

FAMU police chief, others support gun ban on campus

Dashai McClendon

Staff Writer

Once you are over the age of 21 in Florida, it is legal for you to carry a firearm on you in public if you have a concealed weapon permit.

But even with a concealed weapon permit, there are still some places where it is illegal to bring a firearm, such as the courthouse, any detention facility or on school property. That applies to everyone except for law enforcement.

Most universities tend to have campus police, security and cameras to ensure the safety of the surrounding areas and the people on campus.

Terrence Calloway, 54, chief of FAMU's police department, says he doesn't feel anyone should have a firearm on campus unless they are a sworn law enforcement officer.

"I have heard the comments about a shooter coming on campus and people not being able to defend themselves," Calloway said. "However, if a non-sworn person engages in gun fire with a suspect, upon arrival of the police we don't know who the good from the bad person is. We are only reacting to a person with a gun and that could end bad."

"I am all for people exercising their Second Amendment right, but



carrying a weapon on campus is not a good idea, this is just my opinion," he added.

the end of October that have resulted in injuries or deaths.

Archie Albritton, 25, a senior
FAMU's four-year Archie Albritton at an SBI event.

Photo courtesy: Albritton

Education Week has reported that the United States has had 35 school shootings in 2022 through

majoring in business administration at FAMU ,says he received his concealed weapon permit in May of 2018.

"I feel like the law is put into place for our safety due to situations where a student may act out of emotion instead of logic," Albritton said. "I agree with the law but in many cases, we would feel protected if we were allowed to have our weapon with our permit."

There are 16 states that prohibit concealed carry on a college campus. Jeremiah Davis, 21, a FSU student majoring in social science, says he agrees with the law.

"I just got my permits not too long ago and I understand the importance of this law," Davis said.

"If that law wasn't in place I feel as if the rate of school shootings would increase. I'm certain that my school has a protocol if something were to happen of that nature and that they would do their best to keep us safe so it's not really necessary for people to bring a weapon on campus."

To learn more about Florida gun laws visit www.fdle.state.fl.us

FAMU four-year graduation rate declines

Pam Rentz
Managing Editor
Many refer to their college years as the best four years of their life. However, four years can turn into more if a university’s inner workings are not equipped for maneuvering its students in and out within eight semesters.

FAMU is one of 12 institutions in Florida’s public university system. According to the 2020 data from the State University System of Florida , FAMU has the lowest four-year graduation rate at 27.7%.

The rating for students entering in 2016-2020 was 34.6%, a 6.9% improvement from the most recent stats from the 2017-2021 data. The university was striving to increase the score to 38% and fell short by more than 10%.

According to Vice President of Student Affairs William Hudson and Associate Provost Lewis Johnson, the university is actively working to increase the percentage in numerous ways.

Why is the graduation rate important for university success? Four-year graduation rates give prospective students an idea of how many years it could take before they earn their degree. Compared to other universities, this may be a deal breaker during a student’s decision-making process.

High school seniors searching for a university may be reluctant to commit to an institution that graduates almost more than two-thirds of its students in four years. Extra semesters working on a degree cost more money and prolong career goals.

Data like four-year graduation and retention rates are definitive numbers that leave universities on the hook for creating goals and establishing ways to meet them.



FAMU’s four-year graduation rate declines 7%.
Photo courtesy: famu.edu

During the 2022 President’s Convocation, Larry Robinson noted that 84% of first-year students returned for their second year with a grade point average higher than 2.0.

“Students are being retained at a much higher rate. What that means, too, is the fact that students are now graduating quicker than they have ever before,” Robinson said.

There are many scenarios where even universities with exceptional graduation rates cannot help a student graduate in change of major, financial -stability, health complications and overall satisfaction with their new environment.

Students who do not have the financial means to pay back-to-back for eight semesters of school may take a semester or two off to work full-time and save up for tuition.

Johnson, the associate provost, said the university is aware that “life happens” and exterior forces hinder students from staying on their academic tracks. FAMU is mindful of these shortcomings and is stepping in where it can.

FAMU issued \$41.5 million in tuition and fee assistance for the 2021-2022 academic year to combat the financial instability and encourage students to continue their degree plans as scheduled. The previous year, \$16 million was allocated to clear outstanding balances in students’ accounts.

Hudson explained the importance of the first-year students’ experience, their adaptation to college life, and the correlation with the retention rate. First-Year Experience (FYE) is a program dedicated to the success of freshmen and their adjustment to “the hill.” These resources encourage students to be proactive rather than reactive.

The university implemented resources such as academic coaches, virtual and in-person tutoring, and Live-Learn Communities to promote stimulating academic spaces for student success.

“We’ve increased the number of academic advisers, created academic coaches, and implemented grade recover programs,” Hudson said.

Academic coaches work with students

on study skills and time management skills. In addition, Live-Learn Communities is a program for first-year students to help them stay academically and socially motivated in and out of the classroom.

“Being in cohorts is important for a sense of belonging,” Johnson said.

Definitive factors behind the decrease in the four-year graduation rate have not been identified. Despite the percentage drop, FAMU moved from No. 104 to No. 103 among all public colleges and universities in the U.S News and World Report Best College Rankings that came out earlier this week.

