelman's campus in the past few months and their stock prices as of December 5, 2013:

BAC	Bank of America	15.43
GS	The Goldman Sachs Group, Inc.	165.56
PG	The Procter & Gamble Company	82.69
JPM	JP Morgan Chase & Co	55.82
DAL	Delta Air Lines, Inc.	27.94
STI	SunTrust Banks, Inc.	35.03
MS	Morgan Stanley	30.21
GOOG	Google	876.39
SPG	Simon Property Group	150.80

For last minute stock price checks there is a "Stocks" application that automatically downloads to the iphone, or visit finance.yahoo.com Good Luck!

HEALTH & Wellness

Culturally Speaking Eating Disorders in the Black Community

By: India Huff Domestic Exchange Student, Middlebury College

Anorexia nervosa. Bulimia nervosa. Orthorexia. You may have never heard of these scientific terms before, or perhaps you've heard them thrown around

Black Americans and Caribbean Blacks are at lower risk for anorexia. Other findings from this study can be found in the diagram...

in your high school health class. Anorexia, Bulimia, and Orthorexia are all medical terms for eating disorders. An eating disorder loosely defined as a psychological disorder characterized by "disturbed" eating habits.

But what are disturbed eating habits? Missing breakfast every morning before your 8 a.m. chemistry lecture doesn't qualify (although, chemistry at 8 a.m. is disturbing enough as it is). However, missing breakfast every morning with the intention of restricting your caloric intake for the day does. Severe caloric restriction, purging by means of laxatives or vomiting, and starvation are mechanisms of anorexia nervosa.

Similar to anorexia is bulimia, a disease that often includes bingeing followed by purging or intense exercise as a way to maintain body weight and ameliorate any guilty feelings from overeating. Lastly, we have orthorexia – which may not appear to be a disease at all. Orthorexia is an obsession with eating "healthy foods." Harmless, right? Wrong. Where someone with anorexia is obsessed with the quantity of food, an orthorexic is concerned with the quality of food. Both situations end up with victims severely restricting their intake, which is extremely dangerous.

Cultural and Eating Disorders

According to *Psychology Today*, African-Americans are under-represented in treatment centers and clinical research studies about eating disorders.

The National Survey of American Life (NSAL) conducted a nationwide study of 5,191 adult and 1,170 adolescent African-American and Caribbean Blacks to examine the prevalence, age of onset, and gender differences in eating disorders in an internationally representative Black sample. The study findings indicate that Bulimia and Binge Eating are more common among Black Americans, while

Black Women and Eating Disorders, NSAL Study Findings

- Binge eating is the most prevalent eating disorder among Blacks
- 22.8 years is the age of onset for binge eating, which is similar to the general population
- 14.9 years is the age of onset for anorexia in African American and 18.9 years for white/ Caucasians
- Anorexia among African Americans does not usually occur after age 19.
- Bulimia in Black Americans is 1.5% for adults, which is slightly higher than the national average of 1.0%.
- The average age of onset for Bulimia is 19 years, which is the same as the general population. Thus, rates of bulimia among Blacks may not be as uncommon as once believed.
- Adult women had higher prevalence of eating disorders than men
- Males were significantly less likely to binge than women. Men have more issues around behaviors that emphasize an athletic build.
- Boys tend to exhibit more disordered eating behaviors during adolescence. Research indicates this could be due to weight restrictions for sports participation.
- Black boys are not considered immune to eating disorders.

Eating disorder research demonstrates that the social climate and subculture contributes to risk and development of an eating disorder. The research suggests that black people do feel some pressure to conform to the American ideal of thinness as indicated by the higher rate of bulimia.

What Are The Causes of Eating Disorders?

Eating disorders are fueled by compulsion and can be classified as an addiction. There are a number of things that can trigger the development of an eating disorder; emotions, peer pressure, stress. Anyone is susceptible, some more than others. However, it is very important to note that there is no specific type of

person who can develop an eating disorder – nor is a specific body type associated with the disease. In fact, many bulimics have what is considered to be a normal body size – but their addiction can lead to devastating side effects like rotting teeth, bloating, bad breath, acid reflux, ulcers and the list goes on.

How You Can Help A Person With Eating Disorders

If you or someone you know has an eating disorder, they should be encouraged to seek help immediately. It is not enough to attempt to manage the situation without professional help because one risks worsening the situation. The path to recovery is scary, but it is not impossible. One of the first and most important steps towards recovery is identifying people, places and activities that trigger compulsive behavior. As a friend, all you can do is support your loved one who is suffering and encourage them to stay strong. Eating disorders have a myriad of health problems and social implications. The aim should be to raise awareness around eating disorders and ameliorate stigma and misconceptions about their existence.

Mental Health & Well-Being

By: Simone Sibley C'2014

When you break your arm, where do you go? The emergency room I would hope! Yes, this may seem a bit trivial, but it is relative, I promise. But what do you do for mental illness, which in the United States is among the highest of all diseases?

We live in a society that promotes the receiving of physical care from a doctor, but not mental health care. Ironically, mental health is essential to a person's well-being, ability to foster healthy relationships, and to live a full and productive life. If left untreated, mental illnesses increases a person's risk for unhealthy behaviors, including drug abuse, violence and suicidal thoughts.

According to the U.S. Department of Health and Human Services, approximately one in four adults in the United States has had a mental health disorder in the past year, most commonly anxiety or depression. They went further to illustrate that in 2010, one in five children in the United States had a mental health disorder.

