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Welcome to the Spring Issue of the Salem College Buzz. This official Salem newsletter is designed to keep prospective students updated on life here at Salem College.

English poet Christina Rossetti described spring as “a time when life is alive in everything,” and students everywhere can agree.

High school seniors are making their final college decisions while at the same time wrapping up their high school careers. Dresses have been bought for prom and yearbooks are waiting to be signed. High school juniors are poised to take over the campus, anxiously awaiting the highs and privileges of being a senior.

Life is very similar on Salem’s campus this time of year. Seniors are waiting to hear about various jobs and graduate schools, confident that their four years at Salem have prepared them for life’s next journey. Juniors are busy squaring away summer internships and jobs, knowing that these opportunities will provide valuable life experiences.

There are also many exciting events taking place on campus. Salem students are getting ready for the annual Susan G. Komen Race for the Cure, an event that draws hundreds of people to help in the fight against breast cancer. Student government elections are taking place, and those running for office are looking forward to being leaders next year.

We invite you to explore these opportunities on Salem’s campus and to see the ways that spring is alive in everything!

Good Times...Great Food!

Looking for a great place to hang out off campus? We took a poll of Salem student’s favorite local hang outs. Check out our list of Winston-Salem hot spots for more information on where Salem students unwind.

Best Coffee Shops
- Ollie’s
- Starbucks
- Borders Café

Best Live Music
- Ziggy’s
- Sixth & Vine
- Speak Easy Jazz

Best Pizza
- The Loop
- Mario’s
- Mellow Mushroom

Best Ethnic Food
- Mi Pueblo (Mexican)
- Arigato Japanese Steakhouse
- Miss Annie’s (Jamaican)

Best Stores at Hanes Mall
- The Gap
- Abercrombie & Fitch
- Nine West Shoes

Best Ice Cream
- Mayberry’s
- Coldstone Creamery
- Carvel

Best Sandwich
- The Carving Board
- Jersey Mike’s
- Jason’s Deli

Best Place For A Stroll
- Old Salem
- Reynolds Gardens
- Hanes Park
Hot Tips for Seniors

Senioritis
Each spring, thousands of high school seniors across the country are affected with a debilitating disease... Senioritis. The causes for the disease are still unknown, but reports have shown that cases increase with the purchase of graduation caps and gowns. While there is no cure, there are preventative measures students can take in the coming months.

Although you may be tempted to take an afternoon nap or spend hours at the mall preparing for prom, don’t let your hard work fall by the wayside. With exams and final projects fast approaching, many students find their senior year to be highly stressful. Remember that you have spent the past four years cultivating great study habits, and now is the time to tap into those strengths. Keep up with project deadlines and avoid procrastination. Continue to look for scholarship opportunities, stay on top of your grades, and begin working on important summer plans!

First Year 101: Things You Won’t Find in the Catalog

Always remember to set your alarm clock, and maybe your cell phone alarm, too!
Mid-day naps are a must.
Don’t forget to call mom and dad regularly.
Click “SAVE” after every sentence.
Separate your lights from your darks.
AIM is an acceptable form of communication with your roommate.
Don’t forget to periodically look at your class syllabus.
Attempt to clean your room every now and then!
It’s okay to be on a first name basis with the pizza and chinese food delivery guys.
Two words...shower shoe!
It is perfectly fine to be at Walmart at 2am.

Keep Hot Pockets, Easy Mac and Ramen Noodles on hand for a late night snack.
It’s okay to schedule your classes around your favorite soap opera or Oprah.
Dining hall trays make excellent sleds. (Don’t forget to return them!)
The library is a great place to escape residence hall distractions.
The best way to make new friends is to get involved on campus!
Don’t forget/lose your keys or student ID.
Turn off your cell phone before going to class.
Facebook is a great way to keep in touch with friends from home.
Take lots of pictures...they will make the memories last forever!

Dates to Remember

Seniors, mark your calendars for these very important Salem dates! Here is your sneak peek at semester dates, campus holidays, and important Salem events.

