

State Of The Black Pride

AALIYAH POLLARD
STAFF WRITER

Hampton University's Student Government Association (SGA) and Mosaic hosted The State of Black Pride, a panel discussion centered around LGBTQIA+ campus life, Tuesday, Feb. 8.

This conversation uncovered the work that still needs to be done to make Hampton a more inclusive space for a marginalized community within an already marginalized community.

The event addressed several topics including the need for Hampton University's standards to change, the importance of acknowledging various identities within the Black community and the lack of proper discussion about sexuality and gender.

However, the biggest issue, panelists said, was Hampton's mindset towards students' standards of gender expression and sexuality.

Panelists said they are happy that some changes have been made such as pronouns being included in Hampton intros and the change in dress code for female students when presenting.

However, the problem extends beyond being semi-inclusive in introductions and projects. Another key theme of the panel discussion was their experience in a society that caters to the straight, cis-gendered white man.

As a marginalized community at Hampton, the panelists expressed the difficulty they encounter with acquiring acceptance in most spaces. Though difficult, the panelists agreed that they are no longer trying to fit into that box to make others comfortable.

When interacting with other students, the panelists stated that most students didn't treat their identity and sexuality as an issue in their relationship. So, any uncertainty or unpleasant interactions normally came from outside the student body. Panelists said these interactions tend to reflect the values of the way the university is run and expressed

desires to change the status quo to accommodate a more open-minded generation.

One panelist brought up how Hampton tends to gloss over sexuality both in conversation and in the policy.

They felt that despite being young adults, students are encouraged to abstain and avoid in-depth conversations about sex and sexuality. Other panelists agreed to say this even further represses the university's ability to create an inclusive environment for various sexualities and gender identities.

One of the best things Hampton can do to create an inclusive environment for all their students is to continue listening to the students' grievances and suggestions.

Serlena Flowers, the president of Mosaic, wants to ensure that the students who attended the event were clear about both its purpose and that of Mosaic. Furthermore, she clarifies that anyone can join Mosaic, even as a straight, cis-gendered ally.

"The importance of this meeting [and Mosaic to the campus] is to expose people to the LGBTQ community and know that we are real people, and we have voices that matter," said Flowers.

The overall goal of the event was to make sure their voices and perspectives are properly acknowledged in light of Black History Month.

Jada Hood, a first-year finance major from Richmond, VA, expressed her gratitude towards the event and the attendees for listening to their stories.

"Tonight [also] allowed me to give my point of view of how my experience goes being a masculine lesbian on Hampton's campus," said Hood. "I hope tonight helped people from the outside looking in understand me and my community better."

The panel included Alexa Livingstone, Samantha Galloway, Jada Hood, Nicole Pechacek, and Cianna Bonhomme.



Sara Rampazzo | Unsplash User



Courtesy of Greer Dawson Wilson Student Leadership Program

THE BLOCC

Hampton's Black Student Business Expo

TAYLOR HAWKINS
STAFF WRITER

The Greer Dawson Wilson Student Leadership Training Program held the first annual business expo, "The Blocc," on Feb. 4 in the Student Center Atrium. The expo featured 23 student businesses including Angel Girl Avenue, Sassy Symone's Boutique, Ophrn Studios and many more.

Students were allowed to highlight their businesses and practice their marketing techniques while also learning how to properly pitch their products to customers.

There were many unique businesses such as The Pygmalion Effect, which stitched their brand on clothing on sight and Bottled Personality LLP which allowed customers to pick out a scent and create a name for it.

Assistant Director of Student Activities, Kristina James, was in charge of planning the event.

"It was good to see these students

making sales and even though some of them were nervous in the beginning, towards the end, they were excited that they made a profit and expressed that it was a good day," James said.

"The Blocc" was named after Issa Rae's business on the hit HBO Show, Insecure.

Issa's business stemmed from her having a realization that she wanted to give back to her community the same way they gave to her, leading her to create "The Blocc," which stood for Black Life Opportunities Culture and Connection.

"Essentially the idea was let's give back to each other and uplift everybody," James said.

One student said it helped not only customers but vendors to discover great businesses on campus.