Though these rates continue to increase, the stigma associated with seeking care remains prevalent. The National Survey of American Life collected data comparing black women who sought out professional mental health services, versus informal support such as social media. Only 14% of black women relied on professional mental health services, while 2% used informal support, and 16% did not seek help at all.

As magnanimous intellectuals of Spelman College, we must be good to our minds, bodies and souls. That is where the organization, Peer Education Programmers (PEPERS), comes into play. Founded at Spelman College, by students just like you, the mission of PEPERS is to be committed to the psychological, emotional liberation, and wellness of people of African descent. We recognize and accept our responsibility to contribute to the mental, physical, spiritual, and emotional health of our Spelman sisters, and our community at large.

We will stand with our sisters in times of crisis. We will be a resource for information, consultation, and support. We will use all means to maintain these relationships to the best of our ability. We are committed to the continuous training of Spelman, greater AUC and broader communities so that personal growth will continue to be facilitated.

So if you are ever feeling down, a little home sick or completely overwhelmed by life, we are here to listen! PEPERS just finished a mental health awareness week last month. Please be on the look out for more events and mental health awareness, brought to you by PEPERS, throughout the year.

We are here for you, but remember, you have to be there for yourself and those around you first!

Vitamins

By: Raven Carnes C'2016

Vitamins can be an important part in maintaining a healthy body. With the variety of vitamin supplements and brands on market shelves, choosing the right vitamins can be very difficult. Many experts would say that taking vitamins and multivitamins are extremely important.

However, some believe that taking supplements are unnecessary because our bodies already produce many of the things we are looking to supplement with a vitamin, and natural vitamins can be found in foods we eat. In reality, most of us do not eat a balanced enough diet to ensure that we are getting the proper daily amount of vitamins. For those who feel the need for vitamins, or feel they need to begin a vitamin regimen here are a few you may want to look into:

1. Biotin: Biotin is known to help hair and nails grow and enhances skin.

2. Vitamin E, Vitamin E oil: Known mostly for its positive effects on skin, Vitamin E can also have positive effects on heart health.
3. B12 Caplets or Liquid B12: Known for boosting energy levels and maintaining a healthy immune system.
4. Vitamin C: With the winter months upon us, Vitamin C is a great supplement to have on hand to prevent illnesses associated with the common cold or flu. It can also shorten the length of the illness.
5. Ginkgo Biloba: Used for memory because it increases blood flow to the brain for better brain activity

Try one of the vitamins listed above or visit your local pharmacy. Be sure to check with your doctor for more information on which vitamin supplements and multivitamins could potentially be beneficial to you.

RELIGION & *Spiritual Life*

Love, Marriage and Religion

By: Morgan-Taylor Webber C'2014

Marriage is defined as the formal union of two individuals (typically a man and woman) recognizable by law. However, marriage becomes more than just a union between two individuals once the term is placed in a religious context.

Religion, characterized by a system of faith and worship, provides its followers with rules and practices expected to guide them towards salvation. With the presence of these rules, marriage is extended beyond a simple union, and becomes an institution or act of service that varies according to faith.

Buddhists—individuals following the teachings of Buddha—consider marriage a personal and individual concern and not a religious duty. Marriage to Buddhists is an institution created by mankind to contribute to their overall well-being and happiness. In the sacred book of Buddhism, the Tripitaka, there are no specific rules on how one should conduct their married life, but Buddha does give married individuals advice on how to maintain tranquility in their home.

While Buddhism allows each individual the freedom to decide for him or herself all the issues pertaining to marriage, Buddha advises married couples to refrain from committing adultery and advises that older men not have younger wives. Buddha gives this advice because these issues are considered ways to create disharmony in the couples' family, ruining the happiness that marriage is supposed to bring.

In marriage between two Buddhists, there is no distinction of who is superior between man and woman. Buddhists believe that society grows through the network of relationships that resemble interdependence, meaning each individual in a marriage is to give strength, moral courage, support, and appreciative recognition to one another and the skills they bring, demonstrating a commitment to support and protect others in the group or community.

Muslims—individuals following the teachings of Allah—view marriage in a very different light than Buddhists. Muslims consider marriage one of the most virtuous and approved institutions, one that guards modest—a significant component of the Islamic faith. Raising a family outside of marriage is considered going against the religion. Marriage is considered the only way to bring families into existence. In the Islamic religion, marriage is sacred because it adheres to Allah's commandments to continue the human race by rearing and nursing children to become true servants of Allah. Muslims believe that marriage shields them from the 'evils' of promiscuity, fornication, adultery, and homosexuality; issues that are thought to lead to even greater evils.

Christians—individuals following the teachings of God, recognizing Jesus Christ as their savior—view marriage as an institution rooted in the divine plan of creation. They believe that God brings two baptized Christians together to become one body to be fertile and multiply. With marriage thought to be a sacrament, it is believed that the bond between two married individuals is sealed and strengthened by God's love. Since the hands of God establish the marital bond, it is intended to be lifelong and exclusive, demonstrating permanency, faithfulness, and exclusivity. These characteristics protect God's purpose of marriage, which is for the married couple to grow in mutual love and create the generation and education of their offspring.

A constant factor found in all of these religions is that marriage is regarded with great respect. It is an institution created to establish a union between two individuals, building the foundation for creating a family. Although the standard for marriage differs depending on religious beliefs, it remains a system founded on love and happiness.

