

The FAMU AN

The Student Voice of Florida A&M University

Valentine's Day Edition

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Gen Z doesn't court—we apply pressure

Ariyon Dailey

Editor-in-Chief

Valentine's Day is one of those times of the year where romantic relationships are front and center.

Re-runs of "Fifty Shades of Grey," "The Notebook" and "Love & Basketball" play through the screen the entire day.

Everyone feels pressure to spend the day with a romantic interest or partner.

But when you're looking for that special someone, what is that process like?

With the pressures of casual sex, social media flexes, talking stages and trust issues, what does dating look like for Generation Z?

Gerald Williams is a senior psychology student who is observant of the dating scene but wants to put himself out there more.

"When I think about dating, I'm thinking about taking people out and spending quality time," Williams said. "A lot of high expectations come into play when it comes to dating and y'all not even on that level yet."

Courting partners is one of those things that come with those "high expectations" Williams mentioned.

According to [Vocabulary.com](https://www.merriam-webster.com/dictionary/vocabulary), courtship is "a period in a romantic couple's relationship when they are dating. Most partners go through a courtship before deciding to get married."

But for our generation, courtship isn't what we call it. It's called "applying pressure."

FAMU alumna Simone Sandler is a passionate, fire sign lover that goes after what she wants in a partner and makes it known.

"I'm very generous, especially if I'm courting you. Baby apply pressure. If I want you, you gon' know," Sandler said.

Gen Z may not find writing letters or

throwing rocks at a girl's window necessary anymore, but the basic foundation of showing a romantic interest that you want to pursue a relationship is there.

"Pressure is feeling invited, pressure is feeling appreciated," Sandler added.

Dating in this generation is a lot more casual and moves a little slower than courtships seemed for previous generations.

Our generation isn't quite old enough yet to provide marriage data, but with millennials right in front of us, we may be headed down the same path.

"A majority of Millennials are not currently married, marking a significant change from past generations. Only 44% of Millennials were married in 2019, compared with 53% of Gen Xers, 61% of Boomers and 81% of Silents at a comparable age," according to Pew Research Center.

Annie Moore, another FAMU alumna, started dating in college. She views things from a more casual standpoint and allows dating to provide her with memorable experiences rather than commitment.

"It's a lot less pressure because marriage isn't as big of a deal," Moore said. "When you're on that road to marriage, you have to date with intention. But when you're literally in your 20's having fun, like our generation—you can date way more casually."

While Moore isn't placing all her eggs in one basket, she gave details on one of the best dates she's ever been on.

Moore was "flewed out" to her romantic interest's city at the time and created an exciting memory.

"I'm a foodie, so we did like this food and wine tour. And so we went to wineries in the area and a bunch of different

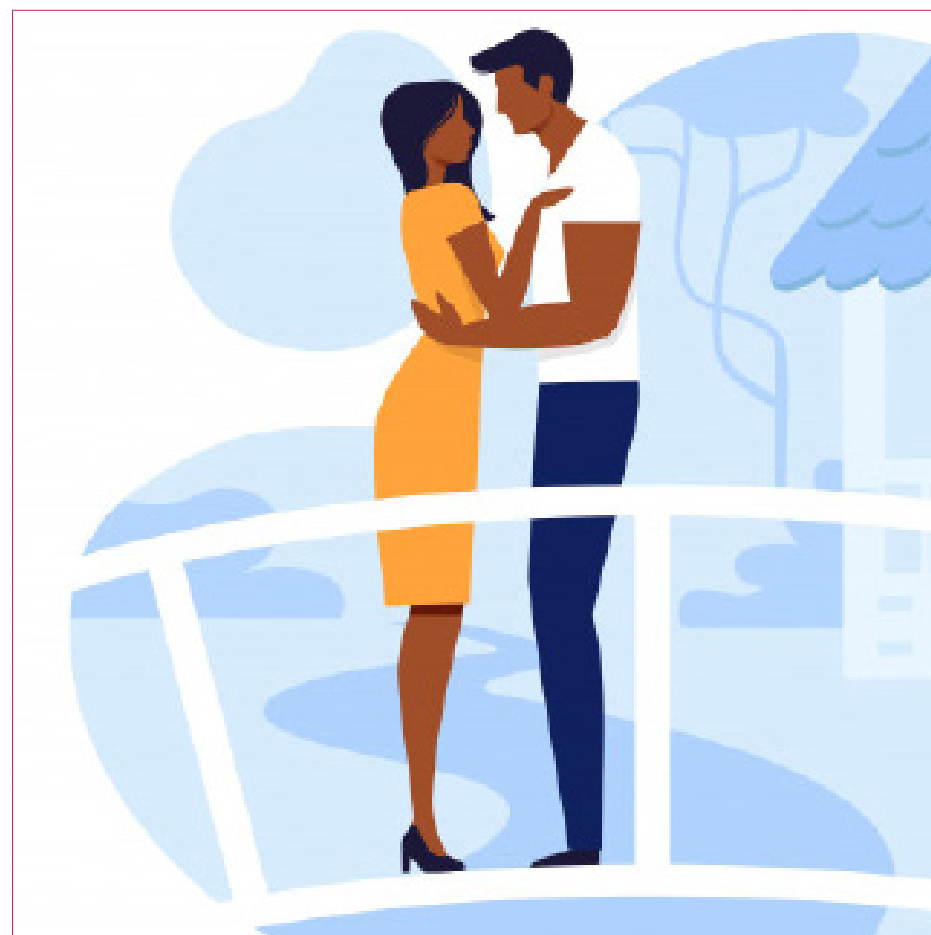


Photo provided by Freepik.

restaurants had samplers to try. It was lit," Moore said.