And FAMU retained its standing as the top-ranked public HBCU. ties continue to join the movement and defend the rights of the marginalized women, but only time will tell if minority feminists will finally have their voices heard and be understood by white feminists.

SJGC has no advisors for students

Nigeria Robinson
Staff Writer

Early registration is less than a week away, and Florida A&M’s School of Journalism & Graphic Communication is without any academic advisors to counsel students for the upcoming spring semester.

Many students aren’t sure what to do, or who to talk to about their academic concerns. Some don’t even that their advisors are no longer affiliated with the university.

Journalism and public relations majors are to contact the interim journalism division director, William Jiles, for advisement and any other academic concerns.

Graphic design majors are to contact professor Anosh Gill for advisement. SJGC’s two former academic advisors departed to pursue teaching roles at Florida State University and a local high



SJGC building. Photo courtesy wfsu.org

school. Nonetheless, a higher salary is frequently at the top of reasons for exploring different job opportunities.

At SJGC, academic advisors giving two weeks’ notice in the middle of a semester

is not unusual. Jiles, the interim division director, said he has experienced this before and had to continue advising hundreds of students for the entire academic year while the positions were vacant.

The possibility of bringing in faculty members from the Academic Advisement Department to help alleviate the growing faculty concerns at SJGC is no longer an option as they are in the interview stage of the hiring process, according to Ruthie Little-Berry, assistant vice president of the Academic Advisement Department.

Hiring new faculty members to fill these positions only solves half of the problem, as it takes time for these individuals to be trained and learn the SJGC curriculum to advise students properly. The training process is usually about a month and time is of the essence with spring registration and December graduation are right around

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FAMU dunks sells out

Ismara Cajuste
Staff Writer

Nike, a multinational corporation that supports Historically Black Colleges and Universities, visited Tallahassee Friday to give FAMU its very own Nike Dunk Low.

Florida A&M University and Nike signed a multi-year agreement in March 2021 that covers athletic footwear, uniforms and clothing for FAMU athletes. The event took place at the APB store on Gaines Street, and the line extended down Gaines with over 2,000 attendees.

Lunden Austin, a native of Tallahassee, oversees the operation of the APB store in Tallahassee. APB concentrates on cutting-edge fashion designers, collectible shoes and a more forward-thinking brand list.

The shop offers selective men’s and women’s clothing as well as relatively inexpensive launches of rare shoes. It has various locations in Florida and South

Carolina.

The \$120 Dunk Low shoe was released early, exclusively at the APB store so FAMU students could get first dibs on the shoe before Nike releases it globally online.

Caitlyn Davis, a Florida A&M alumna, is the designer of the FAMU Dunk Low. She has designed sneakers before, but this is by far the best collaboration yet, she said.

“My favorite colors are orange and green, so why not design shoes for the illustrious Florida A&M,” Davis said. “As soon as I heard Nike was collaborating with HBCUs, I knew this project was going to be very special, especially being an alumnus.”

The campus and culture of FAMU were considered in the creation of the shoe.



Nike’s new FAMU sneaker. Photo courtesy: @nikesmilez

The school’s founding year — yes, 1887 — is written across the rear of the shoes along with the phrase “WE BRAGG DIFFERENT” to symbolize Bragg Memorial Stadium, the home to FAMU football.

“Strike, Strike and Strike Again” is written beneath the tongue of the sneaker, and an icy blue cover is attached to an orange and green snakeskin bottom. The

letters “FAMULY” and the abbreviation “COLAC,” which stands for the “college of love and charity,” are embroidered in green on the laces.

Quinton Womack, a fourth-year political science student at Florida A&M, was disappointed that he did not get his hands on a pair after being in line for five hours.

“I just wished there were more shoes raffled or at least got an RSVP ticket,” Womack said. “There were only 25 pairs available, not including those who RSVP’d.”

Students and alumni are still waiting for the sneakers to drop via the Nike app to see if they will have better luck. that helps people get access to abortions throughout pregnancy, had to get an abortion herself five years ago.

“I was living in New York with my

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Mixed emotions following midterm results

Nigeria Robinson
Staff Writer

The midterm election results are in and voters’ reactions are mixed.

The predictions before election day of a “red wave” were far from reality — except in Florida — surprising many but not all.

“I didn’t find it surprising that Democrats won so many state-level seats and the Senate, but those results are still being counted,” FAMU student Jala Johnson said.

Unforgettable moments before the midterms, such as the Jan. 6, 2001, insurgency at the Capitol and the Roe v. Wade decision in June, were when people like Johnson, an independent voter, realized this year’s election would not go as planned.

“I just knew that we young people weren’t going to go for that again, and we weren’t going to have people in power that

would ever allow something like January 6 to happen again.”

While some voters were confident in the midterm election’s outcome, others were perplexed by the local congressional race pitting two incumbents: Dunn v. Lawson.

Neal Dunn, a Republican, won the Second District in Florida against Al Lawson, a Democrat, who served for 28 years in the state Legislature as a member of the Florida House of Representatives and the Florida Senate.

Lawson represented District 5 in Congress for the past six years, but at Gov. Ron DeSantis’ urging that majority-minority district was redrawn and it no longer included Leon and Gadsden counties.