The Art of Meditation

By: Morgan-Taylor Webber C'2014

Pursuing an undergraduate career offers several perks that can be used to create a better future, such as knowledge, networking, and communication skills. However, the amount of work required to complete undergraduate coursework successfully is an additional stress on top of family issues, personal issues, and other matters that you may have. Whenever stress begins to consume your being, there are several different ways to relieve the tension, but meditation just might be the best.

Meditation is a practice that has been dated back 5,000 years. Buddha is one of the biggest meditation icons both in the past and present. Presently, meditation has become an active part of Western society, with people using meditation daily to relieve stress. Meditation not only can be used to treat anxiety, stress, and depression, but it can also be used as time for self-reflection. In the most stressful situations,

self-reflection allows you to take a moment to contemplate the reasoning behind the current situation, alleviate the tension, and prevent the circumstance from occurring again.

Every feeling and emotion lasts temporarily, so before you carry out an action that has permanent consequences center yourself, meditate on the issue at hand, and then proceed once your thoughts are clear and geared in a more positive direction. Meditation can be practiced alone, with a group, and in any location you feel most comfortable.

Do not let the stresses of college weigh you down any longer. In the Lower Level of Sister's Chapel every Thursday at noon, you can take a brief break from your busy schedule to sit for an hour and be guided through the meditation process, giving you time to alleviate yourself from daily anxieties. Use this ancient practice to achieve a state of serenity, peace, and tranquility.

Tips on How to Eat Well During the Holidays

By: Kevona Belcher C'2015

With the holiday season underway, most people want to indulge in baked goods and home cooked meals. Unfortunately, if you're not conscious of your eating habits, the pounds can add on quickly. The list below provides a few simple tips to enjoy holiday treats while maintaining your weight.

Exercise

- If you are active on a daily basis, burning the calories you gain from holiday dinners will be a breeze. Try taking a nice long walk before and after dinner. This can also aid in digestion as well.

Eat Breakfast

- A healthy breakfast on holidays will help you eat less and speed up your metabolism. Low fat and protein is always the best option. Whole grain toast, egg whites, and fruit are a perfect combination that will leave you satisfied until dinner.

Use Baking/Cooking Alternatives

- Grandma's recipes are most likely filled with fat and unhealthy carbs. Fortunately, there are alternatives when making your favorite dishes. Below are some suggestions:
 - Use olive oil instead of butter when cooking
 - Substitute plain yogurt for sour cream when making casseroles or mashed potatoes
 - Try fat free chicken broth to base turkey and make gravy

Try Not to Overeat

- That old saying, "Your eyes are bigger than your stomach" has a great deal of truth to it. Most of the time we want more than our stomachs can handle and feel the need to finish our plates. When you feel yourself getting full, stop and save the rest for later. Try drinking a glass of water before and during your meal. This can help reduce the amount of food you take in.

FOOD & Drink

21 & UP ALCOHOLIC DRINKS

By: Chelsey Washington C'2015 & Taylor Curry C'2015

Being in college with little to no parental supervision makes some college students feel as though they have the green light to indulge in alcoholic beverages. While many students have the ability to gage their alcohol intake, others fall victim to the effects of the over-consumption of alcohol.

For the 21 and over crowd, drinking is great when you are safe and fun in one's apartment or on an extravagant night out on the town. To avoid the embarrassment of the occasional stumble, slurred speech, or sick moment, here are a few wines and cocktails that prove to be a delicious alternative to gulping down Bacardi in public.

- Chardonnay- this delicious, crisp white wine is perfect with a light dinner of chicken and vegetables, fish, or even light Mexican fare.

- Pinot Noir – this unusually light and airy red wine pairs well with red meat dishes, Italian food, and even curry.

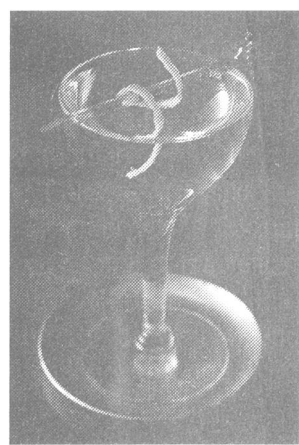
- Mint Julep- this distinctly southern treat is a delicious way to cool off. Gently crush ten spearmint leaves and 1 to 2 tbsp. of Simple Syrup in a glass with the brim coated with 2 tablespoons of superfine sugar, fill it with crushed ice, and then pour half a cup of Kentucky bourbon in to finish.



- Bloody Mary- a decadent drink perfect for breakfast that is as spicy as it is red. Combine 1 oz. of vodka, 2 oz. of tomato juice, 2 tsp. of fresh lemon juice, Worcestershire, kosher salt and pepper, and cayenne pepper all to taste. Pour in an ice-filled Collins glass and garnish with lemon.



- Dry Martini- this classic crisp cocktail is a delectable American treat. Combine 1 ½ oz. of London dry or Plymouth gin, 1 ½ oz. of French white dry vermouth, and 2 dashes of orange bitters in large glass. Stir for 15 seconds and then strain into a chilled cocktail glass. For garnish and flavor, twist a strip of orange peel over the top and drop it in.



Invite over some girlfriends, turn to a favorite Pandora radio station and try something new. For students aged 21 and up, now is a great time to discover drinks that appeal to specific palettes and lifestyles. As the popular sign-off of most alcoholic beverage commercials advises, "Please enjoy responsibly."

Pictures and recipes courtesy of saveur.com.