Quite a lavish date couldn't go unnoticed without Moore recognizing that women today are in more control of the luxuries from "applying pressure."

"Dating is a lot more female-driven. We get to set the tone of what we want our experience to be like and what we'll decide to tolerate. It's our game now," Moore said.

But don't get your hopes up. Moore and that partner didn't last after.

"It didn't work out because we weren't in the same city, but it was still a great experience. It was an enjoyable experience, we kicked it...it was cool," Moore said.

While Moore isn't easily impressed and rightfully chooses to surround her 20's with experiences, there are a few Gen

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Will COVID overthrow Cupid on Valentine's Day?

Cirsten Jones

Copy Desk Editor

Valentine's Day, historically known as St. Valentine's Day and annually celebrated on the 14th of February, is where chivalry is proven to still be alive and well.

But this year is different. Valentine's Day has become a conflicting love story between couples and COVID-19.

Many couples have either downplayed their original plans, or have completely thrown them away. Yet in this particular case, one bad apple doesn't spoil the entire bunch.

Travon Girley and Jasmine Simon may have canceled outside plans, but indoors are definitely still on the table for this couple.

"We made a plan in unison that we would both enjoy, which includes a personal chef, a nice candlelit dinner and an ambiance-filled evening," Girley and Simon said.

On the contrary, Onryll Lewis along with her partner Isaiah Scott, have kept their traveling plans concrete.

"We're going to Panama City to spend some alone time together," Lewis said. "We just enjoy being able to hang out together on Valentine's Day. He makes it special and I appreciate that."

Along with millions of other American couples, Valentine's Day — for decades now — has always been a day of exposure toward gratitude, abundance and love from your significant other. While many won't allow COVID-19 to squash that tradition, many will.

Feb. 14 — Valentine's Day — is a complete 24 hours of reassurance that your assumed unrequited love is shared among both parties, creating a sole balance of understanding deeper than what was understood between you both on Feb. 13.

Girley chimes in with similar commen-



Couple Travon Girley and Jasmine Simon.

tary.

"I think that Valentine's Day can be a great way to recenter your relationship in terms of love. We all have obligations like work, family, and everything else so I think it's normal to get a bit lost every now and again as it relates to your relationship. Valentine's Day being used as a way to get back to what you're used to

is what it could be significant for," Girley said.

Scott has slightly opposing views. He likes to believe that his affection and attention are a daily ritual.

"Valentine's Day is everyday in this relationship," Scott said.

Overall, love will be shared abundantly between millions of couples from sea to

Photo courtesy: @travoncre8s via Instagram

shining sea, so kudos to those willing to continue the celebration of love.

An anti-capitalist guide to Valentine's Day

Noella Williams

Lifestyles Editor

Once Christmas passes, you begin to notice an increasing amount of pink and red merchandise filling the aisles at retailers and online businesses. In other words, Valentine's Day has arrived.

Although it's tough to entirely avoid a traditional holiday, the world could potentially be better off without it. Vox did a study on the environmental impact of Valentine's Day roses, and it's recommended to purchase flowers from a local florist.

"When we talk about flowers and sustainability, the biggest issue is how flowers get from their point of origin to retailers across the country," Vox reported. "These flights have important consequences for the rest of the planet. Transportation is the largest source of greenhouse gas emissions in the United States, comprising 28 percent of the country's total emissions, according to the Environmental Protection Agency."

Along with avoiding large flower businesses, you can reduce your Cupid-influenced carbon footprint by purchasing chocolate crafted with organic ingredients. Palm oil, which is found in most chocolates, is harmful, due to its cultivation methods that lead to deforestation and the destruction of animal habitats. You can find ethically sourced chocolate for your Valentine, here.

It's clear that capitalism has completely infiltrated most holidays. The first thought for celebrating a holiday—like Valentine's Day—is something along the lines of, "What can I purchase my partner for this holiday?" Money has arguably influenced the significance of gift-giving, since everyone's budget is not entirely fit for an expensive romantic gesture. If you have the talent, handmade, well-planned