Some voters believe DeSantis played a significant role in Lawson not being



Caption: Photo courtesy of @Kron4

reelected, and the re-drawn districts are currently being challenged in court.

The outcome of the Kemp v. Abrams race for governor of Georgia also didn’t sit well with some voters.

Brian Kemp, a Republican and the incumbent, won the governor’s race in Georgia against Stacey Abrams, a Democrat.

“For Black women, Stacy Abrams’ loss ‘feels like a punch in the gut,” The Washington Post said after Abrams lost her rematch bid for Georgia governor after years of organizing voters in the state.

Black voters turned out in record numbers for Abrams, including 87% of Black men, dispelling the myth that the lack of support from Black men was the reason Abrams lost.

“When I saw the numbers the next morning, I was shocked and a little disheartened because I felt she deserved to win. She put in the work grabbing the voters, especially young and new voters,” Johnson said.

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FAMU celebrates 135 years

Alexis Thornton
Staff Writer

Oct. 3 is the day students, faculty and staff celebrate Florida A&M University’s rich history. This year the illustrious HBCU turned 135, having come to fruition on Oct.3, 1887.

Per tradition, a Founders’ Day ceremony took place at 10:10 a.m. at the Eternal Flame. The ceremony started off with ROTC members marching down from the Eternal Flame, following Miss and Mr. FAMU, who carried the traditional Founders’ Day wreath to the Eternal Flame to hand over to FAMU President Larry Robinson.

Student Government Association President Zachary Bell began the ceremony by

introducing a group of FAMU theater students who blessed everyone with spoken word and the Negro National Anthem.

In closing, everyone sang the alma mater together and Robinson finished off the ceremony with reflecting on the 135 years of FAMU existing, and how far the school has come over the years.

However, not all members of the student body were aware of the ceremony taking place at the Eternal Flame.

“I feel like FAMU can do a better job at informing students about Founders’ Day because I feel like on Founders’ Day it should be more of an interactive history to

teach us more about the history, by providing videos and information about more in depth on what our ancestors did to get to where we are today,” Elijah Hooks said.

Many students who attend the university would like to see more effort put into Founders’ Day because it is such a noteworthy day.

Some students said the city of Tallahassee should show more gratitude and appreciation for FAMU and its rich history by allowing FAMU to have a Founders’ Day parade, festival and block party.

“I don’t feel like Tallahassee honors FAMU the way that it should because I



The Eternal Flame. Photo courtesy: Alexis Thornton

don’t see FAMU everywhere in Tallahassee as much as I see Florida State. I walk

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Some students denied free tickets

Kyla Hill
Staff Writer

Football season is one of the most anticipated times of the year at Florida A&M University. The football games are a time for students to show their Rattler pride.

FAMU’s student section is usually packed from top to bottom, side to side. However, at the last home game against Albany State, the rain wasn’t the only thing stopping Bragg Memorial Stadium from being packed. Many students were unable to secure a free student ticket.

Every student pays an athletic fee that is included in their tuition, which is \$288.49. The athletic fee covers students’ free tickets for any home athletic game.

There are roughly 10,00 students who attend FAMU.

However, the box office informed students via email that there would only be 3,500 student tickets available for the game. Once all the free student tickets



FAMU vs Alabama State game student section. Photo courtesy of HBCU gameday

were claimed, students could purchase a discounted ticket for \$15 at the box office.

In recent years, to enter the stadium, students had to log in to FAMU athletics’ website to download their game day tickets on to their mobile devices and then add the ticket to their digital wallet so that the ticket can be scanned at the stadium gate.

Before mobile tickets, all students had to do was show their student ID to enter the game.

With new technology comes new problems. Some students had trouble accessing the website and could not download

their student tickets.

Mariah Williams, a biology pre-med student, could not obtain her ticket because of the website’s technical issues.

“I tried to access my free student ticket about five days prior to the game,” Williams said. “Every time I tried to log in, the website said ‘access denied.’”

Some students were able to access and download their tickets. However, those students who had tickets but did not attend the game sold their free tickets to other students.

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\$1.5 million grant

Jaelynn D. Galmer
Staff Writer



Tallahassee native Henry Streater. Photo

Awarded a \$1.5 million grant, the Leon County Sheriff's Office is on a mission to stop gun violence in Tallahassee.

As part of the Bipartisan Safer Community Act, the U.S. Department of Justice's Office of Justice Program

allocated \$1,495,663 to LSCO in an effort to keep the youth of Tallahassee protected against acts of violence that have been running rampant in their communities.

In 2022 alone, it was reported that 92 shootings took place in Leon County, 15 of which ended in fatalities.With rising crime rates, the city is now using the funds to power initiatives dedicated to combating gun violence. One is the Council on the Status of Men and Boys.

The Council on the Status of Men and Boys agency is a resource that was created in August by LCSO to help ensure safety from gun violence in schools and communities within Leon County.

With plans to continue their mission to help the youth, the funds are to be used to aid in hiring staff and assist with research.

In a press release sent out on Oct. 3,

the Council on the Status of Men and Boys Director, Royale King, expressed his gratitude for the funding.

“This grant will help ensure that, for the next three years, the Council has the staffing and research needed to better understand what works to reduce violence. However, this is only a small part of what it takes to support our efforts. We will continue to need the community’s support and additional funding to ensure we have the proper community-based programs and resources to be successful,” King said.

