

Spinnaker

UNIVERSITY OF NORTH FLORIDA

FEBRUARY 2015 \$3.50

JACKSONVILLE ACROYOGA COMMUNITY

**PATH TO BECOMING
D-I STARTER**

**"VISUAL LOVE LETTERS"
BY ERICA MENDOZA**

**LOVE QUIZ
AND MORE**



The background of the entire page is composed of several overlapping, semi-transparent geometric shapes, primarily triangles and parallelograms, in various shades of blue and grey. These shapes are arranged in a way that creates a sense of depth and movement, with some shapes appearing to be layered on top of others. The colors range from a light, airy blue to a dark, muted grey.

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theGUIDE

FEATURES

18 ACROYOGA

It's time to fly: Jax AcroYoga

IN EVERY ISSUE

4 MISCELLANY

5 PUBLISHER'S COLUMN

DEPARTMENTS

THE REPORT

6 LETTER TO THE EDITOR

8 POLICE BEAT

9 UNF NEWS

THE LIFE

10 OPINION: FIVE THINGS TO CHANGE

13 LOVE QUIZ

16 MILKSHAKES

22 VISUAL LOVE LETTERS

THE GAME

26 ATHLETE PROFILE: ROMELO BANKS

REVIEWS

28 UNF ON TV

29 MOVIE REVIEWS

30 V-DAY PLAYLIST



18

PHOTO BY: MORGAN PURVIS



16

PHOTO BY: MORGAN PURVIS



22

PHOTO BY: MORGAN PURVIS



COVER PHOTO:

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FROM BOTTOM TO TOP:
ERIC BROE, GARRETT LLOPIZ,
JAMES FOWLER

[MISCELLANY]

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CALL FOR SUBMISSIONS:

Spinnaker accepts submissions of all kinds, from journalistic articles, opinion columns, to creative nonfiction, fiction and poetry. Previously published work will not be accepted. The reading of submissions is ongoing, and Spinnaker will notify the authors before publishing their work. However, for materials to be considered for the next issue, deadline is the first Friday of the month.

Send work to publisher@unfspinnaker.com.

If you have any questions or comments concerning stories, contact the specific editor via email.

CLARIFICATIONS:

The article on pages 10-11 suffered formatting issues with subheadings. For online version of the article: <http://unfspinnaker.com/an-in-depth-look-at-senate/>

The article on page 12 was abruptly cut two paragraphs. For full article: <http://unfspinnaker.com/>

Spinnaker

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PLEASE PASS ON
BEFORE YOU RECYCLE



If not now, when? Don't be a dusty store sign.

Bright ideas don't come on a scheduled basis. They arrive by way of light bulbs that somehow float over our heads or by way of lightning strikes we can withstand. They may even come through in the fragments of dreams we still retain. They may come to us in even subtler ways. But, we either have the idea or not, at that very moment. And where do we go from there?

Jotting an idea on paper works, but that note tucked away in your pocket or saved in your phone app won't develop as you wait for a better time to pursue the idea. The excuses — not being capable enough, not having the means to begin, not having the experience or level of talent to even try — are roadblocks we allow ourselves. And I'm definitely no exception to this kind of thinking.

But if I were to tell myself, "Because I'm not a journalism or communication major of any sort, being publisher of a magazine is out of question," I wouldn't be writing this column. If I let my outward appearance be enough reason to think my ideas and plans are as small as my height, I wouldn't have been able to work with the student organizations I'm a part of or be in the position I am now.

Though doubt lingers every once in a while, always keep in mind "If not now, when?"

This effort to begin coincides with passion and ambition. If we want our ideas and visions to evolve into something more than a concept, we need to start somewhere. But with our schedules and routines, it's easy to just want to get by. And who wants to run on empty? It makes the days miserable. Let's say you run a small shop with a shabby store sign (ou, alliteration). There's dust between the letters; it's got a

sepia-tone-forgotten look that's completely unintentional. It doesn't represent the store and its potential. You want to change it, sure, but then decide there's not enough time to make that change. There are shifts to complete and money to make. It doesn't seem practical to put aside time on a project that needs your attention.

Don't be a dusty store sign. Don't run on empty. Try to take on the bright ideas that bless your life unexpectedly before they escape you. Invest your energy and time to things that you're inspired to do, instead of holding them off. And remember to be humble and patient because things don't happen right away.

A poet is going to compose several drafts before their piece reaches the quality they want. They may even approach the subject in a more interesting way than anticipated during the process. An artist is going to render their subject until it matches their vision. And likewise, may discover something new to expand the idea along the way. A training athlete may find out their weaknesses and strengths with each practice.

With that said, I have bright ideas for the magazine and am looking forward to sharing them to you all, our readers. And with new faces in the newsroom and the Spinnaker family, we are ready to bring it.

SHANNON PULUSAN PUBLISHER

LETTERS FROM OUR READERS

A CHALLENGE TO THE SPINNAKER

The following emails were exchanged between a student representing herself and another student, and the former Breaking News Editor/current Digital News Editor Lydia Moneir:



Email received on Nov. 20, 2014 at 5:23 p.m.

As students of UNF, we would like to challenge the ethics of the UNF Police Beat in the Spinnaker. What once was an informational piece to students has now become a source of entertainment at the expense of students' privacy.

Although the information the Spinnaker publishes is obtained legally and the Spinnaker is well within their rights to publish such information, it is our opinion as students of UNF that there is an underlying tone of mockery in the Police Beat. The focus of the piece is no longer to inform students of incidents. Instead, it has become a talking point at the expense of students.

Although it is within the Spinnaker's rights to publish these stories, we feel that in a community as intimate as UNF, it can cause more harm than good.

Specific floor numbers and locations of incidents have become much more specific over the years. This limits the anonymity of the students involved in these incidents. It becomes fairly easy for other students on campus to identify the students involved in these incidents, taking away their right to privacy.

We understand that there are incidents of concern that take place on campus that other students should be made aware of. However, we do not believe students should be made aware of these incidents via the Spinnaker, seeing as the Spinnaker is posting these stories for entertainment purposes instead of informative purposes.

There is an act, called the Clery Act that mandates official representatives of the UNF Police Department to publicly inform students of any criminal acts or incidents that could affect their safety or well-being.

In closing, our challenge to the UNF Spinnaker is to cease the publication of the UNF Police Beat. At the very least, we urge you to reconsider the format and underlying tone of the UNF Police Beat, keeping in mind that the students that are written about in the Spinnaker are not fictitious. They are actual students, and should never be the source of public entertainment.

As a final note: we would like to mention that neither of the students authoring this letter have been mentioned in the Police Beat. Our qualms are out of sympathy for those who have been objectified by the UNF Police Beat as of late.

We would greatly appreciate a response to this letter.

Thank you for your time,
University Students A and B. We would greatly appreciate a response to this letter.

Reply on Nov. 20, 2014 at 6:02 p.m.

Malorie Carter,

If there are specific police beats that have included information that would clearly identify those involved, please give me the link to those beats, and I will look into this.

The Spinnaker operates within UNF as, for example, The Times-Union operates within Florida. Just as every news outlet has a crime log, we report on crimes within UNF. This is the norm.

As you said, the Spinnaker is within its rights to publish Police Beats within ethical and legal guidelines. As it stands, you have not offered any compelling reasons to justify your request.

Please feel free to respond with any further concerns.

LM

Reply on Dec. 1, 2014- at 10:41 a.m.

LM,

Thank you for responding to our email. Here is a link to a Police Beat that directly identifies a resident and his place of residence here at UNF. <http://unfspinnaker.com/police-beat-student-charged-with-felony-for-marijuana-possession-car-tires-slashed/>.