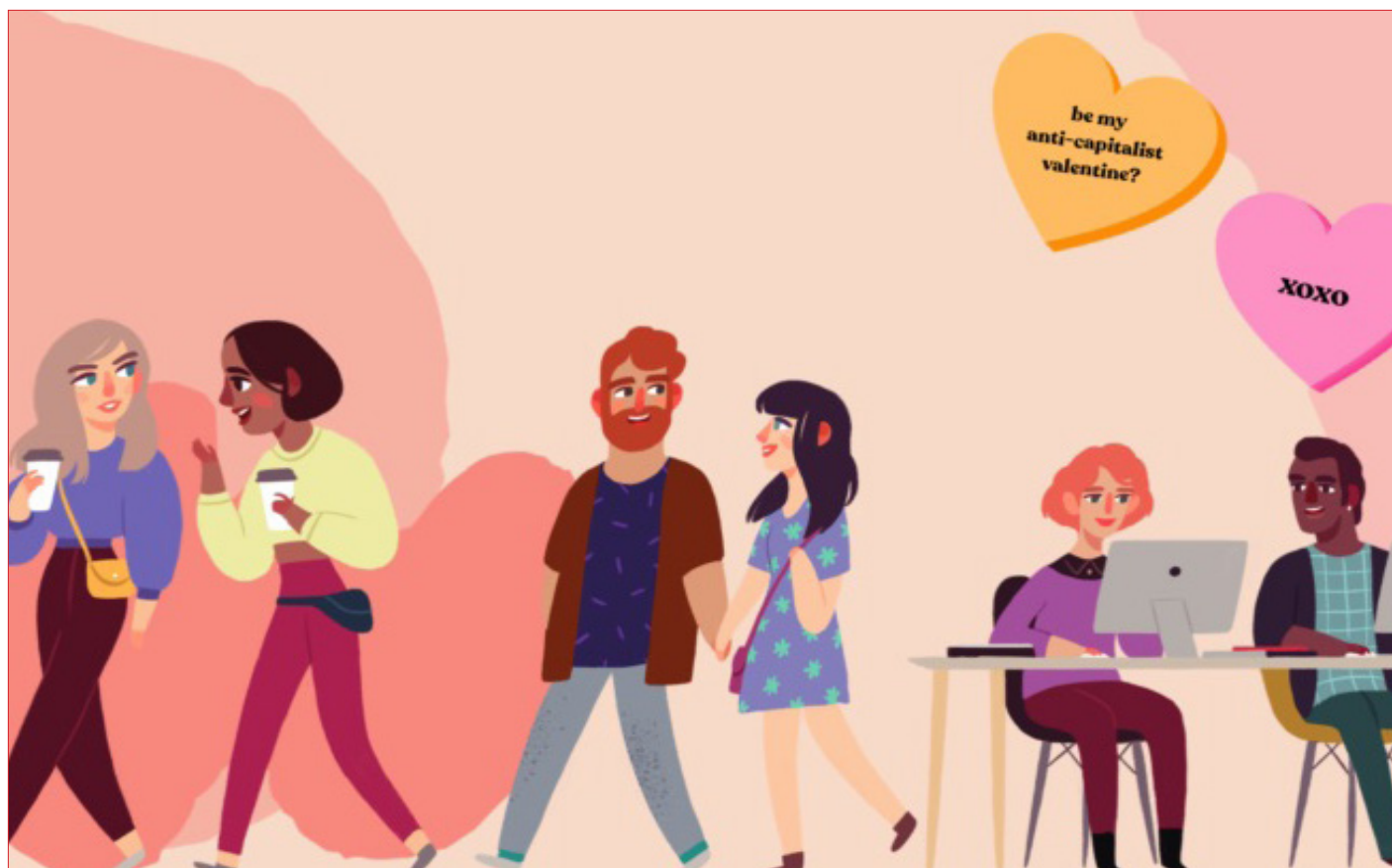


Photo courtesy Noella Williams

Photo created on Over.

gifts are usually top-tier, compared to something materialistic. Not saying that you should settle for gifting macaroni art and construction paper cards, but free, heartwarming gifts like a curated music playlist or handwritten love note exist.

I adore love and the conversations surrounding love, but it's obvious that Valentine's Day is very heteronormative. In the attempt to be seen as diverse and inclusive, many brands are beginning to feature non-white, heterosexual couples.

It's seldom that conversations around the lovey-dovey day discuss queer relationships and asexual/aromantic people. Money-hungry corporations reinforce gender norms with straight, cisgender couples on cards, clothing and other items.

Celebrating romance can go beyond one day. Extend your love past your romantic interest and share it with friends, family and even that one business that you frequently order takeout from. Reach

out to your single loved ones that often feel alienated by this holiday. Let's openly discuss the notion that commercializing something associated with love is the key to subconsciously encouraging the ability to buy love. If you choose to celebrate the holiday, try to support small owned businesses as you're playing Cupid.

Nice guys finish last...and they should

Pam Rentz

Assistant Online Editor

I wish I could say I regret to inform the male population that the “nice guys finish last” rhetoric is false, but I’m not remorseful in the slightest. Women have passed up on nice guys since forever, not because we would rather be with a bad guy, but because these so-called “nice guys” also fall in the bad guy category.

Holding the door for a lady does not entitle you to her phone number. Taking a woman on a date (and paying for her meal) does not obligate her to have sex with you afterward either.

Being a kind person with ulterior motives does not make you a kind person, but it does make you a manipulative one.

To properly explain why these types of men are losers (and shall continue to lose), we must address their common attributes.

For starters, if a guy repeatedly vocaliz-

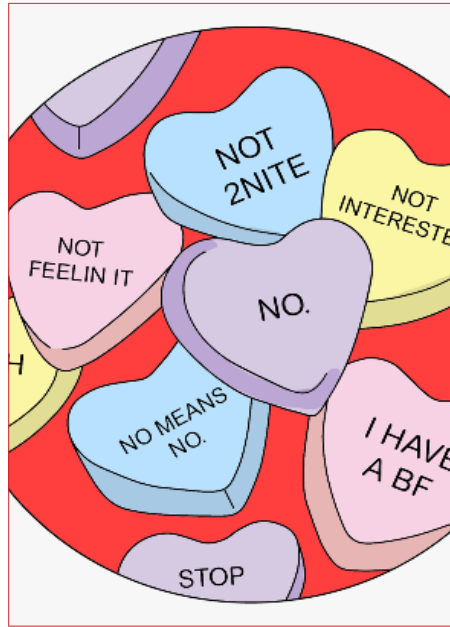


Photo courtesy of [pngitem.com](https://www.pngitem.com)

es how nice he is, that should raise questions in your brain. Regardless of whether he’s been doing the bare minimum or treating you like the queen that you are, nice people don’t do things because they expect something in return. If he is continually reminding you of his acts of service, understand that he’s most likely hinting that he wants a treat for his good behavior. I guess men really are dogs.