Similar to King, many in the community saw this funding as a sign of hope for the city.

“I think this money will be beneficial to the city, definitely. I’m just interested in seeing how successful their plans are,” Henry Streater said. “Being from the city

I’ve seen tremendous growth, but gun violence is definitely still a huge issue in Tallahassee.”

Streater, a Tallahassee native, is no stranger to the effects of gun violence in the community.

Relocated shortly after his - Streater moved just four hours north to Atlanta in hopes to get an education and escape the dangers of the city.

“I grew up on the north side of Tallahassee.” Streater said. “Although it is deemed a ‘safer community’ I’ve been impacted in many ways. Some of my friends from high school who stayed after graduation were victims of gun violence and it’s disheartening to see. No one should be subjected to an environment like this at a young age, so I think it’s

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Plus-size students too often feel like outcasts

Marlana Lawrence
Staff Writer

On Sept. 2, a student at Howard University posted a TikTok explaining her negative experiences attending an HBCU as a plus-size female.

She said she was constantly being sexualized by the male students on campus because of her body, and that organizations were not asking her to be in photos or social media stories but were asking her skinnier friends. She added that she never sees plus-size representation on her school’s website and flyers.

Many students made sure to tell the third-year college student that she is beautiful. But, plus-size students at HBCUs agreed with her, and some of these students go to FAMU.

Unfortunately, many plus-size students feel that the school fails to show off more of them on campus.

Mckenzie Louissaint, a third-year business administration student, said she always feels like an outcast among other SBI students because the only ones who are posted on the program’s social media have skinnier bodies.

“I know that there is plus-size women who are successful SBI graduates, but I never saw our school show them off. I felt really bad when I realized no one with my body type was being appreciated on social media,” Louissaint said.

Other plus-size students didn’t allow FAMU’s lack of representation to affect their confidence, but they still believe plus-size students need more acknowledgement from the university so that clothing businesses can normalize bigger sizes.

Diamond Jacson, a fourth-year student, struggles finding FAMU clothing apparel that fits her body. She believes it’s because of the lack of representation.



Famu Graduate and Plus Size model Dr. Shanorri A. Phot courtesy: Shanorri A

During Set Friday, football games, and Homecoming week, entrepreneurs who sell FAMU apparel rarely have sizes past a large because they don’t think there are many students who need a bigger size.

Famu Campus plus. Photo courtesy: Campus Plus

At Campus +, a plus- size organization on FAMU’s campus, there are already 20 plus-size students who wear a size 2x+.

“I was trying to buy a shirt during Set Friday and I couldn’t get it because the creator of the shirt admitted that she didn’t think to make bigger sizes because she didn’t know there was that many students who wear a size bigger than a large,” Jackson said.

Plus-size women also feel that male students at FAMU do not treat them with respect due to their size. Most women at FAMU have always felt this way regardless of the size, but plus-size females notice the difference in treatment compared to slimmer female students.

Asia Fields, a political science major, Click link to continue: <http://www.thefamuanon->

TMH expands its reach with TikTok

Lebaron Fields
Opinions Editor

Social media is an excellent tool that many businesses are taking advantage of, and Tallahassee Memorial HealthCare is a great example. TMH has a notable following on TikTok as well as Instagram.

The local hospital has gone viral multiple times with various reels of cute animal therapists to their playful TikToks involving staff.

However, this was no accident; there is a solid strategy behind their success.

“As communicators, our goal is to meet people where they are. So, if people are on TikTok, we need to be on TikTok too,” said Rebecca Lutz, the hospital’s director of marketing and communications.

Lutz said this unique strategy started during the pandemic. There was a severe need for accurate and valuable information to be disseminated to the public. This need pushed their social media approach; educate the public and have fun.

“It’s one of those things where you learn best by jumping in and doing it,” Lutz said.

Their first TikTok, posted in May, showcases Jazz, the animal therapy pup, with a viral sound asking viewers if they think she’s cute. It was a great and fun way to showcase TMH’s wide-ranging animal therapy program. The TikTok post

did OK, gaining a little over 5,000 views and under 100 likes. Lutz encouraged her team to keep going.

Tori Lynn Schneider, a communications strategist at TMH, really committed to this project. Taking the lead on learning the trends, viral sounds and editing, then training the rest of the team.

“This is a way for us to create content that there really is no other media method for. It’s a way for us to show another side of the hospital that we wouldn’t get to show otherwise,” Schneider said.

Schneider and the team constantly work to identify opportunities to exhibit the different services, teams and hiring



Tallahassee Memorial Hospital's Social Strategy. Image courtesy tmh.org

opportunities TMH can offer.

After a few tries and a bit of luck, the team had a hit. A TikTok featuring TMH’s surgeons and the shoes they wear Click link to continue: <http://www.thefamuanon->



Lady Venom is MIA

DeAmber Lowe
Staff Writer

Every home game there is an indescribable spirit flowing through the air in Brag Memorial Stadium, but something seems to be off lately.

After sitting back and trying to determine what was “off,” fans realized that Lady Venomhas been missing in action.

Venom brought back his partner in crime during the 2021 football season, after missing her for 13 years.