Food and Drink

By: Taylor Curry C'2015

Let's be honest. Very rarely have you said to your friends, "let's eat in the cafe tonight," without your stomach offering up silent protest. Not only does the food taste bad but sometimes you just know what they are serving probably contains a lot of calories and not knowing exactly what you were eating is a bit traumatizing. Jasmine Payne, the Secretary of Student Affairs of SSGA talked, and Spelman's new Food Service Director, Anna-Marie Chavers, listened.

Payne first developed her own food committee that was made up of a diverse group of two students from each class, some commuters, some vegetarians, some with other culinary differences. Payne then met with Chavers to discuss proper food labels and allergy sensitive foods. She and her committee soon found out that Chavers was already one step ahead of them.

As food service director, Chavers has made allergy awareness a huge priority in the Spelman cafe. She encourages students with allergies and restrictive diets to meet with her in her office so she can help them plan personalized meals for the week. There is also a special cooler in the cafe for allergy students and special food available upon request.

Vegan dietary restrictions are also a priority for Chavers. While the vegan cooler in years passed looked a bit like something from the Hunger Games, the current list of options available to vegan students has expanded exponentially. The cafe now offers food like vegan coconut shrimp, vegan pizza, vegan turkey burgers, queso, bread, and a wide selection of Annie's vegan salad dressings.

Keeping the cafe inclusive to vegetarian students is also important to Chavers and her team. Many improvements are easy to spot, like the fresh vegetables at the stir fry station that, according to Chavers, serve multiple purposes.

"The fresh vegetables we have here, in-house, make the station look nice and act as a kind of garnish, but they also let you know that these are fresh veggies we're using." Chavers went on to add that many of the food items offered in Spelman's cafe are now made fresh, on the premises. "We make all our pizza dough from scratch."

The cafe has also pledged to include more healthy varieties of food and to work in congruence with Dr. Tatum's Wellness Revolution initiative. Chavers explained that as part of the cafe's new

Healthy for Life Campaign, there are digital boards placed around the cafe that display how many calories are in the food. Spelman has even changed the way students slurp their soup: now there is always a protein-heavy choice, and a vegetable option available every day at the soup station. The hot-line has also received some changes.

"Students were concerned that the hot-line was too carb-heavy," says Chavers. "So now there are always two veggies, two meat options, and only one carb option." And with incorporating more varieties of bread and pasta, including more whole wheat, and, in the near future, expanding the salad bar with ten more items, Chavers and her team hope to work with the Wellness Revolution to keep students healthier and happier.

Lastly, both Payne and Chavers stressed the importance of feedback. Whether it's a formal request or a note jotted down on one of the yellow "We Heard You" papers located in the cafeteria, Chavers personally goes through all of it. Payne even admitted to receiving feedback through word of mouth.

"I'm a little nosy," she joked, "I listen to regular conversations and complaints about Spelman Dining and make myself available to suggestions and concerns."

Simple things like using egg whites at the omelet station, or serving omelets all day for that matter have been included purely based off of feedback. Chavers even revealed that the "Peace of Mind" station contains improvements solely derived from the feedback of students and faculty dining in the cafe.

"Feedback is so important here," says Chavers. "It's one thing to tell your friend about a Spelman Dining issue, or to tweet about it, but if you actually tell me, I can do something about it."

For more information on Spelman Dining, visit SpelmanDining.com and receive various updates, like the menu of the day. You can also "like" the Spelman Dining Facebook page or download the CampusDish app which will soon garner exclusive access to specials for the Spelman Food Court. After Thanksgiving break, students will have access to nutrition information on what's being offered in the cafe via the Spelman dining website.

For even more information contact Anna Maria Chavers at macko-annamaria@aramark.com or Jasmine Payne at Jpayne8@scmail.spelman.edu.



FASHION & Beauty

YouTube Gurus: Beauty Channels on the Rise

By: Lauren Coggins C'2014

With the vast popularity of YouTube and the many categories of videos that the site has to offer, it is only fitting that there is an audience of fashion aficionados scouring each channel for information. Luckily to their avail, there is an entire subculture of YouTubers that are devoted to satisfying their beauty needs. The days of visiting a beauty counter for tips are long gone, as viewers can now receive instruction by watching make-up tutorials. Whether you need ideas for an outfit, or want to achieve a certain hairstyle, a channel that caters to your desires is almost guaranteed.

When it comes to healthy living and natural hair maintenance, Fran, known as HeyFranHey on YouTube, is your go to girl. Her channel provides do it yourself tips on beauty, hair care, fitness, and nutrition, with instruction on how to make natural concoctions at home. Fran also uses a range of low cost products so that application of her techniques can be easily achieved. Her channel is perfect for college students who are budgeting or working with minimal funds.

If viewers need more assistance in the beauty department and want instruction on how to achieve different makeup looks, then YouTube channel ItsMyRayeRaye has the perfect tips and tricks. She describes her personal beauty regimen while providing product recommendations and easy instruction. The YouTube channel BeautyCrush also covers similar topics while adding fashion advice and a British twist.

Senior Biology major Karyn Coleman is a subscriber to some of these channels and searches them depending on the advice she needs.

"I learned how to apply most of my makeup by watching YouTube videos," Coleman said. "They help me figure out what products to use before I go out and buy them."

With so many different choices, there are hundreds of videos made to share hair, fashion, and skincare secrets. If you have not had a chance to familiarize yourself with the YouTube beauty community, these channels are a great starting point.

CAU HOMECOMING FASHION SHOW RECAP

By: Houston Scott C'2015

The Clark Atlanta University (CAU) homecoming fashion show in October entitled "Mt. Olympus" took place in the CAU gym. The show, which was inspired by Greek mythology, consisted of seven scenes captioned with god and goddess names. The flowing trains, white gowns, royal headdress and hairstyles were cohesive. Even though it was a CAU production, there were several Spelman and Morehouse College students who participated as models.

