

Elijah Rutland basks in national spotlight

Ivy Gray

Staff Writer

The NBA dedicated its All-Star weekend to elevating HBCUs, and Florida A&M was one of many schools featured during last weekend's festivities in Atlanta.

And one FAMU student stood out in particular. Elijah Rutland, a senior graphic design major, was featured as an artist during the NBA All-Star HBCU Student Showcase.

Rutland participated in the "Beats Black Creator" program. During this opportunity, he developed custom Studio3 beat headphones.

"I wanted to create a Black history design that did not feel like it was for Black History Month," Rutland said during an interview with NBA star Zion Williamson.

Williamson entered the NBA All-Star game wearing the custom headphones designed by Rutland.

"It was a very surreal feeling. Seeing players I grew up watching wearing my work and also appreciating the effort and message behind my work was one of the best feelings that I've ever felt," Rutland said.

Rutland is a multi-talented artist. He customizes shoes and sells FAMU apparel.

"The main things that inspire my creativity are my life experiences and things that I enjoy. It could be family experiences, anime, manga, cartoons, sports, etc. I use those various experiences to express different ideas and messages," Rutland

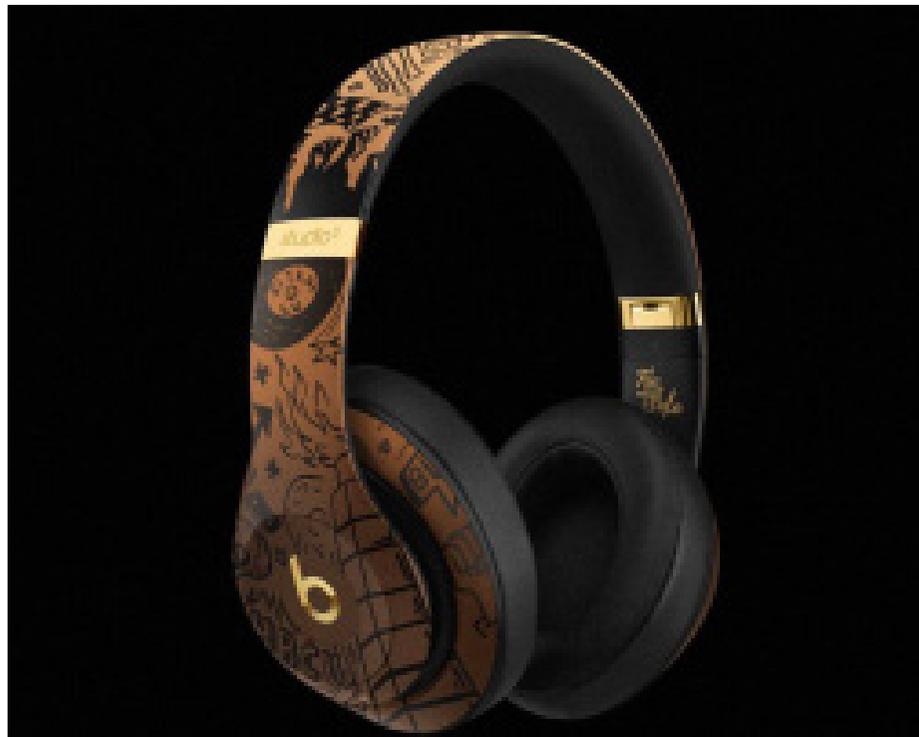


Photo courtesy @beatsbydre Instagram

Elijah Rutland's custom studio 3 Beats By Dre headphones.

said.

Rutland is dedicated and he believes hard work is a key to his success.

"The main thing I took away is that there are really no limits to what I can accomplish. Seeing my work on such a major stage was a huge reassurance that I can really do whatever I put my mind to and so much more," he said.

Rutland hopes that his Black history design will inspire others to use their talents for a bigger cause.

"My experience with the NBA also taught me that I need to think bigger when it comes to the goals I want to accomplish. Working with the NBA and Beats in this capacity is something I never even thought about but it is something I



Photo from WCTV

Elijah Rutland

was able to do and do well so moving forward I'll be making sure to intentionally think big," Rutland said.

"Immediately after graduation I plan to start working at Warner Brothers animation as a background painter while also continuing my work as a freelance artist, illustrator and designer. My ultimate goal is to be a full-time independent visual artist and to continue doing projects on or past the level of what I recently did with the NBA/Beats by Dre," Rutland said.

His custom designed headphones will soon be available for purchase.

Local tourism picking up

Brittany Jarret

Staff writer

Florida's strong return to consumerism as the coronavirus pandemic appears to wane has allowed the travel business to prevail. In Tallahassee specifically, there has been a steady increase in travelers over the past few months, according to the Leon County Division of Tourism.

Dionte Gavin is the senior operations manager at Visit Tallahassee/Leon County Division of Tourism. He says the tourism industry has first-hand experience on the ruinous economic result of the pandemic.

"Last year was the toughest year our destination hotels, restaurants, retail, museums and attractions has ever endured. Some businesses didn't survive, others are barely hanging on, and the early 'adapters' are finally seeing signs of growth," Gavin said. "Yet, optimism for the future of tourism in Tallahassee remains steadfast. Tallahassee is without a doubt, one of the



Photo by Kylii Clay

The newly constructed Hyatt House sits on the corner of Railroad Avenue and the roundabout.

most creative, innovative, resilient and sustainable destinations in America."