Another red flag is when a guy has an “I’m not one of them” complex. He deems himself better than the type of men commonly desired while always complaining about not being chosen above these so-called “bad men.”

This mindset is especially cringy not only because it screams “self-absorbed,” but also these accusations are immature and aren’t based on concrete facts.

These men are arguably some of the

scariest people because of their delusion and irrational reactions to rejection.

Some of the self-proclaimed nice guys take their “no” on the chin and go about their day. But others act out irrationally, which has cost women their lives and left the rest of us feeling terrified to reject men out of fear for our safety.

Many women have a few standard excuses for turning away men in their back pocket that are more digestible, in case he is enraged by a simple no. “I have a boyfriend” or “I’m *insert ridiculously young age*” usually does the trick, but you can never be so sure.

We lie in hopes that they will respect our wishes and leave us alone. Some guys would consider this being “friend-zoned.”

They’re delusional because they’ve convinced themselves that there’s this

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Is social media affecting our love lives?

Kyra Watts

Staff writer

You and your love interest have been seeing each other for a few months now, and there’s been plenty of dinner dates, movie nights and sleepovers. Both of you haven’t talked about defining your relationship, but it feels like things are getting pretty serious. It’s obvious to you that there’s more than just a physical connection, but you’re not entirely sure how your partner feels. This red flag is what some would call a situationship.

According to a poll conducted via Instagram, many would deem a situationship as an undefined relationship between two people. Think of it as the complicated in-between phase of being more than friends-with-benefits. It usually involves physical intimacy, but it’s more than just a one-night stand.

Generation Z, people ages six to 24, are quite familiar with the term as they seem



Photo courtesy [aboutislam.com](https://www.aboutislam.com)

Illustration of two individuals finding computer love

to be the ones who created it. Twenty-two-year-old Ania Wilson explains the situation behind situationships.

“There’s no real boundaries,” Wilson

said. “You and your partner know what’s going on, but you’re still technically single.”

However, if both parties aren’t emo-

tionally on the same page, things can get messy quickly. For 23-year-old Amber Starks, things definitely got messy as she experienced this misunderstanding first hand.

“It’s bullshit. 10/10 would not recommend,” Starks said. “It’s cool in the beginning, but someone’s heart will eventually change. If y’all don’t want the same thing, someone is going to end up getting hurt.”

Some would say that one’s inability to trust and commit to one person is the reason that such a relationship exists in the first place. Some would say that it’s just harmless fun, meanwhile others think that dating apps and social media have created this paradox of choice.

“Social media has changed dating standards,” says 22-year-old Jasmine Simon. “Now men and women are trying to con-

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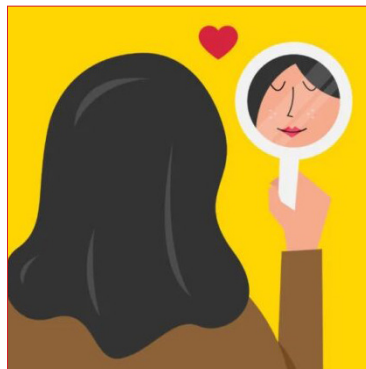
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The journey of rewriting self image through self love

Alea Mexile

Staff writer

Photo courtesy of [minutes.co](https://www.minutes.co)

The long-awaited season of love has arrived. Many relationships — whether they are platonic or romantic — have made many center their lives around one idea of love. The way society pushes people to constantly care and love others has put a blockage on one

of the most necessary loves of all...the love of one's self.

Recently, the exposure of self-love on social media platforms has been not only deemed courageous but inspiring by those who are on the same journey. The self-love revolution that is being experienced by both the younger and older generations has allowed people to reevaluate how they view themselves.

Chloe Bailey, actress and member of musical duo Chloe x Halle, is currently one of the pioneers in finding love within one's self and has discussed her sentiments on the struggle that this has placed on her life. In one of her recent Instagram Live videos, Bailey went into depth about

how she views herself and how she channels loving herself.

"There's been so many times when I felt I wasn't pretty enough, where I have a lot of issues with my weight, so it's really a pivotal time for me," Bailey said. "It's taken a lot for me to show the world for who I really am inside... I've been really insecure for a long time, and I'm finally at that place where I have self-confidence. I'm just now learning at like 22, almost 23, that it's okay to be all that you are and to stand in that power."

Some college students have discovered this same revelation within themselves and learned how lifelong societal pressures have shaped their self image.

Sherlanda Telusmond, a biology pre-medicine student, expressed how her view of body image has changed over time and how she has learned to accept the skin she's in.

"I had to come to the terms that I have amazing features and although my body may not be on trend right now, it does not take away from my beauty," Telusmond said. "As long as my beauty was validated in my eyes, that's all that matters. 'Cause at the end of the day, beauty is ultimately a popularized opinion and my opinion should matter above all others."