We believe that although the resident involved in this incident committed a felony, his identity and place of residence should have remained anonymous.

Thanks,
Malorie Carter

Reply on Dec. 1, 2014 at 3:53 p.m.

Malorie,

We always name students who are charged with a felony, and always double check they were, for a couple of reasons. Firstly, a felony tends to be a more serious crime and therefore more newsworthy, and it makes the identity of the suspect more important. Secondly, a person's record will reflect a felony charge if they are not under 18, so we are not harming their reputation - any employer or family member can see their record by calling the police department in charge.

If you find any beats that inadvertently identify someone - for example, by using too specific of identifiers - please let me know.

I hope this has answered some of your questions or concerns, but please feel free to respond if it did not.

Also, I thought my signature popped up at the bottom of all my emails - I hope you don't think I was trying to be rude or anonymous by signing with my initials; that is simply how I generally sign my emails.

Lydia Moneir



Reply on Dec. 1, 2014 at 10:23 p.m.

Thank you for your response and your time.

Malorie Carter



THE FOLLOWING INFORMATION IS ACCORDING TO
UNIVERSITY OF NORTH FLORIDA POLICE DEPARTMENT REPORTS.

COMPILED BY PATRICK LLOYD STAFF REPORTER

POLICE BEAT

DUDE, WHERE'S MY BIKE?

A female student recently reported her bicycle missing to UNFPD, even though she knew it was missing since July 3, 2014. On Jan. 9, the student told the officer she locked her bike to a bike rack outside of the UNF Arena on June 23. Ten days later, she noticed the bike had vanished. She checked with lost and found in July, where she was told UNFPD had no record of anyone turning in the bike.

The bike was listed as a pink Panama Jack bicycle with white wheels and a brown wicker basket on the front handlebars. The student received a case information card and was advised to call UNFPD with the bike's serial number so it could be added to the police report and entered into the National Crime Information Center.

WEED? NO OFFICER, THAT'S THE SMELL OF CIGARETTES

A UNF student tried to convince two UNFPD officers that the odor of burning marijuana in his car lingered because he smoked cigarettes in his car. The two officers pulled the student over after running a stop sign in Lot 10. The officers then initiated the traffic stop in Lot 100. When the student rolled down his window, the officers immediately noticed the distinct smell of burning marijuana.

When the cops asked him about the odor, he stated he "smokes cigarettes in the car." The cops once again inquired about the smell, to which he admitted there was marijuana in the car. After searching, the officers found 10 grams of marijuana, a glass jar containing marijuana, a used marijuana roach and several unwrapped cigarillos. The student admitted all of these belonged to him. The case was cleared by arrest.

MORE CRIME AT THE FLATS: STOLEN SUV

A student reported her silver Hyundai Santa Fe stolen from The Flats parking lot on Jan. 12. She said she parked her car the night before as she normally did, but the next morning, it was not in the lot. The officer drove the victim from UNF to The Flats. They did not see the vehicle anywhere. They attempted to find the SUV by using her emergency key fob, but were unsuccessful.

Other officers searched the remaining area of the parking lot, but found nothing. Lots 5, 18 and 53 were also searched. The vehicle was nowhere to be found. The victim stated she didn't allow anybody else to use the car, and she doesn't believe any of her roommates borrowed the vehicle. Patrol efforts have been suspended.

OH CRAP!

A construction worker reported a stolen porta potty at the construction area behind Thomas G. Carpenter Library. On Jan. 13 at 9 a.m., an officer was dispatched to the Elkins construction area. The project superintendent said he thought the company that owns the porta potty, Amason's, may have removed it. However, he later confirmed that no one from Amason's picked it up. No one knows who took it or if it was taken during the day or night.

NOT ONE. NOT TWO. THREE STOLEN IPHONES

Three females had their iPhones stolen at the UNF Arena on Jan. 12. At around 6 p.m., two students and one 17-year-old juvenile left their bags and purses in a room on the second floor of the arena. They left the room unlocked. They went down to the first floor for about 40 minutes. When the victims returned to their bags, they noticed their iPhones were missing.

According to someone who was there, there were 7-8 black males playing basketball in the room next door during the time the bags were unattended. By the time the officer arrived, only one black male was present. Officers attempted to electronically track one of the phones, which led them to the area of McDonald's and Chick-fil-A in the St. Johns Town Center. The officers could not locate the phone. At this time, there are no suspects or witnesses to the case.

ROOMMATE THREATENS OTHER ROOMMATES WITH BOX CUTTER

One student threatened his two roommates with a box cutter at The Flats on Jan. 12 at around 10:15 p.m. The two students who were threatened confronted the other student in his room about the apartment being messy. The student then slammed the door in their faces. They confronted him again, loudly knocking on his door. When he opened the door, he pushed one of the students, and he was holding a box cutter. However, the blade was not extended.

The student with the box cutter admitted he did have a box cutter in one hand, but he too said the blade was not extended. One of the other students declined to press criminal charges, and signed a prosecution declination. The RLCs on call said they would work with housing on changing room assignments. The case is closed due to the prosecution declination.

WHO'S THERE?

A student reported strange activity with her dorm room door. On Jan. 13 at 6:25 a.m., she told UNFPD that she locked her door the night before at 11:30 p.m. She woke up when she heard the door handle being moved back and forth. She got up and noticed the door was ajar. She locked the door and went back to sleep. The student said her roommates did not notice anything unusual. The UNFPD officer did not see any signs of forced entry. No personal property was disturbed. The officer asked an RA for assistance with the residents. He also contacted Housing maintenance to inspect the door, and a key audit was conducted but found no outstanding entries.

FORMER STUDENT GOVERNMENT VP RESIGNS, SO THE NEW VICE PRESIDENT IS...

BY DANA LEAKE CONTRIBUTING REPORTER

The announcement of the departure of Student Government Vice President Anthony Stevens echoed within the walls of the largely empty Senate Chambers at 10 a.m. Jan. 9. President Joseph Turner read the statement from the podium while Stevens stood quietly beside him. Turner said he was sad to see Stevens' departure and mentioned how Stevens was an exemplary vice president. He thanked Stevens for his hard work and dedication to SG.

"This is my last semester before I graduate and I know I didn't have the time commitment for [my position]," Stevens said. "It wasn't the right thing for the organization if I stayed on."

Despite his future absence in SG, Stevens said SG is on the right track to put together what he envisions for the student body. Stevens said he wanted to try to improve school spirit by putting together plans to renovate The Boathouse. According to Turner, Stevens also helped design the UNF flag.

Shortly after his statement concerning the resignation, Turner announced the next vice president: Director of Analytics and Research Christopher Brady.

Turner said he felt Brady is the most qualified for the job. "Chris has a great rapport within SG and on campus," Turner said. "He is hardworking and dedicated to enhancing the student experience."

Brady, who was not present due to class, started his SG career as SG's Budget and Allocations chair in Spring 2012 and later served as senate president.



UNF PANHELLENIC SCHEDULED TO EXPAND WITH ALPHA PHI AND ALPHA DELTA PI

BY KALEE BALL STAFF REPORTER

The recent rise in sorority recruitment numbers at UNF led the Office of Fraternity and Sorority Life to consider expansion last August. In Fall 2014, over 400 women signed up for formal recruitment.

Certain limitations have made it impossible to ensure that existing chapters could function well without expansion. Currently, each chapter is required to have a minimum of 183 members. However, the biggest room on campus can only hold 200 people.