The recent surge in optimism can be largely credited to the distribution of the COVID-19 vaccine. Many citizens believe that it is now safer as COVID-19 restrictions loosen, and people are putting traveling back on their to-do lists.

Warm vacation spots have been a target as winter storms spread throughout the north. Visit Tallahassee is capitalizing on outdoor activities and amenities since they have become more in demand because of the coronavirus, making Tallahassee a top pick for some.

"With our many outdoor amenities and offers, Tallahassee continues to be a desirable destination for safe travel and our new hotel products certainly help," Gavin said. "In the past year, three new hotels have or are scheduled to open including the Hotel Indigo, our first Hyatt property,

the Hyatt House and the AC Hotel that will open at Cascades Park this spring. These properties, located in a variety of districts offer multiple green spaces, outdoor dining options, patio space, rooftop bars and easy walking distance to multiple restaurants, entertainment and retail stores."

Sydney Lewis resides in North Florida and has attended an Infinity Con Tallahassee event.

"Infinity Con Tallahassee is a wonderful family event that started in 2019. It couldn't happen last year for obvious reasons, but it's coming back and it is going to be amazing," Lewis said.

However, there are people who don't agree that this is the place to be quite yet. Tallahassee resident Daniel Hernandez has family from Miami that comes to visit. He says they always end up traveling out

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Congress passes COVID relief bill with new restrictions

Tashante Evans

Staff writer

The senate passed President Joe Biden's \$1.9 trillion Covid relief bill this past weekend. The bill was passed with no Republican support and is now a step closer to be distributed to American families.

The bill is now in motion to return back to the House on Tuesday where it will be voted on to approve changes made by the Senate. Once the House votes and approves those changes, the more than 600 page bill will finally hit Biden's desk for signing.

Biden called the aid package "urgently needed" and was grateful that the Senate passed it so quickly saying it will get "checks out the door" to Americans later this month.

"The resources in this plan will be used to speed up manufacturing and distribu-

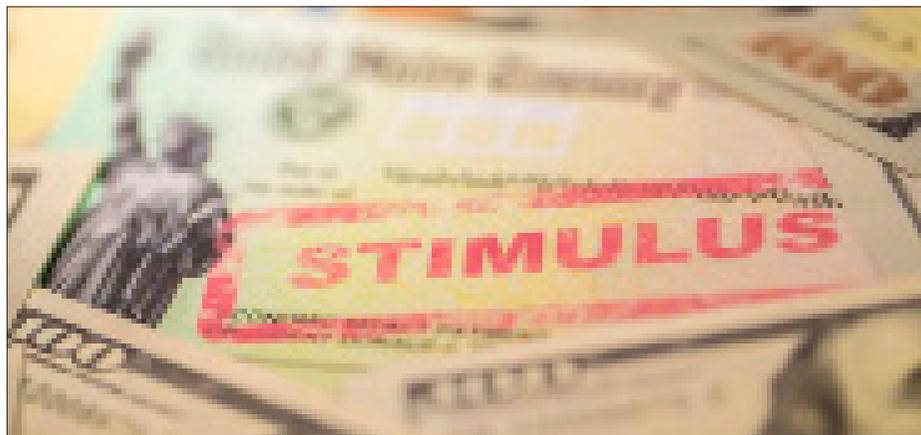


Photo Courtesy of CBS News

tion of the vaccines, so that we can get every American vaccinated sooner rather than later," Biden said.

These payments will be the third round

of stimulus checks to be distributed to Americans, since the pandemic started a year ago. The previous payments that were distributed in December, were worth

up to \$600.

According to CNN, individuals earning less than \$75,000 and couples earning less than \$150,000 would receive the full \$1,400 payment, plus an additional check per dependent. But the third round of checks would phase out faster than earlier payments — completely cutting off individuals who earn more than \$80,000 a year and married couples earning more than \$160,000, regardless of how many children they have.

The last two rounds of relief payments required students to be a taxpayer who is not a dependent on someone else's tax return. Under the latest program, additional payments could go to all dependents, not just children 16 and younger. Naturally, this leaves students like freshman

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Second FAMU student shot off-campus in less than a month

Kayla McKinney

News editor



FAMU student shot at Potbelly's Sunday morning.

Courtesy of Time Magazine.

The Tallahassee Police Department and Florida State University Police Department responded to a shooting at Potbelly's early Sunday morning, after several altercations left a student at Florida A&M University wounded.

Officers were dispatched at around 2:30 a.m. to the nightclub located at the corner of West College Avenue and North Macomb Street. Reports suggest that the incident occurred after a fight from a nearby location was cleared.

An FSU alert sent out later that morning stated, "The [shooting] appears to be an isolated incident resulting from the multiple physical altercations."

The victim of this shooting, whose identity has yet to be released, is understood to currently be a fourth-year student at FAMU.

The victim suffered a non-fatal gun-

shot wound to the chest and is currently still receiving treatment at Tallahassee Memorial Hospital.

This incident comes just weeks after another FAMU student, Louis Tre Zanders, survived being shot in the yard of his own townhouse, located on the street directly behind Bragg Memorial Stadium.