During the middle of the show there was a musical performance by artist Natasha Mosely. She wore a black and white striped, jersey mesh and leather dress paired with knee-high black boots. Following the performance was the "walk off"-sponsored by Uppity Negro clothing line. The hosts invited 20 male and female participants on stage to

walk the runway. The crowd decided with applause which two models were the strongest. Those two then "walked to the death" for the title. The winner received clothing from the sponsor as well as bragging rights.

The finale was announced as an auction piece on CAU designer Stephanie Gordelle's website. A portion of the proceeds were donated to a breast cancer research foundation. The show included a wide variety of different prints, looks, and materials. The overarching trends throughout were: black and white color combination, fringes, metallic material, body chains, zebra print, denim, color blocked panels, mesh, and silk garments.

To see some of Gordelle's work visit her website: www.stephaniegordelle.com.

LAYERING FOR FALL: Fashionable for Fall

By: Chelsey Washington CAU C'2015

As fall slowly transitions into lower temperatures and darker evenings, the need to bundle up and remain fashionable becomes a must.

Skinny jeans season may be year round but as temperatures drop, boyfriend jeans allow for a relaxed and comfortable look. These jeans are baggy enough to put thermals underneath for additional warmth yet still look feminine and trendy.

Layering for fall can be quite fun, and this season allows for experimentation with various patterns, prints, colors and textures. Here are some fall fashion trends that are sure to keep you warm and cozy, all while remaining stylish:

Accessories:

- Snood scarf
- Knit beanie
- Leather gloves
- Faux fur earmuffs
- Russian fur hat
- Print scarf
- Funky patterned socks
- High-knee cable knit socks
- Opaque tights
- Circle/Infinity scarf

Outerwear:

- Puffy coat with faux fur-lined hood
- Pea coat
- Oversized cardigan
- Denim jacket
- Solid colored blazer
- Camo-print jacket
- Long wool coat
- Varsity jacket
- Faux fur vest
- Windbreaker
- Leather motorcycle jacket
- Fleece cape

Tops:

- Striped turtleneck
- Tunic
- Denim shirt
- Flannel shirt
- Long sleeve cotton top
- Thrifty sweater
- Sweater dress

Infinitely Bené: A Spotlight on Local Business Owners

By: Lauren N. Hawkins C'2014

Michelle Blue, a recent graduate of the University of Georgia, studied abroad in Ghana her sophomore year. She was extremely touched by the young women she met through the Lifeline Project; a center that helps take teenager girls off the street and teaches them a trade so that they become financially independent. When Blue returned back to the U.S. she wanted others to be inspired by these girls who, "had nothing, but still had so much joy and love," as she puts it.

After conversing with her best friend Sasha Matthews about her experience, the two decided to go into business together and formed Infinitely Bené. They chose to use Bené, a prefix that means good in multiple languages, in their company name

because it represents what they hoped their brand would stand for.

The clothing line, Infinitely Bené currently has an array of Infinity scarves made from the beautiful West African inspired prints that Michelle saw in Ghana. Fifteen percent of Bené's profits help with the continuation of the Lifeline program and development for young girls. Since its launch, the clothing line has gotten great exposure in the Atlanta area and received great feedback on its products and cause.

To accompany their initiative to support the Lifeline Project in Ghana, Blue and Matthews started the Be Benevolent movement. The movement serves as a reminder to be kind and love the people you come



IS JC PENNEY'S GOING OUT OF BUSINESS?

By: Houston Scott C'2015

Fashion executives have been predicting that that JC Penney's (JCP) may go out of business by the end of the year. Their sales percentage numbers are lower than ever before. The company has hired three CEOs, changed strategies, and renovated numerous stores. But ultimately, JCP has never recovered from losing their original customer base when it tried to appeal to a younger audience.

In 2011 JCP fired its CEO Myron Ullman, a promotional retailer. His successor Ron Johnson, the former Senior Vice President of Retail Operations at Apple Inc., took over his duties. When Johnson took over, he essentially alienated the target customer from the store. The baby boomer class was the age range of shoppers that had the most spending power at JCP. Johnson took away the promotional strategy to attract a new, younger customer.

After 15 months of Johnson taking the wheel of the sinking ship, JCP fired the Apple expert and re-hired Ullman.

Promotional strategies of coupons and sales are what the target customer for JCP was looking for. They knew they could save money with the company and therefore gained customer loyalty that way.

However Johnson wanted to "churn and burn" the inventory so he thought it was best to get rid of that technique because the gross margin moves very slowly that way. Johnson decided to put different merchandise in the stores to attract teenagers and young adults. This resulted in the loyal customers confusion and abandonment of the store. They no longer could find the items they wanted.

Johnson tried to appeal to youth through a series of endeavors. The store included Denim Bars to help shoppers find the perfect jeans, employees with iPod Touch devices, hand held devices to ring up purchases and search for additional sizes or styles on J.C. Penney's site at a customer's request, and smaller selection of product with a higher price (like a boutique).

Johnson also put a same sex couple in some of the advertisements to show comfortableness with an alternative lifestyle. This was not perceived well by the majority, conservative older customers that loved JCP. Johnson completely switched to a different demographics' values--a demographic that didn't shop in the store.