A lesson that many are taking away from the journey of self-love

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Generation Z is rewriting the love game. Please send help right away

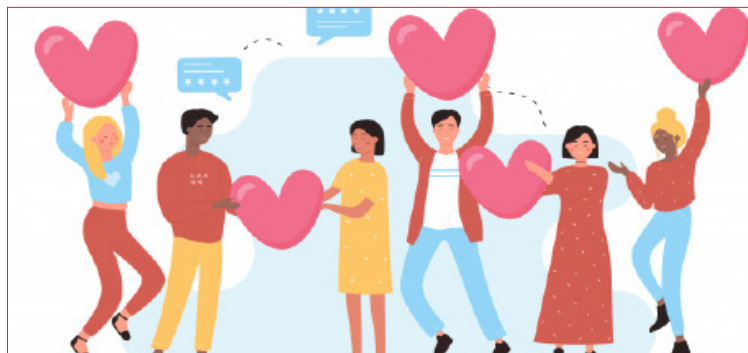
Kayla McKinney

News Editor

Generation Z, people born between 1995 and 2012, are entering adulthood. While older generations assume we are a group of entitled, depressed, technology-addicted antisocialists, we are simply learning to live by our own rules.

Known for our independence, wit, creativity and charisma, Gen Z-ers are a highly individualistic group that crave freedom and adventure. It is no surprise, then, that our generation has rejected the values of older generations while creating our own rules for love in the digital age.

Gen Z has veered away from



Courtesy of Freepik.

Generation Z is redefining love and dating.

the previous societal gender norms within relationships, even writing new guidelines as love expands to the LGBTQ+ commu-

nity.

But what is it that sets our generation apart, especially from Millennials?

I asked a group of around 170 college students and recent graduates, the older half of Generation Z, a series of questions about various aspects of relationships. The results were shocking.

Attachment versus Apathy Issue

Gen Z, commonly known as iGen, are the first digital natives having grown up alongside technology. It is often assumed that we have our faces stuck in our phones too much to know how to

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I'm single, it's Valentine's Day and I'm just fine with that

Lauryn McDaniels

Staff writer



Photo courtesy McDaniels

Columnist Lauryn McDaniels.

Valentine's Day is upon us once again. This is a day that most singles probably dread — and may dread even more be-

cause we're in the mist of a pandemic.

This year I am not too hung up on not having a Valentine. It has been almost a year since we have been in a pandemic. During this time I have done a lot of self-reflecting and realized that I do not need to be chasing down any one.

Self-love and self-care have been my main focus. When the lockdown initially started in March 2020, I learned so much about myself. I realized there were a lot of things that I needed to work on to be the person that I aspire to be.

My main focus right now is becoming a better me. The old saying goes, "You can't love someone else until you love yourself." I totally believe this and I have been taking these past few months to fall in love with myself and learn what my love language is.

It has been tough because I do enjoy

the company of others and going out on dates, but I knew taking the time for myself is well needed. During this time I have reflected on why past relationships did not work.

I am so appreciative that I am not in those situations anymore because most have been toxic to me and my growth. By being in those situations I have learned to not give so much of myself to those who are not pouring into me.

I also learned to not get so emotionally attached to people. It is great to show and embrace your feelings and emotions, but sometimes these feelings can get hurt if that other person does not feel the same as you or their feelings are not as strong as yours.

Focusing on myself has saved me from wasting my time with people who did not have good intentions. I believe that every

young adult should take a step back and do some self reflecting and truly consider what they want in a romantic relationship.

Even though it would be nice to get showered with chocolates, gifts and flowers — or even go on a nice fancy date — I am OK with spending my Valentine's Day doing the things I love, like having a self care day filled with facials, a relaxing bath, watching my favorite movies and TV shows and eating my favorite food. I may even order a box of chocolate and flowers for the occasion.

I have gotten to the point in my life where I do not need validation from a man to make me whole. Do not let anyone make you feel bad this Valentine's Day for not having anyone to spend it

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Students' first date experiences and rituals

Sierra Lyons

Opinions Editor



Photo from [freepik.com](https://www.freepik.com).

First dates are a great way to learn about the other person and yourself.

Dating can be an exciting, exhilarating and sometimes terrifying experience in your young-adult life. As you meet new

people, go through the phases of getting to know someone and putting your trust and heart on the line for someone, you end up learning a lot about yourself and how you prefer to be loved.

But first dates, in particular, can be crucial in establishing your relationship with the person, and whether or not you want to move forward with pursuing something more with them. This initial encounter can cause a range of emotions from nervousness to excitement to anxiety.

Regardless of what your emotions are, your rituals in how you prepare for the date and what you and your date plan to do are crucial.

At one time it would've been considered improper for a man to not pay for the

first date. But a survey from Esquire magazine over a decade ago shows that 51% of women offer to pay on the first date. As younger generations dive into the world of dating, formalities have changed.

Students at Florida A&M University share their experiences and expectations for their first dates.

Ginaire Ridore is a sophomore psychology student, and although she has never been on a formal first date, she still has expectations for how she would like it to go.

"My dream date would have to be something fun like roller-skating around the park or going to an arcade," Ridore said. "I think those are also good for someone like me who likes physical touch whether it be a hug or just holding hands.

Then we would go to dinner at chili's or if he's thoughtful enough we'd go to a vegan restaurant. Lastly, we would walk around the park afterward with ice cream cones and just talk about life and anything serious we need to discuss."

Ridore wants to keep her first date exciting and full of surprises. She feels those activities make for easy and light conversations despite believing her gaming and roller skating skills aren't up to par. And although Ridore is a Gen Z'er, she still believes in all the beforehand rituals and being formally asked out.

"I would like to be asked out as casual as possible," Ridore said. "I'm into cliché things but I feel like because I never experienced what I want, I would be very

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Valentine's Day is a glorified sex holiday

Skylar Boone

Assistant Lifestyles Editor

Abstinence in college is a fleeting concept — especially this time of year. Valentine's Day is promoted as a day of love, but over the years it has evolved into a glorified sex holiday. There is already a culture where men expect sex from women, but Valentine's Day only magnifies this.