Gun violence has been a steady issue in Tallahassee in recent years. Within the first three months of 2021, 16 shootings have already occurred in the capital city, with three ending in fatalities.

However, this issue seems to be easing its way closer to FAMU's campus and community.

Zanders's parents, Shaia Simmons and FAMU football coach Willie Simmons, have been public advocates against gun violence in the community, including the Peace Up Guns Down Rally.

Zanders, a criminal justice and psychology double major, took to social media himself to speak out on the issue, stating in a heartfelt message, "I would like to urge everybody, not just here in Tallahassee, but nationally, to stop gun violence so we can protect our future."

While some college students believe that Tallahassee is still fairly safe, they do believe the local authorities can do more to ensure student safety.

Andrew Chiwara, a second-year agribusiness student at FAMU, stated "They should work to educate people on guns and keep them informed about the different laws and legal ways to go about getting a gun for the people interested in them."

As the firearm issue continues in the capital city, FAMU campus security ensures they are committed to the safety of

FAMU students.

Zanders and his family continue to advocate against gun violence in the community.

"A lot of people go through the same things that I go through and they don't make it. A lot of my friends go through the same things that I went through and they don't make it; they lay down on that bed that I laid on and they never get back up," Zanders stated in his social media message.

While TPD described this as an active investigation, they have confirmed there is no ongoing threat.

If you, or anyone you know, have information pertaining to this incident, please call 850-891-4200, or report anonymously by calling Crime Stoppers at 850-574-TIPS.

Tally 19 speak out against ‘anti-riot bill’

Kylii Clay
Staff writer

Almost six months ago, on Sept. 5, a group of approximately 100 people, led by the Tallahassee Community Action Committee, walked to the state Capitol to protest a Leon County grand jury ruling.

The grand jury failed to find fault with the three police officers involved in the shooting deaths of three Black residents: Tony McDade, Wilibon Woodward and Mycheal Johnson. After being confronted by police in a parking lot before the rally began, the protesters continued on, undeterred by the threat of law enforcement.

The nonviolent protesters took to the streets demanding justice for their slain brethren. What began as a peaceful exercise of constitutional rights ended in violence, chaos and incarceration.

During the protest, 14 people were arrested for unlawful assembly, and four



Photo by Kylii Clay

Members of the Tally 19 recently held a press conference in front of the Leon County Conference.

people were later arrested with fill-in-the-blank warrants. The group has since started calling themselves the Tally19.

The aforementioned Tally19 faced felonies for “public disorder.” After vigorous

and incessant fighting against the felony charges, most of the group members have had their charges reduced to misdemeanors. However, Tally19er Ben Grant is the last member of the group who is still fac-

ing felony charges. These charges include a minimum of 10 years in prison and a possible \$10,000 fine.

During a recent press conference in front of the Leon County Courthouse, Grant expressed his anguish and the harsh reality he is facing. “I am now staring down a barrel of 10 years of prison time,” Grant said. “We did not ask for this to happen to us, we just asked to be listened to.”

Grant said the police with aggressors with uncapped power: “There is ample video of us being brutalized by the police, there are videos of us being dragged by our hair, yet no one speaks on that as assault. They [police officers] have free will to do whatever they want to us. That should not stand.”

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Homeless shelter on Mahan vows to appeal ruling

Rachel Daniels
Staff writer

Tallahassee city staff recommended earlier this month that City Urban Mission on Mahan Drive not be allowed to open a full-time homeless shelter. On Monday, the city’s Development Review Committee met and seconded the staff’s recommendation, denying City Walk’s homeless shelter permit.

City Walk’s homeless shelter started in December and has since become a contentious issue at community forums, with vocal critics pressuring city commissioners — who don’t have a formal vote in the decision — to deny permission for City Walk to continue on Mahan Drive.

Pastor Renee Miller, executive director at City Walk Urban Mission, said she’s going to continue to fight to keep City Walk open.

“I’m going to continue to fight for my congregation. That’s my duty. I took a vow when I was ordained that I would take



Photo courtesy of ABC 27

care of the flock that God gave me. This is my flock and I don’t take that lightly,” Miller said during Monday’s meeting.

People who have lived at the shelter, people who live nearby, nearby business owners and City Walk advocates were

among the roughly 70 people who spoke at the committee meeting.

According to city officials, the shelter failed to fulfill any of the permit’s requirements, including protection and evidence that it would not generate a “private nui-

sance” for local residents and businesses.

Jeremy Shaw, a resident in the neighborhood, said the shelter has created friction in what had been a close-knit community.

“City Walk probably would be better somewhere else. The negative it made in the beginning will make the handshake very difficult for the residents nearby,” Shaw said.

The public comments lasted nearly three hours. Despite the protests, the city’s Development Review Committee decided not to grant City Walk a permit to operate as a permanent shelter.

Even after the denial, pastor Miller said she is still determined to serve the homeless and added that she plans to appeal the decision made by city staff. Until the denial gets appealed, the shelter will seek to function as a church and a place

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A Florida first: Two Black women start title company in Tallahassee

Ciara Brown

Staff Writer

Finding a business that helps you close on a home is one thing, but having that business be owned by two African American women is another.

Businesswomen Danielle Andrews and Tamara Tedder have partnered to form Capital Hills Title Service — Florida's first Black-owned and woman-owned title company.

The company launched this year and, according to them, its sole purpose is to “Bring a better way to do title business to Tallahassee and across the Sunshine State.”

The owners and other leaders of the community, including Tallahassee Mayor John Dailey and City Commissioner Curtis Richardson, celebrated the ribbon-cutting ceremony late last month to welcome the new business to town.

Providing innovative, modernized and smoother closings for customers involved in the title industry is an essential objective for Capital Hills. Customers of this company include home buyers, sellers, investors, real estate agents and lenders.

Starting a business in such a regulated industry as the title industry is not an easy task, especially when you are both Black and a female.

“It is tough to convince the underwriters to give us a chance. Also, hiring in a specialized industry during a pandemic is a challenge within itself,” co-owner Danielle Andrews said.

According to the National Association of Women Business Owners, more than 11.6 million firms are owned by women, and 5.4 million firms are majority-owned by women of color in the United States. While women-owned businesses generate \$1.7 trillion in sales, \$361 billion in revenue is generated from the businesses owned by women of color.

In Tallahassee, in 2012 5,857 businesses were women-owned, while 4,565 were minority-owned firms. Although these numbers reflect the year 2012, and there

is no recent data that shows the current number of women-owned businesses, since the start of 2021 Tallahassee has been no stranger to women in business.

Just last month, the Gillium Sisters Soul Food restaurant had its grand opening, which has been busy since the opening of its doors on West Tharpe Street.

Andrews, who is a skilled Realtor with knowledge and love for close-knit communities such as Tallahassee, and Tedder, who has a track record of success in the mortgage industry, partnered up to make this historic impact to the smaller demographic of women and minority-owned businesses. To them, being a woman in business means that they have the courage to uplift others and make a difference in each customer's life.

“We hope that Black women around the world and within the Tallahassee community are inspired to chase their wildest dreams. The establishment of various Black woman-owned businesses around our city creates a foundation for the future that can only elevate others,” Andrews said.



Photo from Capital Hill Title



Photo courtesy WTXL

An inside look of the Capital Hills Title Services building.

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Student Senate plans events for Women's History Month

Joanne Jean

Staff writer

The eighth senate meeting for the 2020-2021 academic year shed light on the events that are taking place this week in celebration of women's history month, resources that may be present in the near future and the fiscal budget for this year's allocation period.

Sophomore senator Artise Lewis introduced the pillar of events to look out for this week. A paint party will take place at Florida A&M University's Polkinghorne Village East community rooms today at 6:30 p.m. Sup-

plies will be provided and CDC guidelines will be abided by.

The "Melanin Goddess Women In Leadership Panel" will follow this Thursday at 6:30 p.m. via zoom.

On Friday, March 12, the Student Government Association is partnering with the FAMU Chapters of the National Council of Negro Women, Big Sister Little Sister Mentoring Program, Warriors Against Rape, Girls 2 Girls, Women's Student Union, Black Women in Medicine and FAMU Campus Plus to fundraise

at Sneauxball between 1 p.m. to 7 p.m.

Twenty percent of the proceeds will go to SGA, which will be put towards the Refuge House, a safe space for domestic violence and abuse victims, to aid in operations.

"Please tell and take as many friends as possible and make sure you show this flyer when you go so we can raise money for this great cause," said Lewis.

President Shanel Brown updated that efforts are being made to grant students at least one

health and wellness day for the month of March and April in the absence of spring break.

"Students need a break at least one point in time during this semester," said Brown.

She clarified that a follow-up would be made today with administration for the status of the bill.

Sophomore senator Armon Mckinney presented the fiscal budget for this school year, announcing that the Organization and Finance Committee is making strides with administration to move the allocation season to fall

[Click link](#)

My grandmother was there when the FBI killed the 'Black Messiah'

Kylli Clay

Staff writer

You would not be able to tell from looking at her. Her appearance is seemingly unthreatening..... until you piss her off.

A short, ample, butterscotch colored woman standing about five feet tall with short silver hair, hazel eyes and a husky voice is not the poster child for a revolution. Then again, far too many of the poster children for the revolution now live on in memory, with only stories left to tell. And in a movement, a singular face does not represent all.

But I digress. The boisterous storyteller who I grew up with, the woman who got her groove on no matter the beat, the little woman who scrapped with her older brothers, the woman who



Photo credit: pexel.org

Protesters peacefully march in accordance with the BLM movement.

stayed out past curfew fully aware of the beating awaiting her. My grandmother, Jeanette Clay, was a member of the Black Panther

Party in Chicago. This is her story.

The chaos commenced after Dr. Martin Luther King Jr. was

assassinated on April 4, 1968. The city of Chicago felt the burning rage of its Black citizens. The fuse of Black Americans was blown to smithereens after the non-violent leader of the civil rights movement had been slain.

America had made a martyr out of Dr. King and the people saw red. My grandmother was about 15 or 16 at the time. Even as a teenager she felt the rage and weight that now weighed on her shoulders. Something had to be done.

She and her Black classmates took to silently protesting at school. Instead of wearing the mandatory white hats as part of their uniform, they wore black

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Lawmakers look to restore all rights for some felons

Annija Sterling

Staff writer

State Sen. Keith Perry, R-Gainesville, filed Senate Bill 1932 last week at the start of the legislative session. If approved, it will allow non-violent offenders in Florida to gain full restoration of their civil and firearm rights.