"It allows the opportunity for our chapters to come down to a more manageable size. Over the past few years, we have seen the interest in joining a Panhellenic group truly increase on campus. Offering another option gives women something different to look for," Jen Miranda, coordinator for the Office of Fraternity and Sorority Life, said.

Out of 10 applicants, the new sororities that were chosen by the Extension Committee are Alpha Phi and Alpha Delta Pi.

Alpha Phi has already begun the process of colonization. Meanwhile, Alpha Delta Pi will begin colonization sometime before their scheduled recruitment, Fall 2017.

The two sororities are staggered to ensure that Alpha Phi can become well-established on campus before Alpha Delta Pi begins colonization and so that the year-long expansion process does not have to be redone.



SAME-SEX MARRIED COUPLES NOW RECOGNIZED FOR TUITION PURPOSES

BY RACHEL CAZARES CONTRIBUTING REPORTER

Following the state of Florida's new legalization of same-sex marriages, the university as of Jan. 13, recognizes same-sex married students for tuition purposes, and these couples will now be considered legally married in the eyes of the OneStop administration.

Same-sex couples from any state other than Florida with a valid marriage license will also be recognized.

*the*LIFE
[CAMPUS]

KING *for a* DAY

5 THINGS UNF STUDENTS WOULD CHANGE

BY CASSIDY ALEXANDER OPINIONS WRITER
PHOTO BY TYLER VAN VOORTHUIJSEN



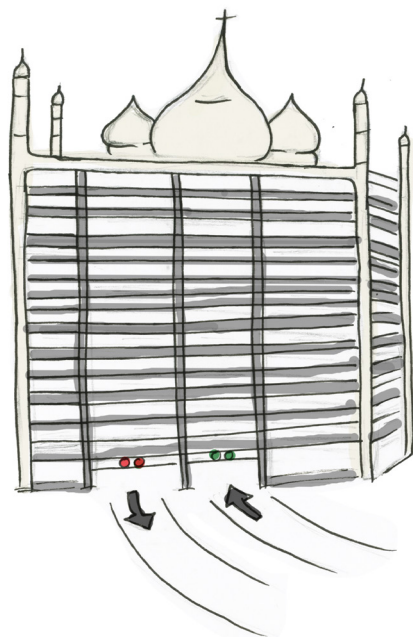
The prospect of being king for a day is one that many of us consider but never actually get to experience. If UNF students ever happened to gain total control of the school for a day, they would have some major changes lined up.

Some things students want include better advising, cheaper prices at the cafe, Greek housing, a 24/7 library (which is now open nonstop from Sunday 1 p.m. to Friday 8 p.m. this semester) and increased access to the ropes course. The following five changes are things that were mentioned the most.

No more car stalking, we want parking

Parking, parking, parking. We are traditionally a commuter campus, and finding a place to park shouldn't have to be a bloodbath.

Unlike fall semester which kicked off with a shortage of parking spaces because Parking Services sold more permits than they had spaces for, this semester has a few parking changes in store. Parking monitors in the Arena Garage let students and faculty know if there are available spaces. Eighty spots in the garage were converted to faculty/staff spaces.



Also, Housing permit holders and Blue permit holders may use the new parking garage, which opened on Jan. 5. The design of the new garage off of Lot 12 specifically reserves the first three floors for Housing and the fourth floor, which can only be accessed from the Fine Arts Center Garage, for Blue permits.

Still, this doesn't seem to completely satiate students' desire for more parking closer to campus. One solution would be to funnel some funds from Student Government into the "Taj Mahal" of parking garages. But that's an entirely different issue.

Football is the essence of the college experience

This is everyone's favorite thing to wish for -- it may even be a tradition. Every year there seems to be a rumor circulating that UNF will get a football team and that this is going to be the year. Unfortunately, it truly would take one student gaining complete control of the school



to make it happen soon. We are just too young and too small of a school to make football happen. No matter how much money we put into athletics and away from other areas of the school, it's just unlikely.

One Facebook commenter, Brittany Gorelick, said that we don't need a football team or more "forced school spirit." Instead, she said, "we need the school to work on the problems it already has before we bring in bigger issues."

But no matter the logistics or money involved, students think that a football team would be the magic wand needed to wave all of our problems away. School spirit? Check. (If the team is good.) People on campus? Check. (If the hypothetical field is actually here.) Better school in general? Check. (If we don't go bankrupt from it.)

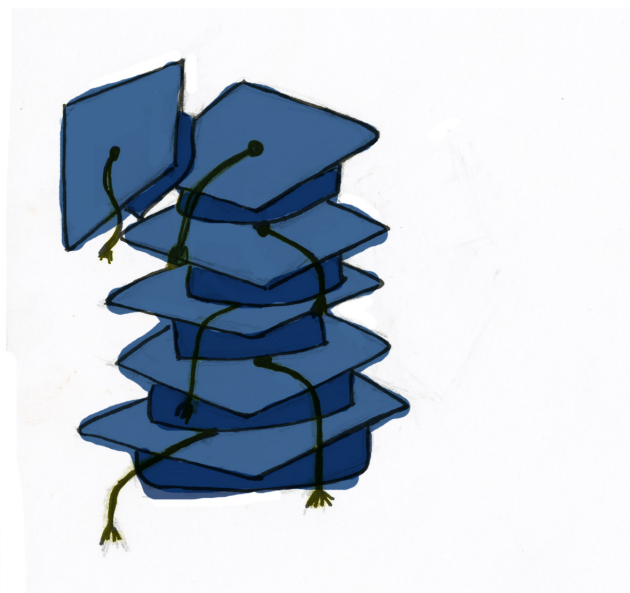
And despite the fact that most students cite the small campus as their favorite thing about UNF, they still want the traditional, big school college experience, the essence of which is a football team.

UNF degrees on degrees on degrees

No matter how much we complain about it, students really do love UNF. And because of this, they want to stay here as they continue their education. The graduate programs that UNF does offer are apparently too few.

From wanting specialized business graduate programs to just having more grad programs in general, students wish UNF was more conducive to advancing their education at the graduate level.

This is a really positive thing to change -- we aren't trying to fix something UNF does wrong. It's an opportunity for the school to grow that students are actually behind, proving how much students like the school and want to gain even more from their experience here.



Career Services to clear our doubts

Students want their education to produce jobs, obviously. Part of that involves internships, practical experience during the time they're here, and jobs to enter into after graduation. Students think that Career Services should be offering more opportunities for paid internships and job placement opportunities after we graduate.

Currently, Career Services acts as a resource. They're giving you the tools you need to get the jobs, rather than handing you the jobs themselves. If students were in charge, Career Services would be handing out the jobs. However, it's unrealistic to expect one campus service to find jobs for every student who attends UNF.



Instead, we must take advantage of the services they do offer, and prepare ourselves for the job field. Fortunately, many majors also require that students take an internship as part of their degree, and on their websites, departments post internships and careers that are available for people to pursue.

The fact of the matter is that there are no guarantees when it comes to our education and our futures after it. We spend money and time

to get educated almost entirely on faith. If it were up to us for a day, there would be no doubt that we'd have a job after we graduate and money while we're in school. What a perfect world that would be!

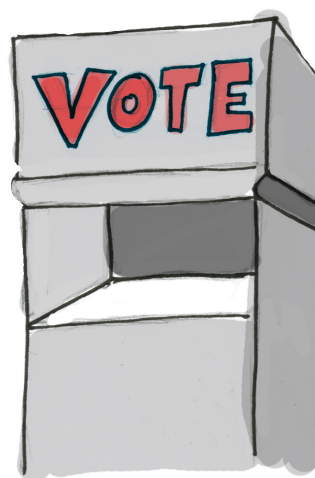
Student Government

The number one answer in response to the question we posted on Facebook was "Student Government." We all know that something needs to be done about SG. What exactly that "something" is has yet to be determined.

Last semester, there was an issue with the SG elections, conflicts between branches, and misuse of power all around. Maybe we should do as Maxwell Carrillo suggests and just remove everyone who is causing a problem. But until one of us gains unlimited power over the university for 24 hours, that's not going to happen.

We can only make an effort to get involved in SG in the ways that we can now. We can educate ourselves. We can attend senate meetings and use the time we are entitled to to speak our minds. We can write letters and send emails. We can vote.

What we can't do is wait for this situation to fix itself or any of these problems. We forget, or choose to ignore, the power that we actually hold because it's easier than trying to make a difference. This time, speak out about what you wish would change, whether it's parking, a new grad program or a new SG president. Your voice makes a difference. Use it to communicate what you want, then go out and make it happen.👉



LOVE-O-METER



by Alex Bishop | Contributing Writer

Graphic by B.Rachelle Keller

How healthy is your relationship?

Oftentimes it's difficult to judge the quality of your relationship without a certain bias.

I know from experience that you can put up with a bad relationship without thinking anything of it. In these situations, we rely on "outsiders" to inform us of the condition of our relationships. Even good, enduring relationships can use a little diagnostic test every once in a while to pinpoint the weaknesses and to highlight the strengths of a couple. Every so often, we need something to bring us back to our senses to compare what we value in a relationship and what we have in a relationship. Think of this quiz as that gauge.

1

I can talk to my partner about anything.

- (a) Mostly
- (b) Usually
- (c) Sometimes
- (d) Rarely

2

My partner respects me, my time, my needs and my feelings.

- (a) Mostly
- (b) Usually
- (c) Sometimes
- (d) Rarely

3

I feel comfortable talking to my partner about my feelings.

- (a) Mostly
- (b) Usually
- (c) Sometimes
- (d) Rarely

4

My partner and I both work to resolve conflict within our relationship.

- (a) Mostly
- (b) Usually
- (c) Sometimes
- (d) Rarely

5

In our relationship, we are both willing to make adjustments.

- (a) Mostly
- (b) Usually
- (c) Sometimes
- (d) Rarely

6

I trust my partner completely.

- (a) Mostly
- (b) Usually
- (c) Sometimes
- (d) Rarely

7

We have fun together.

- (a) Mostly
- (b) Usually
- (c) Sometimes
- (d) Rarely

8

My significant other and I enthusiastically support each other's hopes and ambitions.

- (a) Mostly
- (b) Usually
- (c) Sometimes
- (d) Rarely

Results on page 15

THE SPINNAKER YOUR ONLY LEGITIMATE SOURCE FOR NEWS AND ENTERTAINMENT AT UNF

Winner
Pacemaker
Newspaper
2010 & 2013

1st
Best of Show
Newspaper
2013

3rd
Best of Show
Magazine
2013

Finalist
Pacemaker
Website
2013

3rd
Best of Show for
Website Large
School 2014



LOVE-O-METER

Results:



Mostly a's and b's: Way to go! It looks like you and your partner are awesome together. Keep up the good work, but note the problem areas within your relationship. If something has been nagging at you and you've been keeping it to yourself, maybe you should talk about it with your partner. If your partner is someone worth being with, they will take the time to listen, understand and work on the problem.

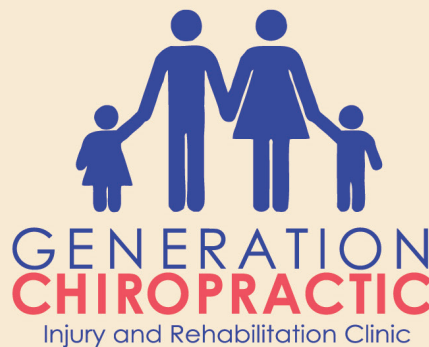


Mostly c's and d's: Hmm, maybe your relationship requires a bit more evaluation. Sit down face-to-face and talk about what you're feeling and the problems you see in the relationship. Talking about these things can be difficult, but if your partner is receptive, perhaps they'll see you're not so happy with the quality of the relationship at the moment. You never know, your partner might just be feeling the same way.



Dr. Nathalie Blum
Dr. David Blum

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Strawberry and Oreo milkshakes
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PHOTO BY MORGAN PURVIS



Garrett Llopiz basing Christy Turbeville

IT'S TIME TO FLY: JACKSONVILLE'S BUDDING ACROYOGA COMMUNITY

BY DANAE LEAKE | CONTRIBUTING REPORTER
PHOTOS BY MORGAN PURVIS

Admittedly, I didn't know what to expect when I set foot on the grassy field of Memorial Park in Riverside on Jan. 11. But it was easy to spot the group from afar. About 10 people were paired up. One partner lies flat on a yoga mat while stabilizing the other in mid-air.

I noticed one pair, a man and woman, perform a sequence of gentle turns and rotations. The man supported the woman as her base while she spread her arms, simulating an airplane. Their performance is reminiscent of a familiar childhood pastime. Many would call this doing the "rocket ship," in which a mother or father lifts their child mid-air with their feet.

Despite the playful air of the pair's fluid routine, they performed a much more sophisticated version of "rocket ship," officially known as AcroYoga. This yoga practice is made up of three disciplines: yoga, Thai massage therapy and acrobatics. AcroYoga is known as "partner yoga" because there is a base and a flier. The base uses their feet to support the flier who changes postures in mid-air. At least that's according to James Fowler, the AcroYoga ambassador leading the jam.

He was the first person I met when I joined the group. His eyes lit up with excitement when I told him I've never participated in AcroYoga. "Well, you have to fly first before we can talk," he said. Apparently, I had to experience this immediately, first and foremost. In a few moments, I was in the air, supported by his flattened feet. It felt liberating to be up in the air, even though it was only three feet above the ground.

After the flight, Fowler talked about his path to becoming a yogi. Fowler began taking yoga classes after sustaining a weightlifting injury. He tore his right bicep and herniated a tendon in his upper leg. Wanting to avoid surgery and medication, Fowler resorted to yoga as a way to heal his injuries. He began teaching morning classes when, one day, his friend introduced him to AcroYoga – a niche style under the yoga umbrella.

AcroYoga, according to Fowler, healed more than his physical injuries. Before his weightlifting accident, Fowler worked several jobs that had nothing to do with yoga. He had his own graphic design company and worked as a marketing associate for a furniture company. Despite his success, he said he didn't have the heart for the business.

“IT WAS DOABLE, BUT NOT SOMETHING I ENJOYED. SO WHEN I GOT HEALED WITH YOGA AND FELL IN LOVE WITH [IT], I DECIDED THAT I HAD TO TEACH IT,”

FOWLER SAID.

Currently, Fowler teaches 14 yoga classes and hosts the Sunday AcroYoga sessions at Memorial Park. He's a "JAMBassador" – an AcroYoga representative who hosts and directs AcroYoga jams. He is expecting to earn his instructor certification this November. Fowler said the AcroYoga scene is growing in Jacksonville and that it seems to be something many people are interested in. AcroYoga, according to Fowler, is a unique way to build physical strength.

“ IT TAKES A DIFFERENT KIND OF STRENGTH TO NOT ONLY PICK SOMEONE UP, BUT TO RECEIVE THEM AND BE SOFT,” FOWLER SAID. ONE CAN'T JUST BE STRONG. THE COORDINATION OF STRENGTH, LOVE, BALANCE AND SUPPORT BRING A WHOLE NEW ELEMENT IN FITNESS. ”

After I spoke to James, I thanked him for his time and noticed three young ladies at a slackline. One of the ladies I spoke with was Kimberley Law. She leads an AcroYoga group at The Flats at Kernan and sometimes at the Osprey Clubhouse at UNF on Thursdays. Law said she started AcroYoga two months ago to improve her flexibility and strength.

“It is an awesome community. It is an infectious activity. You learn to love it very quickly and become addicted to it,” Law said. “It’s something I really enjoy doing.”

AcroYoga is a spiritual and physical healer, but it also boosted a UNF student’s confidence to feel comfortable with others. Linda Huynh, coastal biology senior, said AcroYoga helped her to be vulnerable and trust others. She said she had to trust her partner who lifts her in the air, though she prefers to be a base. Huynh has practiced yoga for almost a year. She goes to the AcroYoga Recess Session at Yoga Den.

“ I LIKE SEEING PEOPLE’S FACES WHEN THEY SMILE, ESPECIALLY IF IT’S THEIR FIRST TIME DOING IT,” HUYNH SAID. IT’S A NICE FEELING TO BE A PART OF THAT EXPERIENCE. ”

AcroYoga is young, but its popularity is growing. It alleviates stress, quiets the mind, and improves partner communication. Plus, participants can bring out their childlike spirits. AcroYoga, it’s like playtime for adults. 🌀





Ken basing Tara



Garrett Llopiz basing Christy Turbeville as another yogi watches.



James Fowler demonstrating the role of a "spotter"

*the***LIFE**
[ART]

“VISUAL LOVE LETTERS”: UNF ART STUDENT’S EXPLORATION OF LOVE IN SO MANY MEDIUMS

BY TIZIANA ONSTEAD CONTRIBUTING REPORTER

ASHTON ELDER CONTRIBUTING REPORTER

PHOTOS BY MORGAN PURVIS



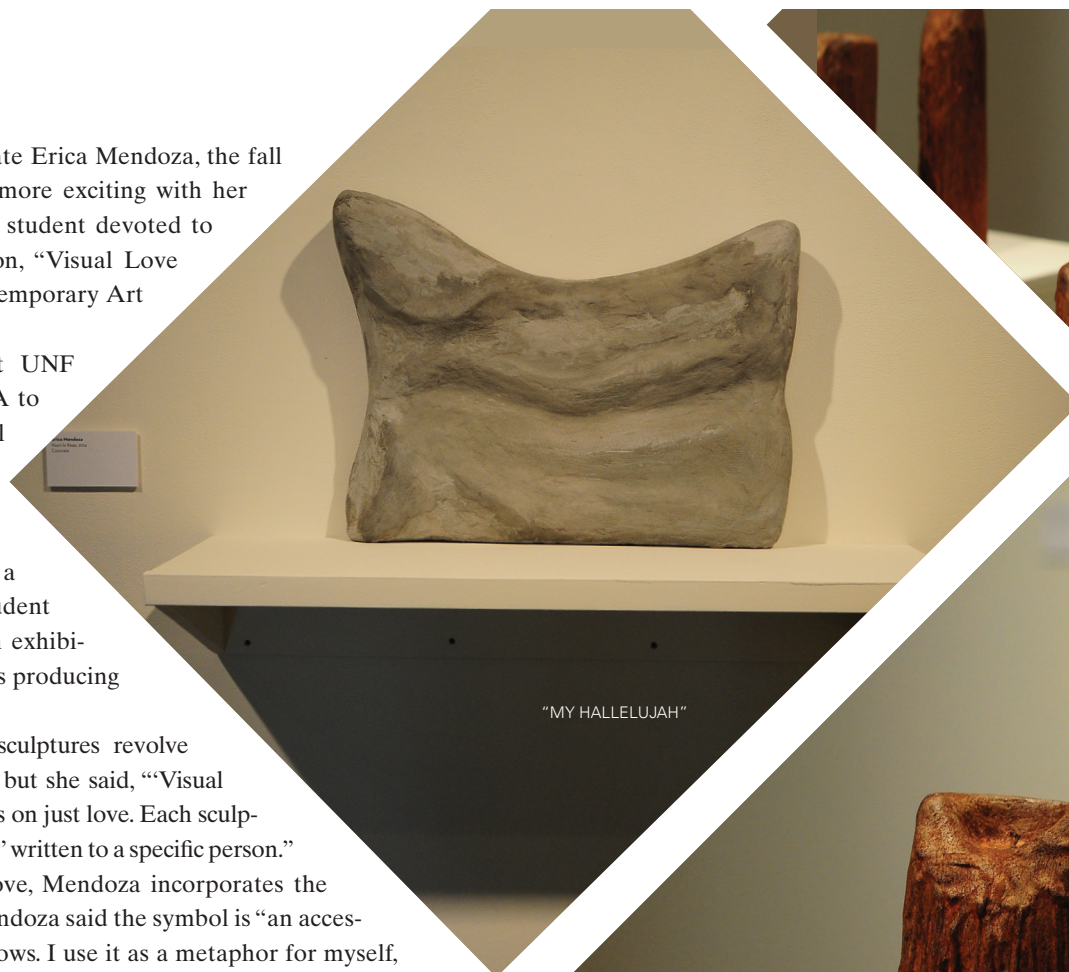
ERICA MENDOZA BY HER SCULPTURE,
“GROUNDED THREE”

For recent UNF graduate Erica Mendoza, the fall semester was a little more exciting with her last four months as a student devoted to the creation of her exhibition, “Visual Love Letters,” at Museum of Contemporary Art (MOCA) Jacksonville.

Mendoza became the first UNF art student chosen by MOCA to participate in their inaugural student artist-in-residence program. This allowed her to gain exclusive access to a MOCA studio to create a series of sculptures as a student artist and display them in an exhibition. Mendoza spent 12 weeks producing eight pieces.

The themes of Mendoza’s sculptures revolve around love, loss and healing, but she said, “‘Visual Love Letters’ primarily focuses on just love. Each sculpture in the series is a ‘love letter’ written to a specific person.”

Along with the theme of love, Mendoza incorporates the image of a bird as a motif. Mendoza said the symbol is “an accessible image that everyone knows. I use it as a metaphor for myself, my feelings and my personal events. There are just so many different types of birds and different types of feelings that I just pick one and go with it.”



"MY HALLELUJAH"



"GUIDE ME HOME"



"JUST BECAUSE"



Mendoza, who has a concentration in sculpture, chose materials such as cast iron, steel, potpourri, flowers and leather to compose her work. Looking back on a 3D design class she took during her freshman year, Mendoza said, “I fell in love with the idea that you can make anything out of anything.” This led her to working with steel, not only because UNF has the facilities for it, but also because she enjoys working with different materials.

During her fast-paced semester sculpting a senior portfolio to fill her exhibition, Mendoza fell in love with each piece she created. “They are all my little children that I have been making all semester,” Mendoza said.

“Guide Me Home” is one of her favorite pieces, and the sculpture is just one example of the messages her work portrays. Mendoza made the two sets of four cast iron pillar candles when she was a work study artist in Solsberry, Ind. over the summer.


“I spent a whole month living out of a tent and I was incredibly homesick,” Mendoza said. “That’s where the title comes from.”

Even with the daunting task of producing 10 pieces in only 13 weeks, Mendoza took her time and worked on the series in her own way.

“I will work a little bit, think for a really long time, work on it a little bit, then keep thinking,” she said. Mendoza designed her pieces as they came to her by feeling, created a title, decided on an image and then decided what the piece would be made out of.

Having her semester come to an end quicker than most, the exhibit’s opening followed right behind. Mendoza said she is ready for what’s to come. “Even though I said I wanted to be an artist when I was little, I never thought in a thousand years that I would be here, an artist,” she said.

Mendoza said, her eight-piece collection “is the equivalent to standing on top of a building and screaming out to the entire world how I feel about someone.”

“Visual Love Letters,” which will be displayed in MOCA until March 30, 2015, can be viewed by UNF students for free with their student ID. 

“FOR ALL OF THE SEASONS”

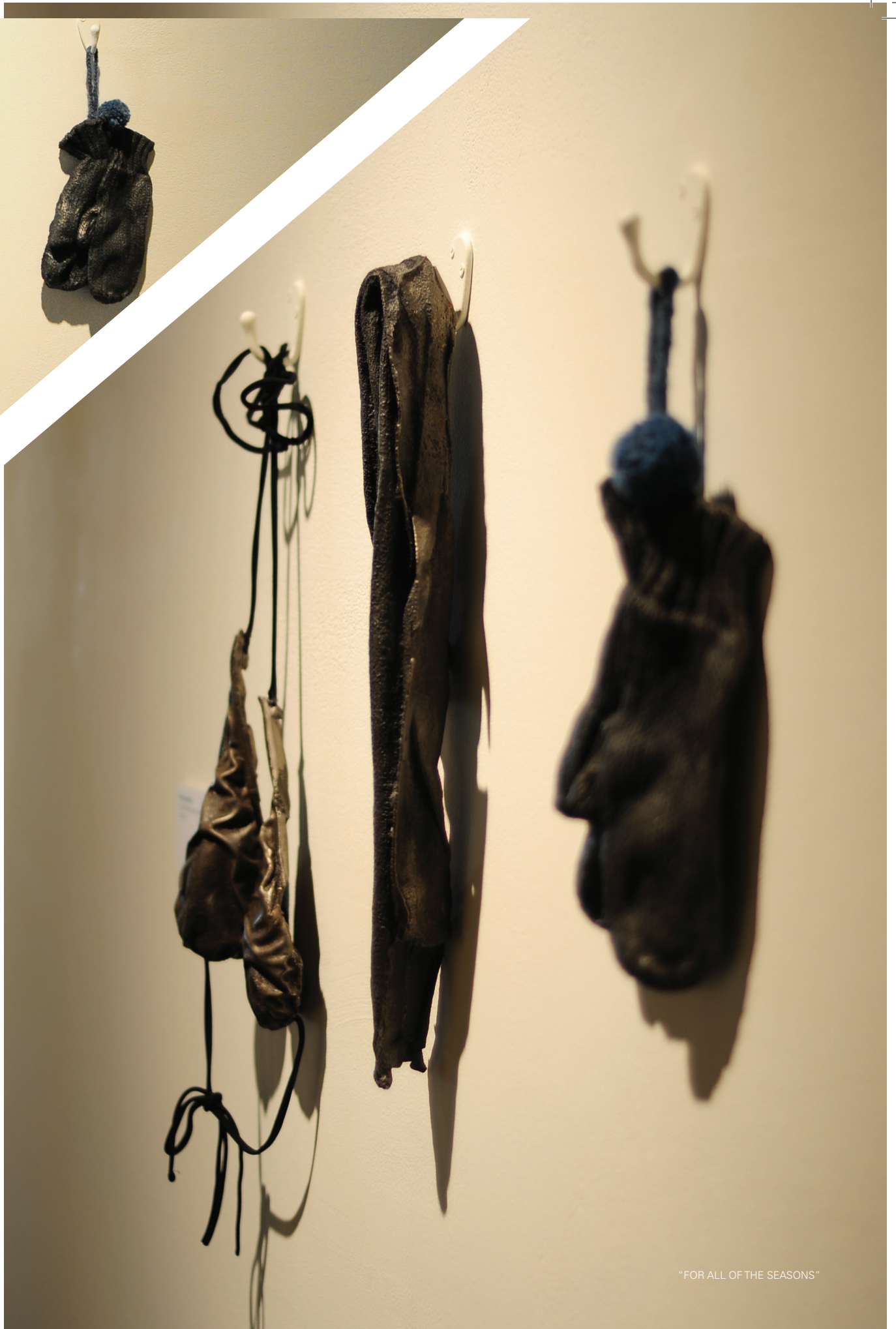
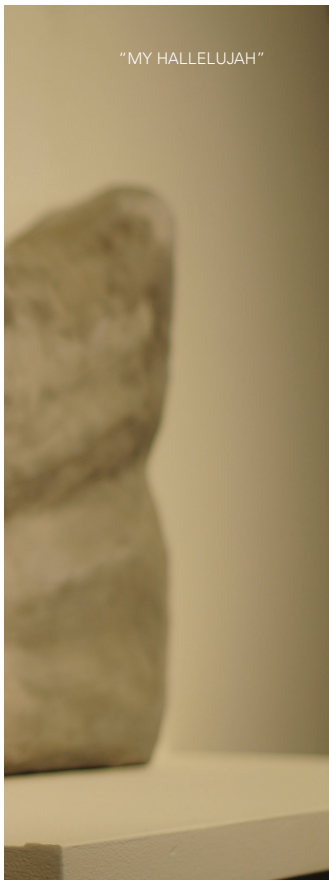


“JUST BECAUSE”



“GUIDE ME HOME”





UNF CENTER BEATS ODDS: ROMELO BANKS' PATH TO BECOMING D-I STARTER

BY CHARLES WHITE CONTRIBUTING REPORTER
PHOTOS BY CAMILLE SHAW

When Romelo Banks was just 13 years old, his mother sat him down to tell him to keep playing basketball and never give up on his dreams. Banks' mother passed away shortly after she spoke those words to him, but Banks still holds onto her advice and uses it as his inspiration to this day. Six years later, he has followed her instructions and now plays center for the University of North Florida men's basketball team.

Banks, a sophomore majoring in sports management, isn't your average student athlete and he certainly isn't your average starter on a Division I basketball team. His circumstances have forced him to mature at a very young age.

"I was pretty much on my own financially and certain decisions I have to make, I've been doing that since after my mom had passed away," Banks said. "It helped me grow up pretty fast."

Banks started taking basketball seriously when he was 14 years old, playing for the Amateur Athletic Union (AAU) and then also for his high school team. For a couple of years in high school, he would stay with his AAU coach, Jim Arzt, during the week and when they had tournaments.

"He is not a normal kid, for the situation he was in," Arzt said. "He always kept his grades up. When everyone else his age was out partying and doing things they weren't supposed to, that kid would walk a couple miles down to the YMCA and play basketball."

Banks used basketball and other hobbies as a way to keep his mind off of his late mother. His adapted sense of independence and motivation separated him from his peers.

That attitude and work ethic brought him to UNF. Since then, Banks and men's basketball Head Coach Matthew Driscoll have had a significant impact on each other's lives.

"If I didn't come here, I don't think I would have matured as much as I have," Banks said. "He [Driscoll] instills in me a lot of rules, just how to be a hard worker — how to be grateful."

Immediately following the start of the recruiting process, Driscoll noticed Banks. The two grew closer as Driscoll became a mentor to Banks.

Driscoll was there to help him with the usual questions a freshman in college would have. Driscoll's wife, Carrie, has also gotten to know Banks over the last year and has managed to fill the role of a female mentor for him.

"She's always there for me, no matter if it's personal life, school. She's there for anything," Banks said. "She really helps."

Driscoll expressed that he really wanted his wife to be a part of mentoring Banks because in his opinion, there is always a need for a mother figure in a young man's life.



“[Banks] just being able to ask and talk to my husband along with myself on how to navigate college seems like any freshman being unsure and finding his way,” Carrie Driscoll said. “Just to watch that uncertainty from last year blossom to the way he carries himself, and of course that smile of his, it just melts your heart.”

As much as Banks has benefited from being close to the Driscolls, they may have learned just as much from him. Coach Driscoll has gained new perspectives and learned to be more patient.

“We always have to take people for who they are, but try to understand just how deep inside some people go,” Driscoll said. “Until you find out some of those things, you really don’t know.”

Driscoll also learned how dependent and independent a person can be in different situations.

“I thought, how can this dude be on that level?” Driscoll said. “He was just 18 years old last year and yet so kind and giving and selfless. He’s really shown me how one can persevere.”

Banks, who sports the number 33 jersey, is starting center for the Ospreys this season, after averaging one block per game last year as a reserve. With Coach Driscoll’s guidance and leadership on the court, Banks will continue to hone his skills. 🏀



UNF GRADUATE A CONTESTANT ON THE BACHELOR

BY AVERY HARTER CONTRIBUTING REPORTER

UNF alumna Tracy Darakis, 29, signed on to compete with 29 other women for the heart of Bachelor Chris Soules in season 19 of the ABC reality show *The Bachelor*.

Darakis graduated with a degree in elementary education from UNF in 2007. According to ABC, she left her job as a fourth grade teacher at Royal Palm Beach Elementary to join the show.

On the season premiere on Jan. 5, Darakis made it past the first rose ceremony to ensure herself at least one more week on the show. At the end of each episode, there is a rose ceremony where Soules gives a rose to the women he wants to continue dating. Those who do not receive a rose must say their goodbyes and are taken away from the mansion all of the women are staying in.

According to ABC, Darakis said being married means “having a sidekick and a teammate.” Upon introducing herself to Soules, she read a letter to him from one of her students that explained how she did not want her teacher to end up a cat lady, which drew a laugh from Soules.

Soules was only allotted 22 roses for 30 women on the first episode

of this season, and chose to give Darakis one of those roses. On the second episode, she received her second rose along with 17 other women. However, on the third week, Darakis didn’t seem to catch the bachelor’s attention as she faltered in the farm-themed relay race. Her time on the show came to an end on the third episode as she and two others were denied a rose.

For the full weekly updates on Darakis’ journey on the show, visit unfspinnaker.com.



PHOTO COURTESY ABC WEBSITE

OSPREY BASKETBALL TEAMS UP WITH ESPN3

BY CHARLES WHITE CONTRIBUTING REPORTER

The University of North Florida is working with ESPN to air home basketball games that will be streaming live on ESPN3.com and the WatchESPN app starting last month.

According to UNF communications professor Dr. David Deeley, the coverage starts out with only men’s and women’s Atlantic Sun Conference basketball, but will expand coverage to other varsity sports as the program progresses.

The production team is made up entirely of student volunteers. Dr. Deeley, due to his background in sports reporting and production, is helping out and overseeing the operation. ESPN is providing their own announcers but Deeley said there will be opportunities for students to fill those spots once coverage expands to other sports.

“It’s going to require students to work together to produce quality content that they’ll be able to compare against student productions from schools all across the country,” Deeley said.

This creates an opportunity to expand viewership and reach out to more fans of the basketball teams. Athletic Director Lee Moon is ex-

cited about the opportunity fans and alumni will have to view the team.

“Right now because of the success we are having, it could be huge,” Moon said. “It’s not only going to help our students, but it will help our alumni and if we get UNF alumni nationwide to view some games, we’ve got something going on.”

A total of 14 UNF home games will be streamed live this season. Additionally, nearly every Osprey road game will be viewable on ESPN3.com due to a strong push the A-Sun has made to connect all of its schools.



PHOTO COURTESY SCOTT FITZGERALD/UNF ATHLETICS DEPARTMENT

THE BABADOOK: A MONSTER, MOMMY AND ME

BY DEBOWRAH STEVENS CONTRIBUTING WRITER



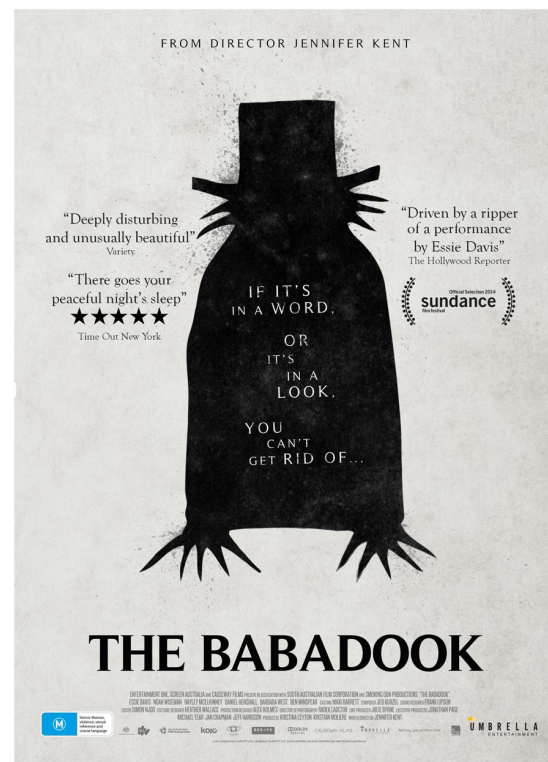
One night, widowed mother Amelia (Essie Davis) attempts to read a children's book, *The Babadook*, to her son, Samuel (Noah Wiseman), only to discover horrific content within the pages. This ominous tale of the titular monster she reads aloud evokes a great fear in an already terrified child. Samuel's belief that a monster is trying to kill him and his mother gets reaffirmed with the addition of this new book into their lives, and Amelia must comfort and reassure him that it is merely fiction, while battling doubt about its entirely fictitious nature herself.

The film captures the viewer's sympathy with its presentation of a very realistic and relatable story of a broken family. Amelia could be any woman you know, and Samuel any young boy, who recently lost a loved one or went through another facet of trauma or grief. This directly makes the film more accessible to viewers, especially in its exploration of the character flaws each family member possesses.

The *Babadook* is a refreshing take on the typical monster movie. The *Babadook* becomes powerful with every word spoken of it, and thought of it, and when it is awakened from what seems to be a slumber in a previously unread children's book, it is difficult to escape. This power the creature holds through words brings back to life superstitious legends about the power of speech, in that if you say something, you make it so.

The horror elements in Director Jennifer Kent's work highlight the very human and very horrific elements of life in general that can stem from fear, anger, depression, etc. While exploring the subtler aspects of horror, however, *The Babadook* does not force its themes down the throats of the audience. Instead, it allows for the gentle imbibing of multiple interpretations that ensures viewers might want to rewatch the film and look for different themes. For full review, visit unfspinnaker.com.

For full review, visit unfspinnaker.com.