"It is important to showcase young Black businesses because many people believe that they can't achieve

their goals or make money doing something they enjoy and giving them a platform to boost their business can have a huge change in someone's life and be a great learning experience too," said Ari Springer, a HU sophomore liberal studies major.

Amazing feedback was received, and many students and sellers were eager for another pop-up shop to take place later on in the semester.

"The event was a huge success for me. I almost sold out of all of my products, and I'm grateful for all who purchased," said Jada Buford-Singleton, a graduating senior biology and pre-med major. "I think Hampton should invest in having more of these events and it would especially help with building a sense of community on campus."

SLP is hoping to host another event like this in the future with the possible idea of a Flea Market Friday once a month.

Church Closes Doors, Worship Goes Online

CHRISTIAN THOMAS
STAFF WRITER

Last Sunday, Hampton University's Memorial Church held its weekly service virtually. The change was one of many made to prevent the spread of COVID-19 on campus. This was just another example of how COVID is shaping campus life for HU's students.

Businesses of all kinds have felt the effects of COVID, and with these changes come consequences such as low attendance and in some cases resistance. Luckily for the church, this hasn't been the case.

Jalen Vernon, a fourth-year business major, and acting campus ministry president and chaplain pulpit assistant, says attendance has remained relatively the same following the switch to virtual service.

"We've had between 100 and 200 people between Facebook and Instagram," Vernon said. "When we were in person last semester, I would say it was around the same number." He mentions that since they made the switch, he's noticed more engagement online.

Hampton's Memorial Church was one of the latest on-campus organizations to undergo a transition to adhere to COVID guidelines. This change came following the unorthodox start



Christian Thomas | Script Staff Writer

to the second semester in what was the university's response to the Omicron variant.

Vernon says the church made the switch to play it safe.

"We're doing virtual services to just ensure the safety of everybody," he said. "There's still a lot of unknown with COVID and all that with the other variants, so Chaplin Dr. Haggins just wanted to play it safe. We've been virtual last weekend and this past weekend as well, and we're going to be virtual until further notice. Hopefully, we'll be able to get back to in-person worship."

Vernon also says online services are now shorter than usual.

"Services are now about 30 to 40

minutes. The Chaplin opens up the service with a welcome and I usually do a scripture reading. Then there's a song before the sermon, and then the benediction. Before we used to do two or three songs, but now it's brief because we're virtual. We want to be mindful of everyone's attention spans because not everybody is going to sit through an hour service," Vernon said.

It's hard to determine when COVID will be a thing of the past, hopefully all of the adjustments help us become one step closer to achieving that reality.

LOCAL AND WORLD AND SPORTS

FRIDAY, FEBRUARY 18, 2022

The Search for Codi Bigsby

JONTAYA MOORE
STAFF WRITER

Codi Bigsby, four years old, has been missing for nearly two weeks.

His father, Cori Bigsby, reported him missing on Monday, January 31 and claimed that the last time he had seen Cori was 2 a.m. according to police reports. Cori stated that his son had last been seen wearing all-black clothing and Spiderman shoes.

After receiving the 911 call, dispatchers were sent to the Bigsby home in the Buckroe area. A search was done by those on foot, in helicopters, trained dogs and drones, according to 13NewsNow.

Mark Dalbolt, the Hampton Chief Police Officer, explained during a press conference that every possible resource and measure is being used to ensure Codi makes it home safely.

The police chief also revealed that the case had been mishandled after officers didn’t honor Cori Bigsby’s request for legal counsel.

Despite what some may view as extensive measures to ensure that Codi Bigsby is brought home safely, others feel as though news media outlets have not done their part in spreading awareness.

“I haven’t seen it put on as many news stations, just social media accounts,” said Nicholas Lewis, a third-year student at Hampton University. “News outlets, both local and national, haven’t done a good job at letting people know that Codi is missing.”

Students across Hampton University feel as though Codi Bigsby, along with other Black missing persons, do not receive as much news coverage as white missing persons.

“If a white person goes missing the world stops but if a Black person goes missing we just get put on a T-shirt,” said Bella May, a second-year Hampton University student. “The media decides what goes on TV and I remember with the Gabbi Petito case, specifically, I



Hampton Police Department

knew about her in seconds. There’s definitely a difference.”