When Lady Venom made her first appearance at the Orange Blossom Parade in 2021,fans were overjoyed and welcomed her back with open arms.

Lady Venom is more than just a mascot, she is a great symbol that women can do anyand everything.

Now that Lady Venom has made her grand appearance and been on the scene, fans are starting to have the same concern since the start of the 2022 football season. Thequestion has been asked at each of the three home games: “Where is Lady Venom?”

Lady Venom has only made a full appearance at one game in Bragg — for about 30 minutes.

“Of course, I come to the games to cheer on my favorite team, but I also come to see the Rattler Spirit from Venom and Lady Venom,” said Katelyn Marshall, a 2021 FAMUgraduate. “I noticed the first home game that something was off, and right then andthere, I realized Lady Venom was not present.”

Lady Venom said that she wants to be on the sideline pushing good energy

through thecrowd, but she cannot give good energy, if good energy is not being delivered to her outside of the suit.

“I love being in that suit, and hyping the fans up, but some things need to be situated first,” Lady Venom said.

Without going into details, Lady Venom said that she encountered a few issues that she wants to be fixed before stepping in back into the suit.

“I always bring my three daughters to every home game, and they look forward to both Venom and Lady Venom,” said DeMarcus Poole, a FAMU supporter. “Of course, the-

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Lady Venom showing school spirit
Photo credit: Lady Venom

Fashion always front and center at FAMU

Ranyah McCloud
Staff Writer

Fashion is a huge part of the culture at Historically Black Colleges and Universities.

It isn’t just a custom. It’s a lifestyle that allows students to express their creativity through clothing while on campus. Walking the campus grounds of Florida A&M University can be like walking on a fashion runway.

Every day, depending on the occasion or their mood, students arrive dressed-professionally, with spirit, or in street-wear.

Because students come to school looking their best every day, it is easy for others to adapt to the stylish culture at FAMU. Jaylin Poole is a third-year psychology transfer student who loves dressing up.

“I would describe FAMU’s fashion culture as unique, fun, creative and different. I see a variety of different styles when walking on campus. The school’s fashion culture encourages me to step my fashion up and look the best that I can.”

Because of the way they dress, HBCU students are frequently viewed as “extra,” yet people who view them as so don’t understand why these students carry themselves in the manner they do.

“In the African-American experience, looking good has been and continues to be tied to the politics of respectability,” HBCU historian Crystal deGregory wrote in an article forthe website racked.

com. “Historically, Black folk was told

by racists that they were not good enough. Wearing appropriate clothing, practicing good manners, and demonstrating exceptional deportment were ways Black Americans demonstrated their right to occupy places and spaces from which they were otherwise shut out because of racism, Jim and Jane Crow and white supremacy.”

FAMU has worked hard to get where it is today, and it is important that its students do their best when dressing up.

Jamyah Lawhorne, a first-year business administration student, says that HBCU students have a standard to uphold when it comes to their appearance.

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Photo courtesy: Ranyah McCloud

Tips to help academic burnout

Ranyah McCloud
Staff Writer



Photo courtesy: Google

College has always been a stressful place for students, and since the COVID-19 pandemic began 30 months ago mental health problems like burnout

New ‘Black Panther’ movie resonates at HBCUs

Ismara Cajuste
Staff Writer

It’s safe to say that everyone who has seen “Black Panther: Wakanda Forever” has enjoyed it. So far the outcome at the box office has also been really successful.

When this year began there were so many events, feelings and losses. Get your tissues ready because the character losses and failures in “Black Panther: Wakanda Forever” will have you in tears. Important character cameos and significant events set up important movie plots.

Prepare yourself for the action-packed Marvel movie of 2022. It’s the ideal way to finish Marvel’s 2022 after watching the bad quality and character selection in earlier movies and television episodes. All of the errors Marvel Studios committed this year are made up for in “Black

have only gotten worse.

According to Maristcircle.com, an Ohio State University survey found that the number of students who reported feelings of burnout increased from 31% in 2020 to 71% in 2021. They also found that college students learning to adapt to a new environment and learning how to take care of themselves while juggling studies and extracurricular activities are two common causes of mental health problems.

As FAMU students approach the middle of the semester, it can be very stressful preparing for midterms and keeping up with an ever-present workload. However, there are many different ways to help prevent this stress and stay on track.

Panther: Wakanda Forever.”

This movie has inspired many students at HBCUs and has created an impact on how they view things. The ability to come together with HBCUs has been educating minorities, providing them with economic opportunities, and establishing strong values for more than 100 years.

Not only have HBCUs continuously produced leaders in their communities and across the country, but they are currently creating future leaders consistently and economically.

Omni Gould, a second-year pre-nursing student at Florida A&M from Naples, said after watching the movie her most

The “Three Good Things” guideline, which involves reflecting on three positive events from the day, no matter how minor or significant they were, is advised by the American Psychological Association. This aids in maintaining self-awareness and has been shown to reduce anxiety and depression in those who practice it.

Being compassionate to yourself is another approach to dealing with academic burnout. It can be tempting to focus on the bad things that happen to us, but we must keep in mind that this is part of life and that we are only human.

Never hesitate to seek assistance if you need it. Students at Florida A&M University have access to a wealth of resources that they should make use of. Tutors are

favorite part was how Marvel memorialized the passing of Chadwick Boseman in the beginning.