As a result, JCP's stocks have been plummeting. Their comparable store sales percentage numbers from year to date are as low as -31.7%. They have lost millions of dollars because of sales and used billions because Johnson renovated about half of the chains while he was with the company. With Ullman's second shot at turning this around, he is faced with many dilemmas.

One solution proposed to prevent the store from financial ruin is to close some of the 1,100 stores, especially those that have not been remodeled. Something that hinders this solution are the "mall covenants" that require anchor stores (like Macy's, Bloomingdales, JCP, Sears, etc) to stay in the mall for as long as 20-25 years. Breaking those contracts would bring massive fees on JCP that could bankrupt them immediately.

Will our generation see JC Penney's go out of business? The future doesn't look too bright. People in the industry are taking bets on which month they will shut their doors forever.

HOLIDAY FRENZY: Online Shopping

By: Karys Belger C'2016

Particularly during the holiday season, shopping can seem like a daunting task. To relieve some of the stress many people shop online, however online shopping can also become a stressful task. Online shoppers often have to navigate through hundreds of sales, be able to discern secure payment sites from non-secure sites, as well actually find the perfect item. Fear not. Below are a few tips and tricks to help you online shop without breaking the bank or losing your senses.

Shopping on secure websites is the best way to ensure that your private information does not get compromised. Secure or encrypted websites will typically start with "https". The "s" at the ends means that website is a secure one. It's also smart to research the website's privacy or security policies. If the website does not say that they do not release their customer's private information, be extremely cautious. Also, never give out your social security number. If a website asks for it, mostly likely it's a scam.

When it comes to buying clothes online, it is best to know your size. Not a rough estimate of what you think you are but an actual measurement. Most websites have a size chart to help decide what size bet suits you. Remember, a size small in one brand could be a large in another. Using an U.S. based merchant is the best way to ensure there are no size discrepancies.

When ordering something for an event, try to order at least three weeks in advance. This will give you enough time to return the item or make any necessary changes or alterations. Also, you won't have to pay extra money for expedited shipping which means more money in your pocket.

Another piece of advice is to read customer reviews. The more feedback something has, the better. It could either help you make a fabulous choice or save you from making a big mistake. Few or no customer reviews isn't a bad thing, but you be cautious on the particular sites. Ultimately, use your shopper's common sense. If something doesn't feel right, then most likely it isn't.



OPINIONS

The Spelman Brand

By: Sarah Brokenborough C'2016

We are a community of intelligent and sophisticated black women. The Spelman Brand refers to the fact that Spelman has consistently produced poised and skilled women who are confident in their intellect and in their abilities to be successful. The institution as a whole is dedicated to nurturing black women's curiosity and potential. When you tell someone that you go to Spelman, they instantly know that you are a smart and talented woman. They understand that you are efficient and fully capable of working ethically and professionally.

All of these descriptions of a Spelman woman positively counter the myth of black women being the welfare queen, the Jezebel, and other countless stereotypes. Spelman has successfully created an environment where black women can thrive and be taken seriously without the fear of racism, sexism, and/or other prejudices.

But even this illustrious institution isn't exempt from shortcomings. There are social and religious norms often associated with the institution, which can

be discouraging to the student. For example, a Spelman woman is presumed to be heterosexual, which leads to the idealized and often romanticized "SpelHouse couple." For the most part, a Spelman Woman is the feminine, heterosexual, Christian, black woman. However, this is not always the case (thankfully).

In reality, this idealized version of the moral black woman full of ideas and forever eager to partake in "A Choice to Change the World" is misleading. This mental picture of a Spelman woman isn't an accurate reflection of the institution's diversity in opinions, sexual orientation, personalities, aspirations, religious affiliations, etc. There are no two Spelmanites alike; likewise, no two Spelman experiences are the same. We all share a campus and are given an opportunity to excel—but that is where the similarities for the majority of us end.

We all know what it means to go to Spelman. We know the opportunity Spelman creates for us. However, I believe that you are a representative of yourself first, and your institution second.

How was your Homecoming Experience?

By: Jordan Daniels C'2016

The Sparkhouse 2013 Homecoming ended last month; Spelman College, Morehouse College, and Clark Atlanta University came together to celebrate homecoming for the first time in decades. The Step Show was hosted by Morehouse College; the Kickoff Jam and the Neo- Soul concert were hosted by Spelman College; the Hip Hop concert and the Fashion show were hosted by Clark Atlanta University; and the Coronation Ball was a Spelhouse only event.

There was an abundance of Homecoming controversy this year with speculation on whether there would even be a Hip Hop concert or if Tailgate was actually going to be alcohol-free. But with the pre and post Homecoming drama, students were still able to have an enjoyable Homecoming experience.

"Homecoming was fun and interesting this year. I had a great experience and it was a much needed stress reliever," said Charslyn Wilder C'2016.

Morehouse College sophomore Patrick English agreed, "Homecoming 2013 wasn't as fun as last year but I still really enjoyed it."

Junior Kiara Hinton and Freshman Naomie Delva had different opinions on Homecoming.

"I didn't really take advantage of all the Homecoming activities because I'm a junior and they're pretty much the same every year," explained Hinton.

"I feel as if Homecoming was only for people who party or drink," stated Delva.

Spelman students also shared what could have made homecoming better for them.

"If I could change anything," said Treshae Dimes C'2017, "it would be the Hip Hop concert. It was hectic, unorganized, and overcrowded. The artists weren't really performers people knew or were looking forward to seeing."

"Homecoming would have been better if there were more free events for students to just meet people, hang out, and have fun," stated Takasha Nutall.