Gabbi Petitto, a missing 22-year-old from Long Island, was found dead three weeks after being filed as missing. The Petitto case made national headlines and brought forth questions about the racial inequalities that surround missing persons cases in America.

The term “missing white woman syndrome” has been coined to refer to the attention paid to missing white females compared to missing people of color.

Petitto was found in Wyoming, a state where 710 indigenous people are missing, yet many citizens don’t know their names, according to USA Today.

“It just proves that Black and other people of color get less coverage than our white counterparts,” said Lewis.

The Hampton Roads community has decided to take matters into their own hands. Community members and business leaders have come together to help bring Codi Bigsby home, according to WTKR. Members of the 757 Black Lives Matter (BLM) organization have also been working with the community.

Community members have dedicated an area on 1st St. in Buckroe for prayer and support. They have also taken the initiative of searing nearby wooded areas.

Other members of the community have used their businesses to showcase Codi’s missing persons flier, according to WTKR.

“The community cares and we want him to come home just like we would any other child,” said Lewis.

As the search for Codi continues, police have made an arrest. Cori Bigsby was listed as a person of interest in the missing child case and arrested following events on January 25.

Cori Bigsby is accused of leaving his children, including Codi, home alone for approximately two hours while he ran errands, according to police reports.

Cori had a bond hearing on Feb. 8 where he was denied bail. He faces seven counts of felony child neglect and endangerment.

Brian Flores Versus the NFL

WYNTON JACKSON
STAFF WRITER

On the first day of Black History Month, former head coach Brian Flores dropped a bomb in the sports world. Flores filed a class action lawsuit against the NFL accusing the league of racial discrimination in their hiring practices, a problem that has persisted since the league’s inception.

The 58-page suit goes in-depth on the statistics of Black representation in NFL front offices, Flores’ experiences with the Denver Broncos, New York Giants and Miami Dolphins, and goes over a brief history of racism within the NFL.

Based on this year’s hiring cycle, it is very possible that Brian Flores may never be a head coach in the NFL again. He was among the finalists for the Houston Texans’ head coaching position, but once the lawsuit was released, the Texans shifted to interviewing and eventually hiring assistant head coach Lovie Smith. Flores released this statement after the hiring:

“Mr. Flores is happy to hear that the Texans have hired a Black head coach, Lovie Smith, as Mr. Flores’ goal in bringing his case is to provide real opportunities for Black and minority candidates to be considered for coaching and executive positions within the NFL. However, we would be remiss to not mention that Mr. Flores was one of three finalists for the Texans’ head coach position and, after a great interview and mutual interest, it is obvious the only reason Mr. Flores was not selected was his decision to stand up against racial inequality across the NFL.”

Ironically, the NFL cemented Flores’ argument through this year’s head coaching cycle. Of the nine open positions, only two were filled by people of color; the Miami Dolphins hired Mike McDaniel, who identifies as multiracial, and the Houston Texans hired Lovie Smith, who is Black.

Furthermore, Lovie Smith was only interviewed after Flores’ lawsuit. The Texans were fixated and, according to ESPN’s Adam Schefter, strongly considering the candidacy of Josh McCown, a former journeyman quarterback.

It is important to mention that, although 70 percent of the players in the National Football League are Black, there are currently five head coaches of color, and only two are black.

Earlier this year, Brian Flores was surprisingly fired from the Miami Dolphins. In the last 20 years, the Dolphins have had six winning sea-

sons: two of them occurred the last two seasons under Flores, according to profootballreferece.com. The team seemed to be heading in a positive direction, with the only question mark being at the quarterback spot.

In the lawsuit, Brian Flores details his first encounters with Miami owner Stephen Ross, claiming that he had been offered an extra \$100,000 for every game that the Dolphins lost to tank and receive a higher draft pick. The Dolphins were hoping to draft their current quarterback, Tua Tagovailoa, though Flores had pushed for a trade to acquire Bengals’ quarterback Joe Burrow.