So how do people partaking in abstinence celebrate a beautiful holiday about love when all guys want is sex?

"I'm a 20 year old woman, I've had to learn how to have fun with a boy without thinking of sex as a go-to all the time," said FAMU sophomore Jade Franklin. "I've always operated in that capacity so Valentine's Day is no different."

Franklin believes that the narrative of Valentine's Day has shifted from the simple concept taught to young children. Although there are people whose greatest desire is to have sex on this day, she be-



Photo by Skylar Boone

lieves that there are still people out there who partake in the holiday by making their loved one feel special and cared for

while maintaining a level of respect.

While one belief shows that VDAY is what you make it, another reflects that no matter what you do a longing will still be there. Valentine's Day means something different to every person.

"At this time of the year the temptation to have sex is not increased but the desire to share love with someone special is magnified," said third-year FAMU chemistry major Maya Bowens.

Bowens said that it's ironic that the people who glorify Valentine's Day as a sex holiday are typically the people who are single and not in love with anyone. She feels as though sex is too emotional to create that attachment and connection with just anyone.

A YouGov survey showed that in February of 2020 1 in 5 men said what they really wanted for Valentine's Day was sexual acts and favors. How many guys

do you think actually feel bold enough to speak up and say that they want sex for Valentine's Day?

From personal experience, being a college virgin is something that a lot of people don't understand when you share this decision. Sometimes in this situation you even face judgments from peers who think the decision is stupid or pointless.

I think people don't understand how a relationship can work without sex because technology has stunted this generation from being able to connect on a deeper level than a "wyd" or "you tryna link" insincere text message. I believe that intimacy is created more purely without sex, which in some cases forges a stronger bond between couples.

At this time of the year everything is oversexualized — even in commercials

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A Valentine's Day made in Africa

John Matthews

Staff writer



Photo courtesy @HalisiAfrica on Instagram.

The moment of truth is fast approaching, so it's time to be honest: Have you established a new Valentine's Day resolu-

tion?

Please do us all — especially your fed-up partner — a favor and make 2020 the last year for the usual, last-minute gas station or Dollar Tree gifts of cheap and stale Hershey chocolate kisses and fake flowers. Do you even care that they are not the color your partner prefers?

This is the year we take our romantic gestures up a notch and into a new place with an affordable yet luxurious trip to Halisi Africa, which means "made in Africa." The African-infused boutique offers custom men's and women's clothing, shoes, jewelry, purses, delicious food, and much more.

"The whole point of the boutique is to showcase Africa. We carry items from Egypt, Ethiopia, Ghana, Tanzania, just about all over. So, I think we will be able

to appeal to a lot of different people as there is pretty much something for everyone here" Vanessa Byrd, co-owner, said in an interview.

On the official website, [HalisiAfrica.com](https://www.halisi.com), they are now featuring Valentine's Day inspired apparel for both men and women with their latest two-piece sets from the "Valentine's Day meets Black love" edition.

In addition, to wowing your partner with beautifully designed custom garments, the "Afro-fusion" food that is served inside the Zanzi bar is also a sure hit with your date on Feb. 14 — or any other night.

"Our food prices are great, we start at only \$3.50 for tasting plates. We also allow our customers to sample and try out about three or four items to see if you like

it before purchasing more. I believe that we are the least expensive in town," Byrd said.

With a menu featuring savory items such as tajine chicken, berbere salmon, and Gomen, which are Ethiopian infused collard greens, you are sure to be destined for an immediate food coma upon arrival.

Located in Railroad Square Art District, this local business is everything but local as you will be able to enter a new world of experiences.

So, if you are sick and tired of waking up in the doghouse year after year because you do not have a place to take your Valentine on a date that will have her knocking on your front door in no time, look no further than Halisi Africa.

Galentine's Day: Quarantine Edition

Alaijah Brown
Staff Writer



Illustration by natalie nourigat

To all the single ladies and gentlemen, Valentine's Day has been a day to treat yourself, because self-love is the best love. The pandemic may have put a dent in the dating scene and on this year's Galentine's Day plan, but [Leslie Knope](#) wouldn't want us to give up on our plans. These quarantine-friendly plans prove that a night spent with your closest gal pals is still possible.

Call up some of your close friends and grab your favorite bites for a girls' night in. Painting with a Twist offers [take home kits](#) that include a canvas, paint and brushes for each person starting at \$27 a person.

"For the last five years, me and my girlfriends have been celebrating Galentine's Day at Painting with a Twist, and we plan

to carry on the tradition just at home over Zoom," says student Sejada Floyd.

For a budget-friendly alternative, Floyd suggests visiting a local arts and crafts store to pick up all your necessities for this fun night.

"Going to buy the stuff from the store is more affordable, and you have leftover supplies for later too."

Pull out your pots, pans and cookbooks to cook your own dinner compared to going out. Try a new recipe to treat yourself to an exquisite evening with candles or choose your favorite romantic-comedy. [TikTok recipes](#) are trending, and it's a perfect time to experiment with a new meal.

Once you and your girl squad has eaten, treat your sweet tooth to a sweet

dessert. You can try [dessert recipes](#) on TikTok or visit a local eatery like [P.J's Sub Shop](#) for a chocolate heart. The shop owner Ponce Jones, a FAMU alumnus, says the special is running exclusively for Valentine's Day and has been in-demand the closer the day comes.

"Orders are more recently picking up volume as we approach the day, which has gotten me rather excited," Jones says.

A movie night featuring some of [Netflix's new releases](#) is the go-to way to celebrate your night-in.

"I am waiting to watch Malcolm & Marie until Valentine's day," Dynasty Davis says. "During the month of February, I watch romance movies and Black history movies that come out on Netflix."

What better way to celebrate the holi-

day than to incorporate celebrating Black History Month? [Blueprint Black](#) is owned by FAMU student Alisa Horne. Horne creates fashionable crochet designs, and their mission is to accentuate the beauty that is being overlooked by society. The business is currently offering a Valentine's Day special and giveaway.

Since Valentine's Day falls on a Sunday this year, it seems that it was destined to be a day full of spa treatment. Treat yourself to a bubble bath, a face mask or maybe a yoga session.

Do not forget that Valentine's Day is about love, so loving yourself is extremely important and vital to keeping the spirit alive this year.

Is love the jumpstart to a happy life?

Tashante Evans

Staff writer



Photo courtesy SvetaZi

According to Oxford Dictionary, love is defined as an intense feeling of deep affection, or, a great interest and pleasure in something. Although there is a set definition of love, does that mean we all perceive it in the same way?

The experts here at Florida A&M University believe that we begin to develop a sense of love as early as in the womb, and it's within those early stages that we learn how to perceive it. This poses the question: Does the way we experience love as children impact our view on love as adults?

Psychology professor, Dr. Huberta Jackson-Lowman, says children who have grown up feeling loved and valued will generally carry those feelings into adulthood.

"They will tend to experience a greater sense of trust in others and believe that they are worthy of being loved," Jackson-Lowman said. "On the other hand, children who have not been loved or who have experienced conditional love will

most likely feel insecure, unsure about whether they can trust others, and doubt their loveableness."

According to [psychologytoday.com](https://www.psychologytoday.com), a three-year-old may use concrete objects when expressing love, so it's imperative that they have a positive outlook on love. In order to do so, studies show that when spouses love each other and show it, children stay in school longer and marry later in life.

Director of the Centre on Population Dynamics at McGill University, Sarah Brauner-Otto says that family isn't just another institution.

"Family is the place where we also have emotions and feelings," Brauner-Otto said. "Demonstrating and providing evidence that love, this emotional component of family, also has this long impact on children's lives is really important for understanding the depth of family influence on children."

Click link to continue: <https://rb.gy/7s0n8v>

FAMUAN Valentine's Day THIS or THAT

Valentine's

Dinner in

Flowers

Chocolates

Single

Expensive
gifts

Galentine's

Dinner out

Balloons

Strawberries

Taken

Homemade
gifts

The perfect Valentine's date ideas in Tallahassee

Kia Cannon
Staff writer

The popular holiday for couples, Valentine's Day, is quickly approaching, and many are wondering what to do with their significant other on this special day amid a pandemic. Tallahassee has a few hidden gems that are perfect for a romantic Valentine's Day with your significant other or your gal pals.

Nicholas Dixon, a FAMU student, said that when it comes to planning the perfect date, you have to think outside the 'chocolate' box.

"It's kind of tough coming up with Valentine's Day plans, because Tallahassee isn't a major city," Dixon said. "It can be hard finding something that you haven't done before."

On Saturday, February 13, local food truck Pineappetit is hosting "Lovers & Friends," an experience for couples to wine, dine and paint. Tickets are available starting at \$55 on Eventbrite. The event will be hosted at Bricks and Brass during the evening for couples or Galentine's groups to choose from a variety of dishes.

For those that prefer to stay in for the extravagant holiday, the perfect date idea could be watching a romantic-comedy and cooking together. FAMU student Trinity Durrenjoys thoughtful dates that tend to be intimate.

"I'm more of a private person, so less is more with me," Durr said. "I love simple, but meaningful dates. These can either be at home, at a park, an activity or just some place that most people wouldn't consider going for a date."

Tallahassee is home to a variety of excellent parks, like Cascades Park. For those that want to choose the outdoorsy-route, planning a picnic in the park is an easy go-to. Packing a picnic basket with your date's favorite lunch items, snacks,



Photo courtesy: Getty images

desserts and drinks is a great way to spend quality time.

Jaydah Jackson, a FAMU student, believes that going extravagant is the best way to go.

"My ideal Valentine's Day is spending it with the people I love, to be spoiled and appreciated in different ways," Jackson said. "I like extravagance, so go big or go

home. However, I am also easy to please and will be happy regardless."

Valentine's Day wouldn't be Valentine's Day without the signature candlelight dinner. Some of the top restaurants in Tallahassee that will guarantee the romantic setting for the evening are Harry's Seafood Bar & Grill, The Melting Pot, Osaka's Japanese Steak House, and Mom

and Dad's Italian Restaurant.

For the more adventurous groups, Tallahassee's recently opened entertainment center, [District 850](#), has an onsite restaurant, bar and a variety of activities to choose from. The options are endless for this year's Cupid-centric holiday.

February 14 is also National Donor Day

Tazjhani Baker

Staff writer

It is no secret that Feb. 14 is Valentine's Day, a day when millions of lovers across the nation show their appreciation for one another. The heart is a key concept in love and plays a major role in Valentine's Day festivities.

However, it is not the only organ that is celebrated on the beloved day in February. National Donor Day is also scheduled for Feb. 14 this year.