"It would have been better if there was more school spirit," said Hinton. "No one really goes to the football game to cheer the team on."

A Reflection on Thanksgiving Day

By: Imani E. Love

With the passing of time, the real meaning behind Thanksgiving is nearly forgotten. Often, the only settings where there are discussions about the history behind Thanksgiving, though pretty vague, are in daycare, and elementary schools.

In the early 2000s, Rhaven Holmes, C'2016, remembers sitting in class, tracing her hand to create the body for a turkey. She recalls standing up to announce to her 1st grade class for what as well as for whom she was most thankful for in her life. As the Thanksgiving holiday approached, her teacher, Mrs. Henriquez, began explaining the meaning and origin of Thanksgiving.

The Pilgrims were in search of a place to settle after breaking away from the Church of England and landed in Plymouth. Out of the kindness of their hearts, the neighboring Native Americans, one in particular named Squanto, assisted the Pilgrims by teaching them how to cultivate crops and how to fish. Soon afterwards, the Pilgrims set out looking for food and came into contact with the Native Americans who again helped them and decided to peacefully join together to partake in a feast. After further digging, however, I found this to be partially true.

According to the National Review Online, Squanto, who had been the interpreter between the Pilgrims and Native Americans, had picked up his English speaking skills when he was abducted by an English explorer, Thomas Hunt. Hunt forced Squanto into slavery where he was exposed to English speaking cultures. After making his way back about five years later, he discovered that his village people

had been completely wiped out due to sickness and so he decided to assimilate with the Wampanoag tribe.

After the Pilgrims began establishing themselves in 1620, the Wampanoag negotiated a treaty between themselves and the Pilgrims and as a result Squanto assisted them with cultivating corn and fish. With the successful instruction of Squanto the Pilgrims were successful with harvest and as a result decided to celebrate with the Native Americans. Another interesting fact that I found while watching CBS historian Kenneth C. Davis was that the original date of Thanksgiving took place in October of 1621. It was 1863 when Abraham Lincoln decided to make Thanksgiving a national holiday to be celebrated on the last Thursday of the month of November.

Fast forwarding 12 years later, there are still some similarities such as gathering and the sharing of food, but the change of scenery and circumstances have changed dramatically. Holmes's story doesn't relate too much of what took place in the 1600s, but it still empathizes what Thanksgiving means.

"Thanksgiving is always at my dad's house in Virginia. Our neighbors from our circle also come to our dinner. Nobody in my family has to really travel because we live in or near VA Beach," said Holmes.

Thanks to Mrs. Henriquez, Holmes doesn't forget what Thanksgiving ultimately means to her even as a second year college student, "A time for reflecting on the things I'm grateful for—also family time and amazing food!"

Black Hair: Our Roots Are Our Problem

By: Karimah Noble PED Scholar C'2015

India Arie said it best when she serenaded the world with, "Good hair means curls and waves/ Bad hair means you look like a slave/At the turn of the century/It's time for us to redefine who we be." Truer words have never been spoken, and whether one chooses to acknowledge it or not, India hit the nail on the head.

It has long been time for us to redefine "who we be." What exactly is "good" hair anyway? Who authored this verbiage to begin with, and why have we been so willing to adopt it as a part of our vocabulary?

Does the texture of my hair provide any insight into my character? Have you ever met a woman, taken one look at her hair, and surmised that she has a brilliant mind or beautiful spirit? That's doubtful. So why, then, is hair such a big deal among black folk?

At the risk of sounding like one of those blame-it-on-the-man-constantly-bringing-up-the-past-pro-black chicks, I am just going to put it out there. Slavery. There, I said it.

Now, I'm not naïve enough to believe that every reader will agree with my point of view, but it is certainly worthy of consideration. So indulge me. In the same way that skin hue was used as a divisive means during slavery (i.e. house/field 'N' word), so too is hair today—only we have voluntarily switched places with the slave master.

Yes, we, as in black women, have perpetuated the same type of divisiveness amongst ourselves by feeding into and allowing this concept of "good" hair to even exist.

Perhaps a brief definition of the terminology is warranted so as to put my bold assertion into perspective. I am sure most will nod in agreement (if they are being honest with themselves) and some will not; however, truth be told, "good" hair is commonly associated with "as close to white" as possible, which, by default, means any other hair is the opposite—Harriet Tubman, Kunta Kinte...you get the picture. Like it or not, that is the truth.

The underlying idea becomes this: if one's hair looks, feels, or remotely resembles that of a white person's, it is "good". How exactly, then, does this idea translate if one's hair does not? I dare not attempt to answer that question for you. However, what I will say is this: as long as we continue to buy into the notion that hair is somehow "good" if a comb can glide effortlessly through it and "bad" if three deep conditioners and a hot oil treatment could not yield the same results, we are to blame.

Once we completely reject the idea of "good" hair and fully embrace our uniqueness as black women, then and only then, will we begin to break down those superficial barriers that divide us. Until such time, we cannot—I repeat—cannot blame "the man".

ARTS & Entertainment

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A Letter to the Student Body

Dear Spelman Sisters,

I, along with several other faculty members, have spent considerable energy over the past several years supporting the active resistance of Spelman College women to the dominance of misogyny evidenced in music, music videos and other forms of popular culture. When identifying music lyrics as misogynistic, Spelman women have been particularly concerned with the sometimes hateful, degrading, objectifying, and in many cases, violent lyrics describing women and actions directed at women.