Flores also accused Ross of tampering as he was invited by the owner to a party to help persuade a prominent quarterback. Flores’ repeated refusals, along with his preference of Burrow over Tagovailoa, caused him to be “ostracized” from the organization and eventually fired.

Before he was hired in Miami, Brian Flores interviewed for the Denver Broncos’ head coaching position in 2019. He claims that General Manager John Elway arrived an hour late to the interview. Flores believes the interview was a sham and was only conducted to comply with the Rooney Rule, a rule stating that teams must interview at least one person of color before hiring a head coaching candidate.

More recently, during this year’s hiring cycle and before the lawsuit was released, Flores was scheduled to be interviewed by the New York Giants. A few days before, he and Patriots coach Bill Belichick were texting back and forth, and Belichick revealed that the Giants loved Brian’s interview and were planning to hire him.

However, Flores had not been interviewed yet. Belichick thought he had been talking to Brian Daboll who had already interviewed before Flores, meaning that Flores’ upcoming interview was once again another sham. One of the messages from Belichick headlines the lawsuit:

“Sorry – I f--ed this up. I double checked and misread the text. I think. They are naming Brian Daboll. I’m sorry about that. BB,” Belichick said.

Flores was lauded league-wide for his bravery to speak out, though it is very likely that, similar to Colin Kaepernick, he may never coach in the NFL again.

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Puzzle Courtesy of Made by Edgar



David Santiago | Associated Press

ARTS AND ENTERTAINMENT

FRIDAY, FEBRUARY 18, 2022

Anime’s Influence on HU Students

JEREMIAH LEWIS
STAFF WRITER

Since the late 1990s, anime has slowly gained popularity within America. With the help of television channels such as Cartoon Network, Adult Swim and 4Kids, anime has gone from strictly Japanese culture to defining several western generations with pop culture anime phenomena such as Dragon Ball Z, Pokemon, Yu-Gi-Oh!, Naruto, Attack on Titan and countless others.

Anime refers to Japanese animation, whether it’s a Japanese-animated film or series. Anime’s popularity is well-documented within the Black community, including anime conventions such as Dreamcon from Black YouTubers RDCWorld, references by Black artists like Megan Thee Stallion in her song “Running Up Freestyle” and even Kanye West stating on Twitter that one of his favorite movies of all time is anime classic, Akira.

Hampton Students, Tamarion Huggard and Christian LaFontant, both

avid anime fans, answered questions on how they felt about the anime’s influence on them.

Have you ever been ridiculed for showing interest in Anime? If so, why do you think so?

Tamarion: Yes, when I was younger because it wasn’t popular back then. People used to think it was weird.

Chris: Yes, because anime was seen as nerdy and not trendy like it is now.

Does anime compare more positively or negatively to American cartoons?

Tamarion: More positively. The standard for American cartoons is more comedic than serious unlike anime.

Chris: More positively. More newer cartoons are even starting to be influenced and reference anime.

Has anime inspired you to start any new hobbies?

Tamarion: It inspired me to skate. Anime, like books, movies or any other medium, can inspire you to get into anything.

Chris: Yes, drawing.

What important lessons have you learned from watching anime?

Tamarion: No matter how bizarre life is, just be yourself. For example, the protagonist of Mob Psycho 100 always wants to be himself despite having powers.

Chris: Surpass your limits - learned from Black Clover.

What Anime do you recommend for other students looking to experience the medium? And where to watch them?

Chris: Demon Slayer - on Netflix

Tamarion: Hunter X Hunter & A Silent Voice - Both on Netflix

Serving as an outlet of entertainment and an inspiration to try new hobbies, anime continues to influence Hampton students positively. Anime is easily accessible on streaming services like Netflix, Hulu, HBO Max and Crunchyroll.



Jeremiah Lewis | Script Staff Writer
Christian LaFontant & Tamarion Huggard both watching the current most popular anime, Demon Slayer in the Hampton Student Center.

COMMENTARY: The History of Black Artists and Entertainers

NIA WHITE
STAFF WRITER

Black creators have faced many difficulties in the entertainment industry, including racism, sexism, and homophobia, but with perseverance and hard work, many have found success.

