Thriving in the Valley

Guide for Smith College students, staff, and faculty of color to fully experience the Five College Community in the Pioneer Valley

OFFICE OF MULTICULTURAL AFFAIRS, SMITH COLLEGE

Spring 2014
Dear Resource Seekers,

Welcome to the Five Colleges, the Pioneer Valley and Western Massachusetts!

You may have noticed that each of the Five Colleges in the Five College Consortium offer their own unique educational and social opportunities. You may already be using the free PVTA buses between the colleges to break out of the bubble. However, there is also a treasure trove of resources in the area that can make adjustment to the more rural landscape of Western Massachusetts easier for a student used to having access to certain foods, stores, religious and spiritual communities and hair stylists.

Students who have already started to forge their path in the Five Colleges offered recommendations of services they have found useful to make the experience of newcomers easier. This is a compilation of these student, faculty, and staff recommendations and this guide will be offered electronically on the Smith College Office of Multicultural Affairs website and will be regularly updated so it may remain useful.

If you see anything that is incorrect, not current or if you have other recommendations, please send an email to the Office of Multicultural Affairs Interns at omatemp@smith.edu.

Thank you and we wish you an excellent academic year!

In Unity,

Office of Multicultural Affairs, Smith College

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Note: a listing in this publication does not imply the endorsement of a product nor does an omission imply the opposite.
The Five College Consortium

**Amherst College (est. 1821)**  
Amherst, MA  
Coeducational; Liberal Arts College

Total Enrollment as of November 2013: 1785 (2012: 931 men, 886 women)  
200+ Full Time Instructional Faculty  
37 Majors  
Open curriculum  
Oldest of the five colleges

**Centers**

Multicultural Resource Center  
Keefe Campus Center, Room 112  
https://www.amherst.edu/campuslife/multicultural

Queer Resource Center  
basement of Morrow Residence Hall  
https://www.facebook.com/pages/Amherst-College-Queer-Resource-Center/507037519319731

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**Hampshire College (est. 1965)**
Amherst, MA  
Coeducational; Multidisciplinary Curriculum

Total enrollment: 1400  
105 full time faculty  
Coeducational, multidisciplinary curriculum organized around five interdisciplinary schools, uses a divisional system- no academic departments  
Individualized study for each student  
Non-traditional: Hampshire students do not receive grade but written evaluations from their professors  
(non-Hampshire students receive grades)  
Institution supported identity based housing
Centers

Center for Feminisms
in Enfield, in the same building as the Wellness Center
http://www.hampshire.edu/studentlife/centerforfeminisms.htm

Lebrón-Wiggins-Pran Cultural Center
893 West Street
http://www.hampshire.edu/studentlife/index_culturalcenter.htm

Queer Community Alliance Center
Greenwich Donut 4
http://www.hampshire.edu/studentlife/queercommunityalliancenter.htm

Mount Holyoke College (est. 1837)
South Hadley, MA
Women’s college; Liberal Arts College

Total enrollment: 2300 students
First of the Seven Sisters colleges, the women’s counterpart of the formerly all-male Ivy League schools
50 departmental and interdepartmental majors
Opportunity to self-design a major

Centers:
https://www.mtholyoke.edu/studentlife/cultural_centers

Asian Center for Empowerment
Betty Shabazz Cultural Center
Eliana Ortega Cultural Center
Zowie Banteah Cultural Center
Jeannette Marks House
Smith College (est. 1871)  
Northampton, MA  
Women’s college; Liberal Arts College  

Largest liberal arts college for women in the U.S.  
One of the Seven Sisters colleges  
Total enrollment: 2500, 285 full time professors  
50 areas of study  
New B.S. in engineering, the first program of its kind at a women’s college  
Largest liberal arts college library system  

Centers:  

Resource Center of Sexuality and Gender (RCSG) (basement of Wesley House)  
http://www.smith.edu/ose/rcsg.php  

Unity House and Mwangi Cultural Center  
http://www.smith.edu/oma/  

University of Massachusetts Amherst (est. 1863)  
Amherst, MA  
Coeducational; large university  

Flagship campus of the Massachusetts state system  
Total undergraduate enrollment: 21,928, 1217 full-time instructional faculty  
10 schools and colleges  
90 undergraduate majors, 68 master’s degree programs, 50 doctoral programs  
Top-ranked sports teams in basketball, football and lacrosse  

Centers:  

Center for Multicultural Advancement and Student Success (CMASS)  
http://www.umass.edu/multiculturalaffairs/  
Center for Women and Community (CWC)  
http://www.umass.edu/ewc/
The Stonewall Center

http://www.umass.edu/stonewall/
## Restaurants

### Holyoke

- **Salsarengue Restaurant and Bar**  
  392 High Street, Holyoke  
  (413) 533-1894  
  Hispanic Caribbean  
  *Cash Only*

### Northampton

- **La Veracruzana**  
  31 Main Street, Northampton  
  (413) 586-7181  
  Mexican

- **Amanouz Cafe**  
  44 Main Street, Northampton  
  (413) 585-9128  
  Moroccan

- **Bueno y Sano**  
  134 Main Street, Northampton  
  (413) 586-7311  
  Mexican-ish

- **Taipei & Tokyo**  
  18 Main Street, Northampton  
  (413) 582-1888  
  Chinese and Japanese  
  *Delivery*

- **Teapot**  
  116 Main Street, Northampton  
  (413) 585-0880  
  Chinese and Japanese  
  *Delivery*

- **India Palace**  
  28 Main Street, Northampton  
  (413) 584-4892  
  Indian

- **India House**  
  45 State Street  
  (413) 586-6344  
  Indian  
  *Delivery*

- **India House**  
  45 State Street  
  (413) 586-6344  
  Indian  
  *Delivery*

- **Siam Square**  
  84 Pleasant Street  
  (413) 582-1817  
  Thai

- **Thai Garden**  
  2 Bridge St  
  (413) 587-3336  
  Thai

- **Lhasa Café**  
  159 Main St.  
  (413) 587-2603  
  Tibetan
Amherst

Bueno y Sano
46 Main Street, Amherst
(413) 253-4000
Mexican-ish

Paradise of India
87 Main Street, Amherst
(413) 256-1067
Indian

Moti
25 N. Pleasant Street, Amherst
(413) 259-2150
Persian Mediterranean

Latinos
460 West Street, Rear, Amherst
(413) 461-3551
Ecuadorian/ Mexican Food

Oriental Flavor
25 S Pleasant Street, Amherst
(413) 253-7673
Authentic Chinese cuisine
dim sum

Miss Saigon
96 N Pleasant Street, Amherst
(413) 253 9988
Pho, Vietnamese

Ginger Garden
351 Northampton Road, Amherst
(413) 549-0077
Authentic Chinese cuisine

Springfield

Chef Wayne's Big Mamou
63 Liberty Street, Springfield
(413) 732-1011
Cajun

Golden Krust Caribbean Bakery
and Grill
320 Wilbraham Road, Springfield
(413) 731-7720
Anglophone Caribbean

Hadley

Go Hyang
113 Russell Street, Hadley
(413) 586-2682
Korean

Ecuador Andino Market/ Latino Market
41 Russell St, Hadley
(413) 586-0922
Mexican fast food
Markets/Stores:

Ecuador Andino Market/ Latino
Market
41 Russell St, Hadley
(413) 586-0922
Latin American Imports (primarily South and Central American)
*Also sells fresh made Mexican fast food

Tran’s World Food Market
50 Russell St., Hadley
(413) 586-6766
Asian
Hair Supply, Salons, Barbershops

Global Cuts: International World of Barber Styling
460 West St., Amherst
(413) 253-9419
globalcutsintl@gmail.com
*Black hair, barbers, excellent service from the very personable owner
*Comfortable place for women and female assigned at birth people who need a barber- not a stylist

Sally Beauty Supply
458 Russell St. Suite 5, Hadley
413) 253-4605
*Good for black hair needs

JCPenny Hair Salon
Holyoke Mall
(413) 536-6218
Multiple stylists for black hair, extensions- call for names
*May be possible the Hampshire Mall JCPenny Salon has a stylist to do ethnic hair

Beauty Plus Salon
Holyoke Mall
(413) 532-9200

Mastercuts
Hampshire Mall
(413) 585-0005
*Women of Color stylists
*Affordable prices

Bucci
145 Main Street, Northampton
(413) 586-0155

Carol’s Daughter
http://www.carolsdaughter.com/Portal.aspx
*Black natural hair company
Wellness Resources
Northampton Community Acupuncture
Rachel S. Condon, License Acupuncturist
160 Main St., Suite 23, Northampton
(413) 586-8251
Sliding scale
First Appointment: $25-$45
Following appointments: $15- $35
http://www.nohocommunityacupuncture.com/Home.html
*can book appointments online

*Free half hour tub for free on birthday (bring ID)
*Group rates

East Heaven Resources
33 West Street, Northampton
(413) 587-0000
https://www.eastheaven.com/index.php
Massage/ Hot tub rental
*Student discount on hot tubs
Sunday-Thursday (bring ID)
30% off
1 half hour private indoor tub for two people would be $40 but with the discount it would be $28 total

Valley Therapeutic Massage
Janice Luzzi, Licensed Massage Therapist *Recommended
http://www.valleytherapeuticmassage.com/
16 Center Street, Suite 309, Northampton
148 Amity Street, Amherst
(413) 586-2678
Student discount: 20% off
30 minutes: $40
Fun
LaserBlast Ancient Adventure
(Laser Tag and Rollerskating)
Interskate 91, North
367 Russell Street, Hampshire Mall, Hadley
(413) 586-2737
1 Game: $5

Sparetime Northampton (Bowling)
525 Pleasant Street, Northampton
(413) 584-4830

Cinemark Hampshire Mall (Movie Theatre)
Hampshire Mall, Hadley
1-800-246-3627

Glowgolf at the Hampshire Mall
Hampshire Mall, Hadley
(413) 584-1346
Shopping

Hampshire Mall
   Small food court
   Laser tag
   Roller skating
   Shopping (Target, Walmart, JC Penny, Trader Joe’s, Whole Foods, Marshalls, etc.)
367 Russell Street, Hadley
B43 stop

Holyoke Mall (bigger, conventional mall)
50 Holyoke Street, Holyoke
(413) 536-1441
   Food
   Shopping (ex. Apple Store)

Goodwill
971 Bridge Road, Northampton
(413) 320-4911
Downtown Northampton

Technology
Yes Computers
196 Pleasant St.
(413) 585-0007
Repair/ Computer Store

Left Click
150 Main St. (Thornes Marketplace)
(877) 289-9820
Repair/ Computer Store

Acme Surplus
150 Main St. (Thornes Marketplace)
(413) 586-1122
“Brand names for less.” Overstock store- frequent changes in stock, very affordable
   Clothing
   Art supplies
   School supplies
   Toiletries
   Household Items
   Almost anything

Deals and Steals (Two Separate Locations)
Clothing and Shoes
76 Pleasant Street
(413) 586-5654
Natural and Organic Foods- Discounted
*Frequent changes in inventory
7 Pearl Street
(413) 586-0326
Health and Emergency

Tapestry Health
27 Pray St., Amherst
(413) 548-9992
16 Center St., Suite 415, Northampton
(413) 586-2539
Pelvic exams & pap smears, STI screening, breast exams, rapid HIV testing, birth control, emergency contraception, pregnancy testing, referrals
http://www.tapestryhealth.org/

Greenfield Minute Clinic
Inside CVS/pharmacy #1094
137 Federal St.
Greenfield, MA 01031

For mental health resources, including both mental illness and other counseling needs please visit
www.servicenet.com

129 King Street, Northampton
(413) 582-4252

Northampton Minute Clinic
366 King Street, Northampton
Inside CVS/Pharmacy #477
(413) 586-8315
Places of Worship/ Spiritual Groups and Centers

Abbey Memorial Chapel at Mount Holyoke College
Connected to Mary Lyon Hall
https://www.mtholyoke.edu/facilities/abbeychapel

Chabad-Lubavitch of Northampton
81 Milton Street, Northampton
(413) 582-0033
http://www.chabadnorthampton.com/

Chapin Chapel at Amherst College
https://www.amherst.edu/aboutamherst/news/public_affairs/events_planning/events/venues/chapinlounge

First Baptist Church of Amherst
http://www.fbcamherst.org/
434 North Pleasant, Amherst
(413) 549-3596

Centers:

Eliot House at Mount Holyoke
Helen Hills Hills Chapel and Bodman Lounge at Smith College

Johnson Chapel at Amherst College
https://www.amherst.edu/aboutamherst/news/public_affairs/events_planning/events/venues/jchap

College Church
http://www.thecollegechurch.org/
58 Pomeroy Terrace, Northampton
(413) 586-0057

Goodwin Memorial A.M.E. Zion Church
http://www.netministries.org/churches/ch07490/index1.html
41 Woodside Avenue, Amherst
(413) 256-1885

Grace Episcopal Church
http://www.gracechurchamherst.org/
14 Boltwood Ave, Amherst
(413) 256-6754

Maple Ridge
http://www.mapleridge.net/

Maple Ridge Community Center
659 Amherst Rd
Sunderland, MA 01275
(413) 584-8455
The Parish Community of St. Brigid's/ Roman Catholic Church
http://diospringfield.org/SUBDOMAIN/stbrigid/
St. Brigid's Parish Community
122 North Pleasant Street
P.O. Box 424
Amherst, MA
(413) 256-6181
*African Ministry and Hispanic Ministry

For more information on community worship options, please visit:
Smith College Center for Religious and Spiritual Life
http://www.smith.edu/religiouslife/places.php
For meditation community meetings visit:
http://northamptoninsight.org/pvsnghas.html

Amherst Korean Church
434 N Pleasant Street, Amherst
(413) 549-6495
http://amherstkoreanchurch.org/home

St. John’s Congregational Church
45 Hancock Street, Springfield
(413) 734-2283