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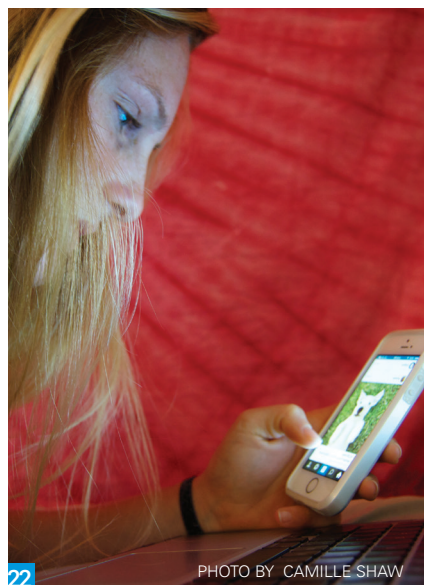
PHOTO BY TYLER VAN VOORTHUIJSEN



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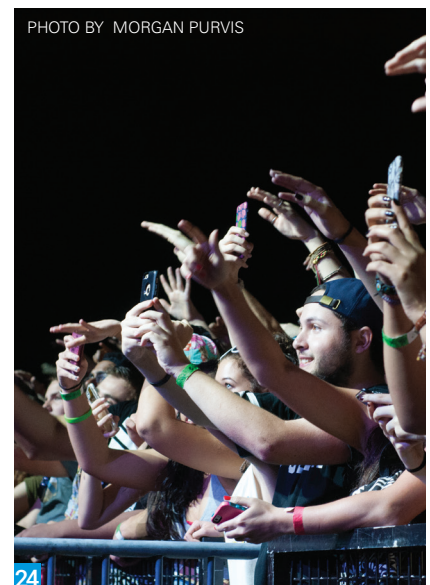
DETAILED CLOSE UP OF THE CAMPUS SCULPTURE "BY DEFINITION" BY DON DICKSON AND AMY DOOLITTLE.

PHOTO BY TYLER VAN VOORTHUIJSEN



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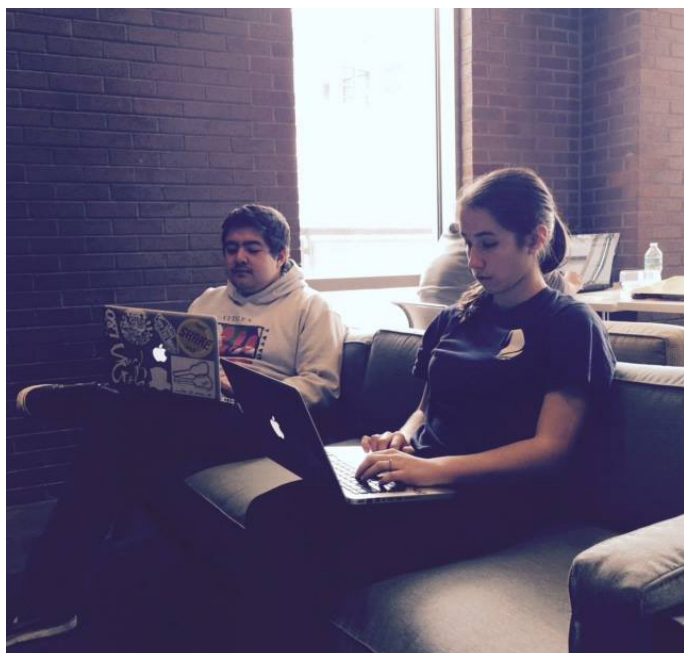
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PHOTO BY MORGAN PURVIS



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

# SPINNAKER

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PLEASE PASS ON  
BEFORE YOU RECYCLE





# Hey listen:

## caffeine doesn't cure a panic attack.

I do this trick when I'm tired and cannot afford to spend money on an expensive drink: I go to the campus Starbucks for secondhand caffeine. I sit by the window, set up my laptop and books, and start some homework. For someone who cannot concentrate with music in the background, I manage well with café noise. It's like I'm part of the energy but separate from the interaction, the conversations, the coming and going. Something about being there with other students who are either unwinding or scrambling to get things done keeps me just as motivated to start. I smell the coffee; I'm convinced I'm awake.

Say you're like me then, and you're about to write your responses for class. Suddenly, you remember all your other deadlines. This reminds you of all the things you need to get done the following day. And though this is something to worry about tomorrow, it is the trigger.

There's a knocking from inside your chest. Steady, rapid knocks. You grab your chest. You think it's a heart attack. You try to control your breathing and stop the trembling. You think you're dying, and everyone around you continues on with their conversations and coffee.

Caffeine—whether it's secondhand or a tall, grande or venti—isn't always the answer. If you're exhausted, maybe there needs to be adjustments made to your lifestyle. Having a cup of coffee isn't going to revive you completely from all the problems you're trying to handle. In fact, it's not the best thing to have in the midst of a panic attack. I learned that the hard way.

