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UNIVERSITY OF NORTH FLORIDA

OCTOBER 2013



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OVER **100 MILES**

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theGUIDE

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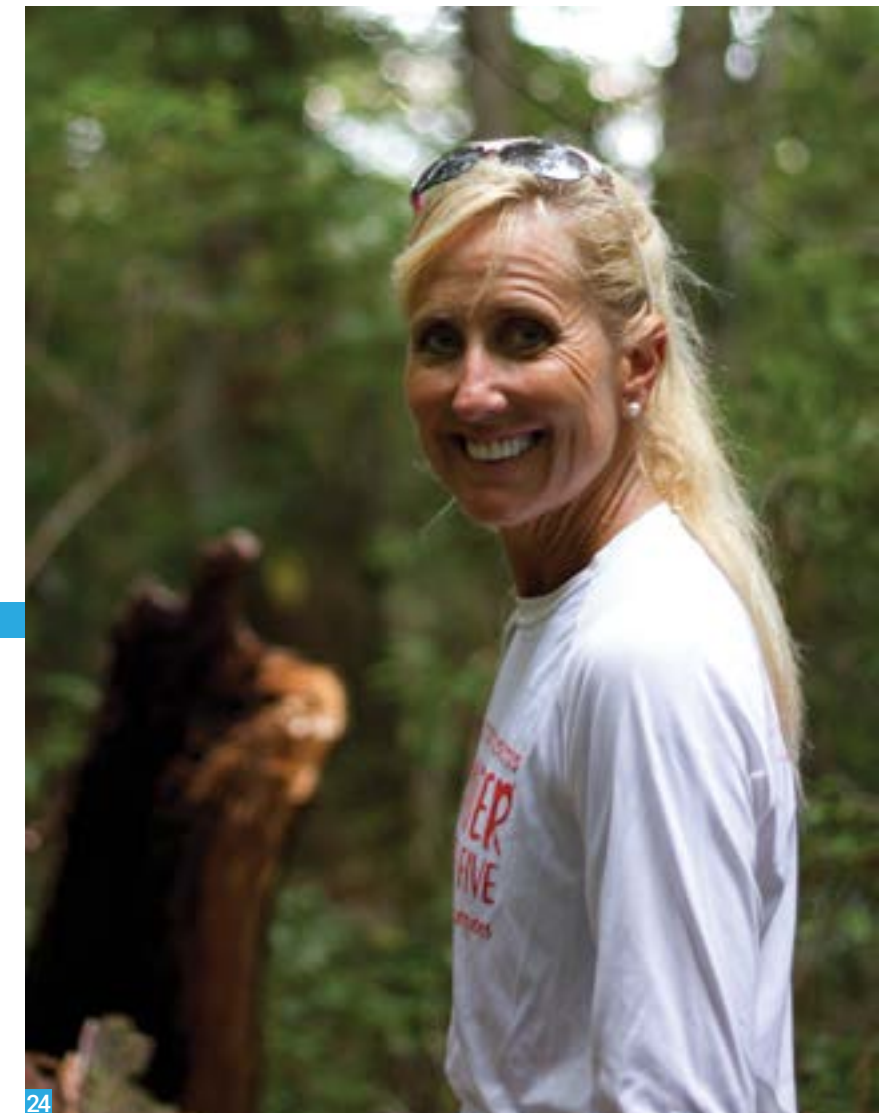
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#UNFSPINNAKER

SPINNAKER

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PLEASE PASS ON
BEFORE YOU RECYCLE

letter from the
EDITOR

TAKE CARE OF YOURSELF:

Student Health Services,
904.620.2900

(Bldg. 39A, Rm. 2098)

"We offer an array of services including but not limited to: primary health care, Digital X-rays, GYN/Woman's clinic, immunization, lab tests, travel health."

The Counseling Center,
904.620.2602

(Bldg. 2, Rm. 2300)

"Our counseling services are voluntary, confidential, and free of charge to all currently enrolled UNF students."

A YEAR OF GRIEF FOR UNF

Students have become acquainted with loss, and should be aware of the resources available to them

One evening, early in my sixth-grade year, I received a call at home. My mother answered the phone, told me it was Katie — my crush at the time — then returned to the kitchen where she was preparing dinner.

The only thing I remember of what Katie said was her first sentence, complete with a long pause in the middle.

"Jake; Nick is dead."

The details of my friend's troubling death were confirmed as fact throughout the week; Nick's father had driven the two behind a large retail store and shot his son three times in the head, killing him before turning the gun to kill himself. Nicholas Meyers died at age 13, and his father at age 36.

That was my first intimate experience of death.

And whether it be each student's first experience or not, the UNF community has had to endure months sharply punctuated with the most difficult loss a person can experience.

The year began tragically for UNF when — just 50 minutes into 2013 — Dara Kusiv died in a car accident. The number of deaths among both current and recently enrolled students has grown.

Myriam Lahcen, an exchange student from Morocco, died in March.

Alex Pepple, sports management class of 2014, died in April.

In May, recent UNF graduate and campus recreation employee Joe Sherman died, and soon after so did student George Heck.

In June, UNF Alumni and community activist JT Townsend died, and in July UNF baseball

alumni Sam Perry was also lost.

Most recently, in September, previous student and Kappa Alpha brother Matthew Matson died.

This brings the number of reported current student and recent student deaths to eight.

I want to recognize those of you who are experiencing grief. As students, we have resources extended to us that can help us deal with these tragedies.

The day after Nick's death, students and faculty were in pieces and counselors were dispatched to actively work with and comfort the kids.

The response was immediate and the counselling was provided without our request.

The university community is much larger and inherently less intimate than that of elementary school, and there won't always be someone there take care of us.

Because this is a period characterized by learning independence, students must actively seek help.

Information on both the counselling and health centers are to the right. Please open yourselves up to being heard and helped.

JACOB HARN EDITOR IN CHIEF

FROM TOP LEFT, LEFT TO RIGHT.

@leyyynah, @hayleypowell94, @mista_smith, @carlitorosen, @claireliketheair, @peestuca, @leyyynah, @peestuca

DON'T IGNORE THE THREAT OF NATIONAL DEBT



\$17 TRILLION

The fiscal gap, which adds the imbalance between future taxes and spending plus interest payments, is a staggering

\$200,504,905,764,260

The U.S. has run a budget deficit 31 of the last 35 years. The national debt is really just a fraction of our true indebtedness.

JOSEPH TURNER

UNF'S STUDENT BODY TREASURER

My name is Joseph Turner and I am the current Student Body Treasurer for our University. I am writing this piece to highlight, what I feel, is one of the largest threats facing our country and, specifically, our generation. This threat to our security and future prosperity is our national debt, which is about to reach a record \$17 trillion.

As Treasurer, one of my responsibilities is to propose a balanced Activity and Service (A&S) fee budget to the student Senate. The State and University both mandate that our A&S fee budget be balanced. This simply means that we may not spend any more than we take in. The United States Congress and our federal government have no such regulations and consistently spend more than what is annually collected in revenue.

As college students, we are well aware of the economic challenges facing our generation. Rising college tuition is causing record student loan debt: about \$27,000 on average per person. (There is estimated to be \$1.2 trillion in student loan debt, which is more than the total credit card debt in this country, but that is the topic for another letter).

Our current national debt represents more than double that number per person: roughly \$56,000 for every man, woman, and child in the United States. Unemployment for our age group remains in the double digits — about 11 percent — and statistics show that about half of all recent college graduates are unemployed or underemployed. While the figures above may be alarming, the most threatening number to our American Dream is likely one you have not heard before: \$200 trillion.

Our \$17 trillion of national debt only refers to the amount of money our country has borrowed in the past — not what we will need to borrow in the future. The true national debt (\$200 trillion, and now known as the “fiscal gap”) includes the present value of unfunded future obligations of programs. It is a tab so large that it is beyond our generation's capacity to pay, and is a real threat to the priorities we care about, no matter what our political affiliation and beliefs.

The Congressional Budget Office (CBO), on September 18th, released a report stating our national debt is currently at 73% of our country's Gross Domestic Production (GDP) and by 2029 will reach 100%. The report also stated that, “The high and rising amount of debt that CBO projects ... would have significant negative consequences for both the economy and the federal budget.” If Washington keeps kick-

ing the can down the road by not addressing this problem, our generation will feel the drastic impact and our future could look something like what follows.

Investments in our future (education, research, infrastructure, etc.) will hit their lowest relative level on record by 2023 as interest payments on the debt approach \$1 trillion per year. By 2031, every penny of federal revenue will just be enough to cover so-called mandatory spending, meaning spending on everything else must be borrowed, such as the entire Department of Defense. By 2033, the Social Security trust fund will run totally dry and the program will only be able to pay a fraction of its benefits. In sum, if we don't address this problem soon, we'll be left with more debt, higher taxes, fewer benefits, and a lower standard of living.

Admiral Mike Mullen, former chairman of the Joint Chiefs of Staff, said, “The most significant threat to our national security is our debt.” We, as the generation that will inherit this problem, have the responsibility to take notice of this growing problem and to realize the potential detrimental effects it will have on our personal lives and the vitality of our great nation. We must stand up and voice our disgust at the emerging crisis and do all we can to reverse the effects and reality of our national debt.