Oscar Micheaux’s work as one of the first Black filmmakers led the way for creators like Ava DuVernay. His first film, The Homesteader, opened doors for Black actors and agencies. Micheaux gained attention for his film, Within Our Gates, which was a response to the controversial film, Birth of a Nation, by D.W. Griffith.

Micheaux’s work allowed Black directors in the mid to late 20th century to have commercial success. The history of Black film directors has also allowed creators in the 21st century to have their films become critically acclaimed, many of them being women.

Madeline Anderson was the first Black woman to produce and direct a documentary – I Am Somebody. Anderson also helped to develop the WHUT-TV on the campus of Howard University, the first Black-owned public television station.

In 1939, Ethel Waters became the first Black person to star in her own television show, The Ethel Waters Show, and in 1962 she became the first Black woman to be nominated for an Emmy, according to Essence Magazine.

In 1970, eight years after Waters was nominated, Gail Fisher became the first Black woman to win an Emmy for the show Mannix. In 2002 Halle Berry became the first Black woman to win an Academy Award for Best Actress. She is still the only one who has received this award.

These people paved the way for film directors in the entertainment industry. In 2015, Ava DuVernay became the first Black woman to be nominated for a Golden Globe for best director for her movie Selma.

Issa Rae is one of those awarded directors and producers, as seen in

her work on her show Insecure. Rae is also inspiring a new generation of directors and producers.

“I’m in love with Issa Rae! She was able to create something that was her own and be able to spin it into a phenomenon. I think all Black creatives can look to her as a blueprint to start something of your own and keep it within our community,” said senior Bria Dickerson, creator of the company Accent Films.

The digital age of technology has allowed many more artists to become known. YouTube, Vine, and TikTok have allowed other creators to find fame.

“Someone on the rise who I love is KevOnStage. He’s a comedian, producer, writer, podcast host, and CEO of his own production company. I think he’s a great example of something for us by us,” Dickerson said.

Reflecting on the accomplishments of Black entertainers is a key part of Black History Month. While this month highlights the accomplishments of Black creators, they should be celebrated all year.

The Color Purple’s Impact



Patrick Weishampel for Portland Center Stage | Flickr

TRINITY GOPPY
SECTION EDITOR

The Color Purple is currently being remade into a movie musical set to be released on Dec. 20, of next year. The all-star cast includes Halle Bailey, Taraji P. Henson and Fantasia Barrino. The remake will bring a new take to the 1985 classic film while delving into controversial topics.

“I am excited about the remake because The Color Purple is such an inspirational movie for women and how they will make the movie more modern for today’s viewers,” according to Hampton University’s first-year psychology major, Janiah Carroll.

The book of the same title gained success after it was published by

Alice Walker in 1982.

The novel tells the story of the life of a Black girl, Celie, who survives abuse, racism, sexism, and pedophilia throughout the span of her life while living in the South during the early 20th century. Celie finds her self-worth towards the end of the book through the support of the women in her life.

It won the National Book Award and the Pulitzer Prize for fiction. The novel was then adapted for Steven Spielberg’s successful 1985 film version and 2005 Broadway musical.

“I would say that the movie portrayed a message of gaining your own sense of power as a woman and learning how to use your voice to speak up for

yourself,” said Hampton University’s first-year theater arts major, Faith Gibbs. “While watching the film, you can see Celie slowly open up and step out of her shell. At times, she was so scared to speak up for herself that she would let anything be done to her. She begins to find her voice through the support of her sister and after meeting Shug.”

The film was adapted into a musical written by Marsha Norman that ran from 2005 to 2008. The musical earned eleven Tony Award nominations in 2006.

The story of The Color Purple has touched the lives of many young Black girls as they can feel less alone and view that they have a voice and a strength within themselves.

Eric Bellinger’s New Single

ALFRED JOHNSON
STAFF WRITER

After receiving his first Grammy nomination for his most recent album, New Light, singer-songwriter Eric Bellinger is releasing a new single, “Speak Up.” The song was released on January 17, with a non-profit organization called the Hip Hop Caucus.

Bellinger said that his goal was simply to create an anthem to encourage people to use their voice and raise awareness.