Many of you may be aware of the national attention Spelman College received in 2004 when students enrolled in a Women's Studies course, taught by Dr. Beverly Guy-Sheftall, pressured the College to reject the invitation of rapper Nelly to come to campus to host a bone marrow drive. The students, led by then President of the Student Government Association (SGA), Asha Jennings, asserted that the only way Nelly should be allowed to come to campus would be if he would be willing to respond to their concerns about his most recent rap video Tip Drill. Nelly rejected the condition and his proposed appearance on our campus was cancelled. Most recently students in the Violence Against Women course, some



Cynthia Neal Spence, Ph.D.

of whom were simultaneously enrolled in women's studies classes, organized to once again challenge the Spelman community to recognize and reject the misogynistic lyrics of selected rap music. The students in the class developed a petition protesting the misogynistic music being played in public places on campus, including Market Friday.

In both cases, students merged their intellectual engagement with course readings and materials with their commitment to social advocacy. Both of these cases demonstrate the capacity of intellectual engagement and bonding to form alliances that can indeed challenge and change the status quo. I am very proud of the history of Spelman women who have been brave enough to step out of their comfort zones to challenge normative structures that marginalize women and girls. These students, though separated by class years, share a commitment to truly change the world and make it

a better place for women and girls and all persons who do not embrace patriarchal heterosexual norms.

These students elected to "change their Spelman world" and I am proud of them.

In sisterhood,

Cynthia Neal Spence, Ph.D.

Associate Professor of Sociology/
Director, UNCF/Mellon Programs
And Faculty Lead, Spelman College
Social Justice Fellows Program

Marijuana—The Student Perspective

By: Jasmine Moody C'2017

Known by the names of Mary Jane, weed, pot, and ganja, Marijuana is among one of the most abused illegal drugs in the world. This drug is commonly used for both recreational and medicinal purposes.

There has been quite a bit of controversy around the use of marijuana, especially around the legalization of it in the United States. According to CNN, a study shows that 4 out of 5 high school students do not consider marijuana harmful. This is almost two times higher than two decades ago. This is in direct correlation with the increase of recreational use on college campuses.

The lingering question remains: why do people smoke?

According to the Higher Education Center for Alcohol and Other Drug Prevention, nearly one-third of all Americans have tried marijuana at some point in their lives. An informal survey was conducted regarding marijuana in the Atlanta University Center to obtain some answers to many of the questions people have about the uses of marijuana. The survey included questions regarding an individual's habits, history and thoughts about the uses of marijuana. The following was identified from the survey:

- Almost all participants had an encounter with marijuana at least once.
- Many of them had begun using marijuana as early as high school, and some as early as 13 years old.
- Some started using marijuana in college.

Those that have only been using marijuana since college smoke socially and only on occasion. Those who began smoking before college usually smoke two to three times a week or even daily. The use of marijuana among college students is usually recreational. Peer-pressure is the number one reason why the students surveyed began smoking marijuana. The second most common reason was stress.

The Pros-and Cons of Marijuana

Marijuana is a psychoactive drug, meaning that it contains chemicals that cross the blood-brain barrier. Therefore it directly influences the central nervous system, affecting brain function. It alters perception, consciousness, mood, and behavior. Those who use the drug for recreational purposes use it as a stimulant or depressant because some find that relieves stress. It causes a heightened sense of relaxation and happiness.

As a result, the use of marijuana comes with a host of short and long-term negative effects. Some short term effects include: memory loss, redness of the eyes, decrease in intra-ocular pressure, dry mouth, increased heart rate, and relaxation of muscles to name a few. Long-term effects include a high risk in the development in respiratory diseases.

It can also result in the delay of sexual development in both males and females who are still in developmental

stages, which is relevant to high school students. Studies show that in women it can cause a decrease in ovulation and the disruption of menstruation which is vital to reproduction. Although there has been a great deal of ground-breaking research regarding marijuana usages, especially for medicinal purposes, much of society still has a conservative point of view on any uses of marijuana.

Due to the fact that marijuana is an illegal substance, the use, possession, or sale of it can result in criminal conviction. This can be detrimental to a permanent record and therefore negatively impact career goals in life. The use of marijuana can also have inhibitory effects on rational thinking. Smoking marijuana can potentially become more than just a social habit, but a complete distraction from goals and aspirations.

The Higher Education Center for Alcohol and Other Drug Prevention identified the following as the overall impact on students:

Grades

Students who smoke pot are more likely to spend more time partying and less time studying. According to the Higher Education Center for Alcohol and Other Drug Prevention, students who use marijuana carry a "B" average and study less than two hours per day.

Risky Behavior

The Higher Education Center for Alcohol and Other Drug Prevention reports that nine out of ten college-aged marijuana users also drink alcohol and smoke cigarettes. This makes them more likely to engage in risky sexual behaviors that put them at increased risk for sexually transmitted diseases. Most students don't associate driving under the influence with marijuana. However, driving under the influence of pot puts students at greater risk for being involved in automobile accidents.

Health

Habitual marijuana smokers are subject to developing respiratory diseases such as bronchitis and emphysema. According to the Higher Education Center for Alcohol and Other Drug Prevention, "College students who are still in the developmental stages also face delays in sexual development and a decrease in sperm production. Pot smoking can disrupt menstrual cycles and lead to a decrease in ovulation. Marijuana use damages the immune system, leaving students at higher risk of developing infection and having slower healing rates from common illnesses like the cold or flu."

Personality Changes

The THC chemicals in marijuana increases the heart rate, causes dry mouth and blood shot eyes. This results in slowed speech and listening, and changes in commitment to completing class work and engaging in social relationships.