In the past, felons have had to wait five years after their prison release date and apply to an offender review board before becoming eligible to have their rights restored. Now, felons will be automatically eligible after paying their court fees.

“We have an opportunity to further improve the process and efficiently restore the basic constitutional rights of individuals with a prior criminal record who have paid their debts to society,” Perry said at a news conference.

The bill has been referred to the Judiciary, Criminal Justice, and Rules committees. While it would restore firearm



Inmate handcuffed behind bars.

Photo courtesy Community Care

rights to felons, violent convictions will still be blocked.

Non-violent offender and Tallahassee resident Khalieb Coleman believes that passing SB1932 is the right thing to do.

“The bill is a step forward toward

equal rights. Non-violent felons should have the right to have all of their civil rights back after conviction and after they paid their dues back to society,” Coleman said. “Offenders shouldn’t be held back because of a non-violent crime or a

mistake that happened when they were a minor. Certain things are forgivable and in those cases, they should be because a simple mistake shouldn’t be able to ruin your life. Having your civil rights removed from you dehumanizes you because you are no longer considered as a person after conviction and felonies.”

SB-1932 will go into effect on July 1, 2021, if passed along with a companion bill in the House of Representatives.

On Wednesday, Gov. Ron DeSantis also suggested an up-to-date regulation for the restoration of civil rights by removing the waiting period for felons to have their civil rights restored.

Felons who have paid or are in the process of paying court-mandated fines, fees and restitution related to their crimes will

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Event aims to rid Black men of stereotypes

Nadia Wilson

Staff writer

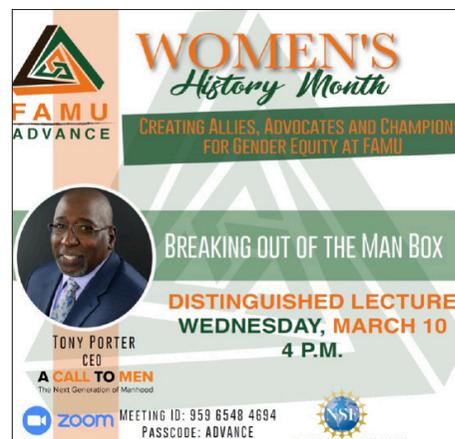


Photo courtesy FAMU Advance. Tony Porter

Tony Porter CEO of A Call To Men discusses the importance of Breaking Out Of The Man Box for Women’s History Month.

Women’s History Month is a celebratory time for women to embrace and for

others to highlight their accomplishments and contributions in history. Within the HBCU community, diversity and inclusion are the main goals for Florida A&M University. FAMU Advance has spearheaded a week of virtual events that discuss the importance of women and gender equity.

On Wednesday, to continue the celebration, Tony Porter, chief executive officer with a Call to Men, discussed the importance of understanding The Man Box mentality through intimate conversations. The Man Box is a term coined by A Call To Men to illustrate the collective socialization of men.

The Man Box identifies the limitations on what a man is supposed to be and what he believes. In The Man Box, women are objects, the property of men, and of less value than men. The teachings of The Man Box allow violence and discrimination against women, girls and other

marginalized groups to persist.

In an inclusive conversation with Porter, he discussed gender equity and the idea of men believing they have to identify with the patriarchal norms of society. According to Porter, men often feel like they’re stuck in The Man Box with all of their dubitable emotions. They are taught to be emotionless because they believe they have to portray the image of being tough as opposed to how women are portrayed as sensitive and emotional.

“Women and girls have submission to express a full range of emotions,” Porter said. “While we teach boys that it is OK to express the emotion of anger, we teach men that that is the one emotion that we accept from each other.”

According to Porter, men will often not point out women’s strengths because of the male patriarchal society that most deem as normal. It is normal to find

women taking on male-dominant traits because they are trying to find their way in a patriarchal society.

“In a male-dominated society, collectively speaking, if you took all of the men in this country and put them on one side of the room, then took all of the women in the country and put them on the other side — men run, control, and dominate this nation,” Porter said.

In terms of what Black men went through in the past, communication consultant for FAMU ADVANCE, Terrance Gilbert shared his insight on the conversations revolved around the collective socialization of manhood, and how it does not permit men to discuss fear or pain unless it involves anger.

“Going back to history, Black men have been dehumanized, beaten and broken

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Alexys Lynn makes every product from the heart

Calah Laidler

Staff writer

Love is in the hair, so you need a product that is made from the heart. When Alexys Lynn makes her natural hair growth oil, she makes every product from the heart.

Florida A&M University alumna Alexys Lynn is the founder and CEO of The Beauty Mark Shop. All products at The Beauty Mark Shop are all-natural and handmade by Lynn. The products include hair growth oil, hot oil treatment, oil strength/protection mist, root comb oil and eyebrow growth oil.

Lynn started her business to help and educate others on the importance of healthy hair and how to achieve luscious locks. Last July, she started her business after three years of creating her own hair growth oil.

“For about three years, I have been creating my own 100% natural hair growth

oil,” Lynn said. “I started my business, because I actually used myself as a tester before releasing my products.”

