

Winner of The Society of Professional Journalists Mark of Excellence Award

Spring 1999

# *journey*

FAMU's CAMPUS MAGAZINE

**Smoked  
Out!**

**Why College  
Students  
Crave Weed,  
Cigars and  
Cigarettes**

**Tattoos and  
Piercings:  
Here to stay  
or gone  
tomorrow?**

**Driving  
While  
Black**

**SPECIAL CAREERS SECTION**

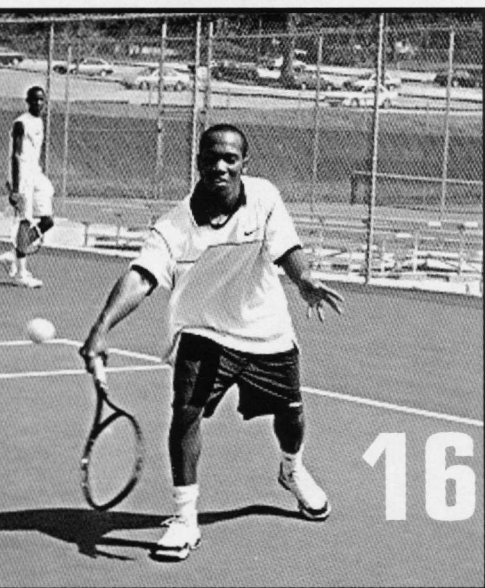
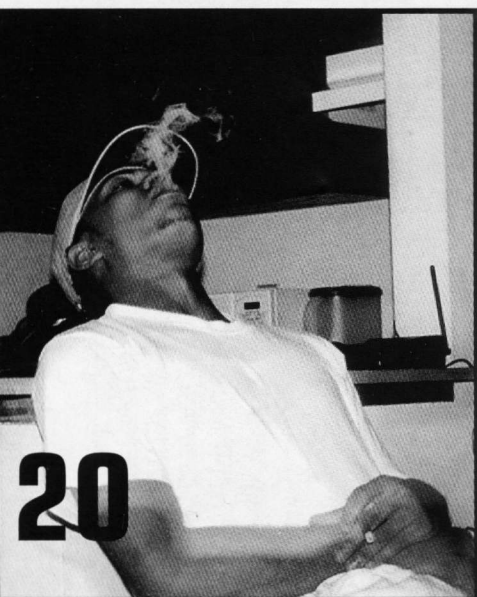




# *Journey*

SPRING 1999

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Spring 1999

**Journey Magazine**

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MANAGING EDITOR  
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ART DIRECTOR  
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BUSINESS MANAGER  
DEANNA MCKINLEY

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ARTICLES EDITORS  
COURTNEY O. DELANCY  
TAMARYN WATERS

PHOTO EDITOR  
FARRAH EUGENE

PUBLIC RELATIONS  
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ASHIA R. SIMS

OFFICE MANAGER  
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WRITERS  
NICOLE COLLINS  
RHONDA CROSS  
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EBONY FILER  
CATARAH HAMPSHIRE  
CHIOKE JANSON  
MAURITA MILLER  
MONEE' MOORE  
STEFANY RICHARDS  
C. ANTONIO SLATON  
DANIELLE SLIGH  
MANDY LOU STARK  
MONICA STEWARD  
CAMILLE WILLIAMS

DESIGNERS/  
ILLUSTRATORS  
RON JAMES  
NOVIA KNIGHT

ADVERTISING DIRECTOR  
ENICA LEWIS

ADVISER  
DR. GERALD GROW

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In our first issue, we posed the question "What do you want from college?" to 100 Rattlers. Not surprisingly, 95 percent included a career in their response. I am happy to include myself in that "hook me up with a bomb job" category. I came to the Hill in August 1996 expecting to learn the skills I will need to make my mark in publishing industry.

I knew what I wanted to do long before the first day I set foot on campus. The other day, my mother mentioned how proud she was of me. She said it was because I have known what I wanted to be since I was five. I started writing from the time I first learned to write, and now I'm still pursuing my first love. My childhood memories are filled with countless ideas, shaky handwriting and a dream to one day have others enjoying something that I have written. One year shy of graduation, and those same dreams still fill my mind on a regular basis.

I know I'm not alone with my hopes of living out my career fantasies. Kim, our managing editor, wants to publish a magazine for young women of color. Another friend, Felicia, wants to one day represent Florida as a Congresswoman. I'm sure that you have a dream that you're hoping to one day make a reality.

For our third annual jobs issue, we decided to change it up a bit. In the past we have written about how students can get a job. In this issue we decided to provide a little inspiration. Our job article is about a FAMU graduate and a FAMU student who already have incredible jobs. These two women are doing things that some of us are still only dreaming about.

It's the staff's dream for you to enjoy our second issue. Although this is a different issue, our mission is still the same: to have you finish the magazine understanding a little more about yourself, your school and your fellow students.

Have you ever wondered why so many students love to smoke? Or what it's like to be married while still in college? Have you ever been stopped by the police, and you just know you didn't do anything wrong? Did you suffer from the dreaded "freshman 15"? Do you spend hours surfing the net when you should be studying for a test? Have you been agonizing whether to get your tongue pierced?

If so, then this issue is for you. As always we appreciate your feedback. Stop by our office in Tucker Hall Room 307-A, call us at 599-3502 or drop us a line at [journeymagazine@hotmail.com](mailto:journeymagazine@hotmail.com). Our doors are always open for those with ideas.

I hope you enjoy this issue as much as we enjoyed working on it. Of course, it involved a lot of hard work and sacrifice, but that is something that should be expected when you want to achieve a goal. This doesn't just apply to *Journey*, but to all tasks, no matter how big or small.

Eleanor Roosevelt once said, "The future belongs to those who believe in the beauty of their dreams."

The future belongs to all of us.

*Until next time,  
Kellye*



# How two Rattlers turned their dream jobs into reality

By Danielle Sligh

**Sandra Haynes** has a dream. The elementary education student has visions of a career in music.

"If I could have any job I wanted I would become a professional singer and tour all over the world," said Haynes, a junior from Macon, Ga. As with most of her peers, she wants to make a lot of money.

However, not all students aspire to be rolling in dough. Kay Wallace, a graduate student from Quitman, Ga., has dreams of entrepreneurship. "I would like to be the owner and operator of a child development center for children ages two through six," said Wallace. "Hopefully, I will get to achieve this dream one day."

For two Rattlers, their dreams have already become reality. Alumna Winsome Sinclair has

already achieved her dream of owning her own casting agency. And junior Maria Theresa Williams is already well on her way to reaching those goals of career success in radio.

Williams, a public relations student from Miami, is getting experience in her dream profession. She is the Urban College Marketing Representative for the Atlantic Corporation, a record label, and an on-air personality at WHBX 96.1 FM. She has held the position of college representative since November of 1997. Williams is Atlantic's link to the FAMU community.

"I am responsible for marketing the urban artists on Atlantic's label at a college level," said Williams. "Some of the methods I use include campus events, media coverage and local



# Wake Up With The



retail outlets."

Williams found the position by keeping her ears open. "I heard about the position while working as a DJ at WAMF 90.5. I found out who it was I needed to contact and I set out to get the job," she said.

After sending in her inquiry, she got a telephone interview with Chris Washington, the Urban College Marketing Director. After impressing him with her knowledge of the industry, Williams got the job.

Although being a college rep doesn't pay the bills, it does offer a lot of other advantages. This position is helping Williams reach her goals of becoming an urban radio executive and possibly working in marketing for a major recording company. She has been also able to network and make key contacts in the music industry.

"I've met Manny Bellas, Senior Vice President of Urban Music, twice and Atlantic sponsored my trip to Howard University's communications Job Fair," said Williams.

Besides helping her with her position of college rep, her job at 90.5 also opened doors for her at 96.1. Using the name Chyna Red, Williams has been on the air for almost eight months. She was discovered by WHBX Music Director Terri Thomas. Thomas heard Williams on air last summer and invited her to interview. Now, Williams has gained invaluable experience in commercial radio while still working towards her degree.

"I work part-time on the weekends, and I fill in for others during the week when I am needed," said Williams. "Unlike a lot of other (broadcast) positions in Tallahassee, it is paid, and I am learning how to operate the high-tech equipment at the station."