“The Hip Hop Caucus has been around for over 15 years and has always stood for the people,” Bellinger said. “Especially the Urban community.”

Advocating for voters rights, the Hip Hop Caucus was originally made up

of four organizations in 2004: Hip Hop Summit Action Network, Sean Diddy Comb’s Citizen Change, Jay Z’s “Voice Your Choice,” and AFL-CIO’s “Hip Hop Voices.”

From their first event at Howard University on September 11, 2004, their goal has been to sustain an institution that connects to the Hip Hop Community. For this song, Bellinger said that from the beginning, he went into the song with full intentions on the idea of speaking up and speaking out.

For years, he has won awards for songs he’s written for artists like Chris Brown, Brandy, Justin Bieber and more. However he was excited to win an award for his own music.

“While we were creating the album, the pretense was ‘We’re going to win a grammy,’” Bellinger said, describing his efforts towards this nomina-

tion.

He talked about how he caught the news while at rehearsal with Alicia Keys, screen recording the nomination even though he wasn’t supposed to be on his phone.

“I didn’t want to say ‘Hey guys, they’re doing the announcements today!’ because there’s too much friction in the air, I just wanted to wait until we got the air to speak out,” he said.

With the Grammys being in April, however, Bellinger will be on his “Vibes On Vibes” tour with another singer-songwriter named Sammie. The tour is scheduled to start in March and end in the middle of April.

Sammie and Bellinger have collaborated multiple times and even tour with each other quite often.

“It’s dope because there’s mutual respect,” he comments about his relationship with Sammie, saying that it makes sense with them already being close.

Aside from the tour, Bellinger says that this has been the best year of his life, even with us only being a month or so into 2022. When it comes to his work, he’s focused and getting everything done. His passion for his craft is what keeps him going and getting the credit he deserves makes it more worth the time and energy.

“It’s one thing to do what you love, but it’s another thing to do what you love and [for] people to see it, and appreciate you, and want to give you your flowers and just acknowledge your hard work,” he said.

LIFESTYLE AND OPNION

FRIDAY, FEBRUARY 18, 2022

The Death of Lauren Smith-Fields

SYDNEY MCCALL
STAFF WRITER

Lauren Smith-Fields, a Black 23-year-old student at Norwalk Community College in Connecticut, was found dead in her apartment after meeting with a man she met on dating app Bumble.

Smith-Fields was very active on social media, posting her traveling endeavors as well as beauty advice. On Dec. 11, she met with a 37-year old white man. After their date, no one, including her mother, heard from her.

Worried about the lack of communication, her mother and brother visited her apartment in hopes of finding out what was going on.

They were greeted with a note that said, “If you’re looking for Lauren, call this number,” according to the New York Times. The landlord then told them that Lauren Smith-Fields had been found dead the day before.

Too often, women of color go missing, and their disappearance goes unnoticed. Even worse, if they are found dead, their family has to beg for answers just to receive closure. Lauren Smith-Fields’ story is a prime example of this tragic reality.

According to Smith-Fields’ mother, the Bridgeport Police Department never informed her family of her death. I cannot begin to imagine the pain her family felt after finding that confusing note on her doorstep.

Following this event, her family had to plead with detectives just to get evidence collected from her apartment.

“Don’t worry about the man who was there that night. He is a really nice guy,” said detectives to her family according to the New York Times.

The cause of Lauren Smith-Fields’s death has been named as an overdose of fentanyl combined with prescription medication and alcohol. According to her family, Smith-Fields has no previous issues with drug use.

I was educated on the case of Ms. Smith-Fields on Instagram. As a journalism major, I read the news everyday. However, I had not come across the story of her disappearance or death on news outlets until very recently.

I cannot help to compare it to the disappearance of Gabby Petito, a 22-year-old white woman who went missing last September. Her story was highlighted on all major media outlets. The FBI quickly began investigation into her case as soon as her family reported her missing.

It is so disheartening to read the several cases regarding Black women’s disappearances including Chandra Levy, Natalee Holloway, and Laci Peterson that have gone unnoticed. Everyone’s life is precious, and in the unfortunate situation that something happens to one’s life, their story should at least be handled with dignity.