“They honored him very respectfully and truly made him feel like a hero to the Wakanda family,” Gould said. “They did a very good job with staying with the overall plot and making his passing not only memorable but impactful.”

Attending an HBCU we have many heroes who we look up to. Florida A&M University strives to make sure you succeed and have meaningful times throughout your years at the school.

When Evodie Ngalamulume moved to

offered on campus in learning centers if you’re struggling in your classes. You just need to choose whatever learning center you want to assist you with your work and arrange an appointment. There is a writing resource center, a math center, a science center, a Gaither center and a learning lounge in the library.

Find something to do that will take your mind off the stress you’re going through to help cure your stress. A great activity to help is any form of exercise. According to Health.harvard.edu, “Behavioral factors also contribute to the emotional benefits of exercise. renewed vigor and energy will help you succeed in many-

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Photo courtesy: Google Images

America at the age of 12 she knew becoming successful was her only goal to make her family proud.

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What about Jeffery Dahmer’s victims?

Sydney Aitcheson
Staff Writer

Millions of families have become interested in the Netflix series “Dahmer.” Between 1978 and 1991, serial killer and sex offender Jeffrey Lionel Dahmer, popularly known as the “Milwaukee Cannibal” or the “Milwaukee Monster,” killed and dismembered 17 men and boys.

Real crime and bad guys are profoundly ingrained in American popular culture, as is our fixation with them. People worry that this series may motivate future serial killers who are intrigued by, drawn to, or able to identify with the antagonist.

At least 56 million households have watched all 10 episodes, according to Netflix data. This has sparked several conversations on social media amongst



Actor Evan Peters playing the role of Jeffery Dahmer (Left). Actual photo taken of Jeffery Dahmer. (Right). Photo Courtesy: BuzzFeed

viewers who want the show to be canceled because the families should not have to relive the horrific moments of what Jeffery Dahmer did to their families. People are suggesting that Netflix should pay the

money made from the film to the victims’ families because they believe the series was created to profit off of the innocent victims who lost their lives.

Many people support what Netflix did with this film because they think it captures the victims’ personalities and demonstrates how wonderful their lives were before Jeffery Dahmer ruined their lives showing what monster he was.

Family and friends of victims have spoken out on social media calling this series “retraumatizing” and “cruel” especially because Netflix did not reach out to the family prior to releasing the film. Netflix did not think about the families’ feelings, proven evident by profiting off of victims’

family members’ last moments of life.

Rumors have spread stating that the families only want money from Netflix, because there are other Jeffery Dahmer shows besides this one that is trending. The only reason they are speaking out now is because it has reached so many people.

Many fans have made humor out of this horrifying story on social media by mimicking the behavior of Jeffery Dahmer for viewers. People have failed to remember that all attention isn’t good.

“What Jeffery Dahmer did to those people is unforgivable and we should not-

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FAMU’s women’s sports are overlooked

Lauren Holloway
Staff Writer

In 1972, Title IX of the Education Amendments was passed to ensure in part that women and men participating in athletics get an equal opportunity. Yet 50 years later, women’s athletic teams still struggle to receive the same support as male athletic teams. Even many pro women’s’ athletic teams deal with the same issue of not getting the same support as men’s sports.

Florida A&M has a total of eight women’s team sports. They are all accomplishing notable achievements, but rarely receive campus support comparable to the men’s teams. For FAMU to be known as the school of love and charity, where is the love for the women’s sports teams?

“I would definitely like to see more support during our matches,” says Sierra

Sandy, a second-year criminal justice major, who plays on the women’s tennis team. The teams that we play against have more supports from their family that come to watch then our own school at home games. If students have free time they should come and support all school sports. Showing up to the games and giving the same amount of in person love they give to other male sports. Also supporting online and spreading the word about upcoming events to help others show up as well.”

Did you know last year the women’s tennis team made it to the semifinals? Probably not, because there is minimal recognition or praise given from the student body. Unlike the male teams they get credit for winning and losing.

FAMU’s women’s sports team has



Sierra Sandy showing her game day face. Photo courtesy: FAMU athletics

undefeated records. Our volleyball team is currently undefeated in the 2022 conference play and the previous 2021 SWAC champions.

Kalia Todd a second-year volleyball players says, “I would just like to see my peers rocking FAMU volleyball shirts or jerseys and the stands to be filled with students and supporters. To make that happen we would need the athletic department to market our games just as much as men’s sports. As well as seeing merch for volleyball in the bookstore. Games would be a lot more fun if the band played too for some home games. “

“The band plays at the male football and basketball games so why not come hype the women sport teams up? Do they not deserve the same love and supports as the male teams? They have won championships and are proven great athletes, who need support,” Todd adds. The popularity of the BBL, for example, -

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Oh how we love our hair

Cayla Goff
Staff Writer

A Black woman’s hair is her treasurer. It is a form of expression and is versatile in so many ways. Whether it is worn as a silk press, locs, or in a protective hairstyle, a Black woman’s hair is her crown.

However, Black women face many critiques in their choice of style. Black women come in all shades and different tones—there are many debates on the color of one’s hair not being aesthetically appealing based on skin tone.

According to theJasmineBRAND, former reality TV star Peter Thomas, shared a few words regarding dark skin women wearing blonde hair.

“I do not like to see people darker than me wearing blonde hair,” Thomas said. “Alternatively, honey blonde hair is not even done right. It is just crazy. It looks like you are wearing a messed up hat.”

Thomas faced much backlash for his comment from social media users and had over 300,000 views. His statement showed the controversy Black women (specifically dark-skinned women) face in the beauty industry.

The beauty industry is now breaking these barriers of colored hair, and more Black women are starting to embrace all colors no matter their complexion. Female students on the campus of Florida

A&M University are also taking part in this movement.

Ariel Burks, a fourth-year political science scholar, says she had been scared to try new colored hairstyles but now embraces them.

“I was very scared of trying blonde hair because of my complexion,” Burks said. “I was more so scared of how society is because of the stigma of darker complexion only allowed to wear certain colors. Once I tried blonde hair, I felt confident. It let me know I can do colored hair.”

Burks also has a hair vendor, Arii B’s Collection, where she sells a variety of



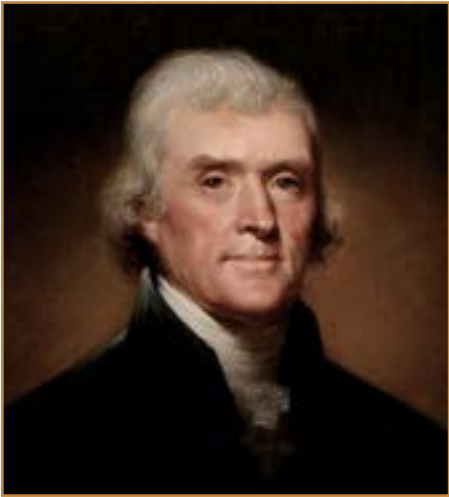
Ariel Burks wearing her blonde wig for the first time. Photo courtesy: @ariix.co Instagram

wigs and bundles. She says this played a

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Thomas Jefferson should not be celebrated in Coleman

Zion Kelly
Staff Writer



Thomas Jefferson third President of the United States. Photo couresty: White House.gov

Thomas Jefferson is known as one of America’s founding fathers. He was the third president of the United States and the primary writer of The Declaration of Independence.

He is honored in the United States as one of the early pioneers who helped shape the U.S. government as we know it today.

Despite being a wealthy slave master and investor in the institution of slavery, in 1776 Jefferson wrote, “God made all men equal and gave them the rights of life, liberty, and the pursuit of happiness.”

This statement contradicts what was written and what was reality at that time. There were hundreds of thousands of Black men who were, in fact, not equal and were not given any rights.

Jefferson was born in 1743; he was raised in Virginia. American slavery was an institution that Jefferson was a beneficiary of; as an adult, he owned nearly 200 enslaved Africans on his estate.

Slavery and its effects are often swept under the rug to cover America’s ugly history. These topics are often skimmed over and watered down when taught in classes.

The institution of slavery was very cruel. It was inhumane, a human rights violation to the fullest extent. The way African Americans were treated during these times was atrocious. Everyone who was involved and or benefited from this institution is to blame.

Slavery intentionally degraded people of African descent as if they were not human. Animals or materialistic objects often had more value than enslaved Africans. African Americans had very little to no rights; they were forced to work out of fear.

For hundreds of years, free labor resulted in extreme economical wealth for the United States, particularly in the

Southern states – with no acknowledgments or reparation for Black people in return.

This may be a no-brainer to some, but to others, not so much; because many enslavers are acknowledged and celebrated throughout American history.

But enslavers of any kind should not be celebrated. These men and women who supported and contributed to slavery should have been subjected to the highest penalties of the law. The acts were not ordinary and should not be treated as such.

Considering this, Jefferson – who is on prominent display in FAMU’s Coleman Library – should not be celebrated at Historically Black Colleges and Universities. The same applies to any other enslaver or beneficiary.

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From FAMU Rattler to Dallas Cowboy

Breche’ DaValt
Sports Editor

Markquese Bell, former Rattler football star, has worked his way up to the National Football League as a Dallas Cowboy.

This past week, Bell returned to Tallahassee, utilizing his bye week to visit family and friends. Bell was asked to be the honorary captain and coin flipper for the Tallahassee Little League Football Teams at James Messer Park.

Bell’s ten-year-old brother, Osiris Boykin, was excited to see his older brother and is very proud of his recent accomplishments. Boykin, like his brother, wants to attend FAMU to play football and go into the league as a Dallas Cowboy.

“He’s really passionate and a role model. I want him to do great things,” Boykin said.

Bell began his career as a Florida A&M University Rattler in 2019, where he redshirted until the Fall 2021 season. Bell put up impressive numbers as the Rattlers transitioned from the Mid-Eastern Atlantic Conference (MEAC) to the Southwestern Athletic Conference (SWAC). Within 12 starts, Bell levied 95 tackles, 6.5 for loss with two tackles and one interception.

The defensive back was awarded the first-team all-conference title as well as recruiter attention.

Being one of four HBCU athletes in-



Photo courtesy: FAMU athletics
Florida A&M University made a monumental announcement Wednesday morning. The university said it had hired Tiffani-Dawn Sykes as the new athletic director.