Balancing school, work, your social life, family and alone time is a lot to handle; there's no denying that. But when you're feeling overwhelmed week after week, you need to recognize the need for adjustments. I recognize that I place so much energy and time in my work, which is not something to be ashamed of. But after the panic attack, I realized that I need to trust the team more (we got this, guys!). I need to allot more time to the things I'm staggering behind on. I need to give myself a break sometimes and not internalize my stress, believing that it's normal.

Though it is normal—according to Anxiety and Depression Association of America, 75 percent of the 40 million U.S. adults suffering from anxiety experience their first episode of anxiety by age 22—there are ways to ease the anxiety. It starts with reprioritizing and making time for what is needed as well as time for yourself. It starts with understanding that you cannot control everything. You can be ambitious—there's nothing wrong with that. Just keep in mind what is possible with your time constraints. If you're working with a group, trust them. If you're feeling overwhelmed, let your supervisor, friends, coworkers and professors know. Remember not everyone is a mind reader, and unfortunately, not everyone is sympathetic. Taking care of yourself and your health should be your top priority. No one can blame you for that, and if they do, they're just jerks.

Prepare for finals week like it's a storm, a storm whose path you can control. Do all the necessary preparations: manage your time as best as you can; try to maintain a balance in your schedule; sleep as much as you can; do some leg lifts while studying and count that as your exercise. You're not the only one under all the pressure, and if your anxiety acts up, share that with someone—a friend or a professional. No need to be a hero and endure all the stress until you explode. I've been there, as have so many others, and that exhaustion can be prevented.

Good luck on the final stretch~~~~~

Here's to a smooth end to the semester and caffeine binge taken, of course, under the right circumstances,

**SHANNON PULUSAN** PUBLISHER

### UNF Counseling Center

Founders Hall (Bldg. 2), Rm 2300  
Monday to Friday 8:00 a.m. - 5:00 p.m.

### After-Hours Crisis Support

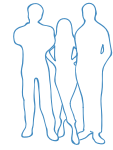
Weekdays 5:00 p.m. - 8:00 a.m.  
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## HERE'S WHAT HAPPENED, IN A FEW SENTENCES

Snippets of the latest news. For full stories, visit [unfspinnaker.com](http://unfspinnaker.com).

[ CAMPUS ]



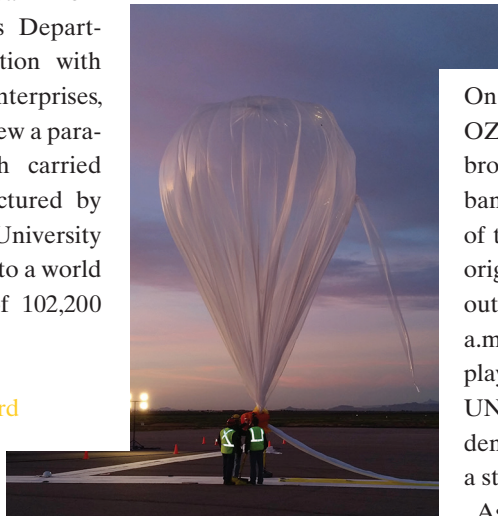
The UNF Ospreys grabbed their dancing shoes with a 63-57 revenge victory over the USC Upstate Spartans in the Atlantic Sun Championship Final. With this victory, the Ospreys gained an automatic-bid into the NCAA Tournament, the first time ever in school history.

By Joslyn Simmons



On Feb. 20, a team from the UNF Physics Department in conjunction with World View Enterprises, Inc. successfully flew a parafoil glider, which carried payloads manufactured by Montana State University (MSU) and UNF, to a world record altitude of 102,200 feet.

By Jeremy Collard



On March 6, day two of OZ Fest, the rainy weather brought changes to the band line up, cancelling four of the five bands who were originally scheduled to play outdoors, beginning at 10 a.m. Sublime with Rome played a set exclusive to 650 UNF students in the Student Union Ballroom with a strict no re-entry policy.

As of March 9, a refund process for non-UNF students who purchased a ticket for day two is still being sorted out by Student Government.

By Justin Belichis



After receiving wearable body cameras on Nov. 19 of last year, the University of North Florida Police Department (UNFPD) still hasn't started using them.

According to Barbara Dupuis, UNFPD's office manager, the officers haven't started using the cameras because they are currently working on Policies & Procedures and formulating training for the officers.

By Patrick Lloyd



The UNF Gallery of Art is currently exhibiting "Regarding Leisure," which features 30 photographs from 25 artists across the country examining American culture through the unique lens of our pleasures, passions and pastimes. "Regarding Leisure" will be on display until May 5.