After cutting her hair off in 2017, she was unsure what to do post-relaxer. This resulted in her testing her personal hair growth by developing her own hair oils.

“Now, creating my products just warms my heart because I know I am making a true product from the heart that truly stimulates hair growth,” Lynn said.

The Beauty Mark Shop logo. Photo courtesy Lynn

Lynn came up with the name The Beauty Mark Shop because she believes every woman has beauty marks.

“One mark begins with hair being able to stimulate hair growth from flaws that many people face, such as thinning, balding, slow baby hair growth and alopecia. Once a client witnesses results, they have

been beauty marked,” Lynn said.

FAMU students Sha’Riauna Campbell and Xandria Chandler are loyal customers that have witnessed the results with their expectations exceeded.

“The Beauty Mark Hair Oil products continue to exceed my expectations. My hair has grown over four inches since I have begun using this product,” Campbell said. “Additionally, when I would get braids or locs, my scalp would always be dry or suffer from dandruff patches – the oil has helped to clear that up for me.”

According to Chandler, “All products are amazing but have different purposes. My favorite is the hot hair oil treatment, since it defines and softens your hair and the results are shown within the first use.”

Lynn is not your ordinary CEO. She makes sure to keep in touch with her clients and she even gives her clients hair

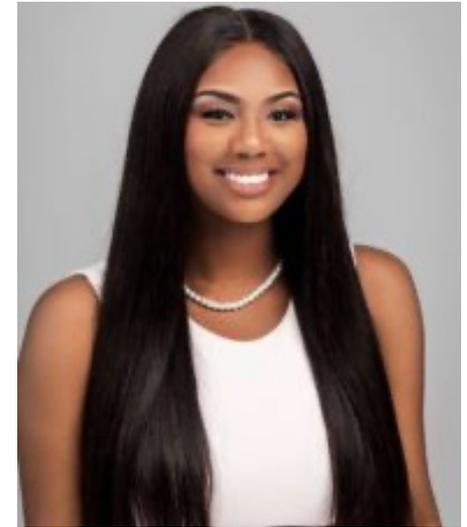


Photo courtesy Lynn
Alexys Lynn, owner of The Beauty Mark Shop.

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Four Instagram accounts that you may want on your timeline

Daniel J. Newton

Staff writer

There are countless accounts on Instagram that post different types of content that capture the attention of many. There are pages dedicated to motivation, social awareness, politics and pure entertainment.

Here are four Instagram accounts focused on different topics that you may want to add to your timeline — if they’re not already there.

@wetheurban

“WE THE URBAN” has more than 2.2 million followers. It posts content that is positive and provides tips for self-improvement.

“Black-owned, celebrating inclusivity, self-love, & marginalized voices. Our posts have been proven to increase one’s power by 1000%,” the bio reads.

Its page features a daily post called “Affirmation of the Day,” which usually is a series of motivational sayings and

thought-provoking images that are meant to help in some way.

It also provides curated playlists periodically and has phone wallpapers that users can screenshot and use for positivity on the go.

@impact

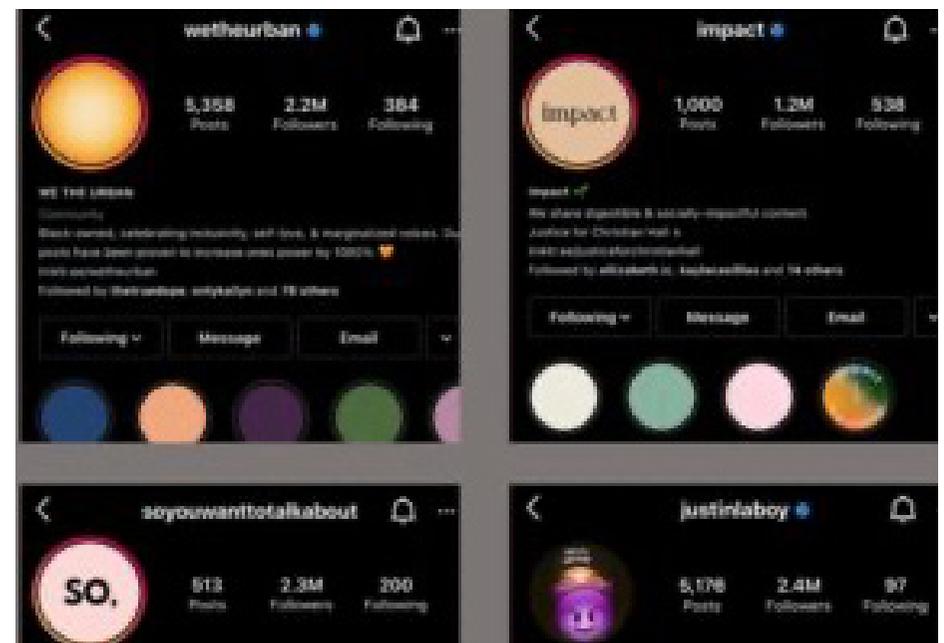
“impact” posts content of public interest and is dedicated to social awareness. It has amassed over 1.2 million followers.

“We share digestible & socially-impactful content,” it says in its bio.

It posts about a variety of topics that fall under a focus umbrella. It uses its platform to speak about things including deportation, racism in health and even minority creatives.