As Williams already knows, finding these great career opportunities are not as difficult as they may seem. There are numerous outlets FAMU student can tap into, including FAMU's Career Center.

"Students have the advantage of putting their resume on the Web," Delores Dean, interim director, said. "We also

provide students with access to over 600 companies and school districts through our annual Fall and Spring Career Expos, Teacher Recruitment Days and on-campus recruiting. Our counselors are dedicated to helping students with career planning to ensure their success after graduation."

For some students, after-graduation plans don't include working for someone else. These students' dreams include owning their own businesses. A 1989 FAMU graduate made this dream into reality.

Winsome Sinclair is CEO of Winsome Sinclair and Associates, a casting agency in Manhattan. After graduating, Sinclair took a post-graduate internship with Spike Lee's 40 Acres and a Mule Filmworks. She got this internship through networking and her confidence in her abilities. Her major duties involved casting, but she was able to dabble in many other aspects of film production.

She said students shouldn't be afraid to intern after graduation to get more experience in

their field. "If you are not clear on what you want to do after graduation, don't be opposed to interning," she said. "It's your opportunity to shine with less pressure and show them what you've got."

Sinclair has helped cast several productions. Her television credits include "The Ed Lover Show," "Invisible Man," and "Strapped." She has also cast commercials for Foot Locker, Sears, Coca-Cola and Calvin Klein. Her casting credits in movies include "Players Club," "Dead Presidents," "Higher Learning" and "Woo." She also was the principal casting director for the Hype Williams film "Belly."

For students who want to use their entrepreneurial skills, Sinclair has some advice. "When trying to have your own business you must be open to new experiences. You must also have the ability to commit to a project and give it your all."

Danielle Sligh is a junior public relations student from Greenville, S.C. This is her first contribution to Journey.

# Perfect Career



**"I am a family oriented man that is very much dedicated to balancing school and my job, and keeping my wife happy."**

— Graduate student Dion Dukes

# Married



By Farrah Eugene

## Students find a balance between family and college

Although the thought of marriage might send most 17-year-olds screaming in the opposite direction, for Matsuli Martin it was the right choice.

While most of her peers were driving, working at the mall and thinking about what college to attend, Martin, a freshman biochemical engineering student from Panama, got married—at the tender age of 17. The couple dated for four years before deciding to tie the knot. Now 20, and still together, she and her husband say they find it very difficult to see life any other way.

"My husband is a very gentle man that I love being with, and he is also a great father," she said.

Other couples also find that balancing a family and school can be difficult, but worthwhile.

"I am a family oriented man that is very much dedicated to balancing school and my job, and keeping my wife happy," said Dion Dukes, a graduate student in guidance counseling education who has been married to his wife, Danielle, for one year.

"Sometimes it's hard to find that balance but I know that I love my wife, and on the weekends we

just both find the time to be together," said Dukes, a native of Deerfield Beach.

Some couples find that living together as boyfriend and girlfriend is fulfilling, but others seek a greater bond.

"The difference between our dating relationship and our marriage is a stronger emotional support that was not always there," said Danielle, a senior early childhood education student from New Orleans. "Before our marriage, my husband could have walked out of my life and there would have been nothing holding him back. Now we're bonded less by word and more by the word of the Lord. I would say that is the major difference between a relationship and a marriage."

After living together for nearly two years, the Dukes decided it was then time to get married and have been happily married since.

Marriage has not only been emotionally satisfying for the Martins and the Dukes, but it has also improved their social lives. "Instead of going to clubs, me and my husband and our friends go to coffee shops," Martin said. "It's not like we could not go to

coffee shops before, but now we find ourselves doing more socially stimulating events."

Both couples said they had to make compromises for the sake of marriage. "When I look for an internship in other states I have to take my marriage into consideration," said Dion.

Also, working at a Fortune 500 company may not be the best thing for your relationship. "The work hours for these companies are very demanding which would limit my time with my wife," said Dion.

Danielle said the hardest part of college is trying to write a paper while caring for her two-year-old son.

However, these couples say they are committed until death do them part. Even though divorce rates are soaring up to 50 percent, the Martins and the Dukes say they plan on beating the odds.

"I would definitely say that this lifestyle is not for everyone," Danielle said. "You have to be mature enough to handle it."

Farrah Eugene, 21, is a junior public relations student from Ft. Lauderdale. She is the photo editor for Journey.

# relationships



# Nutrition Savvy 101

By Catarah Hampshire

## How healthy eating and campus life go hand-in-hand

It's 10 o'clock at night. Your stomach is screaming to be fed, but the cafe served its last dish of beefaroni hours ago. Thoughts of pizza slices and buffalo wings float through your head and before long you can't take it anymore. You make a mad dash across your dorm room, almost tripping over the discarded pizza box from last night, and hit the speed dial button to order some Chinese food.

Ordering out is part of the dorm lifestyle, but it isn't always healthy. Eating right while living in the dorms can be a bit challenging, but it can be done.

"It's very important for students to eat healthy, but students are in the fast food era and refuse to come out," said FAMU Food Service Director Shelita Nelson.

Freshman Nicole Thomas admits to being part of this fast food era. "Ordering fast foods such as pizza and Chinese food at least three times a week isn't unusual for me," said the business administration student from St. Louis.

Fast food is also on the menu for business administration student Shondrae Lewis. "My classes conflict with the cafeteria schedule, so fast food is a quicker, and easier way to get food, rather than preparing a healthy meal," said the freshman from Chicago.

Although this food may taste good, it's not necessarily good for you.

Experts agree that of all American citizens, African Americans rank the lowest when it comes to healthy diets. And bad diets can be linked to several life-ending diseases, such as cancer. "There is a strong correlation between

eating poorly over many years and hypertension, obesity and elevated blood lipids that can predispose you to become diabetic," said Roniece Weaver of Hebni Nutrition Consultants in Orlando. "High fats can correlate with incidents of cancer."

The disorders that affect African Americans most are heart disease and high blood pressure which can be avoided with healthy eating. The American Dietetic Association studies show that about 35 percent of cancer deaths in the United States are related to poor eating habits.

Orlando native Nicole Sims is proof that eating right and dorm living can go hand-in-hand.

"I keep away the pounds by eating lots of fruits and vegetables when I dine in the cafeteria, and I avoid snacks like potato chips, candy bars, and fast food joints," said the freshman business administration student.

But those who want to eat healthier, like Sims, don't have to give up their meal plans. Students can indulge in foods like Jell-O, baked fish, garden salad, baked potatoes and turkey sandwiches. To quench your thirst in any situation, water is always the best choice. And don't forget, many fruits and vegetables are among the

healthy nutrients provided in the dining hall.

"A heart healthy section is available in the cafeteria, but most students choose to eat the more unhealthy foods, like hamburgers and pizza," said Nelson.

Catarah Hampshire is a freshman biology student from Green Cove Springs. This is her first contribution to Journey.

## FIGHTING THE FRESHMAN 15

### How to keep in fighting shape in the dorms

Here are some tips for eating healthy while in the dorms. Your stomach can be just as full, your mind just as content and your body much healthier.

- Don't study and eat.
- Keep portions small when you enjoy several helpings in the cafeteria line.
- Choose small crunchy foods for snacks such as carrots, apples, popcorn, pretzels or rice cakes; these snacks allow quantity without the calories.
- Do not eat at least two hours before you go to bed.
- Exercise. Participate in intramural activities, such as flag football or just take the steps and walk the campus.

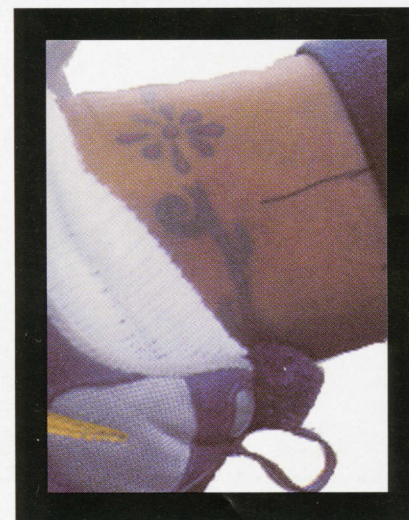
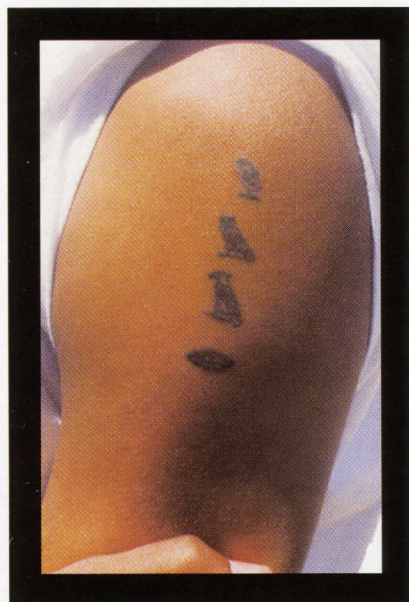
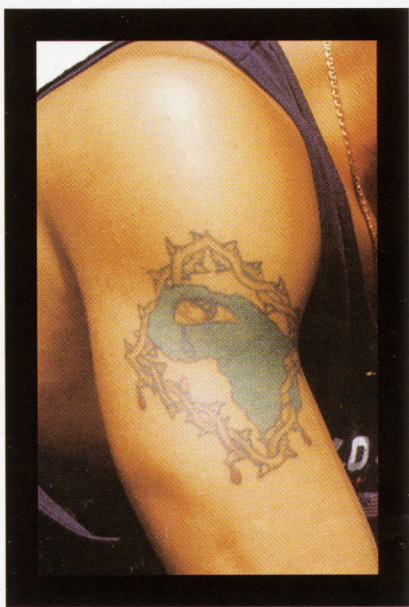
Source: The American Dietetic Association  
—C.H.

**"I KEEP AWAY THE POUNDS BY EATING LOTS OF FRUITS AND VEGETABLES WHEN I DINE IN THE CAFETERIA, AND I AVOID SNACKS LIKE POTATO CHIPS, CANDY BARS, AND FAST FOOD JOINTS."**

—Freshman Nicole Sims

# mind & body





# Native Art

By Camille Williams

## The history of tattoos and piercings

On the Set eyebrow piercings catch the sunlight and tongue piercings dance between teeth during conversation. A lip piercing, the labrettes, is occasionally glimpsed. Nostril piercings are almost commonplace.

Tattooed dragons move on biceps, roses adorn breasts, initials, dolphins and Asian characters meet daylight and curious glances from strangers.

A few short blocks from FAMU's campus, Kim Nudelman sits behind the counter of her Gamble Street shop. The owner of What's the Point, Tallahassee's only business exclusively specializing in piercings, spoke passionately.

"It really irks me when I have African-American clients look at me and say 'Ewwwww, why do you do this?'" she said. "I've totally stolen it (from African culture) because I think it's so beautiful to work with what you've got, to manipulate your skin."

On Tennessee Street at Capital City Tattoos, artist/piercer Jerry Watelski remembered a time when he tried to understand what a potential customer wanted. Watelski said once the customer, a TCC business administration student, learned his desired "cross" was actually an African ankh, (the Egyptian symbol for life) he changed his mind. Watelski said the student "shook his head and said 'I don't want it now. I'm not racist or anything, but I don't want nothing African on me.'"

Tattooing, like piercing, was an art indigenous people created, developed and refined throughout the world.

In traditional societies, rites of passage marked a young person's transition into young adulthood. Typical rites included tests of mental, physical, emotional and spiritual maturity. Often this was accompanied by some form of ritualized body modification.

Kipecho women from Southeast





## Native Art Feature Section

Sudan wore huge lip plates for centuries. Among the Mursi of Ethiopia, scarred faces and bodies were common in both genders. A male genital piercing, the ampallang, is a requirement to attract women for the male Duyak of Borneo.

The Polynesian island of Samoa's tattooing was a procedure that followed a strict cultural ritual. Each part of the Samoan design had a name and each part was tattooed in a predetermined sequence starting at the waist and progressing to their knees. According to the Tattoo Source Book, "Young men also had their genitals tattooed as a test of their strength, endurance and bravery."

Although it was not done in a traditional ceremony, Carlos Wilson said his tattoo was key to his transition into adulthood.

"I guess my tattoo, an eye of Ra (a sun god), was a Rites of Passage because I was old enough to make a decision for myself and that was one of my choices," said Wilson, a junior electrical engineering student from Ft. Lauderdale.

Like Wilson, senior agronomy student Jelani Alimayu said present day piercings and tattoos can be related to the past.

"The surge of 18 to 25 year olds who are getting pierced and tattooed are seeking a connection to ancient traditions, but due to lack of information, they are disconnected to those traditions," said the Columbus, S.C. native.

Western civilization's body modification can be dated to Roman times when Caesar's guards wore nipple rings to hold their capes. During the 18th century, European sailors learned tattooing from

Polynesians and the art form spread from ships to high society.

The Tattoo Source Book described the difference between indigenous and western tattoos. American tattooing evolved into a set of stereotyped symbols which were inspired by the spirit of the times, and especially by the experiences of soldiers and sailors during both World Wars. The designs represented courage, patriotism, defiance of death and longing for family and loved ones left behind.

According to the Tattoo History Source Book Web page, <http://www.tattoos.com/jane/steve/usa.htm>, many designs featured "hearts, roses, snakes, dragons, eagles and sailing ships."

No matter what the design, most contemporary tattoos and piercings are considered popular body modifications, not a result of rituals. Tattoos and piercings are a trend "because of music and fashion," Nudelman, the piercer said.

Cordell Terrien, in his essay "Body Adornment," wrote, "Popular piercing is an attempt to create an alien other. Something to shock and disconcert, an attempt to break out of the biological and cultural confines that limit range of self expression."

Nicole Reid, a senior biology student from Jacksonville, has no tattoos or piercings, but recognizes it as a form of expression. "I think it's a form of body art; it represents you as a part of your culture. It shows you're unique. Even though it's becoming a fad, some people use tattoos and piercings as a part of personal expression," she said.

Nudelman said the most popular piercings among her African-American

## ALIFE SENTENCE

Before you let the tattoo artist's ink and needle decorate your skin, consider the following dangers.

Although the tattoo ink is skin-compatible, it makes the skin more sensitive to ultraviolet rays. Every day, freshman Cornell Dunlap covers the tattoo on his arm with sunblock. Failure to do so, he said, would invite fading, discoloration, skin infection and possibly skin cancer.

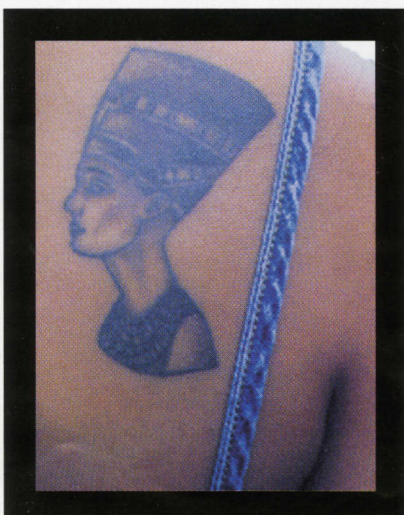
For all practical purposes, tattoos are permanent. Getting a tattoo of FAMU before graduation may seem like a great idea—if you graduate. And that tattoo of your sweetheart's name will last forever, even if the relationship doesn't.

New technology can erase tattoos, but the cost probably can't be covered by the money from your net check. Removal can cost from \$1200-1500 at the local plastic surgery clinic. That should make anybody think twice.

Those who want foreign-language tattoos should also be cautious. John McCoy, a skin artist at Capital City Tattoo, said a now-unemployed tattoo artist "made up designs, claimed they were Japanese words and tattooed them on people."

You also might want to think ahead before stepping into a tattoo parlor. The dragon you have tattooed on your left calf might not go over well at a Fortune 500 company. Skin art that can't easily be concealed can be a hindrance during a job interview. An employer may view a tattoo with negative preconceptions or as a violation of company ethics or dress code.

—Chioke Ianson





## Native Art Feature Section

Continued from Page 9

clientele are the eyebrow, tongue and navel piercing, which dates back to ancient times. "The navel was a sign of royalty in ancient Egypt, but the eyebrow is a surface piercing and completely American," she said.

Among his African-American clients, tattooer/piercer Watelski said, "The most popular tattoos are praying hands, roses, crosses, and the phrase 'No one can judge me.' African-Americans tend to want a lot of religious stuff."

Contrary to the national trend, the rarest piercings among African-Americans are genital piercings. Although female genital piercings are among the three most popular in the nation, they are not popular among African-Americans, said Nudelman.

At least two FAMU students agree.

"I don't have a problem with piercing as long as its not taken to an extreme. When you start piercing genitals, I think that's a bit much," said sophomore Agatha Ndika, a chemistry student from Silver Springs, Md.

Another student agrees. "I don't think genital areas should be pierced. It's too easy to get an infection," said senior Osubi Craig, an industrial engineering student from Brooklyn, N.Y.

However, Extremus (R) Body Arts' website <http://www.extremus.com/erotic.htm> reported, "Since

☺☺

I think it's a form of body art; it represents you as a part of your culture. It shows you're unique. Even though it's becoming a fad, some people use tattoos and piercings as a part of personal expression.

- Senior Nicole Reid

one's urine is sterile to oneself, the piercing helps clean itself."

"Genital piercing tends to be viewed as rather extreme, especially among males. Society has taught men to be very protective of their genitals," wrote Terrien in his essay "Body Adornment." "Genital piercings differ from all other piercings in a singular, remarkable way: They almost always have a profound effect on the self."

No matter where the location, tattoos and piercings are distinctly personal decisions whether popular or ritualized. However, Nudelman and Watelski said people come to their shops in groups.

"Sometimes they're support groups, sometimes it's sex, a couple or a threesome. Sometimes it's a group, but sometimes they're egging each other on. In those cases, I pull them aside and talk to them," said Nudelman,

Although piercings are not permanent like tattoos, Nudelman said more thought needs to go into the decision to get a piercing. Student sentiment echoed Nudelman.

"I feel we make few level-headed decisions," said Alimayu. "To make a stable decision you have to be rooted in something."

Camille Williams is a junior English student from Tampa. This is her first contribution to Journey.

SHOULD I OR  
SHOULDN'T I?

One young  
woman's quest  
to get a tattoo

"Should I or shouldn't I? What will my parents do? It's going to hurt like hell!" These are just a few thoughts that stormed through my mind before making the final decision to get a tattoo.

I never considered accenting my body with a tattoo until I thought about becoming a woman. I wanted something to signify not only a physical transition into womanhood, but also a mental transition.

Therefore, I decided to get a sun, which represents an awakening to a bright day of new hopes, joys and perspectives.

As my 18th birthday drew closer, my anticipation grew. I was more excited than scared — until a friend explained the pain to me. He said it was like a knife scraping against my skin. Although I didn't like the way he made it sound, I was still determined to get a tattoo.

I chose my friend Ronald to go with me because I knew he would ease my fear. As we walked into Euphoria tattoo parlor,

stared wide-eyed at the different designs, and my excitement built. After signing a release and hearing an explanation of the procedure, I was ready for the artist to begin.

The utensil he used looked like a dentist's drill. Somewhat irritating, it felt like needles poking me. At points when the pain increased, I closed my eyes, took deep breaths and held Ronald's hand.

The whole experience lasted only 30 minutes. My leg trembled a little, but I didn't shed a tear. When it was over the artist reviewed the care instructions with me.

I walked out with a huge grin on my face. I was satisfied with my decision — and didn't regret it one bit.

—Moneé Moore





**Many people consider tattooing and body piercing forms of expression. Before you choose to express yourself in this manner, here are some things you should know.**

### TATTOOS

Make absolutely sure you want a tattoo before you actually get it done because it can only be removed by surgery. Be certain about the design of the tattoo and where you want it on your body. Think about your future career. Would a tattoo be appropriate, or should it be somewhere on your body that is not noticeable?

Visit every tattoo parlor in town and talk to the artists and customers. Notice how clean the tattoo studio is. Look at photos of tattoos that the artist has done.

Take into consideration the price. The average tattoo costs from \$30 to \$100. Elaborate tattoos can cost \$1000 or more.

Make certain that all needles are new and have never been used on another person; even after it's taken out of the package, the needle should be sterilized again. Make sure the studio has a machine called an autoclave, the only device that can properly sterilize needles and tattooing equipment. Make sure the tattoo artist wears latex or vinyl gloves at all times. Proper sterilization techniques can prevent the spread of diseases such as HIV and Hepatitis B.

Once you have a tattoo, it is important to take proper care of it. Wash the area well with mild, non-detergent soap every two to three hours for the first week. Take short, cool showers. Do not go swimming, because the chlorine will cause the tattoo to fade. Rub lotion on the tattoo after the first week, which will prevent a large scab from forming.

### BODY PIERCINGS

Several different areas of the body can be pierced: tongue, lip, naval, ear, eyebrow, genitalia, cheek, chin, nostril and nipple, to name a few. Body piercing is not something to undertake lightly: It is considered minor surgery.

Several complications could arise with any type of oral piercing. Chipping of the teeth and gingival problems are often reported. There have been cases where patients develop inflammation, lose teeth and suffer pain from infected tissues.

Several states do not have state regulations on piercing; therefore it is important to be careful when getting pierced. Many of the precautions for tattooing apply to body piercing. All instruments should be completely sterilized, and all needles should be new and thrown away after use. The ideal piercing studio should be set up like a small doctor's office.

Source: Grady Johnson, Advanced Tattoo Studio

—Mandy Lou Stark



**Do Police  
Officers  
Target  
Black  
People  
For  
Tickets?**

# DRIVING WHILE BLACK

by Monica Steward

Former astronaut Mae Jemison first became famous for a journey into space. But in February 1996, it was a journey of another type that put her in the limelight.

Jemison, 39, was assaulted and slammed to the ground by a police officer when stopped for a routine traffic violation in Houston. The officer was cleared of all wrongdoing.

Acts such as this are happening all over the United States, particularly to African Americans. Some are reported, while others go unspoken. In New York City, there were 90 cases of police brutality reported from the late

1980s to 1996. In more than 30 of those cases, suspects were shot, killed or injured by New York City police officers in questionable circumstances.

CopCrimes, <http://members.aol.com/copcrimes/index.html>, is an on-line resource guide to police brutality and law enforcement corruption. Police brutality is defined by CopCrimes as the excessive or unlawful use of force by a member or members of a law enforcement organization. Yet, cases of police brutality go unnoticed by the public until someone is severely injured or even killed.

A well-known example of this police brutality is the

Rodney King case.

In April 1991, King was pulled over for a traffic violation. He was yanked from his car and brutally beaten by four officers while 19 other officers looked on. King was clubbed 56 times in 81 seconds and suffered nine skull fractures, a shattered eye socket, a broken leg, a fractured cheekbone, a concussion and damaged nerve injuries that paralyzed the left side of his face. Despite this evidence, the four police officers were acquitted, which sparked the 1992 Los Angeles riots.

This past summer police brutality was brought back into the spotlight. In New


Jersey, a white police officer opened fire on a car filled with black teenagers he had pulled over on the Garden State Parkway. As with the King and Jemison cases, the incident sparked controversy because the teens said they were stopped simply because of the color of their skin, instead of any law violations.

As a result of law enforcement's discriminatory behavior, organizations such as the Stolen Lives project are taking a stand. The project is part of the October 22 Coalition Against Police Brutality, the National Lawyers Guild and the Anthony Baez Foundation.

**"Are people being targeted for their color or for violations? According to Officer Mason, in the view of the police it's not about race, it's about doing wrong."**

# striking back





**"The officer asked who they pushed weed for and to whom they were selling . He then had the men lay on the hood of the car. "**

The project has over 1,000 names of those who have been killed and brutalized by police. It has begun to compile statistics on the number of reported and unreported incidents. In each instance, racism has been cited as the primary cause of these sparks of violence.

A statement issued by the Law Offices of Herbert Monheit, a claims law firm in California, read, "Since the middle of the 19th century, a dominant white society has maintained race discrimination through a police force that has been ready and willing to use violence against those in the minority."

At FAMU, there are several young men who have stories of police harassment. Sophomore Corneilus Hall and his cousin were traveling from New Orleans to Florida. While driving through Mississippi, a white police officer stopped them.

"He told us that he stopped us because we were doing 45 miles per hour in a 25 miles per hour zone. But we saw a sign that said 45 was the speed a few miles back," said Hall, an architecture student.

The officer asked to see the driver and Hall's licenses. "I told him I was not going to give him anything because I wasn't driving. My cousin was driving," he said. "Then he told us to get out of the car."

Next, the police officer searched the car because he said he had probable cause and felt the men were trying

to conceal something, Hall said. The officer gave them back their licenses and issued them a speeding ticket.

"As we explained to him before, the sign a few miles back said 45 (mph), but he took us back past that sign to another to prove he was right," Hall said. "When we told him that the sign a few miles back said 45 miles, he said, 'Not in this district.'"

How would you react in a similar situation? According to one police officer, the reasonable thing to do is comply with the officer.

"The basic traffic violation routine is to stop the car and ask for a driver's license, ask them to step out of the car depending upon the reason the patron is being stopped," said Officer Ronald Mason of the Tallahassee Police Department.

"In (Hall's) situation with the speed limit, the officer went above and beyond the call of duty. Once the citation is written, you have to take the officer's word," he said. "If you still dispute the ticket, go back and take a picture of the sign and show the judge."

Sophomore Christian Johnson said two years ago he and his friends left a party and drove to a nearby gas station.

"There were seven of us riding in a Lexus sport utility vehicle. We were all dressed nice, with jewelry and everything," said Johnson, a chemical engineering student from Orlando. "The



## HEALTHY EATING HELP

You're hungry, you're in a hurry, and you have no idea how to prepare a healthy meal. If you would rather scarf down a bag of chips than an apple, then you are not on the road to a healthy diet. It is simple to begin eating healthy and doesn't involve as many sacrifices you would think. A matter of making good choices about food is as simple as signing on to the Internet, going to the library or flipping through a magazine. There you can find tips about how to eat healthy.

### WEBSITES:

The Healthy Refrigerator  
<http://www.healthyfridge.org/main-menu.html>

Healthy Eating at Foodwatch  
<http://www.foodwatch.com>

Campbell's Kitchen- Healthy/Low Fat Eating  
<http://www.campbellsoup.com/kitchen/recipe/nutrition/lowfat>

Healthy Ideas- Recipes  
<http://www.healthyideas.com/cooking/recipes>

### BOOKS

"Jane Brody's Nutrition Book"  
By Jane Brody

"Make the Connection: Ten Steps to a Better Body and a Better Life"  
By Oprah Winfrey and Bob Green

"Dr. Atkin's New Diet Cookbook"  
By Robert C. Atkins and Fran Gare

"Zone-Perfect Meals in Minutes: 150 Fast and Simple Healthy Recipes"  
By Barry Sears

### MAGAZINES

Healthy Choice, Choices for Living

Weight Watchers Magazine

Cooking Light

Eating Well

Vegetarian Times

\* All books and magazines can be found at local bookstores.

—Mandy Lou Stark

Continued from Page 10

restroom was a single which meant the rest of us had to stand outside. The police at the gas station opposite ours saw a car full of blacks, standing around the bathroom door. I guess they assumed we were doing something illegal."

Three police cars pulled up and ordered the men to get face down on the ground. Johnson was inside the store, and his brother was at the pump.

"I saw the cars pull up, and I saw my friends laying face down on the ground. I went out and asked the officers why they were on the ground," said Johnson. "The officers

did not answer any questions. He just asked where we got our money. He was also telling us how nice our clothes were and that our jewelry was nice."

Johnson said the officer asked who they pushed weed for and to whom they were selling. He then had the men lay on the hood of the car. "He singled out one of my friends. He said, 'You know this guy has an ounce on him.' We knew that night we had not done anything illegal. Therefore, our basic question was 'an ounce of what?' The officer kept saying an ounce never specifying what it was," Johnson said. "Finally, he

slipped and said an ounce of pepper spray."

Since pepper spray is illegal in Orlando, this supposedly gave the officer the right to yell and search the private places of their bodies.

"To me it was just a hassle. They made my friend who had the pepper spray walk home," Johnson said. "They threatened to call my parents. I threatened to sue. They let us go."

"We basically were stopped because we were young, black and in an expensive car a Lexus. We all were dressed nice and had jewelry, giving the police officers the impression that we were pushing drugs."

But the question still remains, are these people being targeted for their color or for violations? According to Officer Mason, in the view of the police it's not about race, it's about doing wrong.

"The bottom line is certain scenarios and some areas are prone to high crime, like drug activity and gang activity," Mason said, "so a lot of people are stopped in these areas."

Monica Steward is a junior public relations student from Dallas. This is her first contribution to Journey.



## The Search for Black Web-sites

Beverly Johnson comes home late from a long grueling day of classes. She is searching for peace and comfort and only one thing can satisfy her appetite. She pulls up a chair, sits down and begins her daily ritual. She logs onto the Internet.

"The Internet gives me a sense of purpose and a chance to express myself through written words," said the sophomore social work student from Gainesville. "It is a place where I can network with other people who share my same interests. We can communicate with each other and express how we feel about certain issues."

The World Wide Web is a place where millions of people journey everyday on their computers to explore every subject imaginable. Out of these millions, about 40 percent are

African American, said Gregory Speights, Web master at FAMU's Coleman Library. "I believe it's the interface of the future and they (African-Americans) don't understand the power of the Internet," he said.

The Internet was started about 15 years ago by the government for networking, but in the last eight or nine years has become accessible to the outside world.

Search engines on the Internet, like Hotbot, Yahoo!, and Excite! are excellent resources to use when looking for African-American Web sites on the Internet, but there is only one problem with this. Some African-American Web sites are not registered with the search engines so they are just lost in cyberspace without anyone

knowing about their existence.

The Web offers a variety of sites catering to the black community, from searching for black history to learning the lyrics to favorite songs.

"Whether it is for entertainment or educational use, blacks should use the Internet as much as they can," said Tashma Mosley, senior economics student from Meridian, Miss. "It is a luxury that is free at your school and some public libraries and should not be taken for granted."

Here are some web-sites geared towards people of color.

Stefany Richards is a freshman newspaper journalism student from Jacksonville. This is her first contribution to Journey.

"Whether it is for entertainment or educational use, blacks should use the Internet as much as they can. It is a luxury that is free at your school and some public libraries and should not be taken for granted."

-Senior Tashma Mosley

## If you're on a college student budget and can't afford to buy magazines, check out these web-sites.

### • **Essence magazine,**

[www.essence.com](http://www.essence.com), has several of the magazine's features, plus exclusive on-line bonuses, such as a career section with job finder and on-line book club.

• If it is **music entertainment** you are looking for, then Vibe Magazine ([www.vibe.com](http://www.vibe.com)) has a web site that is almost identical to its publication, but with more. You can search the archives for your favorite articles or look at the Vibewire, which features daily updates.

### • **Black Enterprise Magazine**

([www.blackenterprise.com](http://www.blackenterprise.com)) also has

a web site for those business oriented. The site features a preview of the current issue, a job finder and the B.E. 100s, a listing of the top black-owned sites in the country.

• Another must see black web-site is **The Black World Today** ([www.tbwt.com](http://www.tbwt.com)). It functions as an on-line newspaper and has everything from a Black Family Network to top news stories to free e-mail. More sites

• Two **African-American cyber communities** are [www.netnoir.com](http://www.netnoir.com), and [www.blackvoices.com](http://www.blackvoices.com). You can chat, look at member pictures and

network.

• For a comprehensive listing of the **African American web-sites**, visit [www.everythingblack.com](http://www.everythingblack.com). The organized listings make finding new links easy.

• If you're looking for a **cultural enlightenment**, you should take a peek at [www.africaonline.com](http://www.africaonline.com). This site allows you to see the continent of Africa in a more interactive setting. The site, which can be personalized, also includes stock market quotes and information on health, news and sports.

• There is a web site for those **prestigious black fraternities and sororities**

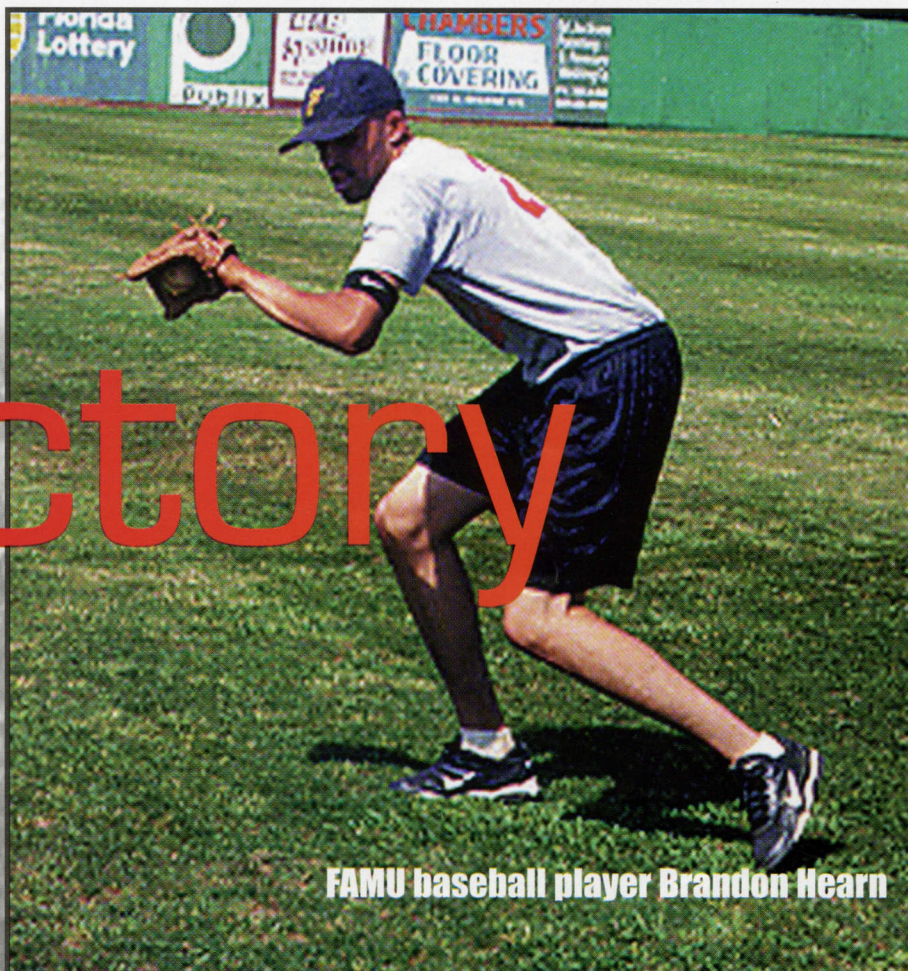
([www.stepshow.com](http://www.stepshow.com)) where you can purchase paraphernalia, find links to undergraduate chapter web-sites for all the pan-Hellenic organizations and chat with fellow Greeks.

• There is also a web site ([www.gospelweb.com](http://www.gospelweb.com)) for that hand-clapping, foot-stomping **gospel music**. They also have a gospel chat rooms, profiles of artists, a listing of gospel award winners and links.

—S.R.



# Victory



FAMU baseball player Brandon Hearn

## How Student Athletes Have Overcome Life's Pitfalls

By Maurita Miller

When athletes experience traumas that affect their playing, they have to deal with the problem effectively. Three FAMU athletes who almost suffered career-ending experiences found ways to persevere.

### TIMIRIN COLLIER

Tennis player Timirin Collier learned about perseverance while growing up on the streets of Cleveland. Gangs and drugs surrounded him like a zip-lock bag, and he almost suffocated from the negativity.

While growing up, Collier excelled in tennis. At 13, he finished No. 8 in Ohio. From the ages of 14-18, he was ranked No. 1 in doubles in Georgia.

Now, Collier is captain of the reigning MEAC (Middle Eastern Athletic Conference) champion tennis team. He plays second singles and the first doubles position.

But his success on the court was shadowed by a hard life off the court. "I grew up in the suburbs of Cleveland and the violence got so bad that Bill Clinton had to put out a security order on the streets," said the senior business student.

The order called for the arrest of young teenagers who appeared on the streets after 9 p.m. "The order seemed to be slanted towards young black males, though," Collier said. "The street order resulted from the violence.

The urban neighborhood was gang affiliated, and so my mom took me away to the suburbs of Atlanta."

Collier was 13 at the time. He said he couldn't trust people after all the crime and murder he witnessed. "I was leading a life filled with stealing and drug dealing."

Collier said he's been jumped on several occasions. In 10th grade, he was expelled from school. He said it was because he and his friends were considered a gang because they appeared to be malicious.

A tragic fire last year is what made him finally change his life for the better. His family had no renter's insurance, and they

lost their home to a fire. "One hundred and nineteen tennis trophies and all my childhood memories went up in flames," said Collier.

Collier said since the situation didn't kill him, it made him stronger. "It was really a blessing. It symbolized all that happened up until that point had gone up in flames. It gave me a new start."

Collier left this lifestyle behind and focused on college tennis. At FAMU, he is a serious student who expects the worse and hopes for the best. "For people who are experiencing problems and it seems like there is no light at the end of the tunnel this is not true," he said.



## DAMELIA GLENN

Damelia Glenn, from Rocklide, has also been down the tunnel of disappointment and witnessed the light. The health information management student plays shooting guard and small forward for the FAMU basketball team.

For Glenn who likes to shop and have fun, the laughs subsided during a game against Florida State University on Nov. 16, 1997. When she drove up to the basket to complete a lay-up, an FSU player sent her flying to the ground in attempt to block her. She suffered a torn tendon in

But sitting on the sidelines does have its advantages. According to Glenn, this keeps the player familiar with all the plays and warm-ups so when the injured player returns she will know them.

Glenn said she was not as mentally strong before the accident. "I always had difficulty in my conditioning exercises and I was always telling myself that I could not do it," Glenn said.

Glenn underwent knee surgery and fought through a difficult summer rehabilitation program. She had to learn how to walk and run all

over again.

"The program is still difficult but I feel like after all that I went through I can get through this," said Glenn.

## BRANDON HEARN

As a high school senior in Los Angeles, Brandon Hearn was ready to don a Colorado Rockies uniform, but it was not to be. The Rockies were going to draft Hearn straight out of high school. Before signing Hearn, a scout wanted him to go to a junior college for one year. However, he didn't play much and the scouts couldn't determine whether or not he had the ability to play major league baseball.

With no major league contract, Hearn decided to transfer to a Los Angeles city college where he continued to play baseball. When he got an offer from FAMU to play short stop, he transferred again and headed to the South. However, adversity still wasn't over for him.

During the fifth game of the 1996 season Hearn, a business economics student, injured his back. While running bases, Hearn

dived head-first onto a base. The baseman had already caught the ball and dropped to one knee to tag Hearn. As he slid, Hearn crashed his head into the player's knee. His legs went up over his head and his back twisted.

"I was knocked out for a bit but then when I came to, I got back into the game," Hearn said. "I played a few more games following and then I started feeling pain down my legs and back."

Hearn thought it was a simple muscle strain but it was actually a herniated disc. Although surgery was required, Hearn's mother wanted him to return to Los Angeles to have it. He had to live with this pain until he was able to have surgery in 1996.

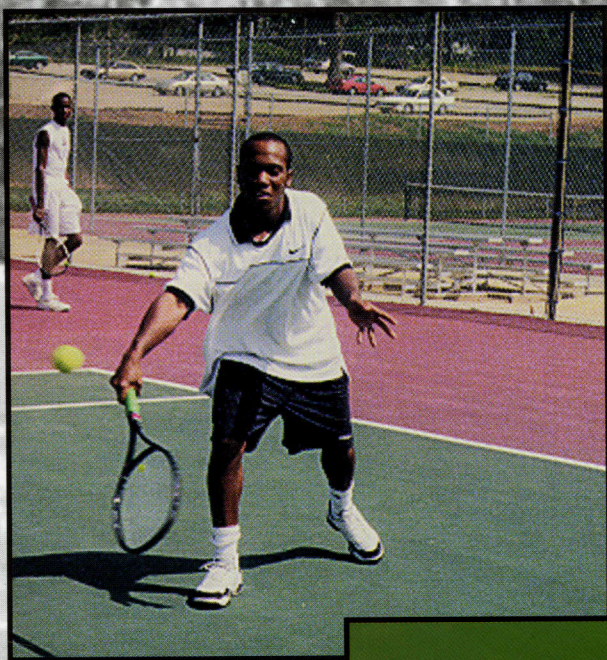
He was able to return to the field in 1997, but the rehabilitation period was far from over. Because of his injury, Hearn was afraid to use his back while throwing and over-worked his shoulder. This resulted in another injury, tendinitis, in the fall of 1997.

"I had swelling of the nerve sac in my shoulder and so I had to play sparingly," said Hearn.

Hearn said to deal with the disappointments, he just simply faced the reality of it all. "I spent a lot of time by myself and thought about the situation," said Hearn.

By facing it, he said he learned that baseball wasn't everything.

Maurita Miller is a senior psychology student from South Bend, Ind. She wrote about voter apathy in the Fall 1998 issue of Journey.



the knee. During half-time she saw a doctor who said she would be all right. But when Glenn returned to the game, she wasn't as agile and her body gave out. She was out for the rest of the season.

When she couldn't practice she yearned to be on the court with her teammates. "It was difficult because our coach has a rule that even if you are hurt you still have to watch the practices," said Glenn.

"For people who are experiencing problems and it seems like there is no light at the end of the tunnel, this is not true."

— FAMU tennis player  
Timirin Collier (above)



# Up the Ladder

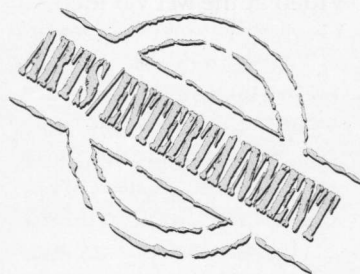
by Nicole Collins

ROW  
A

SEAT  
35

## Black Music Directors Are Making the Leap to the Big Screen

ADMIT ONE



For some, the names Hype Williams, F. Gary Gray, and Paul Hunter may not be as familiar as their award-winning music videos. They were the men behind the scenes of videos like Will Smith's "Gettin' Jiggy Wit' It," TLC's "Waterfalls," and Mariah Carey's "Honey."

However, all three are jumping from the small screen to the big screen. These African-American directors have used their creative juices in films, like "Friday" and "Belly." Though the music video moguls are crossing the lines, it has not been without a struggle climbing up the directing ladder to profitable and critically-acclaimed films.

### Hype Williams

Williams wasted no time in either industry. Although he's only in his late 20s, he has directed more than 100 music videos. "He has tight videos," said freshman Joseph Jenkins, a mechanical engineering student from Huntsville Ga. "All his videos have color."

In addition, he wrote, directed, edited, and co-produced last year's "Belly." Williams also wrote the sound score for the film and directed its music videos. "Belly," which starred rappers

DMX, Nas, Method Man, Scarface, and R&B singers Taral Hicks and T-Boz from TLC, had mixed reviews.

"It was different from all the movies I've seen," said freshman Belho Fatima, a business economics student from Niger. "At the end, you learn something."

But not all agree. Clyde Morris, a freshman English student from Fort

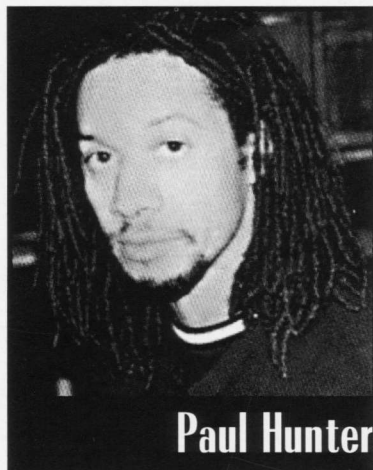
African Americans."

Williams responded to Johnson's claims, saying that "censoring this film is akin to turning a blind eye to what's happening in today's cities," and suggested that people examine the film and its message "with dialogue and reflection." {where did these quotes come from? She got them from a web-site. i'm not sure what article i will check again.}

For Williams, "Belly" was a dream come true. "I had a game plan," Williams said in the December/January issue of Vibe. "I knew that when it was time to do a movie, if it wasn't 'Belly' I probably wouldn't do one."

Even though 1998 was the year for his movie debut, Williams continued his music video legacy and picked various awards to show for it. Among these were Rap Best Clip for Busta Rhymes' "Dangerous" at the 20th Annual Billboard Music Awards and R&B/Soul/Rap Music Video for "I'll Be Missing You" by Puff Daddy, Faith Evans and 112 at the 1998 Soul Train Music Awards.

At the 1998 Much Music Video Awards, he won People's Choice Favorite International Artist award for Will Smith's "Gettin' Jiggy Wit' It." This video also won Best Rap



Paul Hunter

Lauderdale, thought the movie played up crime and thug life. "We as black people are always talking about what the white man is doing to our image, and movies like this only reinforce that," he said.

This is also the opinion of Magic Johnson, who refused to play "Belly" in the Magic Johnson Theater Chain. Johnson was quoted as saying he opposed the movie because of its "overwhelmingly negative and violent depictions of



Video at the MTV Video Music Awards.

And these are just a few. The amazing part is that Williams is relatively new to the scene. While pursuing a film production degree at Adelphi University in Long Island, New York, he left school to work at Classic Concept Production, owned by music video director Lionel C. Martin. Williams then directed his first video in 1991, and started his own company, Big Dog Productions, with partner Aquilla Turner in 1993.

### Paul Hunter

Following closely behind Williams as one of the most sought after video directors is Paul Hunter. He was the Director of the Year at the 1998 Billboard Music Awards. He also won the Maximum Vision and Hard Rock/Metal Best Clip for Marilyn Manson's "The Dope Show."

In a Rolling Stone interview, Hunter said working with Manson was a new, but good, experience. "He's one of the smartest guys I've worked with in a while," he said.

Hunter, who studied film at California State University, first came into the music video scene with Joe's "Things Your Man Won't Do." Hunter told Vibe that music videos gave him "the budget to work on things I couldn't have done on a student film."

While he has not yet completed a feature film, there is talk buzzing in the industry about upcoming projects. An HBO film for Quincy Jones, entitled "Jook Joint" and a hip-hop version

of "The Wizard of Oz" are two of the widely circulated on-line rumors.

One solid step in the direction of filmmaking is Hunter's recent development deal with Warner Bros. He is considering a movie entitled "Constantine," which is expected to be somewhere between "The Exorcist" and "Raiders of the Lost Ark."

### F. Gary Gray

Already a feature film director, F. Gary Gray has been in the video and film business longer than Williams and Hunter and was the first of the three to make a feature film. He has earned 16 awards and 23 nominations for music videos, including an NAACP Image Award for TLC's "Waterfalls."

Gray was a multiple winner at the 1995 MTV Video Awards, winning four awards for "Waterfalls" and Best Rap Video for Dr. Dre's "Keep Their Heads Ringin'". He also earned the Billboard Music Video Award for Best Rap Video for Coolio's "Fantastic Voyage" in 1995, and was nominated for a Grammy for "How Come, How Long," with Stevie Wonder and Babyface.

And Gray is just as strong in the film industry. His first feature film, "Friday," starred Chris Tucker and Ice Cube and had a budget of only \$2 million. The film was extremely popular, however, and grossed \$30 million. The comedy was especially well-liked among the younger generation.

"It was done in a real life situation and yet they added humor to it,"

said freshman Chatyne Hendrix, a health care management student from Marietta, Ga.

Next came "Set It Off," which won widespread critical favor. The film, starring Jada Pinkett, Queen Latifah and Vivica A. Fox, was New Line Cinema's highest grossing release of the { What?} year, and won a Cognac Film Festival Award.

With his latest film, The Negotiator, released in 1998, Gray crossed the color lines. The film stars Samuel L. Jackson as a Chicago police negotiator who takes hostages after being framed for murder and embezzlement. Kevin Spacey's character, another acclaimed negotiator, is sent to the scene. Gray described the film as "old-fashioned cat-and-mouse-story, only with a really smart cat and a really smart mouse."

While many are enthusiastic about the move to feature films, some think the directors should stay in their perspective realms. "It's all right, but I think they need to stick to their videos," said freshman Joseph Jenkins. "The movies are just like their videos, and to do a two hour video is not good."

Nevertheless, most support the move to feature films. About Hype Williams, Leila Merriweather, a freshman electrical engineering student from Cincinnati is neutral. "If he thinks that he can make it, then I applaud him," she said.

Nicole Collins is a freshman magazine production student from Williamsburg, Va. She profiled Journey's cover model winners in the Fall 1998 issue.

**"It was different from all the movies I've seen. At the end, you learn something."  
—freshman Belho Fatima on Hype Williams' directorial debut, Belly.**



# SMOKED OUT

by Laura J. Downey

ON THE YARD

Why college students crave weed,  
cigars and cigarettes

Photo by Farrah Eugene



**T**he smell of the cigar you smoked last night still lingers as you open your car door and get in. You rush to the nearest gas station to purchase an El Producto cigar to roll a blunt. You stop at a traffic light, a cigarette dangling from your lips, and begin to unwrap the brown, crinkly paper. Finally home, you anxiously push open the front door, sit down and blaze.

For some college students, the above scenario is familiar. For these students, smoking marijuana, cigarettes and cigars is not just something to do when bored, but it is a part of every day life. "I have to smoke at least one blunt a day," said a senior FSU English student. "Before I go to sleep at night, I roll one with my roommate and we just chill. It keeps me calm, I forget about my problems and think about something funny, like a joke or two to tell my roommate."

Marijuana comes from the cannabis plant and contains THC, the chemical that causes the "high." The "high" is also affected by the way the drug is taken — smoking or eating, and other drugs and alcohol in the user's system.

One TCC student said he enjoys the "high." "When I get out of the shower, I call my boys to see if they have the hook up," said the electrical engineering student. "I usually buy a dime to get me through the day. Once I get my buzz on, I go to the kitchen to get some snacks and then fall back asleep, in hopes of waking

up in time to catch the last thirty minutes of my night class."

Like the TCC student, one FAMU freshman said he is a smoker. Because his friends are always smoking marijuana and he gets it free, he said smoking marijuana was an "everyday thing."

"I can relax and forget about everything negative in my

knew that this was not good for your health, but it gave me something to do."

One of the places Minor can purchase cigarettes is Smoke 'N' Snuff, a store in Governor's Square Mall. Assistant Manager Matt Cummings said the majority of their customers are mostly college students and they sell more cigarettes to females.

"The

lege students are running to Winn Dixie to purchase a pack of cigarettes. These students have their own reasons for not smoking marijuana, cigarettes and cigars.

"I don't smoke partially because of health reasons. I have asthma and I also do not think that it is attractive for ladies to smoke," said FAMU senior Eboni Troupe, a business administration student from Southfield, Mich.

Another student has followed her parents' advice. "My parents told me not to smoke because it was not right, and I just never have," said FSU junior Nickita Harrison, a communications student from Tampa.

"Also, my father works with the law enforcement and he saw from first hand experience what smoking and other drugs can do, which made him a reliable source."

A law enforcement officer agreed with Harrison.

"My advice on smoking marijuana for students is not to smoke it because it leads to other narcotics," said one police investigator who asked not be named because of his job. "Once a person starts to feel comfortable and the marijuana gives them a good feeling, they want to start something else. This 'else' could be taking pills or drinking with the drug. Marijuana opens doors for other things and people should not experiment with it."

Laura J. Downey is a communications for business student at FSU from West Palm Beach. This is her first contribution to Journey.

**"I have to smoke at least one blunt a day. Before I go to sleep at night, I roll one with my roommate and we just chill."**

**—A FSU Senior**

life. I do not go out and purchase it for myself though, I just puff off of my friends' weed," said the general studies student.

Marijuana isn't the only thing that have students in a frenzy. Cigarette smoking is also popular. The College Health and Alcohol study of 15,000 students at 116 colleges in 39 states found an increase in tobacco smoking of college

students between 1993 and 1997. In 1993, 22 percent of the students

surveyed said they had smoked during the past 30 days. In 1997 percentage of smokers had risen to 28 percent.

FAMU student Melody Minor is part of that number. "I started smoking when I was 13 years old," said Minor, a sophomore nursing student from Jacksonville. "My best friend's mother smoked all the time, and one day I stole two cigarettes out of her purse. I was hesitant to smoke it at first because I

most popular are Marlboro Lights, Fantasia Lights and Parliament Lights known to many as P-Funks," he said.

However, lighting up a cigarette has deadly consequences. Three potentially fatal diseases caused by smoking are cardiovascular (heart and circulatory) diseases, cancers and respiratory diseases. Between 1990-1994, cigarette smoking caused 430,000

annual deaths in the United States.

Cigarettes and marijuana might be taking up some college students time, but cigar use is also popular. Students are purchasing Black and Milds, El Producto's, Tampa's, and Swisher Sweets at price ranges up to \$1.50 per pack. "These brands are probably the most popular because they are the most expensive kind of cigar, and they are name brand," said Heather Zawacki, an employee of the Winn Dixie on Monroe Street.

However, not all col-

**For more information on drug abuse, please call the Florida Alcohol and Drug Abuse Association at 878-2196.**



# viewpoint

by Rhonda Cross

How One Rattler Bears A Long-Distance Relationship With Her Children

## My Most Difficult Challenge As A College Student

Since I've become a college student, I have been faced with many challenges. The biggest challenge was, and still is, the decision to leave my children in Huntsville, Ala., while I attend school here in Tallahassee.

I got married at 19 and quit school to work and be a wife. Even before I had my first child at 21, I knew I wanted to go back to school. I also knew it would be a while before I went back, because I didn't want to put my child in daycare. When my daughter was born 14 months after I married, I made a promise that when they started school, I would start school, too.

When I continued my education, I knew it wouldn't be easy. I knew that I couldn't work full time, go to school full time and take care of my son Jayson, who is 7, and my daughter London, 6. I had to come up with a plan. I decided

the only way I could get away with not working was if I moved in with a family member. With the exception of a grandmother in Florida, all of my family lived in Chicago, where I was born and raised. Although I love to visit the city, I did not want to live there.

My major was nursing, and because FAMU had an excellent nursing program, my grandmother suggested I come to Florida. I thought it was a great idea, but how would I handle the kids? I pondered this for months, and my ex-husband and I discussed it at great length. Of course, he thought I should stay in Huntsville and go to school, but I couldn't. If I stayed in Huntsville, I

would have to pay rent, utilities, phone and cable, which would require me to work full-time.

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I already knew if I was going back to school, I was determined to do well. If I worked full time and went to school full time, I didn't think I would do as well.

Although my ex-husband wasn't pleased, I decided to enroll in FAMU and he agreed to keep the kids in Huntsville. I would see them during Thanksgiving, Christmas and my spring breaks. They would also spend summers with me.

I feel I'm missing a lot of things in their lives even though I talk to them twice a week. When I talk to them, I let them know how

much I miss them without falling apart on the telephone. I know they miss me as well so we focus on the next time we'll see each other. They know the situation is temporary, and we won't be apart once I graduate.

I also worry about their schooling, as well as mine. In Huntsville, I was active in my children's school and Parent Teacher Association. I miss interacting with their teachers and knowing who their friends are.

I felt guilty my first year at FAMU. I cried often, and I went to see them every other weekend. This second year has been easier. I'm learning to look at the "big picture" and to believe that in the end everything will work out fine. Though I didn't plan to have children before finishing my education, they give me inspiration and determination.

FAMU has been a challenge for me—more, perhaps, than for most people. But in looking at the "big picture," I know my children will be proud of me, and I will be happy with myself and my decision to be here.

Rhonda Cross is a sophomore public relations student from Chicago. This is her first contribution to Journey.



### How far would you go to get money?

"Me and my friends got \$5 to call this girl up and we told her she won this radio show contest. Then we asked her for her address. When she gave it to us, we said we were coming to get her because now we know where she stays. We did this all in the same voice of the guy who liked her. Afterwards we went out for burgers."

– L. C.

"I whine for money."

– J.N.

"When I was in the Marines, I performed a strip show in front of a room full of women and men."

– K.W.

"I stole from a saint's collection."

– N.B.

"I flashed my breasts to these guys for \$5 a breast after homecoming a few years ago."

– M.S.

"Money isn't that important."

– D.J. Shade

"On my high school graduation trip, for \$10 I drank a whole bottle of wine, non-stop."

– C.S.

"I stripped for money at a birthday party."

– L.W.

"I ask strangers for money."

– A.P.

– compiled by C. Antonio Slaton and Ebony Filer



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