We may not see eye to eye on how to fix this problem, but I hope we can all agree that this is a problem and the status quo is the worst option on the table. Every day our country puts off tough choices, the financial burden being placed on young people and future Americans grows, and this is unacceptable. That is why I am happy to welcome the “Generational Equity Tour” to campus October 22nd. The tour is organized by The Can Kicks Back (www.TheCanKicksBack.org) campaign, a nonpartisan group of young people that advocates for a fiscally sustainable and generationally equitable federal budget.

I hope you take the time out to attend the panel discussion on the national debt that will be hosted in the Student Union Auditorium on Tuesday October 22nd at 7:30pm. I have decided to host this event to provide my fellow students with a place to learn about this issue and to discuss how we might solve this problem. It is our generation that has a real stake in the debate about the federal budget and growing national debt. It's time we start fighting for our future, together.

CONTACT Joseph Turner joseph.turner@unf.edu
Post your opinions to the story online

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1 SEPTEMBER 11 SICK PERSON OSPREY CROSSINGS
An unresponsive student was found lying on the sidewalk near Building S shortly after midnight. The student was likely intoxicated. A UPD officer arrived on scene and spoke

to Resident Assistants who initiated the call about the unresponsive woman. Engine and Rescue 50 arrived shortly thereafter and determined that the student required further treatment, transported her to the Mayo Clinic.

2 SEPTEMBER 18 - MARIJUANA OSPREY COVE
An officer went to investigate reports of marijuana odor emanating from a room, at 11:59 p.m. The officer arrived at the specified room, and smelled an odor of marijuana. He knocked on the door, and when a student opened it, the officer smelled the odor of marijuana quite strongly. He asked for permission to enter the room and was granted it.

The officer asked a student if there were any illegal drugs or paraphernalia, and the student produced a brown wooden box. It contained 1.6 grams of marijuana, and a glass jar and pipe with marijuana residue. Four students present in the room confessed to smoking the marijuana earlier in the day, and one stated that he does not smoke, but was present in the room when the others did so. The officer noted that the room's smoke detector was blocked with what appeared to be a paper bowl and blue masking tape. All five students were referred to student conduct.

3 SEPTEMBER 10-18 - INFORMATION BLDG 41
A UPD Officer met with a complainant who had encountered problems with another student's mother. The complainant said she and the other student had been working on a group project for a class together when they encountered personal differences. After resolving these issues, they were able to work together. The complainant said her brother told her the other student's mother was posting on social media sites, calling the complainant a bad person and a liar. The complainant contacted the second student's mother and left a message asking her to stop using social media to spread lies. The call was not returned. The complainant said she just wanted the incident reported.

The UPD Officer called the other student and left a message asking to speak with her. The call was returned ten minutes later, and the student and her parents spoke to the Officer. The student advised the officer that the incident was over and there would be no problems between the two students.

4 SEPTEMBER 1 - VIDEOTAPING OSPREY CROSSINGS
A UPD Officer was dispatched to an investigation at the Osprey Fountains. He spoke to the Residence Life Coordinator, who said she was shown a short video of students engaging in possible sexual activity. She was able to determine that the video originated from a cellphone owned by a student. Unaware if the video was consensual or unauthorized, she contacted UPD. The Officer spoke to two students who witnessed the event. The first student said she opened her window to get some fresh air and observed two students on the third floor engaging in possible sexual activity with their blinds open and the scene in full view. She then knocked on the second witness' door (also a student) and pointed out the scene through his back window. The second student took a short video of the scene. Both students watched and discussed the activity before separating. When the officer spoke to the second subject, he had no such video on his cellphone. The identity of the persons who were videotaped is unknown. The student who took the video was referred to Student Conduct.

5 SEPTEMBER 10 - AGGRESSION SU GARAGE
A UPD officer responded to a parking dispute at 1 p.m. The complainant said she was attempting to park her vehicle when another driver (likely a student) became engaged in a dispute with her. The defendant allegedly called the complainant a 5-letter word beginning with a "B," and said she was going to "f— up" the complainant's car. The complainant contacted UPD and said she was going out to check on her vehicle, and noticed several pieces of trash near it.

6 SEPTEMBER 4 - PARKING BOOT FINE ARTS GARAGE
Parking services discovered that an immobilizing boot had been removed from a vehicle. The boot was undamaged, and the vehicle (which had been booted for unpaid citations) was missing. UPD was unable to determine who removed the boot. A hold was placed on the booted vehicle's account and parking services continued to seek the payment of fines by the vehicle's owner.

A MONTH IN REVIEW

A QUICK LOOK AT SOME OF
SEPTEMBER’S BEST STORIES
SEE COMPLETE STORIES AT:
UNFSPINNAKER.COM

Sept. 4
Student Union birthday celebration
The Student Union was built only four years ago. David Crabtree, Director of the Student Union, said the Student Union cost \$50 million, the majority of which came from student fees and bonds. This means students today are still paying off the loan through their Student Union fees.
by Lydia Moneir



Sept. 8
Men’s soccer beats UCF in extra time
UNF beat UCF 1-0 in an overtime thriller when Pedro Carneiro scored his first goal for the UNF 30 seconds into overtime. Head coach Derek Marinatos said, “Its one of the biggest wins in the programs history.”
by Andrew Nichols

Sept. 6
UPD Chief John Dean Retiring
UNF President John Delaney sent a campus-wide email announcing Chief Dean’s retirement. According to the email, Dean’s retirement will be effective June 30, 2014 and Bill Strudel will be the Interim Chief of Police starting Sept. 6.
by Lydia Moneir



Sept. 10
Peace Corps Info Session
Peace Corps’ North and Central Florida Regional Recruiter Chad Chernet said Its members act as “mini-ambassadors” from the United States. The Peace Corps is a federal agency that gives requested aid to countries around the world. The Corps currently has 13 volunteers from UNF serving in 12 different countries.
by Natalie Logan

Sept. 10
Volleyball can’t close, drops five-set match
UNF volleyball continues to struggle getting over the .500 hump and falls to Florida A&M Rattlers, 3-2. Loeswick said the starting roster will be determined by the play of each player during the week and that no one on the team has a set starting position.
by Josh Brannock



Sept. 12
Exposed metal cuts student
Forrest Gillette, who was playing ultimate frisbee on the UNF Green, lacerated his foot on an exposed metal grate and tracked blood around campus. Ben Watson, a finance freshman, said, “Most of us were barefoot. [Gillette] was simply paying attention to the game, not the field.”
by Brandon Thigpen



Sept. 14
Crime Alert Recalled
A woman reported being robbed to UPD Sept. 14, and later that day admitted she made up the story. William “Bill” Strudel, UPD interim chief, said this is about the fifth faked police report in the past year or two.
by Noor Ashouri

Sept. 14
Tempers flare in Men’s Soccer 4-1 victory over UNC-Asheville
UNF won a heated match 4-1 despite multiple cards, including goal scorer Drew Spragg earning a red. UNF’s constant attack earned it three corners early on.
by Andrew Nichols



Sept. 19
Students represent for world peace
UNF held its third annual International Day of Peace celebration at the Student Union. The main goal of this event is to raise awareness for the need for world peace. Students held up signs and represented a total of 24 nations.
by Rebecca Rodriguez



Sept. 22
UNF women’s soccer beats South Alabama — Coach Hamilton’s 50th career win
The Ospreys were able to force 11 shots, finding the target 4 times in the first half. Hamilton said the team was finding the right seams and really opened up the attack.

Sept. 20
B&A Meeting
Travel Requests pass: Delta Sigma Pi receives \$1,414 for 12 students to attend a LEAD Conference in Columbia, S.C., Oct. 12. Phi Alpha Delta receives \$1,370.34 for four students to attend a Pre-Law Conference in Alexandria, V.A. Nov. 13-17. Both requests passed 6-0.
by Brandon Thigpen

Aug. 30
Parking fines increase
Assistant Vice President of Administration and Finance Vince Smyth said the money goes toward maintenance on parking lots, golf carts, utilities, wages for patrollers and people selling permits, and software that lets students buy permits and keep track of their citations.
by Natalie Logan



Sept. 1
Moon Jr. leaves UNF basketball
Citing family ties and availability as main factors, Moon Jr. decided to take a job away from basketball, selling dental equipment to better suit his needs, foregoing his love for the game. The 35-year-old left with more than a decade’s worth of experience around the court.
by Christian Ayers

Sept. 4
Atlantic Beach Police internal affairs investigation offers insight into UNF hiring decision
Ashley Stump said an Atlantic Beach Police patrol car pulled forward, and the two collided (March 31, 2010). Stump was knocked off her bicycle, which was then lodged under the tire of the patrol car. Months later, the then AB Police Sgt. and current UPD Traffic Officer Gustav Carlson turned in his letter of resignation. According to the internal affairs report conducted by Florida Highway Patrol, Carlson violated both a city policy by not reporting the accident to a supervisor, as well as a police rule of conduct, “...which requires employees to submit all necessary reports truthfully and completed in accordance with established departmental procedures.”
by Noor Ashouri and Catherine Byerly



Sept. 9
Bright Futures Celebration
The Florida Lottery and UNF’s Special Events coordinators co-host an event to celebrate and promote Bright Futures. Bright Futures was established by the Florida Legislature in 1997 and, since then, has helped over 600,000 UNF students pay for college.
by Lydia Moneir



Sept. 11
Governor Rick Scott visits UNF
According to the schedule provided to conference attendees by the Center for Global Health and Medical Diplomacy, Scott had been given an hour to speak. He spoke for approximately five minutes.
by Jessica Harden

Sept. 13
Senate Meeting
Student appointed to Senate
Raymond Bachman, athletic training Sophomore, was appointed to a general senate seat by a vote of 31-0.
Special Requests pass
- Osprey Productions’ Special Request for \$56,000 to fund the group’s Spring Mainstage is granted by a vote of 30-2.
- The Executive Branch’s request for \$16,064.71 to build out room 3307 is granted by a vote of 22-9.
- The Executive Branch and the Military and Veteran’s Resource Center’s request for \$25,000 is granted by a vote of 29-2. This initial funding for the Veterans Memorial will come from the Student Union Fund Balance.
- Club Alliance’s request of \$10,538 to fund specialized club fairs held every Thursday, as well as Club Fest, is granted by a vote of 26-4.
by Sarah Ricevuto



Sept. 17
UNF named military-friendly school
This is the fifth consecutive year UNF has been named one of the most military-friendly schools in the nation by G.I. Jobs magazine. Director of The Military and Veterans Resource Center Ray Wikstrom said half of the 1,000 veterans who attend UNF use the resource center. Services include mental health counseling and working with four of UNF’s colleges for grants or special programming.
by Rebecca Rodriguez

Sept. 20
Online Voting is Coming to UNF
According to the March 2012-13 Osprey Voice Survey, 79.3 percent of students said they were in favor of online voting, while 20.7 percent of students said no. Elections and Appointments Committee Chair Emily Antworth said she hopes the system will be in place by spring elections. It will be accessible through school or personal computers, and from a mobile device.
by Sarah Ricevuto

Sept. 24
Age showing for slumping Osprey volleyball
Despite being on a six-game losing streak and starting the conference schedule off 0-2 head coach Loeswick said he isn’t panicked and thinks his squad will learn how to win.
by Josh Brannock

Timeline of events compiled by Jacob Harn, Editor in Chief.
Timeline design by Christine Kegel
Visit unfspinnaker.com to read the full stories.

HAVING CHILDREN IS AN EXPECTATION, NOT A DECISION



CHILDLESS WOMEN TEND TO BE MORE COLLEGE-EDUCATED AND OF AMERICA'S WEALTHIEST.

LIFE HAS AN ORDER: EDUCATION, MARRIAGE, **BABIES**.

BY NOOR ASHOURI STAFF REPORTER

During college, we're asked about boyfriends and girlfriends. As we start settling down with full-time jobs, we are asked about marriage. Soon to follow: babies. Dare we say "not now" — or "never?" We're told we'll change our minds when we get older, but will we really?

Pop culture further reinforces this expectation with the conventional "happily ever after" story ending with the protagonists married and with children. By the end of the popular TV show *Friends*, all of the main characters have children.

So often we find ourselves equating womanhood with motherhood. A woman's value is often linked to motherhood. Women who claim no desire to be mothers are looked down upon.

I should know this concept. As the daughter of Syrian parents, the idea of kids has been hammered into my head. Life has an order: Education, marriage, babies.

As a high school senior, I started pitching potential careers to my family. It seemed as if the concerns of every major circled around the potential lack of family time each career would bring.

"When are you having children? Isn't it about time?" In the Arab world, these questions follow married couples.

I hope to be a mother one day. I see myself attending parent-teacher conferences and marking report card day on every calendar. But I know life will be no less valuable without the presence of kids.

Childless women are often perceived as "selfish." But choosing to remain childless isn't an attempt to withdraw from society or remain free of responsibility.

rah Winfrey, never a mother herself, opened a school for disadvantaged girls in South Africa to give them a chance at an education. At the first graduation ceremony she called herself "one proud mama."

Beth Lapedes, contributor to *No Kidding: Women Writers on By-passing Parenthood*, found herself in the position of what she called a

"pseudo-mother" to an 18-year-old intern. Lapedes encouraged her to quit her job to pursue her dream of med school. Lapedes fed her, gave her clothing and encouraged her.

Childless women tend to be more college-educated and of America's wealthiest. Almost a quarter of of women ages 40-44 with advanced degrees have never had children, according to Pew Research. Being without children, they tend to have more time and energy.

A few weeks ago, my mom's best friend, a woman I love like my own mother and an Arab herself, stood in my kitchen, leaning against the marble counter tops. She waited for me to make eye contact before throwing her hands in the air to indicate the beginning of a lecture.

She told me having kids was a decision commonly perceived as an expectation. She told me we see having children as life's natural pattern, but we actually have a choice.

I have a choice — a choice that shouldn't be taken for granted. It felt empowering to hear the decision was mine.

Studies have been done to measure whether parents are happier or less happy than their peers without children. The results are mixed. One study suggests the situation of the parent is crucial in measuring their happiness. Parents in the 17-25 age group reported being less satisfied with life than their peers without children, according to Time. However, 94 percent of parents in the same survey said the financial and emotional strains of raising children are well worth it.

Having a child is a lifelong commitment: Parents may have to compromise their own careers and aspirations to take care of their families. Parenthood isn't for everyone, and these sacrifices shouldn't be expected from everyone.

CONTACT Noor Ashouri reporter10@unfspinnaker.com
Post your opinions to the story online

THE CURIOUS REPORTER [?]

RECENTLY, THE SPINNAKER CHANGED FROM A NEWSPAPER TO MAGAZINE FORMAT. WHAT DO **YOU** THINK ABOUT THE TRANSITION?

- 1 I didn't really notice it, I'm more indifferent towards the change.
- 2 I think it's a really good transition. I think the pages look really good, really high-def pictures. I like flipping through a magazine rather than using newspaper actually — it just makes it a lot easier and I think a lot more people are going to pick it up now.
- 3 I like old newspapers. I'm tired of looking at stuff online, I'm kind of old fashioned about that stuff.
- 4 It's a pretty cool idea. Not many people read newspapers anymore, but a lot of people read magazines these days.

THESE PAST FEW WEEKS, THERE'S BEEN A LOT OF TALK ABOUT GOING TO WAR WITH SYRIA. WHAT ARE **YOUR** VIEWS ON IT?

- 1 I've got a basic knowledge of what's going on and I know it's pretty bad over there. They want to use chemical weapons and I'm 50/50 on the whole issue. I'm not really sure of it.
- 2 Yeah, Syria's crazy. They were probably killing thousands of people in conventional ways, and now because they're using gas weapons, they can justify going over there. I really think there's much more of a hidden agenda that we might figure out six months to a year later. Why are we really going into Syria? Maybe they have really good oil.
- 3 It's not a direct threat to us, but now it is because Russia and China backed it up so we're making a nonviolent situation violent because we got the two biggest countries involved.
- 4 I think it's a bad idea. We really don't need any more wars, honestly.
- 5 Yeah, I don't really have an opinion. I mean, it's bad everywhere you go but I think they're going to get through this one.

WHAT DID **YOU** THINK ABOUT THE MILEY CYRUS, VMA CONTROVERSY?

- 1 I actually didn't see it personally but it became an internet meme and, as a Redditor, it became the funniest thing to me.
- 2 I don't really know, I don't watch tv or read the newspaper so I wouldn't know much about Miley Cyrus.
- 4 She's just trying to fix her image. Honestly, it's disturbing to me. But she's twenty, she can really do whatever she wants.
- 5 I thought it was beautiful and I think everyone's an individual and we all have our moments.

IS THERE ANYTHING AROUND JACKSONVILLE OR ON CAMPUS THAT **YOU'RE** LOOKING FORWARD TO DOING?

- 3 I can't wait 'till it gets to be cool enough so that I can walk around the nature trail, I think campus is really beautiful so I'm really excited for fall.
- 5 Movies. I'm going to all the movies and I'm going to collect at least one movie poster from each time I go so I can decorate my walls with them.

COMPILED BY CASSIDY THOMAS / CONTACT HER AT reporter28@unfspinnaker.com



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Freshman



WILLIAM FRKETIC
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Freshman



MICHAEL KESSLER
Music and Education
Junior



KIRSTIN MATTHEWS
Graphic Design
Sophomore



LINDSEY DWYER
Nursing
Freshman

INHALING THE UNKNOWN

Despite a *lack of research* on the health effects of E-cigarettes, they are free to advertise and are even promoted.

BY NOOR ASHOURI STAFF REPORTER

Traditional cigarettes have some competition. Sales of electronic cigarettes are expected to surpass \$1 billion this year, according to CNN. For those that don't know, electronic cigarettes turn liquid nicotine into vapor and have become an alternative nicotine source to traditional cigarettes. Electronic cigarette cartridges come in all sorts of exotic flavors to please a wide variety of clientele: Vivid Vanilla, Classic Tobacco, and Magnificent Menthol are all flavors of e-cigarette brand Blu ECigs. Each flavor comes in varying strengths of nicotine.

The e-cigarette was introduced to the U.S. market in 2007 and still generates a high degree of controversy. It poses many potential problems, including nicotine addiction and becoming a gateway to other addictive behaviors.

E-cigarettes have yet to be evaluated for safety, according to the New York Times. The amount of nicotine or other potentially harmful chemicals in an e-cigarette is currently unknown, according to the Food and Drug Administration. It seems overly trusting of us to allow e-cigarette companies to be the ones to decide the amount of nicotine and other unknown chemicals that will go into our bodies.

The FDA conducted a study and found half of e-cigarette samples contain cancer-causing substances, according to the American Cancer Society.

Michael Bloomberg, New York City Mayor, is notorious for his attempts to make his city healthier, at one point attempting to implement a ban on soda over 16 ounces. His most recent stride includes drafting bills to discourage tobacco, according to Daily Mail. The bills group e-cigarettes in with the restrictions on tobacco products.

These bills being drafted include raising the age to purchase tobacco from 18 to 20, and implementing a \$10.50 standard floor price for cigarette packs. Critics of Bloomberg's bills warn e-cigarettes may be helping traditional smokers quit. Implementing laws which discourage e-cigarettes may not be in everyone's best interest.

A study conducted by Plos One put 300 smokers on e-cigarettes of different nicotine quantity and found 13 percent of users who were put on the highest dose of nicotine e-cigarette quit the use of traditional cigarettes.

Despite the possible benefits of e-cigarettes, what's most appalling about their presence is how they have caused us to backtrack in our success. Television advertisement for traditional cigarettes has been banned for over 40 years, according to CNN, and the percent of self-reported adult smokers since the early 1970s has about halved, according to a Gallup poll.

But now, e-cigarette advertising has surfaced. Blu ECigs profited \$57 million in 2013 first quarter sales, according to CNN.



EARLY FREEDOM / With the lack of research, E-cigarette companies have lax regulations. The harmful effects are not yet clear, and smoking indoors will likely persist until they are.

Tobacco companies such as Lorillard know the powerful effects of advertising. It will be spending \$40 million in advertising for its e-cigarette brand, Blu, according to Ad Age.

"Companies are advertising as much as they can before any restrictions might come into place," said Michael Lavery, Analyst for CLSA Americas.

With enticing flavors and loads of advertising to get the word out, there is growing concern about how this trendy new product will affect young adults.

Bloomberg recognizes the correlation between advertising and use. Another drafted bill proposes prohibiting the display of cigarette advertising in stores, according to Daily Mail. This way, individuals don't see e-cigarettes in stores and end up trying them out of curiosity. Bloomberg also suggests banning the sales of flavored tobacco, except in tobacco bars, according to Wall Street Journal, since flavoring tends to draw more attention, especially from the youth.

Hopefully, the public won't forget about the history of these tobacco companies that are now marketing e-cigarettes.

Peter Hamm, Director of National Communications for the Campaign for Tobacco-Free Children, said, "Whenever a major tobacco company introduces a product, we remember the industry's long history of deceiving the public about the health risks of its products."

It's hard to trust e-cigarettes when so little information is available. At one point in time, the harmful effects of traditional cigarettes were unknown. Now we know half of continuous cigarette smokers will die as a result of this, according to the American Cancer Society. What's to say e-cigarettes will not follow this same pattern? I'm not saying e-cigarettes will be found to be as harmful as traditional cigarettes. I'm saying be prepared for any new information that surfaces about e-cigarettes: good or bad. We should be aware of the risks we're taking in using a product without so much as an ingredient label.

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WARDROBE SURVIVAL GUIDE

WHAT NOT TO WEAR TO CLASS

BY ALEXIS MCCARTNEY
CONTRIBUTING REPORTER

One thing can make or break the vital first impression with your new classmates and professors: fashion. It's all about what you wear. Pulling all-nighters is no excuse to look like you were blindfolded while getting dressed for class. If you've committed any of the clothing crimes below, it's not too late to change your dressing habits and others' impression of you.

DON'T WEAR HIGH HEELS.

Beauty does require sacrifices, but it isn't practical to sport high heels around campus all day. Unless you have a job interview right after, there's no reason to trek to math class in six-inch heels. Arielle Butler, a UNF senior majoring in multimedia journalism, said, "UNF's grounds aren't high-heel friendly, and a professor wouldn't take you seriously." If you really must wear feminine footwear to class, kitten heels are a more comfortable and businesslike alternative. Also, thanks to French designer Isabel Marant, a sneaker wedge is now the casual go-to heel for almost any setting. The latest designer pair might be out of most college students' budgets, but shops like Forever 21 and Traffic sell their versions of the trend at affordable prices.

DON'T WEAR PAJAMAS.

For some odd reason, students wearing pajamas to class has become an unwritten college fashion staple. Many think it isn't a faux pas, but donning a pair of nighties to class is just unacceptable. Professors won't think you're a serious student (try asking for a letter of recommendation in your butterfly-print jammies), and classmates will think you're lazy and unattractive. So keep the PJs in your room. Black yoga pants are a comfy alternative that won't make you look like you just rolled out of bed.

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DON'T WEAR SOCKS WITH YOUR SANDALS.

While sandals and flip-flops can be extremely comfortable, there is a certain way to wear them. Sure, socks help keep your feet clean and warm, but pairing the two together is a fashion crime. According to electronic media senior Jerrel Kight, women wearing socks with their flip-flops screams unhygienic. "That is a major don't," Kight said. If your feet get cold in those air-conditioned classrooms, opt for a pair of TOMS, which are comfy and stylish and cover your feet.

Good luck, look sharp and stay classy.



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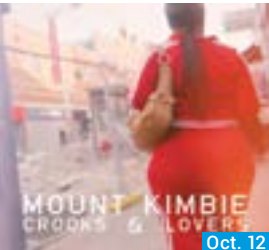
JACKSONVILLE WILL HOST A LIVELY BUNCH OF MUSICIANS THIS FALL, UNDERGROUND AND POPULAR ALIKE

BY ALEXIS MCCARTNEY
CONTRIBUTING REPORTER

We may not get to experience packed concerts with stunning performers like The Killers and Lady Gaga, but Jacksonville has a diverse lineup this fall, according to Spinnaker Radio’s Music Director Mason McGough.

These lesser-known shows boast more affordable ticket prices because they’re at smaller venues, but they’re worth the entertainment dollars you’d pay to see the bigger-name acts. As we bid farewell to the scorching summer season, we can look forward to different seasonal excitements: bonfire socials in nippy weather, layers of clothing, and spectacular concerts right here in Duval’s backyard.

From electronic to punk rock: from Less Than Jake to King Krule: from October ‘till the end of the year, Jacksonville sounds good.



Oct. 12
MOUNT KIMBIE
at Jack Rabbits
WHY YOU SHOULD GO: Who doesn’t love a great electronic music duo? They’ve even paired up with their famous friend and British guitarist King Krule. McGough said he’s excited to purchase tickets for this show; you should be as well.



Oct. 18
THEY MIGHT BE GIANTS with **MOON HOCH**
at Freebird Live
WHY YOU SHOULD GO: According to McGough, there are no fans like those of this band. “Their songs are amusing, but they are a huge cult band with a highly dedicated fan base,” McGough said. They’ve been around since the ‘80s. Who wouldn’t want a taste of that for nostalgia’s sake?



Nov. 5
LESSTHAN JAKE with **ANTI FLAG**
at Freebird Live
WHY YOU SHOULD GO: Less Than Jake is a ska-punk band with lots of under-the-radar, toe-tapping tunes. Anti-Flag: a very popular punk-rock act that’s been challenging the establishment since the ‘80s. Need we say more?



Nov. 19
TWENTY ONE PILOTS with **ROBERT DELONG** and **SIRAH**
at Freebird Live
WHY YOU SHOULD GO: “They’ve gotten really popular ever since they played at big music festivals like Bonnaroo,” McGough said of Twenty One Pilots. “Their sound is pretty iconic stadium rock with mixed-in rap elements.” With an EDM musician and emerging pop singer/rapper scheduled to play as well, you wouldn’t want to miss this show.



Nov. 24
JOHNNY MARR (of **The Smiths** and **Modest Mouse**) with **ALAMAR**
at Freebird Live
WHY YOU SHOULD GO: Anyone who has The Smiths on their resumé has already earned a spot in history; seeing him live is something you can impress your music-snob friends with. “[Johnny Marr] was an important guitarist for both bands and plays a major role in the evolution of indie rock,” McGough said.

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BY DANIEL WOODHOUSE STAFF REPORTER

[REVIEWS]

INSIDIOUS: CHAPTER 2 A CHILLING, CREATIVE FILM

CGI is out, jump cuts are in



Horror fans, all too often, get the short end of the stick when it comes to ingenuitive scary movies. Every so often though, a horror flick will come along that knocks us off our feet.

Insidious: Chapter 2 picks up almost directly where the previous film left off. The Lambert family has moved into a new house, hoping to have a fresh start. Unfortunately, due to Josh’s connection to the spirit world — developed in the first movie — a new entity surfaces and begins to torment the family and slowly takes control of Josh’s mind.

Director James Wan creates a tense atmosphere through the use of sharp camerawork, dim lighting, and little to no CGI. Though the film has some creative scares, especially in the spirit world scenes, Wan falls back on everyone’s favorite horror cliché jump scares too often.

Writer Leigh Whannell has crafted not only an interesting plot for a horror film, but also some creepy looking ghosts and unsettling set pieces, like one scene where the characters stumble upon a secret room with corpses of women all sitting up straight with their bodies draped with white bedsheets.

All the actors play their parts well enough. The only real standout is Patrick Wilson as Josh Lambert, who does a wonderful job of portraying a character whose physical and mental state is rapidly deteriorating as a result of the parasitic ghoul that has latched onto him. The characters are three dimensional, and the dialogue is well written and lightens up the mood with some humor at times.

Credit goes out to the make-up artist for making the ghosts look so pale and dry of life. And let’s not forget about the music composer for creating a score that sends chills up and down the audience’s spines.

Insidious: Chapter 2 may rely too much on jump scares, but it makes up for it with a good story and a brilliant set design.



ONE LAST PUB CRAWL IN THE WORLD’S END

Our returning British trio
make an apocalyptic event
seem fun

No one does British comedy like filmmaking trio Simon Pegg, Nick Frost and Edgar Wright.

The movie follows the story of Gary King, a man who never really grew up after graduating high school. In order to relive the glory days of his youth, he calls up his old mates, who reluctantly agree to join him on a pub crawl in their hometown of New Haven, England. Their goal is to hit 12 bars in one night, ending their night at a bar named The World’s End. Unfortunately, as their drinking begins, the five friends discover their town has been taken over by alien robots disguised as townspeople. These five unlikely heroes are faced with the choice of saving their town from invasion or abandoning ship. They opt for the latter. Gary convinces the group to finish the pub crawl and then get out of dodge.

The trio has once again struck gold, just like they did with *Shaun of the Dead* and *Hot Fuzz*. Director Edgar Wright and writer Simon Pegg do a great job creating witty and creative comedy while also choreographing brilliant fight scenes.

Simon Pegg gives a hilarious performance as the immature, secret alcoholic, 40-something Gary King, who drives the same car, wears the same clothes and acts the same way he has since he was 18. Nick Frost is great as Andy, who initially despises Gary and refuses to drink, but by the second act is downing more shots and racking up more alien robot kills than anyone else. Martin Freeman is hysterical as the awkward yet relatable Oliver. Eddie Marsan, Rosamund Pike and Paddy Considine all give good supporting performances, as well.

Another important fact to note is that for a budget of a mere \$20 million, the film has some really good special effects.

The World’s End is an absolutely gut-busting, sci-fi comedy that is another hit out of the park for Pegg, Frost and Wright.

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RETRO REVIEW: ★★★★★
SECRET WEAPONS OVER NORMANDY

Wait out the fall season with this classic

Horror fans, all too often, get the short end of the stick when it comes to ingenuitive scary movies. Every so often though, a horror flick will come along that knocks us off our feet.

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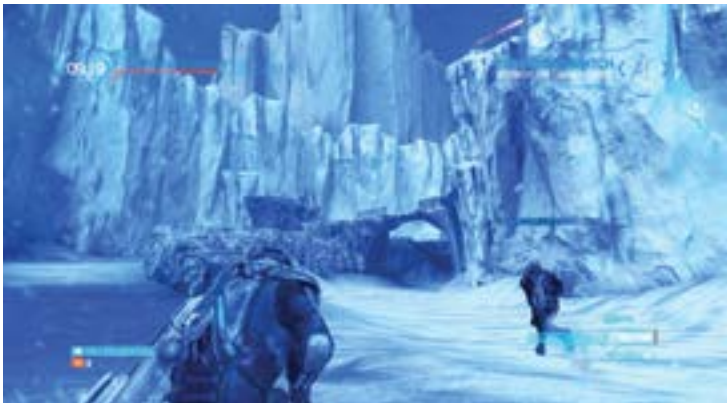
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★★★★★

RETURNING TO THE FROZEN TUNDRA OF E.D.N III IN

LOST PLANET 3

The prequel keeps us interested

While playing *Lost Planet 3*, chills ran throughout my body. The game takes place in an arctic environment, and even though I played it from the comfort of my non-arctic air conditioned room, it felt like the A/C dropped 30 degrees. This just shows how well this game immerses the player.

Lost Planet 3 takes place on the futuristic, snowy world of E.D.N III. This game serves as a prequel to the first two installments. The player follows Jim Peyton an engineer, who has come to the planet to find work for his family. He is assigned to the main colony, which has been set up to harvest a new renewable resource to help with the energy crisis back on Earth. At the start of the game, his work schedule mostly consists of dealing with the base's mechanical issues and fending off the ferocious Akrid — the planet's indigenous species. However, as the story progresses Jim discovers the local wildlife is the least of his concerns, as dark secrets are revealed about the mysterious NEVEC corporation — the company running the operation.

What's interesting about this third installment is that it has managed to take a step forward, while, at the same time, taking a step back. Both the characters and the writing is significantly better than the previous two games. While *Lost Planet* and *Lost Planet 2* suffered from confusing plots, *Lost Planet 3* has a straightforward story. And many of the bugs and glitches have been ironed out, which previously brought down its two predecessors.

On the other hand, the gameplay has been reworked in a way that seems to pander more toward *Gears of War*. The previous games had fast-paced adrenaline pumping action with battles on an epic scale which made the gamer feel like they were fighting Titans, but *Lost Planet 3*'s gameplay is more sluggish and introduces third-person cover-to-cover based shooting.

The environments are nice, like before, but their variation isn't as broad in looks as either of the first two games. Andwhile it looks nice, the battles have nowhere near the cinematic look they previously had.

Lost Planet 3 is a decent shooter game, but is an overall mediocre experience.

What's interesting about this third installment is that it has managed to take a step forward, while, at the same time, taking a step back.

STATE OF
THE GAMING INDUSTRY

FUTURE OF NINTENDO

The enterprise may be following the failed path of Atari

BY DANIEL WOODHOUSE STAFF REPORTER

Like empires, corporations rise and then fall. Game companies are not exempt from this trend.

Recently, in an article published on the Escapist Magazine website, Atari founder Nolan Bushnell was interviewed about Nintendo's future. Bushnell said it is his concern that Nintendo may be headed on a similar path of demise to his own company's failure back in the 1980s.

While Bushnell is right that Nintendo isn't in the best of spots right now, considering its stock is the lowest it's been for a long time, their situation is a bit more complicated than Atari's was. Atari's collapse was, more or less, the result of an oversaturation of low-quality games on the market. Nintendo's problems stem from not just one, but a series of poor decisions, dating back to the early 90s. It started in 1991 when Nintendo was developing a new console with Sony. During that year, the company broke their partnership with Sony to develop a console with Phillips. The console failed miserably and Sony created the Playstation and pulled in about a third of the market.

The most recent problem for Nintendo is its rigid business model, which they have refused to change. Features, like online gaming and social media, have yet to make their way to any of the latest Nintendo systems. What's worst is that Nintendo has focused exclusively on casual gaming, making "kiddy games" and even censoring violent content.

They have completely shunned the hardcore audiences of more in depth, mature games,



which isn't good, especially since smartphones and tablets are currently leading the way in casual gaming.

For the past several years Nintendo has relied almost entirely on their core fan base for support, by launching the same games from their main brands — another Mario Kart, another Zelda, another Metroid, with not a single new IP in sight. Nintendo is scraping the bottom of the barrel for new ideas for their old series, and now the sequels are all beginning to look similar and lack distinguishability.

Nintendo has been, and still is to some degree, a major influence in gaming. However, if they don't get with the times soon, they'll undoubtedly suffer a similar fate to Atari's and will eventually be replaced by a new industry giant.

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UNF KEEPER JOINS ANOTHER TEAM: A FAMILY OF FIVE

BY ANDREW NICHOLS STAFF REPORTER

At dinner with the Ayres family in 2011, broke down in tears. The loss of his mother one year earlier had weighed on him and his emotions poured out in front of the family of five. Michelle Ayres knew what she had to do.

Mrs. Ayres had invited Sienkiewicz, a close family friend and goalkeeper trainer for their eldest son, to join them to eat.

Sienkiewicz lost his mom to cancer when he was 21 years old.

“I knew what was going on with him so we invited him over for dinner and he just broke down,” Mrs. Ayres said. “I just saw a little boy without his mother and something told me I couldn’t let him go.”

Sienkiewicz never thought he’d become a part of the family the way he has. Now, he is officially a son to Paul and Michelle, and brother to 11-year-old twins Ben and Jack, and 13-year-old Wil.

BRAD SIENKIEWICZ

Despite hardships, UNF starting goalie has found success, now with the help of a new family.



The Ayres had known Sienkiewicz since he had trained their eldest son, Wil, during Sienkiewicz’s freshman or sophomore year at USF.

“I’ve had a relationship with my family for years and years,” Sienkiewicz said. “It’s something that has grown so much, it’s crazy. I consider them my parents, the little boys are my brothers to me. It’s a family of six.”

Sienkiewicz’s sister is also close to the family, making it to the house or spending time with them as much as she can, according to Brad. His father has not been in the picture for some time.

Though the family lives five hours away, in Tampa, they make nearly every one of Brad’s games.

“I appreciate them driving all the way to Jacksonville and all over creation to watch me play,” Sienkiewicz said. “That kind of

support goes above and beyond. Its unconditional and words can’t describe how much they mean to me since coming into my life.”

The Ayres refer to Brad as their son and could not be more proud of the man he has become. He is an A student in graduate school at UNF, something that doesn’t come easy, let alone for a student athlete.

“We talked on the phone for an hour and a half,” said UNF head coach Marinatos. “I told him what we were trying to do with our program, how young we were and what direction we were heading in.”

Sienkiewicz told Marinatos what he was looking for out of the transfer and Marinatos says they just really matched up.

Marinatos believes it is a truly great story as Sienkiewicz has been through a lot in his life at a young age, and to come out that

way he has with such personal drive is great to have as part of the program.

“Brad had to make a lot of hard decisions that not many 21-year-olds would have to make,” Mr. Ayres said.

Sophomore forward Max McDaniel and sophomore defender Jake Frahm are both glad to have his experience and professionalism as captain on the team.

“On and off the field he’s a top notch guy,” McDaniel said. “He’s great on the field, always motivating guys and pointing us in the right direction.”

McDaniel mentioned that off the field Sienkiewicz is involved with a local program where he works with kids — something he feels speaks volumes about the keeper. Frahm says that Sienkiewicz is an all-around leader. He always talks to players in a positive light, and off the field he makes sure everyone is doing their homework on time.

“He’s pretty much a second coach,” Frahm said.

That experience is something Sienkiewicz says he is blessed to have as he moves forward with soccer and education.

“If you would’ve told me walking into USF my first day of class that I would be playing for UNF in my sixth year of college, I would’ve called you crazy,” Sienkiewicz said.

For the NCAA to give him another year, there had to be extenuating circumstances in place. When he lost his mother in the middle of his junior year, Sienkiewicz had to take on more responsibility than the average student.

Because he had a younger sister to take care of and schoolwork to do, Brad’s playing time was scarce at USF. He only played in one in-season game and a few spring games, according to Marinatos.

Marinatos said he’s happy for Sienkiewicz to be getting the experience he wanted all along.

The Ayres look forward to supporting Sienkiewicz in whatever he decides to do after he graduates in December.

“It’s exciting to see what he’s done,” Mr. Ayres said. “Like any parent, we want him to have anything possible. We support him 100 percent in anything he does.”

Sienkiewicz said it’s great having a sounding board if he has frustrations with

school or didn’t have a great training session. The Ayres are people he can confide in and receive honest answers from, even when he doesn’t want to hear them.

Through the first four games of the 2013 season, Sienkiewicz carried 0.71 goals against average, led UNF to an upset shut-out victory over UCF and claimed A-Sun Player of the Week honors in September.

Mr. Ayres said the family officially adopted Sienkiewicz on March 22 of this year; he is 100 percent their son, both legally and in their hearts.

It is something that Sienkiewicz said is effortless for them.

“They extended an open invitation without wanting anything in return,” Sienkiewicz said. “That’s just the type of people they are. It’s really great.”

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Post your opinions to the story online

A-SUN DEFENSIVE PLAYER OF THE WEEK

Brad Sienkiewicz / 22

2ND
UNF player to
earn said award

0.62
GOALS AGAINST
AVERAGE THIS
SEASON

On the heels of an upset, shutout win against UCF, Brad Sienkiewicz was named Atlantic Sun Player of the Week for the week of Sept. 9.

The senior UNF keeper used five saves against the Knights of Central Florida in the 1-0 win.

Sienkiewicz has a 0.62 goals against average this season. The win against UCF helped maintain UNF’s undefeated record for the season, 2-0-1.



Travis Gibson
Sports Editor



Josh Brannock
Staff Reporter

MLB PLAYOFFS ARE HERE. WHO IS YOUR FAVORITE FOR THE WORLD SERIES WIN?

TG: My pick has a little to do with the team and everything to do with its manager. Tigers’ manager Jim Leyland is my hero. He smokes cigarettes during office interviews, yells at reporters, and has a mustache that makes Tom Selleck jealous. He’s a hard ass, but the old school baseball genius is really a straight-up softie. His celebration dance after the Tigers clinched the division was epic. Tigers for World Series, Leyland for President.

JB: Well I don’t have the Giants to pick this year and I’ll be damned if I pick the Dodgers so I’m going with the Tigers. Cabrera almost winning the triple crown, Fielder being Fielder, Verlander and Scherzer on the heels of winning a Cy Young. Yea I like Detroit.

LAST MONTH THERE WAS SOME BACK AND FORTH BETWEEN KEVIN DURANT AND DEWAYNE WADE OVER NBA PLAYER RANKING. WHO’S IN YOUR TOP-5?

TG: In order: LeBron, Durant, Melo, Curry, Harden. Durant is a sniper who will be ranked first on this list the second he gets a ring. Melo is a pure baller but lacks leadership qualities — still the best mid-range game in the league. Curry is my favorite player to watch when he gets hot — quick release and more range than rover. The bearded-one could be number one on this list someday if he improves his jumper — still a great all-around player.

JB: It’s hard for me to take D-Wade out of the top-5 but I have to. Number one, two, three and four are LeBron but because he can only take up one spot so he’s my number one. Two is Durant. He’s a pure scorer who’s gotten better all around and he’s still only 24. He’s gonna be good. Three is gonna be CP3. He’s the best point guard in the league above Parker and Rondo. Speaking of Parker he’s my number four. He was the reason the Spurs made it to the finals. Number five is tough but I’m going Melo. It was between him and Kobe who’s hurt, plus Melo’s younger.

SARA WALSH SKYPES IN

ESPN SPORTSCASTER, UNF ALUMNA AND FORMER SOCCER PLAYER GIVES INDUSTRY INSIGHTS TO COMMUNICATIONS STUDENTS

BY CHRISTIAN AYERS CONTRIBUTING REPORTER

SportsCenter anchor Sara Walsh Skyped with UNF communications students in a class taught by Dr. Peter Casella Sept.17. From a random hotel room in Pennsylvania, Walsh offered advice, gave a general outlook on her profession and shared the story of how she made it to ESPN. But her meeting didn't come without a stern message.

After graduating from UNF and working at The Beaches Leader at Jacksonville Beach, Walsh's journey took her through several states in various market sizes over the past decade, including stints in Macon, Ga. and Washington D.C.

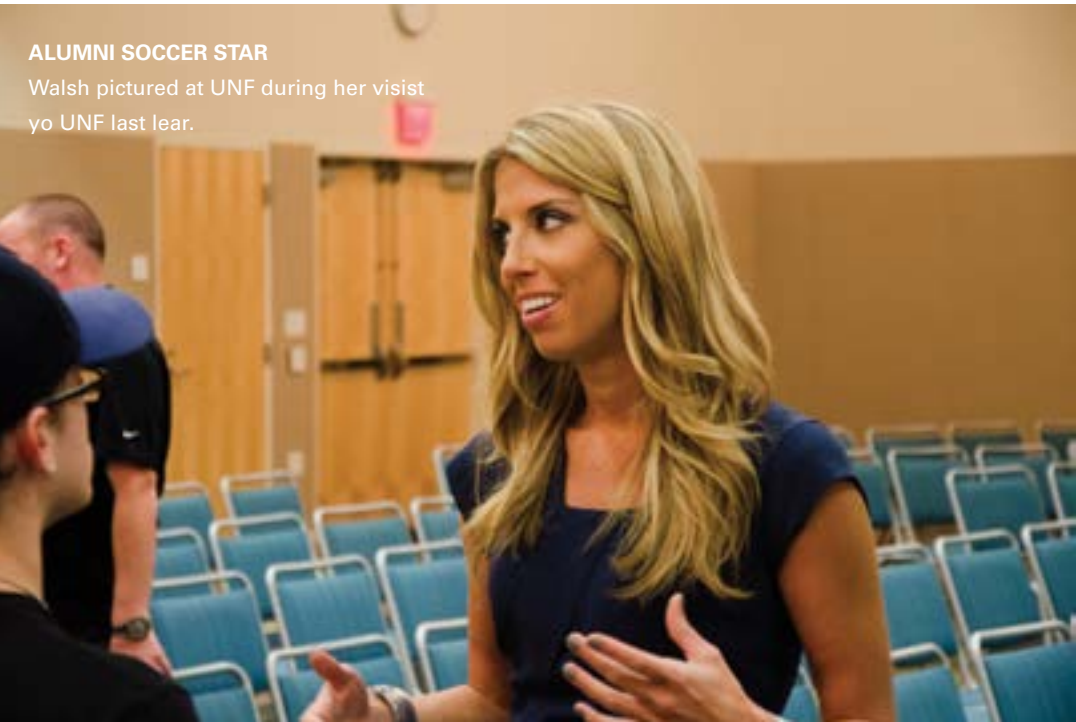
While Walsh worked at The Beaches Leader, she devoted countless hours to practice for her now thriving television career. Walsh said she used the resources around her and the relationships she made working at a local television station to help make audition tapes to send to other stations across the country.

"I probably sent out a million tapes," Walsh said.

After a few calls and a little convincing, Walsh was offered a position as sports director for the Macon ABC affiliate.

The hard work eventually paid off for Walsh, considering she now works for the biggest sports news organization in the world. But she almost didn't get the job.

"With ESPN, I sent a DVD and they must have put it in the day they got it because I heard from them immediately," Walsh said. "They got on the phone with me and set up an interview. I was really open with them, and I probably shouldn't have been."



ALUMNI SOCCER STAR
Walsh pictured at UNF during her visit
to UNF last year.

Walsh told the network that she couldn't leave the job she had at the time until May, four months away from when they wanted to interview her.

"They literally were like, 'Oh. Well this isn't going to work,'" Walsh said. "It turns out, if you do a good job and you convince people, they waited for me. Two weeks later I got offered the job."

Getting into the broadcasting industry is incredibly competitive and unsurprisingly bureaucratic. Sure, there's the common adage that it's all about who you know and putting

yourself out there. But in the end, it's all about dollar signs.

When asked about why she ultimately chose television over print journalism, Walsh asserted that she could have gone down either path. Candidly, Walsh told the class she made sure not to go with print simply because the newspaper field is struggling.

"You know, the newspaper [industry] is difficult. Everything is online and I've had a lot of friends that have unfortunately been subject to layoffs," Walsh said. "It seems to be much tougher on that side of things right now. Al-

though I would say it's tough on both [print and broadcast]."

Walsh finds it critical to have connections. When asked how important creativity is compared to knowing people in the field who could get you a job, Walsh didn't mince words.

"It's important to be creative, it's important to do good work," Walsh said. "I think more than anything, it's important to have your foot in the door."

Dr. Casella asked the decade-long broadcast-ing vet what its like working as a woman in the sports journalism field, insisting that it's been a historically male dominated career path.

"I think that's sort of a thing of the past. Now a lot of places want to hire females," Walsh said. "I think that there have definitely been opportunities created for women in sports, the frustrating thing is, you're judged on looks. That part's annoying and it gets frustrating. You kind of just have to focus on the positive because if you focus on the negative, it'll just drive you nuts."

Adding to the vulnerability of journalists in the reporting field, Walsh points out that she most likely will not be behind the SportsCenter desk forever.

"This industry can be fickle," Walsh said. "I always felt like if tomorrow was my last SportsCenter I ever did, could look at it and say, 'Was it a good run?' and I really could."

The former UNF soccer star said that despite the weakness of a field like journalism, there are always doors open and opportunities to be found elsewhere, whether it be for a successful sports anchor like her or a college student writing for his school publication.

Also in the Skype conversation, Walsh said she would most like to interview the infamous New England Patriot Aaron Hernandez who is facing murder charges. Contrasting with Hernandez, she said her favorite interview was with former Rutgers football tackle Eric LeGrand, who was paralyzed in a game in 2010.

Walsh even told the class about how hard she's pushed for more action sports, specifically surfing, to be on the ESPN network of programming. Walsh said she is a Florida girl at heart and loves to surf when she can.

The broadcasting industry can be a cutthroat battlefield, and Sara Walsh understands it's no joke. There are bright spots, but the communications students in the class Walsh spoke to understood they must be vigilant and proactive professionals in order to be successful.

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Word on the Tweet: Sara Walsh



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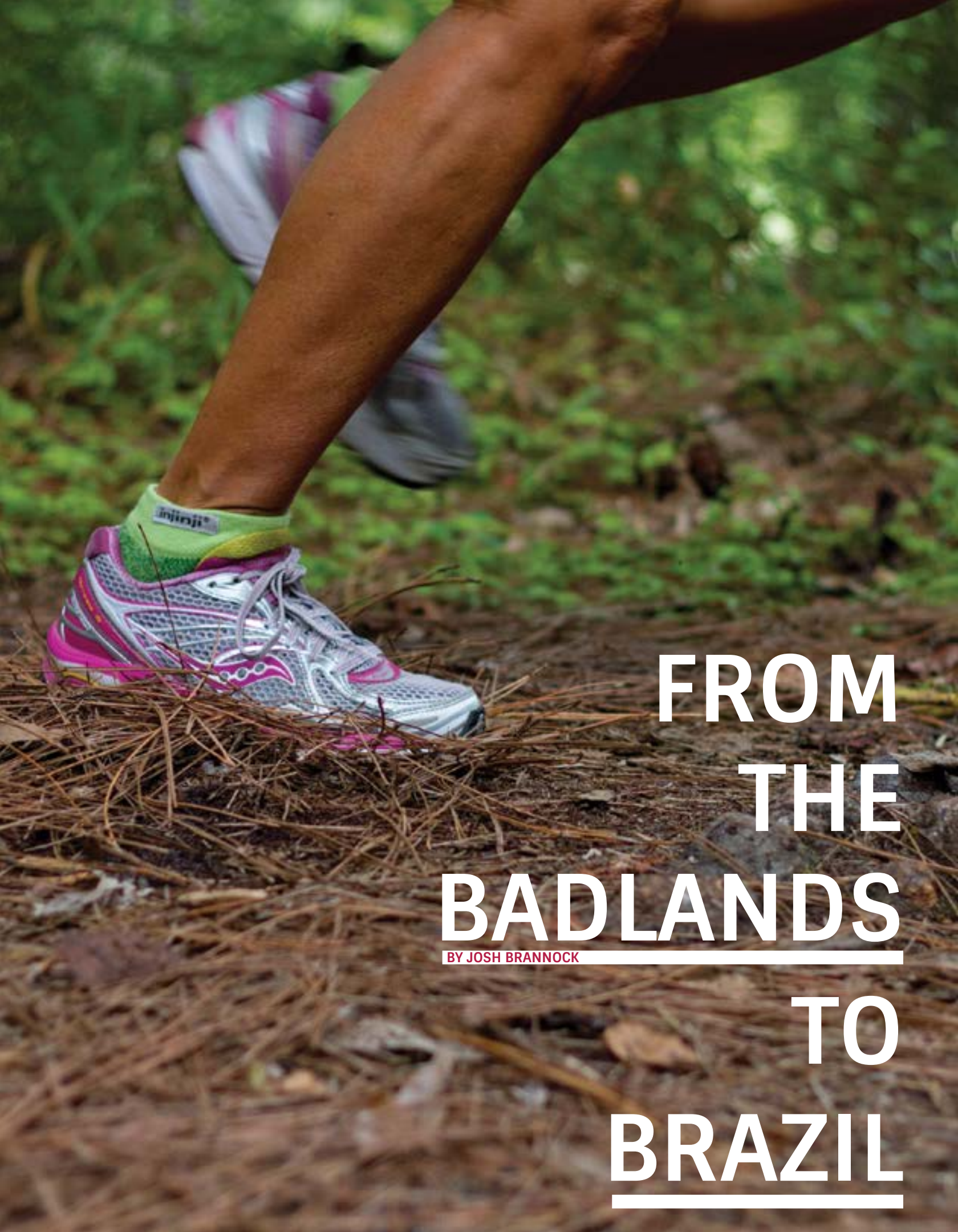
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FROM THE BADLANDS BY JOSH BRANNOCK TO BRAZIL

HUNDRED DEGREE TEMPERATURES FOR HUNDREDS OF MILES: UNF'S AMY COSTA CHALLENGES HER BODY IN EXTREME ENVIRONMENTS DURING **ULTRAMARATHONS**

It's 125 degrees outside and there is an unpleasant breeze that blows dry, hot air directly into Amy Costa's face and mouth. Sand beats against her body and blisters form on the bottoms of her feet. The heat is becoming unbearable.

Costa is 17 miles into the Badwater Ultramarathon, the terrain of which rises from the lowest point in America to the base of the tallest mountain in the contiguous United States — a difference of 8,642 feet.

And the finish line isn't 9.2 miles away, like it would be for a standard marathon. It's nearly 118 miles away. At this point, 17 miles in, almost ninety percent of the race still lay ahead.

Badwater is described as the most difficult foot race in the world. Amy Costa was one of the "lucky" few accepted to run the trail originally run in 1977 by Al Arnold, and in 1981 by Jay Birmingham. The race covers 135 miles of the Mojave Desert in the middle of July. It takes years of experience to even be considered to run.

Costa is the assistant director of Eco Adventure and Osprey Challenge Course at UNF.

"You can't just sign up for Badwater," Costa said. "You can put in an application, but it's a selection process. It's the hardest race to get into in the world."

It's easy to see why the race is so selective. Race

organizers likely want to make sure anyone they select can handle the race without dying.

Runners begin at the Badwater River Basin, 282 feet below sea level, and continue through the Death Valley salt basins, where temperatures easily soar past 100 degrees. The first stop in badwater is Furnace Creek, which holds the record for highest recorded temperature in the world at 134 degrees.

There aren't any aid stations along the route so runners must travel the course with a crew. Costa's crew consisted of her family, crew chief Terry Sentinella and friends Kathleen Wheeler and Andy Woods.

Being part of the crew isn't an easy task, either. Woods described working on the crew as a job that doesn't have any breaks.

"By the time you drive up a mile and get supplies ready, she's there," Woods said. "You're not sitting around doing nothing. It's a very active process. You become very invested in what she's doing and you really become a part of the race."

Every mile, Costa's crew would douse her in water and place ice under her hat and neck. The feeling of relief wouldn't last long.

"They would soak me in water and my shirt would be soaked," she explained. "Less than a minute later my clothes would be completely dry again."

Mentally, Costa had been prepared for the race because of her time spent in the outdoors

in the Appalachian Mountains. What she couldn't prepare for was the physical toll the heat would take on her body.

"I've never dealt with the heat. I've dealt with the cold and snow when climbing mountains, but the heat was phenomenal," Costa said. "My feet were just blistered because of the heat and the pavement."

At Furnace Creek, Costa said the heat was nearly unbearable. There was wind, but it was filled with hot, dry air that took the water out of her mouth and blew the heat from the ground and into her face.

Costa compared Furnace Creek to standing outside in the middle of the hottest day in Florida and blowing a hair dryer on your face. Needless to say, Badwater is tough from the beginning.

In order to stay hydrated runners drink water, but runners can actually drink too much water and do more damage to their body than someone would expect.

Costa has had that problem before. In her 13-plus years of running ultramarathons Costa has had body issues three times. The most severe case didn't happen during a race, it happened after, during a celebration for her winning a 100-mile ultramarathon.

"Half-an-hour after the race I ran around, got awards, talked on the phone and then I sat down and my body started shutting down," she said. "I did continue to drink. I was just on

Photo compilation of Costa's journey through the Badwater ultramarathon.



a high and then I sat down and I couldn't get back up because my body just shut down."

"I couldn't stop puking and all my organs started shutting down," she said.

Costa was so severely hydrated that by the time she went to the hospital her body was experiencing rhabdomyolysis, which is when muscle fibers break and release myoglobin into the bloodstream. This could eventually lead to kidney failure. Luckily for Costa her body stabilized and she eventually went home.

The two other times Costa went down, she was running the Keys 100 ultramarathon. In both instances, she went down around the 80-mile marker.

Costa was running a hard, fast race. Despite thinking she was taking in enough fluids, she was dehydrated. Instead of losing control of her body after the race, this time she collapsed on the road while in mid-sentence with her daughter.

Her most recent collapse was again at the Keys 100 ultramarathon roughly a year and a half ago. With the memory of not drinking enough water still fresh in her mind, Costa was taking in massive amounts of water.

"I was pounding so much [water] that I was going to the bathroom every second and my body wasn't processing how much I was taking in and eventually I went down again," Costa said.

At nearly the same spot in the same race Costa went down, but this time she was determined to finish the race.

"I fought with the ambulance people and refused to be admitted," Costa said. "Then they gave me a bag in the ER, but I refused to be

admitted and called the race director to see if I could finish the race."

The race director allowed Costa to go back out to the spot she had fallen and let her go on and finish the race from there. Her determination and refusal to stop caught the attention of a runner who was amazed by her fight.

Terry Sentinella became friends with Costa after the Keys 100 and was her crew chief in

I had severe dehydration and it was bad. I couldn't stop puking and all my organs started shutting down.

the Badwater 135. Sentinella had experience at Badwater. He's run it twice, and in each race he learned from the crew he had around him.

During Badwater, Sentinella was able to spot that Costa was making the same mistake she made at the Keys 100: She was drinking too much water.

"You expect a little dehydration, maybe four, five pounds lost during a race," Sentinella said. "But when you start gaining weight that's a problem. You have to start finding a way to lose all the extra pounds."

Sentinella was weighing Costa every five miles. Her weight continued to go up and up. By mile 23, Costa had put on 18 pounds of water weight.

"I couldn't run because I was going to the bathroom so much and I thought that was a good sign," Costa said. "Thank God [Terry] said 'you're having a problem.' I was drinking

like there was no tomorrow because it's Death Valley and I was dying."

In order to get her weight back down Sentinella forced Costa to stop drinking water for an hour while she kept running.

Costa will forever be grateful for having Sentinella as her crew chief.

"If he didn't do that I would've been down on the ground and I wouldn't have finished Badwater," Costa said. "You gotta find the fine line between drinking too much and too little. It's tricky."

While Costa was constantly going to the bathroom, there wasn't a traveling band of porta-potties following her. There was only open-space and the side of the road. An ultramarathon isn't for those who

need amenities; it's a run for those who do it for the love of running, those who don't need anything special.

Costa left the the starting line behind at the Badwater River Basin at 10 a.m. July 14. In Death Valley, she ran through a sandstorm and temperatures reaching 125 degrees — she ran during the heat of day and the dark of night. After dangerous weight gain, and forced weight loss, after her feet blistered, she crossed the finish line of the hardest foot race in the world at 12:40 a.m. July 17, at the base of Mt. Whitney.

It took Costa a total of 38 hours and 40 minutes of running to reach the finish line that put her into ultramarathoning glory.

Yet even with that accomplishment, Costa still feels as though she has work to do. Costa plans to run with Woods and Sentinella through the Brazilian Amazon at the Brazil

135. The Brazil race will be completely different than Badwater for multiple reasons. One difference is the Brazil 135 has aid stations set up throughout the course. Another difference is Costa will be doing the run unassisted.

Costa admits the terrain will be hard to train for in Florida. The trio will be running through a muggy rain forest and climb up and down mountains throughout the Brazilian landscape, something that Florida is overwhelmingly lacking.

"In Florida you're going to have to run bridges to train for the hills," Woods said.

Costa will run the Brazil 135 in January, during South America's summer. The race is run on the hardest segment of the Caminho Da Fé, or Path of Faith. The path has been used as a way for Brazilians to reach the Nossa Senhora Aparecida Basilica, where the image of the Virgin Mary was found in 1717 by three fisherman.

Unlike Badwater, the Brazil 135 only has roughly 10 miles of 'flat' landscape. Its landscape is ever-changing.

Costa doesn't run ultras like Badwater and Brazil for the glory. She does it because she's a competitor. Her start in ultramarathoning began when she saw people who were older and in worse shape running in longer races than her. Costa is content with being last, but as long as it's possible for her competitors to run, she'll be running right behind them, blisters on her feet and IV in her arm.

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Post your opinions to the story online



AMY COSTA

Costa left the the starting line behind at the Badwater River Basin at 10 a.m. July 14. In Death Valley, she ran through a sandstorm and temperatures reaching 125 degrees — she ran during the heat of day and the dark of night. After dangerous weight gain, and forced weight loss, after her feet blistered, she crossed the finish line of the hardest foot race in the world at 12:40 a.m. July 17, at the base of Mt. Whitney.

DANE QUINTAL

Nails a 360 to 180 revert
transfer from a quarter pipe to
the mini ramp on his road to
victory at the UNF Skatepark.

The King is crowned

BY ALEXIS MCCARTNEY
AND JOCELYN TOLBERT
PHOTOS BY RANDY RATAJ



SITTING PRETTY

Quintal 's throne will be held for him at Boathouse all year.



ETHAN SULLIVAN

Did it hurt when he fell from the sky? Pictured here is Sullivan's Mellon Grab over the railing. Best trick was awarded to his Benihana.

The fourth annual Red Bull King of the Campus skate competition was held Saturday, September 14, at the UNF skatepark, crowning

Dane Quintal as UNF's best performer and King of the Campus.

King of the Campus is a jam-format competition where the contestant who reaches the throne must prove themselves from heat to heat. As the competition progresses, contestants are dethroned to make room for those who scored higher points.

Since the first King of the Campus event at UNF, the crown had only belonged to one skater: Brooks Jones. The first year, however, his glories were short-lived.

"No one really told me that you had to be a UNF student," Jones said. "At that time, I was going to FSCJ. I had to give my trophy back that year, but those next following years I won, I was a UNF student."

Jones' three-year reign came to an end when he graduated from UNF with a bachelor's in Public Relations. This year, Jones returned to judge the competition, alongside local professional skater Mike Peterson and George Evans, skateboarder and owner of portable halfpipe and trailer company Instaramp.

"I'm really excited about judging this year," Jones said before the competition. "I never thought I would have been in this position."

The judges score competitors on a scale of 1 - 100, to be determined based on five categories: Number of tricks accomplished, flow around the course, style, creativity and difficulty.

Skaters from all over Jacksonville came to watch and compete in the contest. While the King of Campus event was exclusive to UNF Students, the "best trick" contest was open to the public. Five students competed in the main contest, and 17 local skaters went head to head in the best trick jam session.

After Dane Quintal secured the crown, Ethan Sullivan took the win in best trick with a "Benihana Grab" over the railing on the hip. Winners received a skateboard deck, a bag of goodies and a case of Red Bull. But for King quintal, a throne in the Boathouse will be reserved specifically for him all year.

Next year, the crown will again be up for grabs. Jones has only one piece of advice for those who will try to unseat King Quintal: "Just try to have fun. Skateboarding contests are nerve-racking."



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