Recently, it has shared a lot of information regarding Texas and the current situation that has been brought on by the abnormal weather.

@soyouwanttotalkabout



Graphic courtesy Daniel J. Newton

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Will men ever learn how to handle rejection?

Shaqualia Smith

Staff Writer

When men are rejected by women, do they associate rejection with their masculinity? Yes, rejection sucks whether you're the one shutting someone else down, or the person who's being shut down. However, we all can agree that there is a right and wrong way to react when someone tells you they're not interested.

"Men have been taught since the earliest of times to protect their masculinity," said psychotherapist Jaime Gleicher. "When they're rejected, they associate it with their masculinity and when that is threatened, they attempt to fight for it to reprove their manliness."

According to a popular Instagram page Wuzhadnintally, a Tallahassee man was arrested Feb. 22 after deputies say he went after a woman with an AK-47 inside



Photo courtesy Deposit Photos

of a convenience store. He was restrained by bystanders. The suspect Javarius

Pearson, 22, faces charges of aggravated assault with a deadly weapon and improper exhibition of a firearm. Pearson and the victim were involved in a verbal argument inside of the gas station in the 5700 block of Blountstown Highway. Court records indicate Pearson approached the woman and entered her personal space. She asked him to back away and he refused, causing the argument that included him saying he would kill her, according to the Leon County Sheriff's Office. After Pearson threatened her, he allegedly retrieved the rifle from his vehicle. When Pearson tried to go back into the store, bystanders restrained him and he fled the scene. Although Pearson indicated he had no

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Use social media intentionally for an enjoyable experience

Kaela Moore

Staff writer



Photo courtesy mymind.org

Social media is used in numerous ways such as entertainment, communication, networking, business or a news source for many. Due to society's attention span

being glued to social media for hours a day it is easy to consume a lot.

Many argue that filtering what you consume via social media can have an impactful effect on your mindset. As a content creator and influencer myself, I consider social media a great tool if you use it wisely.

Influencers tend to have certain niches they fall under whether it be lifestyle, beauty, gaming and more. Within those niches, influencers tend to interact or follow hashtags on social media platforms regarding those topics.

The more hashtags or accounts you follow that align with a certain niche, your timeline will slowly but surely consist of everything regarding that particular niche.

As someone who likes to wake up

motivated with encouraging quotes and positive affirmations I make sure to follow accounts that consistently post positive content. I also implement those positive quotes and affirmations on my account as well because it aligns with my personal brand.

Influencers love to use social media as inspiration and sometimes a search engine. This is often how influencers are discovered for sponsored partnerships with brands because they engage and promote specific content.

For someone who isn't an influencer, it can be hard to find that balance. For example, once we graduate high school or college many of our peers pursue different things in life or we grow apart with different mindsets.

If you have 5,000 followers and 1,200

of those followers post negative or ignorant posts that you don't agree with or feel as if it doesn't align with your lifestyle, it can feel like clutter on your timeline. Your feed can affect your mental state by how much you consume.

"There is power in what you consume and how much you consume from social media because everything is recorded in the subconscious, positive and negative," said Morgan Dyson, a architecture student and model.

Social media is run by algorithms that promote or encourage the exposure of those you interact with or simply view on your social media account. According to Brent Barnhart from Sprout Social, the function of algorithms is literally to deliv-

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

Black Women in STEM that Paved the Way for Us

Mary Eliza Mahoney

Mary Eliza Mahoney was born to freed slaves living in Boston in the spring of 1845. Once she grew into her teens, Mahoney decided she wanted to be a nurse. Mahoney became the first Black woman to earn a professional nursing license in the U.S.

Source: WomensHistory.org



Marian Croak

Before Marian Croak became Google's vice president of engineering, she earned a Ph.D. from the University of Southern California in 1982, with an emphasis on social psychology and quantitative analysis. She has more than 100 patents on Voice over Internet Protocol technologies, the process by which we transmit sound as data over the internet.

Source: MadameNoire.com



Alexa Canady

Canady became the first African-American and the first woman to become a pediatric neurosurgeon. By 1987, she was the chief of neurosurgery at the Children's Hospital of Michigan, a position she held until 2001. Canady developed a shunt to help treat hydrocephalus, or water on the brain.

Source: Tree Hugger



Shirley Jackson

Jackson was the first black woman to earn a doctorate from MIT, the first black female president of a major technological institute, and went on to become the first black woman appointed chair of the U.S. Nuclear Regulatory Commission.

Source: Yes Magazine



Waffle House may have been created with college students in mind

Daniel J. Newton
Staff writer

**W A F F L E
H O U S E**®



Graphic courtesy BabbleTop

Waffle House is an iconic Southern eatery that specializes in waffles and other breakfast foods. In a college town like Tallahassee, it is a popular choice.

As one walks into one of the Tallahassee Waffle House locations, many seemingly college-aged people can be seen, often wearing their school colors. Some college students appreciate Waffle House because the prices are low, and it allows them to quickly access breakfast foods.

"I love how quick and convenient it is to go and get breakfast at any point of the day at an affordable price," said Jaela Davis, a student at Florida A&M University.

Affordability is one of the benefits of eating at Waffle House. It offers full meal combinations for less than nine bucks and many of the single items are priced at about \$4 or less. This allows college students to be satisfied without spending too much money.

Convenience is also a plus. Waffle House is open 24 hours a day, seven days a week. This also caters to the lives of college students, who may be looking for places to eat after late nights out. It also offers lunch and dinner options that people may like to try at mealtimes other than breakfast.

Waffle House is also convenient because of its speed. Most people get their food rather quickly, unless there's a lot of waffle orders all at once, which would cause a wait. Their dine-in service is fast, and they offer take out for people who are on the go.

On the downside, health can be a concern, as most of the options on the menu are not particularly healthy and some of the food is greasy when it reaches the table. However, because it tastes good, many seem to ignore the healthiness of the food.

Cleanliness is also an issue. In a place

that is always open, it may be hard to keep up with cleaning because customers are always liable to be there. Because of this, dirty tables and a dirty floor may be seen upon entry.

Waffle House is an option that is perfect for the college student. It has the traits that cater to their everyday lives and has downsides that most college students are willing to overlook.

There are several Waffle House locations in the Tallahassee area. You can find their full menu and what they have to offer at <https://www.wafflehouse.com/waffle-house-menu/>.

FAMU graduation dates conflict with MEAC tournaments

A-Chai'a Jackson

Staff writer

Haleigh Porter is between the proverbial rock and a hard place.

Porter is a graduating senior at Florida A&M. She is also the No. 1 singles player on the Rattlers' tennis team.

Her dilemma: FAMU has moved up the dates for spring commencement to April 23-25, the same weekend that the tennis team is scheduled to be playing in the conference championships in Virginia.

Porter said she is disappointed and hasn't dealt with the hard decision between the two important events.

"I would say that I have not even dealt with the tough decision as of yet, I mean, since they just put out the graduation dates, I do have to deal with it at some point. But I just really have not sat down and thought about what I am going to do yet. But yes, it is definitely difficult and really disappointing that there is nothing we can do at this time," Porter said.

Graduating student-athletes at FAMU have worked hard to participate in the Middle-Eastern Athletic Conference tournaments and never expected they would conflict with their college graduation.

On March 2, FAMU students received campus-wide emails to announce that the university will host spring 2021 commencement in-person. It will consist of six ceremonies starting Friday, April 23, through Sunday, April 25.

These are the same dates that FAMU's tennis team is scheduled to be taking part in the annual conference tournament.

FAMU's men's basketball team is taking part in its conference championship today. Bryce Moragne, a member of the team and graduating senior, said he empathizes with fellow student-athletes who will be dealing with a conflict next month.

"I am actually very excited that I do not have to pick and choose between whether or not I would attend graduation or the

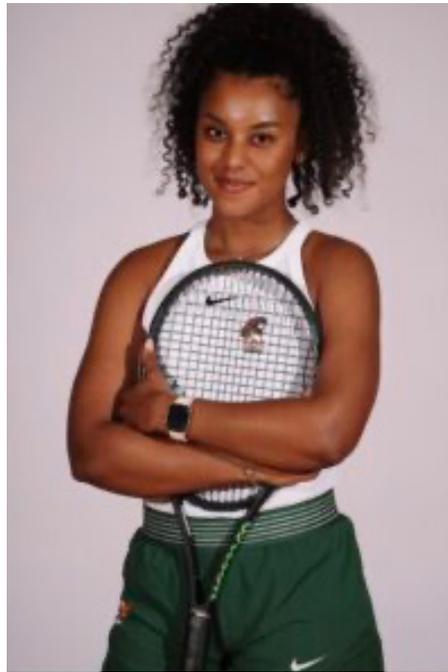


Photo courtesy Haleigh Porter

Pictured is senior athlete for women's tennis, Haleigh Porter, as she holds her favorite sport

MEAC tournament. If I had to make that decision, it would be a very hard one for me to make, because as a child I have always dreamed about walking across the stage after graduating college, but I also have always dreamed of winning a conference championship and getting a chance to play in the NCAA tournament. Two things that I am very passionate about," Moragne said.

Graduating student-athletes at FAMU have dreamed and worked their entire college careers not only to walk across the stage but to claim a MEAC championship and earn an invitation to the NCAA Tournament. Just when players want to reap the fruits of their labor, some of them are left with an agonizing decision. It can be a tough pill to swallow for any graduat-



Photo courtesy Bryce Moragne

Pictured is senior athlete for men's basketball, Bryce Moragne, as he dribbles with a love for basketball and an appreciation to be a graduating senior.

ing-senior athlete.

"Both events are events that all athletes dream of being able to do. Both walking across the stage and playing for a championship are things that every athlete dreams of. The memories that you will have at both events are ones you will be able to carry with you the rest of your life," Moragne said.

Athletic director Kortne Gosha could not be reached for comment regarding the dilemma facing graduating student-athletes.

"You never know what the future might hold, so we are praying and crossing our fingers that we can attend both events without restriction. I have not really heard any accommodations to be set in place for graduating seniors as of yet.

I think that my coach is just focused on us paying in the MEAC. I mean, she has already graduated from college, and so I think it is hard for her to empathize with us even though we have four seniors," Porter said.

Porter and her teammates have not heard anything yet that will allow them to celebrate both events. She said she hopes to have a solution soon.