By Amber Lake



MOCA is featuring an installation by German artist Angela Glajcar from March 28 to June 28 in the twelfth exhibit in its Project Atrium series. She is best known for her large-scale, three-dimensional floating paper sculptures. This is Glajcar's second largest sculpture in the United States created by stacking the oversized paper forms vertically for the first time.

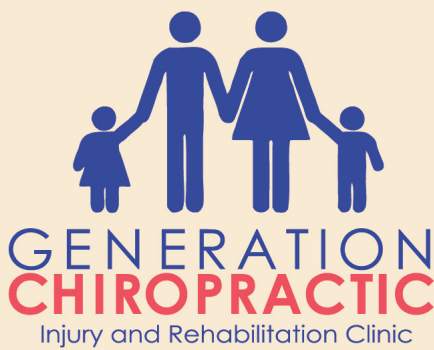
By Heather Andreu





Dr. Nathalie Blum  
Dr. David Blum

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## POLICE BEAT

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

### CAMPUS THEFT

*THIEVES ON THE LOOSE!*

BY PATRICK LLOYD | STAFF REPORTER



#### STOLEN CAMERA AND LENS FROM ART ROOM

A male student had his camera and lens stolen from the Fine Arts Center (Bldg. 45) on Feb. 6.

The complainant called UNFPD on Feb. 18 about the theft. The complainant brought the camera to class and placed it on a desk. He also placed his iPad and hard drive on the desk next to it.

The camera went missing between 12:30 p.m. and 1:30 p.m. The iPad and hard drive were still there. During class time, the room is only available to students registered for that specific class from 9 a.m. to 2 p.m. However, in the late morning and early afternoon, students from other classes were accessing the room to use the photography studio and sign up for studio use.

The complainant posted flyers around the building about the missing equipment. The camera was a black Canon EOS 60D valued at \$300, and the lens was valued at \$300.

UNFPD didn't conduct a canvass due to the time frame of the incident. Patrol efforts have been suspended.



#### STUDENT'S WALLET STOLEN FROM HER BACKPACK

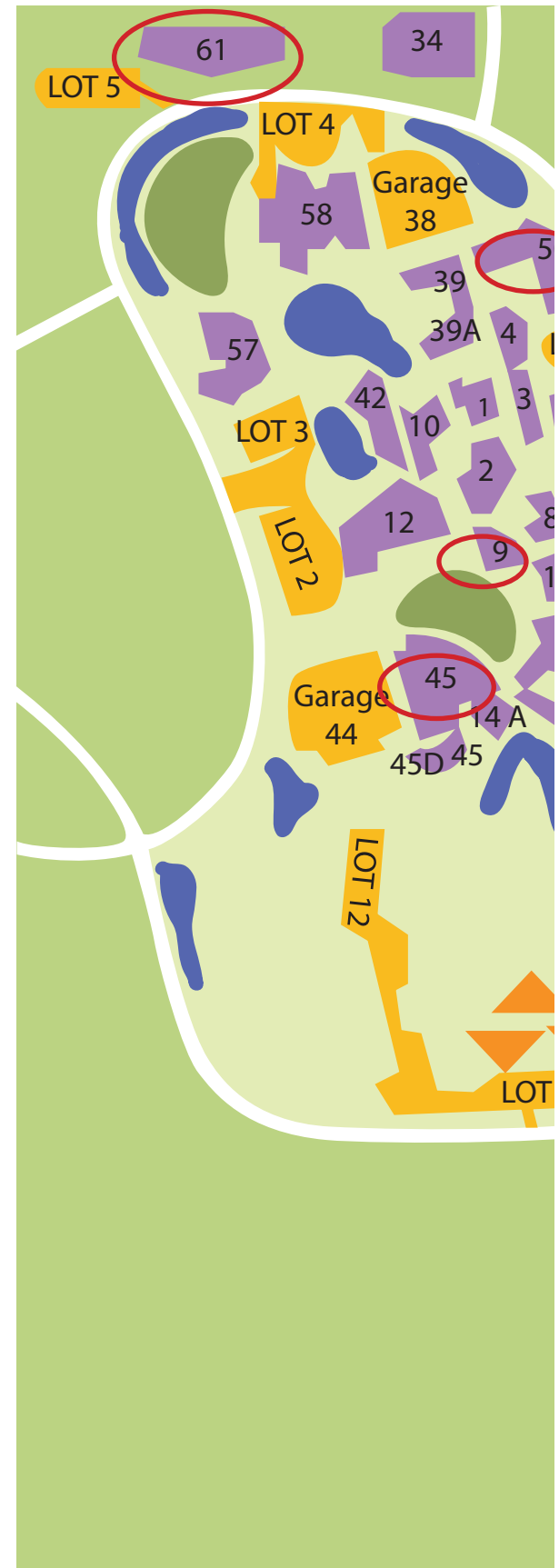
A female student had her wallet stolen from her backpack on Feb. 17.

On Feb. 18, she called UNFPD to report the incident. She went to an office in Schultz Hall (Bldg. 9) to do her homework, then went to the campus Chick-fil-A for lunch. She left her backpack, which contained her wallet, in the office.

When she returned to the office, she picked up her backpack and went to her dorm room. After she got home, she opened her backpack and realized her wallet was missing.

She said she contacted her mother, and cancelled her credit, debit and gift cards. The victim also said that no charges had been placed on the cards up to that point.

The victim told the officer that when she placed the backpack in the office, there were approximately nine people in the room and outside in the hallway. Patrol efforts have been suspended.





### THREE IMPORTANT CARDS STOLEN FROM GYM LOCKER

A UNF student had his Osprey1 Card, driver's license and debit card stolen after he left them in a Student Wellness Complex (Bldg. 61) locker.

The victim called UNFPD on Feb. 20 and said he placed the items and a T-shirt in the locker. He had a lock on the locker, but he said it was possible he didn't secure it.

When the victim returned to the locker, he noticed the only item left was the T-shirt. He went to the office at the gym and asked if anyone turned in his missing property, but nobody had.

He said he contacted his bank to cancel the debit card, and the bank told him no transactions had been made at that point. Patrol efforts have been suspended.



### CASH STOLEN FROM AN UNLOCKED CAR

A UNF student had \$120 stolen from his unlocked car Feb. 24.

The victim parked his car in Lot 17 at 12:30 a.m. He left \$120 and his money clip laying in the center console tray. He left the car unlocked so his friend could get his cell phone that was charging in the car in the morning.

When the victim returned to his car at 8:30 a.m., he noticed the money was missing. The victim said he didn't think his friend stole the money, and he couldn't provide any possible suspects. Patrol efforts have been suspended.



### BOARDS DISAPPEAR FROM JEEP

A UNF student told UNFPD his surfboard and skateboard went missing from inside his Jeep.

The victim said he parked his car in Lot 17 at 11:30 p.m. on Feb. 23. When he returned to the car the next day around 8 p.m., he noticed his surfboard and skateboard were gone.

The officer didn't notice any signs of forced entry. The victim said he wasn't sure whether he locked his car. There are no known suspects, and patrol efforts have been suspended.

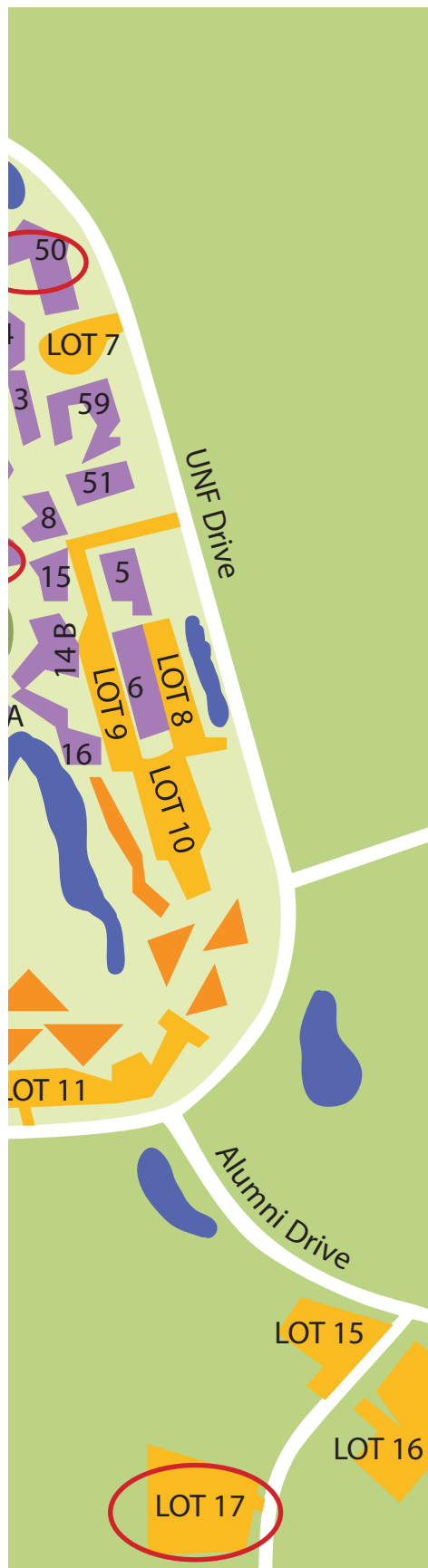


### BRAND NEW LAPTOP STOLEN

A UNF student had his laptop stolen from the Science & