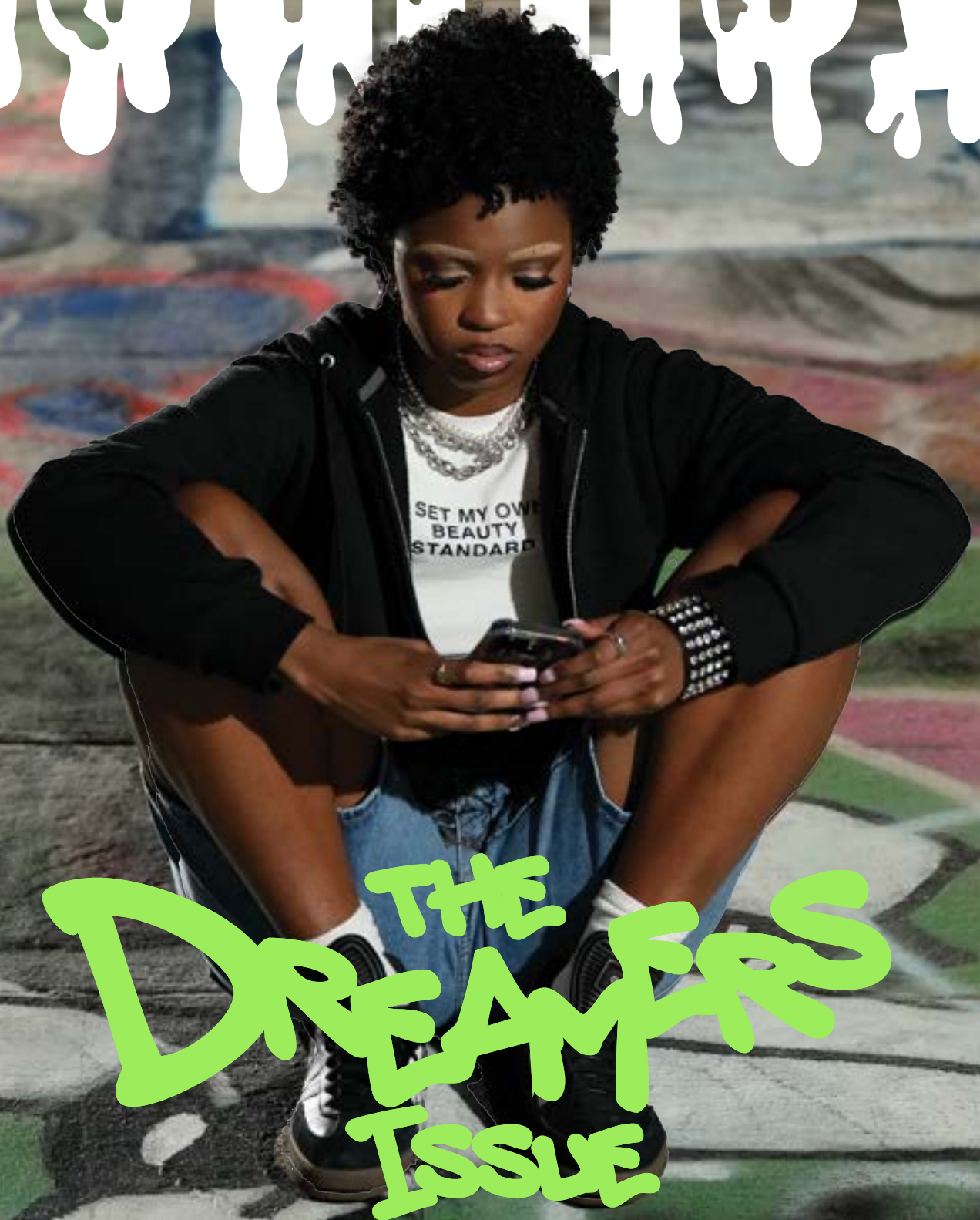


FLORIDA A&M UNIVERSITY'S CAMPUS MAGAZINE

# Journey



THE  
DREAMERS  
ISSUE

[CELEBRATING JOURNEY MAGAZINE'S 40TH YEAR ANNIVERSARY]





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# EDITOR'S LETTER

DEAR READERS,

The 40th anniversary has finally come, and I am honored to serve in the role as editor-in-chief. This piece of work is something that will live on the campus of Florida A&M University for the rest of its existence. As a fourth-generation Rattler, I couldn't have thought of a better way to leave my mark and continue fulfilling my family's legacy. I hope that my accomplishments are something that they can be proud of, and that the work that I've committed thus far will pay off for my future lineage.

When I think about my dreams and aspirations, it has never been about the end goal but the journey it takes to get there.

As a little girl, I began tapping into my creativity. The year was 2008, *Hannah Montana* and *That's So Raven* were prime time television, and I can vividly remember telling my parents "I want to be on Disney Channel."

While supportive, my mom and dad knew nothing about the entertainment industry and had no real idea on how to make their baby girl's dreams come true. But they worked within their means and signed me up for acting classes. From there, I continued on stage for the next decade, taking on challenging lead roles in many productions. In high school, I worked behind the scenes with directing and writing, one of my favorite pastimes.

Growing up, English was always my favorite subject in school. But, once I learned about poetry, the sky became my limit. From participating in dance recitals to musicals, I've always taken an interest in music. Poetry helped me to expand more on my love for music. Instead of acting as a consumer, I became the art. Being the soft-spoken young lady I've always been, writing became a way for me to express myself in ways that my mind wouldn't allow me to. My life and the experiences I've had became my muse.

I just never imagined where that passion for creativity would lead me. Never in a million years would I have thought that I would one day be carrying out my dreams on the same campus my parents and grandparents met. In writing this letter, I knew that I wanted to hear firsthand from the ones who love me most and raised me. Have I lived up to their hopes and dreams for me? Am I fulfilling the legacy that they've set and established for me?



While her humble beginnings started on a plantation just outside of Tallahassee city limits — in ‘the country’ as we like to call it — my grandmother’s road to success is one that has always inspired me. As the second youngest of ten siblings, she doesn’t have the best recollection of her earliest years of life living on a plantation. Her earliest memories are from growing up on the farm that her parents bought. Her childhood consisted of nothing but work, school and tending to vegetables on her family’s farm. Cleaning homes, ironing and babysitting were some of the jobs she picked up to buy clothes and other necessities. When her older sister, Rebecca, needed help raising her three children after her husband tragically passed away in a car accident, my grandma stepped in.

Money was always tight for the Tucker family, but they always prioritized getting an education, so much so that it almost became an expectation for their kids and grandkids. Education was the key to success, and my grandmother, Ann Gibson, accomplished it. Once the time came for a young Ann Tucker to finally pursue her bachelor’s degree, she was left with the decision to move out of state to attend Fisk University, another HBCU, or stay at home and attend Florida A&M University.

While accepted to both schools, Grandma ultimately chose FAMU because she was granted a scholarship that would help support her educational aspirations. After her sophomore year, she married my granddaddy, who made sure I knew that I bled orange and green. Two years later they had my mom, who was born in Foote-Hilyer the year before Tallahassee Memorial Hospital was integrated. Even while married and in school, Grandma continued to work. I’ve never known her to take time for herself. When I visited as a young girl, I remember her waking up before the sun rises to prepare breakfast every day for everyone in the house and ending her days again in the kitchen after preparing meals for the rest of us. Her work ethic is admirable, and I’ve always tried to emulate it. She went on to become an educator at Florida State University and an accomplished Certified Public Accountant.

With such a strong role model to look up to, it’s no surprise that twenty-plus years later my mom, Adriene Brown, decided to pursue her bachelor’s degree at the illustrious institution where her mom developed the professional skills that led her to a successful career. After living in Texas for many of her elementary years all the way until high school, my mom made the decision to leave her friends and classmates behind to attend Florida State High School during her senior year. This move would help her return back to her hometown and attend Florida A&M University.

The legacy created by her parents was only an extension of the one started by her grandmother, Alice Clotelle Peacock, several years earlier. Mrs. Peacock was a force to be reckoned with from the stories I’ve heard about her. I

only wish that she could have been alive long enough for us to have a conversation. I wish that I could’ve picked her brain apart, in true journalistic fashion, to really get to know her and the cause behind her motivation.

**MOMMA: “My grandmother was well-known throughout Tallahassee, because she was an educator to a lot of students who came up during my mom’s time. Is it because she was at Lincoln and that’s pretty much where all the black people went, Mom?”**

**GRANDMA: “I would say that, plus your grandmother was quite brilliant. Not only was she a teacher, but she was a renowned speaker. She was quite talented. She could cook. She could knit, crotchet. She was just a talent, a real talent, and so I would say in the black community, Mrs. Peacock was really known.”**

The conversation about my family’s history and legacy continued for a good long hour, and I am so happy that writing this piece finally granted me the opportunity to learn more about the people I come from. In my life, some of the best lessons that I’ve learned have been from these two women. They are the ones who inspire me and challenge me to think beyond the box I sometimes place myself in.

Though she was a School of Business and Industry graduate herself, my grandmother was the one who encouraged me to switch my major from business administration to a field that would allow me to flourish in my creativity. Because of her guidance and wisdom, I’ve truly found my place on the “Highest of Seven Hills.”


As you flip through these pages, my hope is that you are inspired to find your purpose and pursue it. This issue was curated by a strong group of talent. Without the hard work of these multifaceted individuals, the creation of this project wouldn’t have been possible.

To my *Journey* family, thank you for being patient with me and sticking it through to see our visions come to life. Your efforts won’t go unnoticed. I pray for the success of each of you and expect nothing less. Be proud of the work that you’ve done! Only we know how much it took to get to where we are now. All those tears and long nights in convergence have finally paid off and now we can say that we’ve officially made our mark in the J-School walls.

As always...  
Abundant blessings,



MYCAH BROWN, EDITOR IN CHIEF



BY DANAÉ DANIELS

# UNLOCKING THE MYSTERIES OF THE MIND, ONE DREAM AT A TIME



Dreams have intrigued and bewildered humanity for many years. In the realm of slumbering minds, humans embark on adventures, face their fears and encounter enigmatic scenarios.

But what do these nightly odysseys mean? Are they merely random brain chatter, or is there a deeper profound significance to our dreams?

## THE ENIGMA OF DREAMS

Dreams are the subconscious narratives that unfold in humans' minds as they sleep. Dreams predominantly occur during rapid eye movement (REM) sleep, characterized by heightened brain activity, increased heart rate, and rapid eye movement, a phase that recurs multiple times throughout the night. During REM sleep, the human mind becomes a canvas for thoughts and emotions as our brain weaves intricate scenarios.

## DREAMS AND PSYCHOLOGY

Theories abound regarding the purpose and meaning of dreams. According to *Experimental Research on Dreaming: State of the Art and Neuropsychanalytic Perspectives*, Austrian neurologist and founder of psychoanalysis Sigmund Freud believed that dreams provide a window into our unconscious desires and repressed thoughts. Carl Jung, another renowned psychoanalyst, considered dreams a bridge to the collective unconscious, containing universal symbols and archetypes.

Psychoanalysts today continue to explore the role of dreams and their relation to mental well-being. Dreams have been linked to memory consolidation, problem-solving and emotional processing. They often reflect our daily experiences and act as an emotional release valve, helping us cope with life's challenges.

## INTERPRETING THE DREAMSCAPE

One of the most fascinating aspects of dream analysis is interpretation. Deciphering the symbolism and themes in a dream can be like solving a cryptic puzzle. Neuroscientists and psychoanalysts employ various approaches to interpret dreams, including the content analysis of dream journals and discussions with the dreamer.

These interpretations often reveal a deeper layer of our thoughts, emotions and fears. A common theme, such as falling, may indicate a sense of insecurity or a fear of failure. Being chased in a dream can symbolize avoidance of a particular issue in waking

life. Unraveling these symbols can lead to profound self-discovery and emotional healing.

## HEALING THROUGH DREAMS: THERAPEUTIC INSIGHTS

The therapeutic value of dream interpretation is a potent tool in modern psychology. Individuals can transform their inner world and confront unresolved issues through dream therapy or analysis. By revisiting and discussing their dreams with a trained therapist, individuals can gain insights into their fears, desires, and challenges. This process often facilitates personal growth and emotional healing.

According to Healthline, Imagery Rehearsal Therapy (IRT), a form of cognitive behavioral therapy (CBT), can be particularly beneficial for those struggling with anxiety, post-traumatic stress disorder (PTSD), or recurring nightmares. Individuals can find comfort and resolution by confronting and working through these issues in the safety of a therapeutic environment.

## CONTINUING THE JOURNEY: ADVANCEMENTS IN DREAM INTERPRETATION

Dreams remain an enigma, a realm where subconscious thoughts and emotions come to life.

As dream interpretation and psychoanalysis are developing sciences, they offer valuable insights into understanding subconscious inner worlds, helping humans understand the connection between their dreams and waking lives. Moreover, the therapeutic applications of dream analysis provide a powerful means for self-discovery and emotional healing.

With each advancement in the science and psychology of dream interpretation, humanity inches closer to unraveling the mysteries of the mind and comprehending the profound impact that dreamscapes have on the daily human experience, making the enigma of dreams an ever more enticing frontier of human understanding.

# THE EVOLUTION OF DREAMS:

HOW CHILDHOOD ASPIRATIONS SHAPED MY LIFE

BY JEWEL WELLS

## THE EARLY YEARS: A TRIP DOWN MEMORY LANE REVISITING MY CHILDHOOD DREAMS

I often reflect on my life as a child, a time when my world was so much bigger, everything but my frame, problems, and responsibilities, of course. I frequently take myself back to the chilly winter mornings in my hometown of Baltimore, Maryland, the place that truly felt like home.


After my dad woke me up for school, he would sit me in the tiniest chair and do my hair, then choose my clothes and so on. To this day, I don't remember what I wore, or even how my worst or best days went. However, the image of my father tying his tie, ironing his suit, and preparing for the job that maintained the very place I called home is the one thing that will stick with me forever.

As I grew up, I was one of the most unique kids you would have ever met. I never talked with the other children at recess, only the adults. I didn't play with dolls or toys; I wanted something real to do. The one thing I never would have known is just how those traits would shape my dreams, and how my dreams would ultimately shape everything I work towards today.

I remember the time my dad took me to his job. He worked in one of the tallest high-rises in Baltimore and had his very own office at the top. The room was filled with team members, the skyline of the city view being presented behind his tall frame. I remember him grabbing a hanger, and as he spoke,







he began to paint a vivid picture: the image of him as a child, picking up a hanger, pretending to drive a bus. As he demonstrated, he led on to say how as a child he spent his time thinking of trains and cars, and even pretending to drive them.

When he finally had the opportunity to drive, he couldn't wait and as he progressed, he put that to use in his career. My dad, having fun without a care in the world, had found his lifelong passion. He had used his drive and love for transportation to skyrocket through the company, from bus driver to CEO. His success started with a dream and ended with an everlasting love for his craft. Though as a child he didn't know it, he had simply revealed to everyone in that room just how monumental a childhood dream is to one's success.

My dad wasn't the only thing that shaped me; it was the idea that "when I grow up, I will be something someday."

## GROWING UP: HOW LIFE EVOLVED AS I FOUND MYSELF.

As I grew older, the search to find what that something would be grew stronger. In my family, I had nothing but stories of success, tales from my grandparents on snow days sitting over the fireplace telling me of their life in the 1950s.

The stories as a kid seemed so far away, and now I'm living the life I thought was too far to imagine. I know everyone has had at least one hobby, whether it be sports or art. But for me, my childhood dream was to connect. To be heard in a world where I felt like I was so small, where I felt like the only way to connect was to speak. Being different is never easy, growing up unique wasn't too easy either.

To paint the picture for you, I was taller than everyone my age and had a unique voice that seemed to shock everyone I spoke to. But trust me, that did not keep me from talking. I must admit I lived a rather protective and sheltered lifestyle, yet I still truly know what it feels like to not have a place. I couldn't play sports because I wasn't athletic, I'd look around the room at the other kids with dolls, but nope that wasn't it either. I tried everything, my parents tried everything, and by everything, I mean gymnastics, art classes, singing, dancing, ballet, tap, piano—the list is never-ending. Not finding my dream was dreadful. I felt like my parents seemed to feel I'd never find it.

While every other child was finding their craft and expanding on it, there was me, just wanting to talk, which was rather unwise when a child is supposed to stay in a child's place.

## REACHING THE DREAM: HOW I TURNED MY FRET INTO THE FUEL TO MY SUCCESS.

Well, as an adult, I find that the child's place all along was right where I was. As a young girl I always dreamed of having a sister or someone I could share my secrets with, or at least talk to comfortably about teenage problems. Yet, as I grew up my uniqueness separated me from the group, and I never found my place. The women I looked up to, I wanted to like me, but they seemed to never truly do. I would seek advice and try to be nice, which seemed like a weakness of mine, considering how much pain it placed on my heart and confidence. I've cried so many times wishing that I could be liked. I had no one to talk to, while talking and connection was a passion I craved.

As I grew, I always kept in mind a quote I heard that said,

"I don't mind being changed by what I go through, but I refuse to be reduced by it." - Maya Angelou, "Letter to My Daughter."

## THE TURNING POINT: FINDING POINT IN MY PASSION AND REDISCOVERING MY CHILDHOOD DREAM.

One day I had enough. I said to myself, 'I want to create a space where women are supposed to feel included, a space where they can show up as themselves just as I do and not worry if they will be accepted, to never feel like they have to adjust for the approval of those they truly respect.' And to me, that was the best idea I could have ever had. I created a program. That program helped so many women connect, and while I must admit I didn't take it as far as I know it could have gone, I rediscovered my passion for empowering and communicating.

Now, as a 20-year-old college student, I realize that my childhood dreams continue to shape my future. My career will involve empowering others through journalism and effective communication. I may not have found my passion in the same way my father did, but I've found a unique path that allows me to make my childhood dreams come true, one day at a time. And now more than any quote ever expresses, any example could ever show, my life has proven that the dreams I had as a child have turned exactly into the life I live now and even more.



"KEEP DR  
IN THE D





REAMING  
DAYLIGHT"



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STANDARD.

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ELIZABETH JONES-COOPER

As a little girl with barrettes in my hair and Barbies by my side, I would look up to those older than me and feel the energy two people in love could radiate. Similarly to the sun, no matter how beautiful the sight, I never found myself able to get too close without getting burned. The fantasy of my desires has always been to experience the heart-piercing, butterfly-inducing addiction of true love, but the reality is cold and harsh, and like the wind, dreams come and go.

Growing up in a time when marriage was as popular as fish on Fridays, you can only imagine my surprise as I crept into

adulthood to see baby mamas on the rise and situation-ships lasting for years. In today's day and age, love and marriage are talked about like a gate-kept secret of the past. The idea of a traditional love story seems to be fading like a dream in the noise of today's fast-paced society. The desire for sincere, timeless love tends to take a backseat as people become increasingly caught by the demands of careers, social media, and the quick satisfaction of modern life.

Are conventional love stories becoming buried fantasies in a generation that doesn't appear to have time for romance?

## THE MODERN DILEMMA

One of the defining characteristics of our contemporary society is its frenetic pace. The digital age has brought unparalleled connectivity and efficiency, but it has also left many individuals grappling with an ongoing lack of time. Today's society seems to get so caught up in their own life that sharing it with another is the least of their concerns. Greater demands from careers and constant pressure to keep up with a world that is changing quickly are all factors of this phenomenon.

People yearn for a traditional love story's easygoing and classic quality while pursuing other never-ending life requirements. The romanticized idea of love based on deep bonds, shared interests, and sincere passion seems like a distant memory in the modern world.

It has long been believed that love is the foundation of human existence and should be fostered with care and consideration. However, in the modern environment, priorities have changed. The slower, more in-depth process of establishing a deep, lasting relationship becomes less prioritized over the need for success.

The emergence of dating apps and internet platforms has further changed the dynamics of contemporary relationships. The age-old appeal of wooing and developing a relationship via shared beliefs and mutual understanding has been replaced with instant satisfaction, swiping left or right based on a profile photo, and superficial chats.

## REKINDLING THE FLAME

After a while, I start to wonder: is all hope lost? There has to be a community of young people who still believe in making time to take that first step in creating a family.

Amid this evolving narrative, there is hope. People are beginning to understand that finding true love, like any worthwhile activity, takes time, patience, and work. The desire for an old-school love tale is a testament to the need to put effort into relationships and prioritize nurturing love that endures. Love is a journey, not a destination. Love's narrative calls for endurance and readiness to face challenges together. It involves caring for the relationship and realizing it takes time to develop.



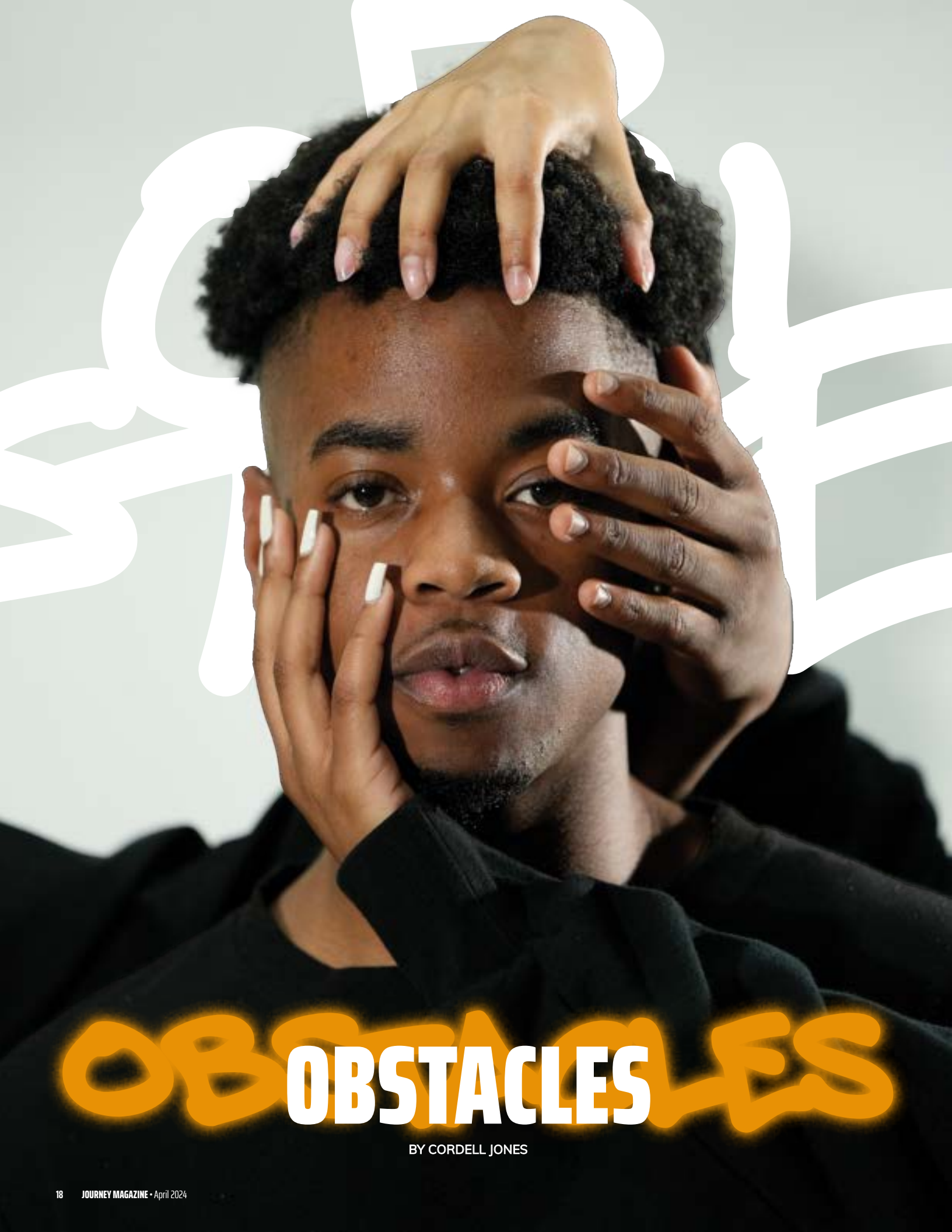
## THE HOPE FOR TOMORROW

The human soul still yearns for genuine connections despite the impression that the world has little time for classic love stories. There is hope for a renaissance—a rekindling of lost dreams that can pave the path to a love story worth cherishing for future generations. As people learn to understand the importance of genuine connections and commit to the values that define a conventional love tale, maybe my fantasies for love won't become the remnants of a forgotten dream.



A full-page photograph of a man with dreadlocks and glasses, wearing a dark suit, standing on a concrete staircase with white railings. He is looking off to the side with a slight smile. The background is a plain, light-colored wall.

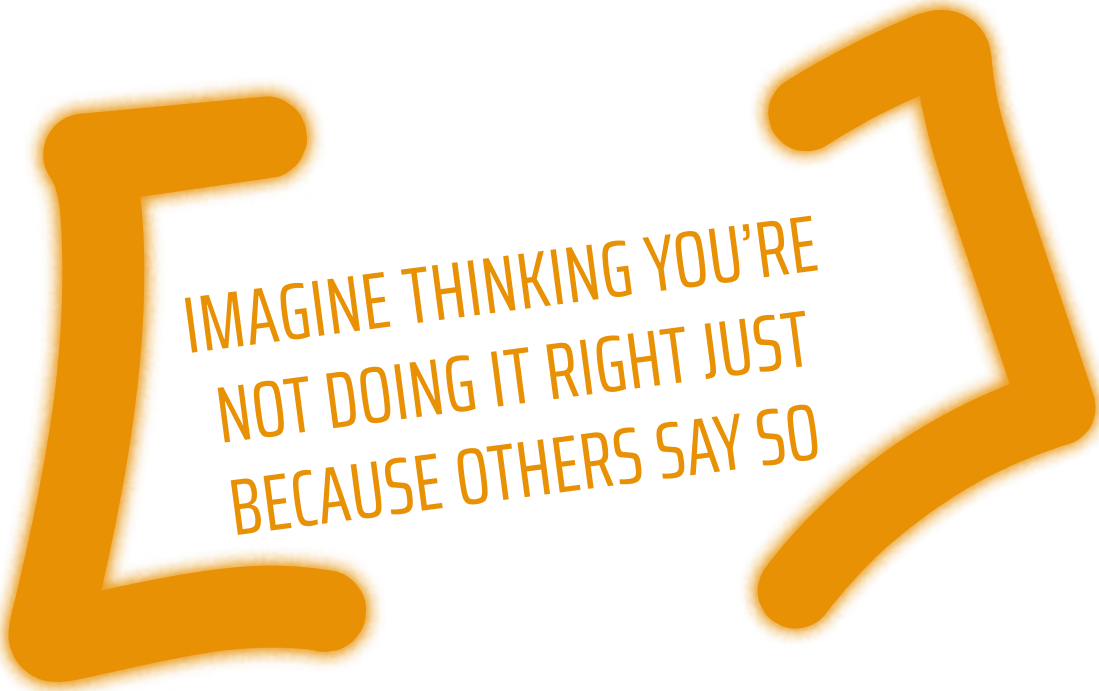
**“THE HUMAN SOUL STILL  
YEARNs FOR GENUINE  
CONNECTIONS ...”**



# OBSTACLES

BY CORDELL JONES





IMAGINE THINKING YOU'RE  
NOT DOING IT RIGHT JUST  
BECAUSE OTHERS SAY SO

After a long day of school, work or any strenuous task, the first thought that would cross anyone's mind is, "When can I go to sleep?" This sacred time when a person can drift into sleep also comes with the time to have dreams. Dreaming occurs within the last stage of the REM sleep cycle. This section of sleep, which is an active brain keeping up activity during hours of rest, has garnered a lot of theories defining its use.

From the Freudian theory, which suggests dreams are just the brain living out repressed desires, to the Activation Synthesis theory, which mentions it could be the brain keeping random neutral brain activity during sleep, these theories help to fill the gaps that the psychology aspect of dreams may create. A theory that provides a more reality-based concept, as provided by psychiatrist Dr. Rosalind Cartwright, is the Continuous-Activation theory.

This theory suggests that dreaming in REM sleep is the brain's processing of emotions experienced throughout the day. As we experience emotions like anger, happiness, pain and much more, they can manifest themselves within our dreams. Among these various feelings, sometimes people can be confused in their dreams.

Outside of feeling confused about real life, these feelings, informed by this theory, can cloud dreams that otherwise would help

process other emotions that could've been experienced throughout the day. Through processing and looking at even my own dreams, I started to realize that they tend to fall under Dr. Cartwright's theory. Moreso, my thoughts and feelings towards how a day goes sometimes appear within a dream. Confusion can also be applied to this theory and provides an explanation as to why these feelings may come up.

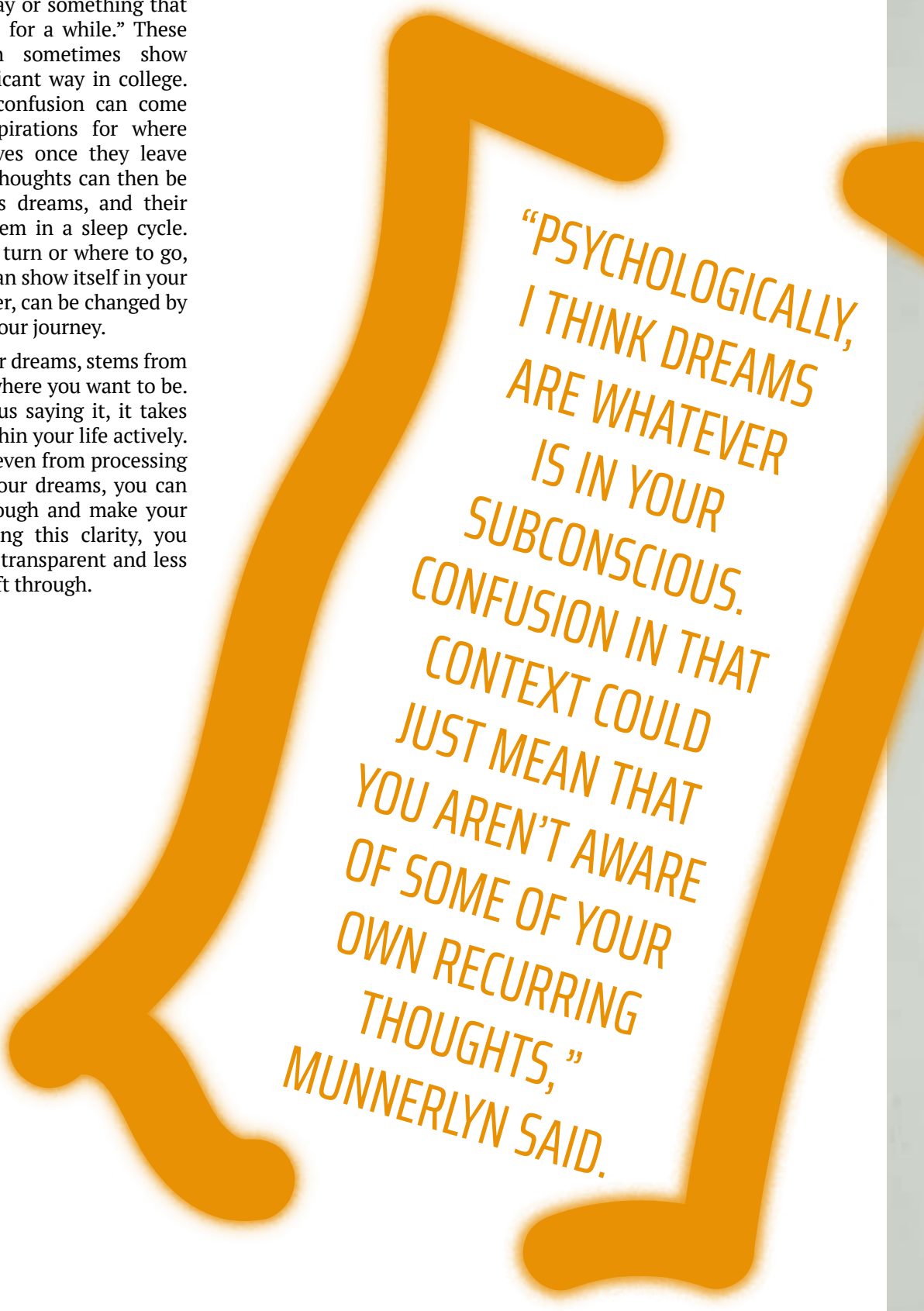
Madison Munnerlyn, a fourth-year psychology student, discusses how she looks at dreams in general and with confusion in context with this theory.

**"Psychologically, I think dreams are whatever is in your subconscious. Confusion in that context could just mean that you aren't aware (hence subconscious) of some of your own recurring thoughts," Munnerlyn said.**

These feelings can appear in dreams and also reflect how you may feel. As someone who, at times, experiences my emotions even within my dreams, confusion tends to come up as well. As it can come through relieving situations or just thinking about conversations, I can sometimes be confused when interpreting the dream. This confusion, whether outward or inward in the dream, as interpreted by the continuous activation theory, could be subconscious thoughts reflecting my life at the current moment.

Brooke Demps, a senior computer info systems student, discusses how her dreams sometimes can reflect her life at the current moment. "Yes, my dreams usually reflect what happened that day or something that has been on my mind for a while." These mental schemas can sometimes show themselves in a significant way in college. As college students, confusion can come from dreams and aspirations for where students see themselves once they leave an institution. These thoughts can then be reflected in someone's dreams, and their brain runs through them in a sleep cycle. Not knowing where to turn or where to go, even in your dreams, can show itself in your real life. These, however, can be changed by finding clarity within your journey.

Confusion, even in your dreams, stems from not knowing what or where you want to be. From your subconscious saying it, it takes work to find clarity within your life actively. In finding this clarity, even from processing and talking through your dreams, you can find ways to walk through and make your path clear. From seeing this clarity, you can start having more transparent and less confusing dreams to sift through.



"PSYCHOLOGICALLY,  
I THINK DREAMS  
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CONFUSION IN THAT  
CONTEXT COULD  
JUST MEAN THAT  
YOU AREN'T AWARE  
OF SOME OF YOUR  
OWN RECURRING  
THOUGHTS,"  
MUNNERLYN SAID.








# THURSDAY'S CHILD HAS ~~FEAR~~ TO GO

BY MICAH BARKLEY





Dear diary, I feel like Thursday's Child. I never expected that writing about being confused and challenged would turn into such a "Moesha"-style intro scene anecdote. Still, I'll roll with it if it's fitting and helps me romanticize my indifference.

As a starting point, I can't seem to "find myself." Yeah, I get the whole "you're only twenty one," "you still have time to figure yourself out," words of encouragement, but when you're surrounded by peers getting three internship offers, two jobs and even a promised career path, you start to get just a tad bit doubtful and pose the question, "when will it be my turn?"

My favorite Tomorrow by Together (TXT) song is "Thursday's Child Has Far To Go."

"Thursday's Child" is a term for a child or young adult destined to succeed but not without hardships and turmoil preceding it.

**"목요일의 아이라는 운명이  
날.날 다시 걷게 하네"  
(THE DESTINY OF BEING A  
THURSDAY'S CHILD  
MAKES ME WALK AGAIN,  
FEELIN' SO GOOD) -**

THURSDAY'S CHILD HAS FAR TO GO BY  
TOMORROW BY TOGETHER

I tend to have an identity crisis once every few months and start to let my obstacles in life overcome me because I feel like my life is going nowhere, fast.

Anyone who knows me, knows of my irrational fear of getting older because I feel like I have no considerable milestone to equate to my age. Still, because I have been working towards my goals for so long—I try to access my blessings early because I don't want to be on God's timing, which he has shown me time and time again will not work.

Regarding a career path, I love comparing my situation to Barbie's; she's had about 80 different careers since her debut in 1959, and looks amazing!

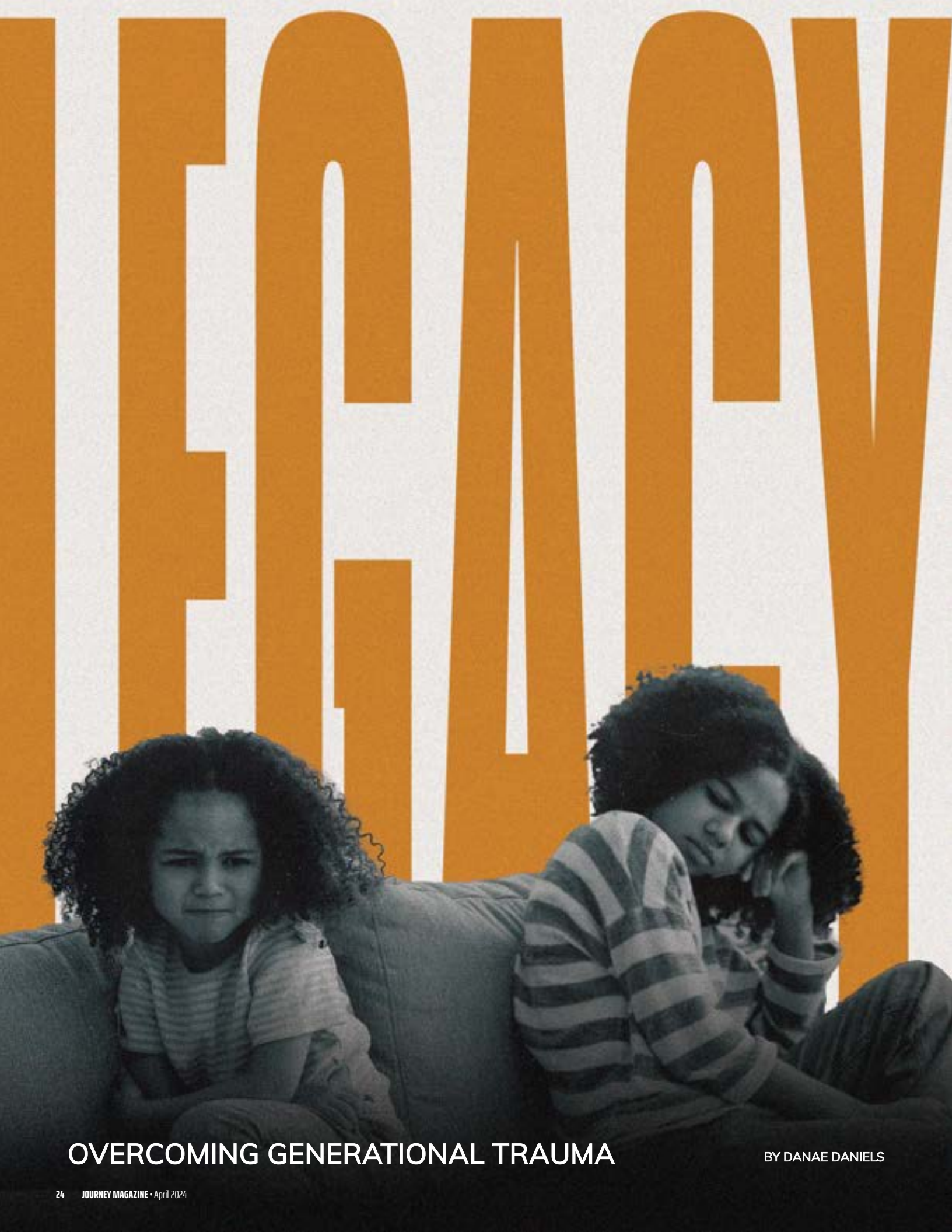
My career path right now is to start in journalism, then inch my way into the entertainment industry. But I also want to be a lawyer, detective, neurosurgeon and criminal psychologist, preferably before age 35. Insane right? Well, being the amazing Libra woman I am, I am truly indecisive.

My heart absolutely lies in being an actress and performing artist, but what if I get to the top and don't want it anymore? What if I fight so hard and become an industry-leading journalist or grammy award-winning songwriter and end up hating it? Or, what if I keep trying and trying and I'm just another HBCU graduate with nothing to show for it?

I feel as though my main obstacle in life is battling myself.

Moesha used to have clear and concise diary entries. The difference between her and I is that she was a teenager navigating high school. I am an emotionally underdeveloped college junior who just wants to be happy with no plan to get there. But I wouldn't have it any other way.

I guess the moral of this entry was to highlight the beauty of my chaos and convince myself that not knowing who I am just yet or my purpose is normal. Whether through physical or mental strain, Thursday's child was never meant to have an easy life. What keeps me sane is knowing that my current situation is not the end of the road because "Thursday's Child" truly has far to go.



# OVERCOMING GENERATIONAL TRAUMA

BY DANAE DANIELS



## RESHAPING OUR LEGACY: TRIUMPHING OVER GENERATIONAL TRAUMA AND STIGMAS

Generational trauma is a heavy burden passed down through families, a legacy of pain, suffering and hardship that can seem impossible to escape. For many, the cycle of adversity can feel like an inescapable nightmare, a never-ending struggle that defines their lives. However, this is not the case at all; a certain resilience and perseverance is required to break free from the chains of generational trauma and stigmas.

## UNVEILING THE ROOTS: THE INHERITANCE OF PAIN AND DYSFUNCTION

My mother was born into a domestic violence home, where her father subjected her mother to constant physical and verbal abuse. As if that were not enough, both her parents were addicts, making the household an even more minacious and dangerous environment for a young Black girl growing up in the 80s. My mother grew up in fear and turmoil, unsure of what each day would bring. Her childhood was far from ideal, and it left her scarred in ways that would impact her life for years to come.

For her, love was synonymous with pain, and her perception of family was tainted by the toxic dynamics she was exposed to. She had no positive role models to guide her, no examples of healthy relationships or responsible parenting. Instead, she learned what not to do from the chaos that surrounded her.

## TURNING THE TIDE

Despite the odds stacked against her, my mother's strength and determination eventually led her to break free from her past. She knew that she wanted a different life, one that was not defined by violence or addiction. It was a hard and painful journey, but she took numerous steps toward healing.

This meant that I too would have to defy the destiny set for me by statistics. Generationally speaking, I wasn't supposed to escape the confinement of teen pregnancy, just as my mother wasn't supposed to break free from the cycle of abuse and addiction. I am proud to say that I am the first person on my maternal side to overcome the odds. Like my mother, I did not allow my circumstances to dictate my future.

My mother's story is a testament to the power of resilience, and it serves as a guiding light in my life. I watched her rise from the ashes of her painful past, become a chief executive officer, and build a life that she and her children could be proud of.

The journey of Black women in America serves as a symbol of beauty and strength emerging from the harshest of circumstances as depicted in songs like "Rose in Harlem" by Teyana Taylor and "Smoking Gun" by Jadakiss and Jazmine Sullivan.

## RECLAIMING OUR NARRATIVE

Breaking generational trauma and stigmas is an arduous journey, one that requires immense strength and determination. It can often feel like we are the first ones to step onto this uncharted path, but it is possible to break free from the generational nightmares that haunt our families.

Our lives are a direct contrast to the nightmares we were born into. We have defied the odds, shattered the statistics, and become the exception to the societal norm of being battered Black women. Our success is not only a personal victory but also a beacon of hope for future generations. We are proof that it is possible to escape the shadows of the past, rewrite the narratives that have held our families hostage and create a brighter, more promising future.

In breaking generational trauma and stigmas, we are rewriting the destinies that were once preordained for us. We are living testaments to the resilience of the human spirit and the possibility of transformation. Our stories are a reminder that no matter how entrenched the cycle may seem, there is always a way out, and the strength to change lies within us.

BY JORDAN FORBES

# SURFACE PRESSURE

*Finally! We are somewhere with a ball pit. I've always wanted to experience a ball pit; they look so much fun. Granted they are so dirty, but I know I'd have a blast. My family walks up to the entrance, and my heart sinks. The sign above reads clearly: **No children over the age of 8 allowed. Must be shorter than 5'0 to enter.** My heart continues to break as I realize I'm not only too old but too tall to enter and my dreams of playing in a ball pit would have to wait for another day.*

To be the eldest. Is both a blessing and a curse. Being too young to interact with adults or teens. Being too young to play with the other kids or family members. Never quite fitting in or knowing your place. That's pretty much been my whole life. Too old or too young.

I was born on December 24, 2002, at 9:00 p.m. in Margate, Florida; from then my fate was sealed to be stuck in this limbo of wrong age, wrong time. I am not only the oldest of three children. I am the oldest daughter, oldest niece, oldest grandchild and oldest great-grandchild. So, while I am certainly the most spoiled, this significant predicament of my age has caused many challenges in my life.

Don't get me wrong, being the oldest has its advantages. I get to drive first. I get to have a later curfew. I get to stay home alone. And I'm the only one with a 16x20 baby picture hanging on the wall in the hallway at home.

But there are times when being the oldest feels like the biggest burden I can carry. Having always been academically successful, I feared my siblings resenting me for that fact when their grades may not match up. My parents have never enforced that onto my siblings, but the fear has always been in the back of my mind. Knowing that they don't perform at the same level as their older sister and being reminded of that when celebrating her successes has to be rough.

It can feel a lot of the time as if you are the third parent. In many ways, you are the one your siblings and parents rely on to help. Picking up your siblings from school, helping with homework, doing their hair and being held responsible for the things they don't do. The slack always falls back on you, and even though you've completed your chores for the day it will always be, "Jordan, why didn't you make sure your siblings did their chores? . . . Jordan, why didn't you just do the chores?" There is a constant back and forth between wanting to uphold responsibility and just wanting to be a sibling.

Being the middleman is never ideal, but it's what you are as the eldest of three children.

*"You are the first in our family to graduate from college. You're starting off so much better than we were at your age already," my grandpa says to me. Ugh. Again, I'm being told that I'm the first*

*generation that's going to graduate college and that everything is up to me. I'm honored, really, but this is getting to be too much right now, and I'm sick of hearing it.*

Being the 'model child' or just being the person everyone wishes great things upon is no small feat. Granted, I appreciate all the help and well wishes, but when is enough, enough? I already suffer from impostor syndrome and feel as if I truly don't deserve to be where I am, but to add all this silent pressure of being the first in the family to 'succeed' is terrifying. Of course, I want to do great things for myself and represent my family, but being the token person for academics and being the oldest creates a lot of internal pressure and feelings that make me want to explode.

Growing up hearing that I'll be the first to graduate college and make a name for myself really instilled in me that I kind of have to go to college; I would have no other choice. My parents never forced this decision on me, but I knew if I said something, they'd be confused at the sudden change of pace. I've always glamorized higher education; the movies, stories and parties were things I wanted to experience myself. Simply going and showing my siblings that higher education is an option after high school was always at the forefront, and it never left my mind.

*How can I go to school and show my family, my little brother and sister that I, Jordan Forbes, can make a name for myself, do as I want, and start my life? How can I show them that what our parents and family think we may do or want to do doesn't matter as long as we do what's best for us? How do I show them I'm not ready for this and I'm scared? How do I let them know?*

It's never been easy to let my family in on my emotions and let them know what I'm truly thinking. As the oldest, it was always talk when you're spoken to and never speak your mind. It was to be a role model for your siblings so they could follow in your footsteps. It was always, don't let us down; we are counting on you to make it out of here. Where does one even feel the confidence to say they don't want to be a role model, to say I don't want to be the one my family looks to for success, or my siblings can ask for help?





BY JALYNN MCDUFFEY

I didn't know what to expect my first time walking into this club.

I only knew two things: You have to be 21 because the club was for grown people, so act grown.

The second was that the drinks get you drunk. And by the look of the dive bar I walked into, I was hoping to get drunk enough not to feel silly for the glorified version of this place in my head.

Every student came to this little neighborhood bar the second they turned 21. That meant they were grown and mature. Hell, anyone patiently waiting to become 21 believed that maturity just came with age. I don't know if I expected the maturity to hit me at the strike of 12, but after I finally walked through those wooden doors, I felt accomplished.

I'm not the club type of girl, but I tried to seem mature standing in the crowded locals bar, as I asked the rushing bartender for a 'Strawberry something' that Elijah swore would be good. It's just like me to allow my friends to convince me to do something else. The woman behind the bar seemed so small I could barely see her over the wooden counter. Grabbing a plastic cup and the soda gun like she'd done it a million times before, her quick glances up at me were as fast as her hands. She knew she could make a drink, and she certainly knew me.

## WITH THE TIP OF A BOTTLE, I FINALLY HEARD HER SPEAK, "I KNOW YOU..."

I looked her in the eye for a hint of familiarity. Her face was kind and comforting in a way I couldn't remember. I got recognized a lot: 'Ted Talk' girl, 'Homecoming Painting' girl, 'scholarship' girl. I am always grateful, but I am known for my work. That's why I work so hard, and that's why I should not be in a club on a freaking Wednesday.

Hesitantly, I responded that she 'probably did.' I wondered how she knew my face...or if I had a doppelganger who was a party girl. I watched the bottle spout tilt over the ice in the plastic cup, her face widening into a smile. She seemed tickled by my confusion.

She was fully smiling now, cheesing into the liquor, "I was your freshman-year advisor—" she said slowly, looking me in my eyes now.

The realization hit me like the strawberry grenadine tinting the cup. During my first year, I was assigned an advisor to help me acclimate to FAMU. After the summer, we lost touch, and now she was pouring my first legal drink.

"Where have you been?" I said in shock.

She laughed at my smiling face, "I remember telling my supervisor that you were such a bright girl. You would go so far—"

In three years, I didn't even feel like the same girl who once relayed all of her future collegiate dreams. I aspired to be the lead anchor on FAMU's TV-20 and Editor-in-Chief of *Journey Magazine*. I thought I'd be running for Student Body President—I wanted to have a lot of friends, be a part of every club, and be the newest face of FAMU's culture. I wanted to be published in *Vogue* or *The New York Times*, secure a job and be entirely sure where I would go after graduation. As she slid the drink to me across the wet surface, with her arm far-stretched; it was almost as if she was reaching back into my past.

The same girl with all those dreams was still not EIC. She still needs to be published in a big-name paper. She no longer had her large group of friends and spoke to very few people outside of class overall. I no longer wanted to be the face of FAMU, let alone attend FAMU at all.

## I TOOK A SIP...

I tugged at the straps of my black silk dress. I felt shame as the time for my dream college experience slowly disappeared like the alcohol in my cup. The same insecurities settled in the pit of my stomach as I readjusted my bust under the stares of drunkenly bold men. Men old enough to be my grandfather. Would my grandfather even be proud of me?

## I TOOK TWO GULPS.

Despite all my planning—my meticulous Virgo-style work—I still needed to figure out where I would be in five years despite creating countless five-year plans. The glory I had for the highest of seven hills, left me feeling lower than ever.

## BUT BACK THEN, I COULDN'T DRINK.

Back then, I couldn't drive across town because first-year students couldn't have cars. I believed I would never learn how to write an article, or get an internship in the mayor's office, which I did. Then I worked for Apple, lived in Los Angeles and soon New York.

## I WAS ON A NEW PATH.



“WE  
LIKE  
STAY  
FROM  
PAT







The same way I had no idea I would be here on a Wednesday night is the same way I never knew I'd see my advisor again.

## **SHE IS ON A NEW PATH.**

As students, we feel like we've strayed from our paths by missing internships, failing tests, saying the wrong thing or questioning whether we are doing enough. Fear lies in the confusion on our faces when speaking to teachers or the shoulders weighed down by lack of sleep. It's in the thud of purses, totes and bookbags hitting wooden tables for another class, meeting or event.

Another day to make something shake —to create a plan or do something big enough to know your time here was well-spent. This magazine shows me that I'm not the only one questioning their past and scared for their future. But, to be a part of the world is to confront those fears daily by simply taking bold steps down independent paths.

The history of *Journey* has shown me how independent steps have carried alums to their dream careers with the printing of each magazine issue for the last 40 years.

Longevity does not have to be perfect to be remembered. Sometimes, your legacy can be as small as a bartender behind a bar.

## **KEEP DREAMING.**



# MANIFESTING: THE WORLD IS YOURS

BY ASHTON JOHNSON

Over the years, I've reached every goal I set out for. At first, I thought only hard work gets me what I want. But over the last three years I taught myself to believe that every opportunity and dream I desire, drives me just as much.

I managed to get into and attend my dream school, start multiple new opportunities and learn to truly love who I am by speaking it into existence through manifestation.

People may not always think about how powerful the tongue is, but anyone can turn a dream into a reality with a changed mindset and positive affirmations.

How people think, act and achieve their goals are directly related, because what we believe will happen tends to come true. Maintaining a positive mindset, taking action and focusing on your desires can bring your goals and aspirations to life.

## WHAT IS MANIFESTATION?

Manifestation, or the law of attraction, is the process of turning dreams and desires into reality through positive thoughts and actions. It is the power of knowing our thoughts, beliefs and energy can influence the world around us.

Positive and negative thoughts bring positive or negative experiences to our lives.

Forty-four-year-old mom and long-term manifestor Cassandra Conley said believing in yourself and knowing who you are helps attract what you want.

"Know who you are to the core because when you are good with yourself, you are unstoppable," Conley said.

## KNOW WHAT YOU WANT

When trying to attract your goals, be specific and know exactly what you want. Being clear and visualizing our dreams helps us feel more confident, motivated and driven to do what it takes to make these desires come true.

I give as many details as possible when making a list of goals. Every detail is essential to the motivation behind your goals. I even write out what it feels like to achieve my goals and exactly how I want to accomplish them.

If you want a romantic relationship, explain the traits you want your dream companion to have. If you are seeking a new job, list the benefits you want the job to have.

Being transparent about what they want helps people focus on their goals and fosters a positive mindset.

## STAYING POSITIVE

In a world that seems so dark and cloudy, it is sometimes hard to always stay positive. Life is not always the nicest to us, making it difficult to personally uplift ourselves.

But having a positive mindset is an essential part of manifesting. "Optimism and positivity go hand in hand," frequent manifestor and believer Danitra Goss said. "So, to believe that it is going to happen, you almost have to be optimistic, which suggests some level of positivity."

## WAYS TO MANIFEST

My favorite methods for manifestation are meditation and writing in a journal.

Meditation allows me to block out all worldly distractions and focus on what I want. It helps me visualize what I will look like once each goal is complete.

Writing down all intentions and dreams in a journal helps my visions stay clear. Journeying allows people to see their progress, self-reflect and express gratitude. When thoughts begin to turn negative, writing them out releases the bad energy.

Vision boards are the visual representation of our dreams, goals and desires. Creating these boards out of symbols, words and images that we want adds more motivation.

Saying positive affirmations to yourself is another way to reinforce personal belief. Affirmations are so important because they help drown out all negative thoughts.

Phrases like "I am capable of succeeding," "I am smart," and "I reach all my goals and dreams," are examples of positive affirmation that can help boost self-confidence and put power back into our subconscious.

"When we affirm ourselves in a positive manner, in a positive mindset, then the only outcome that can happen is us getting more strength to do what we need to get our end result," student Leyani Slime said.

Manifesting is a practice that is becoming extremely popular every day. Though manifestation seems like magic, hard work still needs to be done. Words are nothing without actions. Nothing happens overnight, so patience is essential as well.

Everyone has the power to create the life they truly desire, so why not take advantage of that power in our everyday lives?



# A LETTER OF GRATITUDE AND SUPPORT

FROM ONE STUDENT JOURNALIST  
TO ANOTHER

BY TATYANNA MCCRAY



Being a journalism student is informative, amusing and unfortunately, stressful. From deadlines, scheduling interviews, creating graphics and tons of editing and retakes, it's easy to feel overwhelmed. Race adds another layer of complexity, and being a journalism student at an HBCU creates a whirlwind of misconceptions based on stereotypes. To be successful means becoming comfortable with facing adversities along the way. With an end goal in mind, motivation provides internal strength to continue striving for the best.

**"DEFINITIONS BELONG TO THE DEFINERS, NOT THE DEFINED." - TONI MORRISON.**

According to the Oxford Languages Dictionary, motivation is defined as "the general desire or willingness of someone to do something." As future journalists and professionals, transitioning from incoming students to graduating, career-oriented individuals is a humbling yet rewarding experience. Many of us are very familiar with being ignored, denied or underestimated, thus sparking inspiration from within to prove our credibility and worthiness as aspiring mass media professionals.

A reliable journalist's credibility is not earned overnight, it is created over time. Journalists work tirelessly to achieve their roles within the dignified world of communication as newscasters, writers, directors, graphic designers, publicists and much more. It all starts with a dream until it's transformed into a reality. The journey to get there is hardly ever a smooth ride. Practice, persistence and the ability to learn help make the trip to success more enjoyable.

**"HOLD FAST TO DREAMS, FOR IF DREAMS DIE, LIFE IS A BROKEN-WINGED BIRD THAT CANNOT FLY." - LANGSTON HUGHES.**

Knowing where to begin can cause a fluster of emotions. Trying to navigate the college experience, while being thrust into real-world opportunities that mirror future employment will require clarification. Remember to breathe and take it one step at a time, eventually it'll become second nature. It takes the greatest of legends to reach their potential.

Progress will be evident with every new article, graphic and take, conveying that the long hours, countless edits and drafts were worthwhile.

**"SO, MY ADVICE TO OTHER YOUNG WRITERS: READ WIDELY. STUDY OTHER WRITERS. BE THOUGHTFUL, THEN GO OUT AND CHANGE THE FORM, FIND YOUR VOICE, AND SAY WHAT YOU NEED TO SAY. BE FEARLESS. AND CARE." - GLORY EDM**

Although outside support and validation are appreciated, the choices you make in order to thrive as a journalism student are just as personal. Taking advantage of opportunities like internships and freelance gigs allow us to build confidence where doubt previously resided.

We don't become important when our name becomes known. We matter now as students, and our work is the stepping stone that will lead to greener pastures. Whether we're the face behind a growing brand or reporting the local news, we matter.

**"THERE IS NO GREATER AGONY THAN BEARING AN UNTOLD STORY INSIDE YOU." - MAYA ANGELOU.**

Student journalists matter. We are one of the many voices of the student body. We capture events in current times, the good and the bad. One day, our work will create nostalgia for what once was, around campus. The world is ever-changing, but the impact of mass communication is everywhere; from the films we watch, the music we listen to and the clothing brands we wear.

Every grand project starts as a small idea. Journalism students are like a large garden full of seeds. Some bloom quickly, others remain grounded, both soaking in information to transmit a beautiful bouquet of flowers to the world.



BY MYCAH BROWN

# THROUGH THE EYES OF A DREAMER




KARLYN SYKES



MORGAN GRAINGER





Diligence is the defining characteristic that constitutes one as a 'dreamer.' It is one of the founding principles that allowed creativity to flourish between the walls of convergence to be and become all that *Journey* is. I see it every day in the eyes of my staff. I see it every day in me. At times when it feels like nothing is working in our favor and when it seems like there is no solution, I see diligence in the eyes of those who are passionate about what they do and the work they produce. These are the dreamers—the ones who won't take no for an answer and make a way where there is none.

I saw it in the eyes of Briana Michel, who served as my Editor-in-Chief. She's the one who inspired me through her leadership and her drive. Every day, I watched Bri eat, sleep, live and breathe *Journey Magazine*. She poured her soul into our beloved publication. She challenged us to go beyond what we believed was possible at face value and to look deeper within ourselves to produce *The Tribe Issue*.

## 40 YEARS AND FOREVER TO GO

To this day, Bri continues to inspire me, motivate me and give me hope. After all, that is what tribes are for: building lasting communities and friendships, so that we can utilize each other and push one another to become the best versions of ourselves. The dreams of the eternal *Journey Magazine* family lives within the pages we've produced through the years and continues to grow as it gets passed down through each of us.

**"The 40th year anniversary for *Journey* means that *Journey* is old enough to be my mom," Michel said. "*Journey* has stayed in the game, and has been making its mark for longer than I've even been alive. It's just a testament to how much anyone who's been a part of *Journey* loves it enough to keep it going this long. It's made by students, for students, and it's standing the test of time. It's literally on its own journey."**

Over the years, we've grown and evolved to what has now become the central hub for dreamers in J-School and on the campus of Florida A&M University. Briana Michel saw diligence in the eyes of Mia Uzzell, who saw it in the eyes of Aiyanna Ishmael and so on and so forth to the very first EIC.

The role of an Editor-in-Chief is one that no one would understand unless you've been in that position. In our own ways, we've each had a dream of how to metamorphosize *Journey*. It started as the little caterpillar it once was, until we used our God-given gifts to nurture it during our respective terms. This allowed it the space to grow almost

like a cocoon; and it will continue to bloom into a beautiful butterfly that blossoms into something exceeding any of our expectations.

## KEEPING PRINT ALIVE

The digital era is one that provokes a certain level of fear and concern within those who love print media. Even just ten years ago, there was a time when *Journey* and The FAMUAN produced multiple printed magazines and papers each academic year. Now in 2024, the digital era threatens our ability to create something tangible that we can keep for years to come in commemoration of the hard work we put in to produce quality work at such early stages in our careers.

Going completely digital or keeping print alive is a decision that all EICs from Karlyn Sykes leadership era of 2018 and on have had to make. As digital media continues to become the way of the world, this will continue to be a topic of conversation in years to come. When it came to *The Dreamers Issue*, this time we were once again presented with the option of going completely digital. My managing editor, Brandi Roman, and I knew that this was too important. If we started a trend of going digital with a milestone as big as forty years, we may never come back from it.

**"I remember when I was there, there was a huge archive of magazines that we've had and done over the years," Sykes said. "I remember when I was on my way out, I realized there was a huge push towards digital and I think the editor then was gearing towards digital in a way. But I think it's really amazing to see how we've evolved and maintained our heartbeat, and we're still keeping it alive. It's really for us, by us and if we don't do it, it's not going to get done. So, I'm just proud to see there's people still willing to get it done."**

## MANAGING EDITORS MAKE THE WORLD GO ROUND

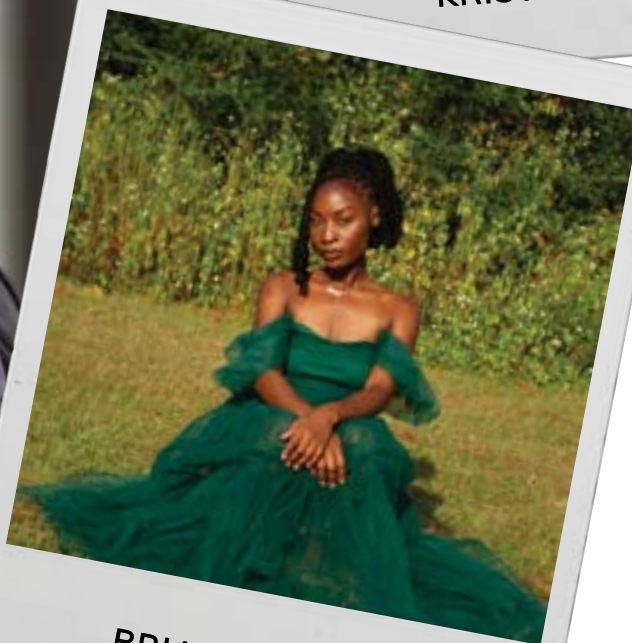
As we've begun to dive into some housekeeping and spring cleaning, Brandi and I also discovered the *Journey* archives. After seeing all of the work they produced and some of the stories they dared to uncover, Brandi said it almost gave her chills. That day, I saw the diligence in her eyes and the passion to do more. Brandi is one of the hardest working people I've ever met.

The two of us running the office together is a complete full circle moment. During my first

**“BUT I THINK WHAT’S SO MAGICAL  
ABOUT THAT TIME IN YOUR LIFE IS  
THAT YOU THINK EVERYTHING CAN  
WORK AND IT CAN.”**



KRISTEN SWILLEY



BRIANA MICHEL



MIA UZZELL



AIYANA ISHMAEL

semester in journalism, we took one class together and we never spoke. But I saw how intentional she was with every question she asked and every answer provided. When it came time to select a Public Relations Director during my first year of *Journey*, I told Bri that Brandi would be perfect for the job. Now look at us, a little over a year later running the publication and making it our own.

One thing Sykes and I can both agree on is that there is nothing more important than having a strong Managing Editor. The summer before she took over as Editor in Chief, she felt slightly concerned with the amount of drive her current staff would have in order to make the most out of her time in office. She prayed that some unicorn journalist would appear out of nowhere and be able to assist her in the efforts to make her year with *Journey* special.

Then came Aiyana Ishmael. Still to this day, we talk about the legend that is Aiyana all the time in J-School. How could we not when she quite literally has had some of the coolest roles ever working in print media? Before her time at FAMU, Ishmael worked for six different publications, making her the most qualified candidate for a managing editor position. During her time at FAMU, she worked as an intern for two more publications while still being the powerhouse needed to keep *Journey* afloat and win awards. Now, she works full-time as an Associate Editor for Teen Vogue.

## LIVING IN FULFILLED DREAMS

Ishmael knew that working in editorial was her life's calling. She was just what Sykes needed during her time as EIC. Then when Ishmael took over, she transformed *Journey* into her own. When we look at the awards that cover the office walls, many of them are from Aiyana's term. Her work ethic and her accomplishments thus far continue to inspire us to go above and beyond for what we want in life.

Another former Editor in Chief, Morgan Grain, is well on her way in pursuing her life goals. From working as an intern for Essence Magazine and Time Inc., to working in entertainment for companies like Warner Bros. Entertainment, Walt Disney Studios and a writer for HBO and 20th Century Studios, Grain's path reiterates the idea that dreams do come true.

**"I just have always been a dreamer, and I feel like my dreams are what propelled me to fulfill my passions,"** said Grain. **"I'm a very passionate person. Anyone who knows me would say that. My dream and being a dreamer is the only thing that keeps me going and afloat, or else I would just fizzle out and die, literally. I'm honestly just trying to make my dreams my reality. So, *The Dreamer's Edition* is definitely something that**

**resonates with me. Especially thinking back on my time as EIC."**

Grain has taken one of those paths that we always hear about in Professor Jones' TV News class. He often talks about the zig-zag path: where you start in journalism using the skills developed in SJGC, and eventually pivot into a space that presents you with the opportunity to live your dream career. Of course, that dream looks different for everybody, and for people like Kristen Swiley McAuliffe, the EIC who served the term just before Grain, that dream meant working in news. Now, McAuliffe works as a news anchor for ABC studios.

**"When you're in college it just feels like, or to me at least, the sky is just the limit to potential,"** McAuliffe said. **"You're running into so many people who you know are going to become doctors and lawyers and engineers, all of these different things. But you have this really aspirational career when you're in journalism that not everyone knows, a news anchor or radio host, a print reporter or what have you. So, you kind of feel like you're in that same vein as people who are theater majors. Like okay, that's cool, but is that going to work? But I think what's so magical about that time in your life is that you think everything can work and it can."**

After coming up on 12 years since her graduation, McAuliffe believes that, very soon, in a few years, we'll start to see people who got their start at FAMU become senators, lawyers and celebrities. We'll start to see them living their dreams. Eventually, 30 or 40 years down the line, they'll come back and pay their respects in the best way they know how—they'll share their successes, we'll share ours.

## A LEGACY CONTINUED

My hope is that when my time comes to pay homage, I can come back and see all that *Journey* will be. Every staff member, past or present, shares a certain level of love for this school and for our publication that is unmatched. Our dream is that *Journey* is forever handled with care, and when that time comes, we'll look back and once again feel a sensation of pride for our contributions to the legacy that will continue to uphold.

From the *Journey's* 40th year staff to the next and beyond, continue making us proud and being the source of light in a world that shuns away from creativity and originality. You *are* our legacy.





I SET MY OWN  
BEAUTY  
STANDARD.