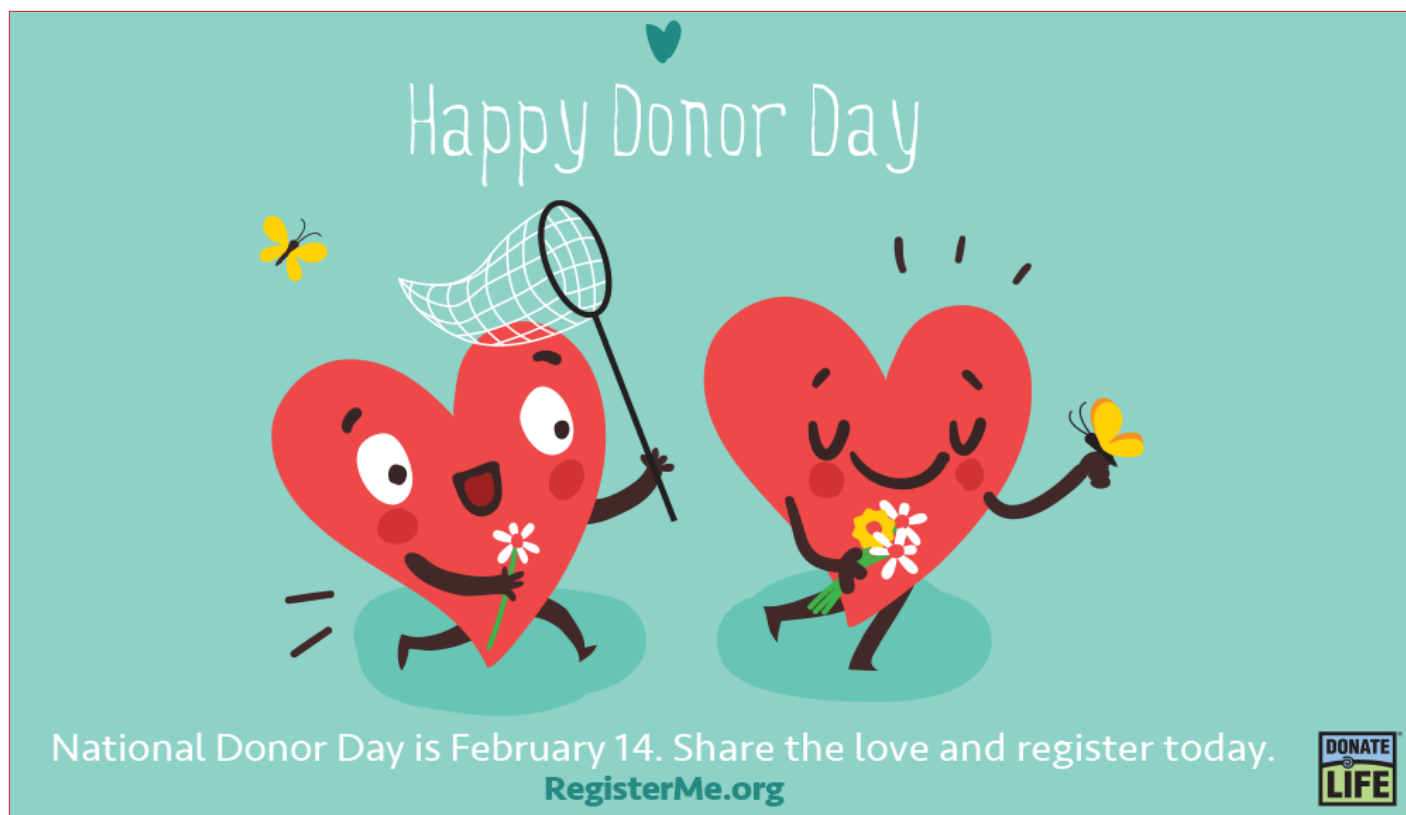
National Donor Day is a day to increase awareness about organ donation and the lives that can be saved. In the United States, where more than 120,000 people are waiting for a life-saving organ donation.

According to Organ Donor.Gov, National Donor Day was started in 1998 by the Saturn Corporation and its United Auto Workers partner with the support of the U.S. Department of Health and Human Services and many nonprofit health organizations.

Organs, marrow, blood, platelets and tissues comprise the five different types of donations that this observance focuses on. Several different nonprofits across the nation typically sponsor blood drives and organ sign-ups.

For many students, donating blood can seem less intimidating than the process of becoming an organ donor. "I'm not an organ donor but I actually give blood often," said FAMU student Nicole Sims. "It's never really an inconvenience and I always know that I am helping someone out."

The restrictions with COVID-19 have had an impact on students volunteering to give blood. Resources such as Big Red Bus have slowed down drastically due to the



National Donor Day is Feb. 14.

Photo courtesy Donate Life

pandemic. Most of the blood drives target high schools and colleges, and make it clear that all donors must be at least 16 years old.

There are several ways to observe Donor Day. If you are a donor or have had an organ donated, you can share your story. No matter if you have been directly impacted or you know someone who has, it is important to note that a single donor can save up to eight lives and help more than 75 people.

Students who are struggling to decide if becoming an organ donor is worth it, should consider researching miracle stories online. The beauty in donating and saving lives is unmatched.

"I have been registered as an organ donor for a little over five years. I've seen the effects of what a transplant can do," Tallahassee native Jadeysa Bryant said. "My aunt passed away and was able to give three different families a new start."

When Valentine's Day rolls around on Sunday, and you feel your heart flutter from the thoughts of that special someone, take a moment to consider the beauty in having a heart at all. Anyone looking to become a donor should visit donatelife.net and organdonor.gov for more information on the process of organ donation. Be sure to use #NationalDonorDay to post on social media.