THE INTERVIEW: CONTROVERSIAL COMEDY ABOUT KILLING NORTH KOREA'S KIM JONG-UN ISN'T WORTH THE TROUBLE

BY DOUGLAS MARKOWITZ ASSISTANT MUSIC/PROGRAM DIRECTOR



It's a simple, yet interesting premise: a talk show host and producer get permission to interview Kim Jong-un, dictator of North Korea, and the CIA wants the pair to kill him. Months ago, *The Interview*, starring James Franco and Seth Rogen, was greeted with jokes about how angry the communist state would be at the comedy. No one expected it to become the most controversial film of 2014, until the "Guardians of Peace" hacked Sony Pictures and made threats if the "act of terror" film wasn't canceled.

We know how this ended, of course. Sony, bowing to the pressures of a ravenous public and refusing to lose the \$44 million the film cost to make, released it on video on-demand and allowed independent theaters to screen it. Self-described "patriotic" filmgoers showed up to theaters in American flag shirts, and nothing of value was lost.

As it turns out, there was nothing of value in the first place because *The Interview* is a terrible, disappointing movie.

Franco tries too hard to make his character, the smarmy TV host Dave Skylark, work. Much of this is due to the script's poor writing, which fails to give him any motivation other than "act oblivious and filthy." Rogen's character, Aaron, also fails due to a lack of proper motivation. He tries to convince us that his character deserves a respectable job as a journalist, rather than slumming it with Skylark, but he does so through the same oafish schtick that he's made his career on.

There is, however, one bright spot in the film: the Supreme Leader himself. Kim Jong-un, played by Randall Park, is a hilarious ball of joy one moment and a terrifying, insecure despot the next. He is the center of the film as the skilled counterpoint to Rogen and Franco, squeezing out more emotion and range as an actor than the two have shown in either of their careers. If the whole movie was him, I would be more than happy to recommend it, but I can't. If you really want to be patriotic, save your money for a decent flick.

For full review, visit unfspinnaker.com.

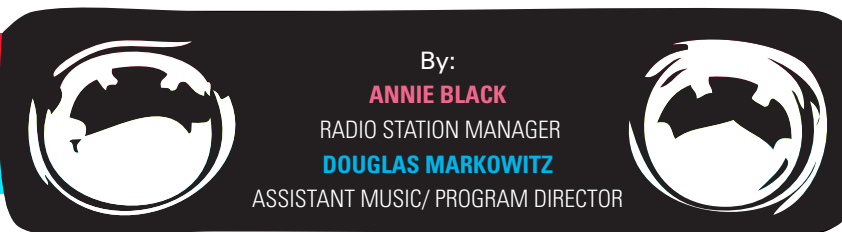


REVIEWS

[TV & MOVIES]

INDEX

Set the Mood



By:

ANNIE BLACK

RADIO STATION MANAGER

DOUGLAS MARKOWITZ

ASSISTANT MUSIC/ PROGRAM DIRECTOR



V-day tracks for the in-love, the out-of-love,
the bitter and the sweet

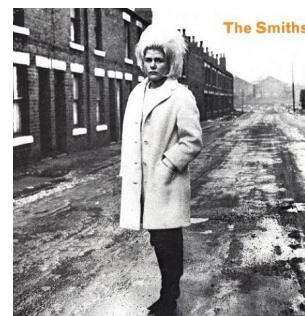
Valentine's Day can be the definition of misery if you're single or can be the best day ever if you're in a relationship. Whether you're sad, heartbroken, in love or anywhere in between, our V-Day playlist has songs to suit the occasion.

HAPPY VALENTINE'S DAY FROM US AT SPINNAKER RADIO.

"HEAVEN KNOWS I'M MISERABLE NOW"

THE SMITHS

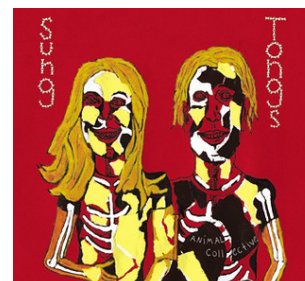
Every now and then, a piece of advice sticks. DO NOT begin a relationship because you mutually love The Smiths. I heard that once, right around the time I fell very fast in love with a boy who loved The Smiths as much as I did. We broke up three years later, and I was beyond devastated. Conveniently, The Smiths are perfect to listen to when you're sad and single. This song in particular. I mean, but really— *Why do I smile at people who I'd much rather kick in the eye?*



"VISITING FRIENDS"

ANIMAL COLLECTIVE

Certainly, the idyllic "Winter's Love" reminds one of puppy love, but it's the 12-minute "Visiting Friends" that really hammers home the subtle eroticism of Animal Collective's 2004 acoustic masterpiece *Sung Tongs*. It's a song to vanish into. Listening to it feels like melting into thin air, a cool lake or perhaps the arms of another.



"FALLING IN LOVE AT A COFFEE SHOP"

LONDON PIGG

This song is vaguely familiar probably to a lot of you because it was in a commercial like five years ago. It very may be that I have a weird fantasy of locking eyes with a total stranger at a local coffee shop while I'm reading some avant-garde French novel, but this song is the definition of puppy love. Listen to it if you're looking for the one and haven't found them yet. They literally might be right in front of you at a coffee shop somewhere.



"DEVIL IN A NEW DRESS"

KANYE WEST

This track is the darker, sultrier brother of "Slow Jamz." Ye weaves a tale of passion and guilt, with a Smokey Robinson-sampling beat so immaculate it might just make your entire night. Rick Ross comes through at the end with an excellent-albeit off-focus —verse.

"I'VE JUST SEEN A FACE"

THE BEATLES

I am a sucker for simple love songs, and "I've Just Seen A Face" makes my heart swoon. Even as a (somewhat bitter) single girl, songs like this give me hope that there is a boy out there who will think of my face as THAT face. Paul McCartney kills it as always.

"YER BLUES"

THE BEATLES

On most Valentine's Days, I tend to feel lonely and want to die. Thankfully, John Lennon literally expresses that bitterness in this sparse, gristly track off *The White Album* that was surely written before he met Yoko. It also happens to be a satire of English bands like Led Zeppelin who co-opted the traditionally African American genre of blues.

"BOYFRIEND"

BEST COAST

I have a serious problem with this song. Bethany Cosentino should know that someone who is prettier, skinnier, and has a college degree is probably going to be more desirable than someone less skinny, not quite as pretty, and who dropped out of school at 17. But it evokes that longing we get sometimes for someone way out of our league.

"FINE FOR NOW"

GRIZZLY BEAR

Echoing guitar tone, choirboy harmonies, immense longing — Grizzly Bear lays it all out. The centerpiece of *Veckatimest*, one of the most romantic records in indie, "Fine For Now" and its lead-in, "All We Ask," sound like the high school prom slow dance you never had.

"BITTER PILL"

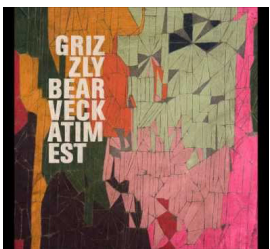
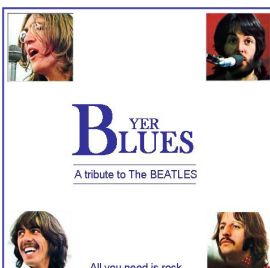
DASHBOARD CONFESSIOAL

How Chris Carrabba doesn't lose his voice every time he sings this is completely beyond me. Dashboard Confessional is the champion of capturing that raw sadness and anger you feel when you go from loving to hating someone in a split second. If you're looking for something vengeful, this is it.

"THE BOOK OF LOVE"

THE MAGNETIC FIELDS

One of the best love songs on an album full of them, The Magnetic Fields' indie opus *69 Love Songs*. Very witty and great for just hanging out and cuddling with the bae. If you happen to have a lot of time alone on Valentine's, you might want to delve into the rest of the three-disc album.



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