All suspects, regardless of race, should be thoroughly investigated. Their family should be notified accurately and in the most respectful manner possible.

In Lauren Smith-Fields, a Black female college student, I see myself. I see my sister, cousins, friends and classmates. I can only hope that if we were to go missing, the police would make our disappearance a priority.

Ms. Smith-Fields’s story deserves to be told. Her family also deserves answers. We should all use our voices until some type of justice is served.

How to Spend Your Spring Break

JA’NIA KEITH
STAFF WRITER

Spring Break 2022 is upon us, but the decision of what to do can be stressful. While in college, you want to make the most of it. For most college students, spring break is lined with lots of fun, memorable moments and yours should too. So here are some ways you should spend your spring break this year.

Road trip: This is a great time to get away from your surroundings, even if only for a little while. Traveling out of town is a great way to have a change of scenery. Great cities to travel to here in Virginia are Norfolk, Richmond, Arlington, and Charlottesville.

Go to your local beach or lake: Enjoying the beach during spring break is essential! In Virginia, there are plenty of beaches and lakes to hit. The Virginia Beach Oceanfront is a popular destination, especially during this time with people visiting from all over. Other great beaches to visit are Sandbridge, which is also located in Virginia Beach, Buckroe Beach in Hampton, Ocean View in Norfolk, and Cape Charles on the Eastern Shore.

Spring cleaning or re-decorating your living space: With a little time off, this is the perfect chance to clean up your room or apartment. Getting in on a little spring cleaning is a great way to clear your mind. It can also be a very relaxing process as well. A great addition to the cleaning process is listening to your favorite playlist!

Travel out of town: Whether you decide to travel by plane, car, or train; leaving town is an adventurous way to spend your spring break. You can travel back home and visit family or you could travel to a destination with your family, friends, significant other, or even by yourself.

Look for potential jobs or internships: There is nothing wrong with getting ahead of the curve. This is the perfect time to apply for a few opportunities you have been eyeballing! Although this is a break and it is



Barnyz | Flickr

intended for relaxation, being able to thoroughly search for career opportunities is an option that can never do any harm. Good luck!

Go to a museum: Virginia is full of history and many museums here capture those historic moments. The Virginia of Fine Arts Museum located in Richmond and is filled with timeless artifacts. Some other great museums are Hampton History Museum and Virginia Air & Space Science Center both located in Hampton. Plus: it is free general admission for all three!

Try out a new or local restaurant: Leisure time is also perfect for finding new spots to eat! Virginia is filled with delicious restaurant options. Restaurants like Mango Mangeaux and Jerk Sauce in Hampton, Mama J’s and Soul Taco in Richmond, and Southern Pancake & Waffle House in Williamsburg are just a small taste of what Virginia brings.

Get pampered or perform self-care activities: Treat yourself! Over spring break, try doing something that makes you look and or feel good. You could:
-Get a haircut
-Get your hair done
-Dye your hair
-Get your nails done
-Go on a shopping spree
-Read a book
-Have a spa day
-Take a walk in the park

Go to an amusement park or water park: Want to get your adrenaline pumping? Spend the day at an amusement park. From heart-racing roller coasters, to a hot day at the water park, Virginia has two amazing amusement parks and multiple waterparks. Busch Gardens in Williamsburg and Kings Dominion in Doswell gets your energy going. Pirate’s Cove in Lorton, Water Country in Williamsburg, and Ocean Breeze Waterpark in Virginia Beach are some of the many water parks Virginia has to offer.

Visit the zoo: Visiting the zoo can always bring on nostalgia. On a nice sunny day, head out to the zoo and visit the animals. Virginia Zoo in Norfolk, Metro Richmond Zoo in Richmond and the Virginia Living Museum in Newport News are great zoos to visit.

Get a tattoo or piercing: If you are feeling an inclination for something new, a tattoo or piercing can always bring on that rush. Getting a new tattoo or piercing is the perfect way to fulfill that void you have been feeling.

Binge watching or reading: Spring break is also an opportune time to watch that show or movie you’ve been trying to watch but never had the time to. Start or catch up on that show, book, or movie that you’ve been trying to get your hands on for the longest time.



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