August 20 Residence halls open for students involved in cross country, volleyball, soccer, and WFU Band
August 23 Summer Study Program begins
August 26 Residence halls open for new students and Orientation begins
August 29 Register for classes
August 30 Fall semester begins
September 27 Fall Fest! Classes suspended
October 13-17 Fall Break
October 27 Family weekend
November 22-26 Thanksgiving Break
December 18 Winter Break begins
January 3 January Term begins
January 15 Martin Luther King, Jr. Day
February 5 Spring Semester begins
March 16-25 Spring Break
April 9 Easter Monday, classes suspended
April 27 Founders Day Celebration
May 16 Spring semester ends
May 26 Commencement

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What to Bring

Curious about what to bring this fall? Here is a helpful list of a few necessities.

1. Shower Caddy – An essential for caring your stuff to and from the shower.
2. Laundry Detergent – Don’t forget to separate your colors and remember that it can’t all fit in one load!
3. Favorite Movies – A must-have for late night procrastination and Salem Sister bonding.
4. Trash Can – A necessity that everyone always seems to forget.
5. Flip-Flops – Great for running down the hall for random visits and great for doubling as shower shoes.
6. Sheet Sets (2) – Yes, you’ll need at least two sets...you must change your sheets!
7. Favorite Pillow or Stuffed Animal – Don’t worry, everyone brings one!
8. Cell Phone & Charger – Not just for calling friends, mom and dad do need to hear from you every now and then.
9. Your Parents’ Old Clothes – A "70's Disco" or "80's Prom" themed party will definitely take place sometime during your college career.
10. Posters – A fun and easy way to decorate your room!
Dear Susie Salem,

Great news… I’m coming to Salem in the fall! Do you expect to see me in a part of the Class of 2010? It’s been a long, and sometimes difficult, road, but I’m glad it has brought me to Salem. I’m thrilled to have made my final decision and now I’m curious what steps I need to take this summer. Is there anything specific I should do before arriving in the fall? I’m the first kid in my family to go to college, so this is all new to me. Any advice would be great!

Excited in El Paso, TX

Dear Excited, Welcome Salem Sister! You are right, this is a very exciting time, and the fun part is just beginning. The summer before your first year is all about getting ready, and as always, I’m here to help! The first thing you should do is check out the Class of 2010 website at www.salem.edu/2010. There are message boards for connecting and talking to other incoming first year students, information on orientation, and a cool new feature where you can actually design your own room. Once you send in your deposit you will begin receiving important forms to fill out from your health records to your car insurance packet. To keep an eye on the mail! The student life packet will contain your roommate questionnaires. This is very important, as it helps the Director of Residence Life match you with your future roommate. My advice is to be completely honest! If you rarely see your bedroom floor, requesting a neat roommate isn’t a way to change your habits. Report the study habits and room rules you already have, not those you’d like to have. This is the best way to avoid conflict before it begins. By mid July you will receive your housing and roommate assignments, so you too will have a few weeks to work out details and get to know one another before move-in. Also, make sure you have your bill cleared with the business office on campus. If necessary, choose your loan provider and make sure all paperwork has been mailed and filed. Don’t forget these important details and never be afraid to ask questions. Finally, a personal favorite…shop! Hopefully by then you will know your roommate and the two of you can figure out what you need and want for your room. Just remember to save a few dollars for books. See you soon!

Dear Susie Salem, First of all, I can’t wait to get to Salem in August! I’m just a little curious about something… my friends and I have started planning our summer excursions and we have to work around their summer orientations. My friend, Jessica, mentioned that during her orientation in June she will get to register for her fall classes. Does Salem have a summer orientation? Will I get to Salem and have to figure everything out on my own? Did I miss something, or accidentally throw away important information? I just wonder.

Curious in Columbia, SC

Dear Curious, No worries! You haven’t missed anything and there’s no need for you to rustle through last week’s trash. Some schools do offer and require summer orientation, but here at Salem our orientation is a little different. Orientation will actually begin on first year move-in day, which is Saturday, August 26… just in case you haven’t already marked it on your calendar: When you arrive on campus, an eager and excited group of upperclassmen will help you move things into your room and get the fun begins there. Throughout the next few days you will have the opportunity to meet most of your fellow classmates, hang out with your Resident Assistants (RA), and settle into your room. You’ll also get a chance to meet with your faculty advisor, and you even get your own peer mentor. Your faculty and peer advisors will work one-on-one with you to make your schedule and register you for your fall classes, all in time for you to buy the required books and begin classes on Wednesday, August 30. Whew! Orientation is jam packed with fun activities and important information. My best advice is to sit back and enjoy the ride!

Dear Susie Salem, I can’t wait to get in my car and drive down to Salem! Speaking of cars, what is the vehicle policy at Salem for first year students? I have heard stories from my best friend’s older brother, how he and his friends had to hide their cars at McDon- ald’s and the mall during the first year since his friends had to hide their cars at McDonald’s and the mall during the first year since they weren’t allowed to have cars on campus. Will I have to hide my car in downtown Winston-Salem? I love the freedom of being behind the wheel!

Roadrunner in Richmond, VA

Dear Roadrunner, Sounds like you are always on go! No, you will not have to hide your car in downtown Winston-Salem. Salem does allow first year students to have a car on campus. Just make sure your car is registered through Public Safety. This is done by filling out paperwork and paying $40 fee for the year. Remember to pay attention to where you can and cannot park, and at what times, and you will steer clear of any parking tickets. Safe travels!

Check out the Class of 2010 webpage! Go to www.salem.edu/2010 for orientation schedules, first year forms, residence life information, and access the Class of 2010 message board.

Create your own residence hall room by visiting www.salem.edu/2010/your_room.html Enjoying creating and designing your own room!!

Just in time for the warm spring weather! Students can take advantage of our "newest" wireless hotspot Salem Square!

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**Senior Reflection**

by Jessica Ramory, Class of 2006

When Salem sent me their application, I threw it in the trash without even opening it, emphatically stating that I was NEVER going to a women’s college. This May, Salem will give me another piece of paper, one that I hope to frame and hang on my wall, representing four wonderful years of my life. Still, that diploma fails to adequately convey all that I have experienced in my time at this institution.

The memories of my time at Salem are vividly etched in my mind, and I smile as I think back on times of growth and change, times of laughter and tears, times of adding to the legacy of all the women who have walked these bricks before me. Academically, Salem challenged me to reach my full potential, providing very small classes with close faculty-student relationships. Through hands-on learning in the classroom and internships out of the classroom, I learned much from my professors, whether the history of Spain or how to wield a limb cutter during a hurricane relief project. Internships reinforced what I learned in the classroom. I have wonderful memories of working with a learning-disability class during Jan term my first year, shadowing an ER doctor my sophomore year, working with an abstinence campaign my junior year, and working in Mississippi doing relief work my senior year. In the summer I am encouraged to apply for research positions, and I spent several months carrying out marine biology research, which will be published soon in an international scientific journal.

Although my academic experience has been rigorous and stimulating, my Salem experience has gone beyond the labs and classrooms. When I first came to Salem as a prospective student, the sense of community amazed me, and as a senior, it continues to amaze me. Some of my fondest memo- ries are of the people around me and the friendships that I have formed. I love being in a place where everyone knows my name, from the cafeteria workers to the president. I have great memories of going sledding down the hills on lunch trays with some of my classmates and of philosophical discussions lasting long in the night. I know that the friends I have made here will be friends for a lifetime.

As I prepare to embark on the next phase of my journey, I know that Salem has prepared me well for what lies ahead. What I have learned here, both classroom and life lessons, will carry me onward, hopefully towards my goal of being a fulltime missionary doctor in Latin America. All of these wonderful experiences have shaped me and changed me, challenging me to fulfill my potential. I know that Salem has done the same for those who came before me, and that it will continue to carry this legacy on, long after I leave.

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