The news was presented to the public mid-morning Wednesday when the university held its first press conference to allow the new athletic director to introduce herself and allow media, students

and members of the athletics staff to ask important questions about the future of athletics.

The press conference was open to the public and saw numerous members of athletics including the softball, football and track teams and even several staff member within the athletic department.

Given the current state of FAMU athletics, this press conference came at an important time. However, this press conference left some scratching their heads a little bit when attendees learned that Davis was participating virtually from Hanover, N.H., where she is athletic director at Dartmouth College.

Yes, you read that correctly. The press conference was held virtually.

This may not seem like a huge issue to



Bell and Tallahassee Little League Football Players. Image Credits: Breche’ DaValt
vited to the 2022 NFL Scouting Combine, Bell had a point to prove. Graded with a 5.68 prospective grade, unfortunately, Bell went undrafted and decided to enter

outsiders looking in. However, for some, this is an issue that they feel continues to show how much of their own enemy the university is.

During the question and answer period, a number of students asked the newly hired director questions.

Senior broadcast journalism student Maya Ellison asked Sykes how she plans to be the voice for the voiceless in terms of the women’s sports at the university.

“I definitely want to be a voice for the voiceless,” Sykes said.

“My role is to represent the students and give them a voice. I plan to be accessible and I look forward to meeting the students when I come to campus. I am not afraid to have those conversations with students and I look forward to doing so.”

The article focused on the football team with a key player saying that more needed to be done, but that things have gotten a little better.

“There is only one [academic advisor] for football,” wide receiver Xavier Smith said in the article in The Famuan. “There is no way she can help all 100 athletes on

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Football players on President

Kyla Hill
Staff Writer

Earlier in the academic school year, Florida A&M University’s football team wrote a five-page letter signed by 89 players to Larry Robinson, president of the university, The letter was written after the NCAA ruled that 26 football players were ineligible or uncertified for the season opener at University of North Carolina.

In the letter, players said they were misadvised, underrepresented and under-appreciated.

Shortly after, members of the Marching 100 expressed their concerns with the university on social media, explaining that they were being treated worse than the football players.

During the President’s Convocation, Robinson ensured the FAMU community that he would focus on the students’ concerns.“Let me reassure you that we are addressing the concerns that have been raised by our student-athletes and, of course, this outstanding group of musicians [The Marching 100] who sit in front of me this morning,” Robinson said.

It’s been a month since Robinson made those promises, and according to him, things are looking up for the athletic department and the band.

Robinson told The Famuan that he and his team sat down with the football players soon after the players released their letter to “hear first-hand without hearing it through a letter” the players’ concerns,

Robinson’s team took immediate action to address some of the concerns raised by the players, including financial support.

Last Thursday, Robinson presented a comprehensive action plan for athletics to the board of trustees.



Star FAMU receiver Xavier Smith says FAMU hasn’t addressed all of the players’ concerns. Photo courtesy: tallahassee.com

“The plan deals with everything, from academics to compliance. This a very detailed plan; it has actions, strategies, and responsibilities. The boys seemed to be well pleased with that. We continue to work on it, some of these things will have to continue to show commitment, but I just want everyone to understand how important they are to us at FAMU. I do want to emphasize the action plan is for FAMU athletics, not just the football team,” Robinson said.

Kelvin Lawson, chairman of FAMU board of trustees, said he and the board are questioning the president’s plan’s longevity.

“As people rotate, years pass, new coaches come, new ADs come, etc., is this plan sustainable over time? I think the board is comfortable and confident that the current plan will address the issues, but some of these issues aren’t new. They’ve been brewing for a little while, so what are we putting in place to make sure that this plan stands the test of time?” Lawson said.

One of the main reasons why football players were ineligible was because they had been misadvised for classes.

Xavier Smith, who was one of the 26 ineligible players, said there is a need for more academic advisors.

“There is only one [academic advisor] for football,” Smith said. “There is no way she can help all 100 athletes on her own because there are other sports she is involved with.”

Robinson has since added two additional academic advisors for the team and, in the meantime, has added two academic coaches to serve in the interim until those two positions are filled.

He has also committed to five additional compliance persons.

Smith said he and his teammates have had some issues resolved — but not all of them.

“There are a few things we still want to see get done,” Smith said. “But I think they will get handled in due time.”

According to Lawson, “There are close to four players still ineligible to play.”men.

“A lot of behaviors are normalized that are not normal,” said Clark.

Women should not be discouraged in their fight, but rethink their strategy of attaining what they want.

Though using former generations of women as an example is wise, Millennials and Generation Z women taking up the fight need to change their approach. If women are to further themselves in this chess game of equality, they must start enlisting men in their battles.

Clark thinks that the slow, but calculated tactics used by older groups of women “has done as much as it’s going to” and believes male participation is essential going forward.

“I think [men] have an obligation to speak up when they see things or hear things or read things from their peers [that are negative to women],” Clark said. “If they have assumptions that they catch themselves in, they should think about where those came from.”

Clark also noted that women do not age out of the struggle, but simply take on different roles.

“I don’t think the next round of change is going to come from women in our 30s and 40s... Young women must fight for change and it’s up to the older women to support it,” Clark said.

Do women have what they fought for? Partially, but progress has slowed and there are many battles to be won.

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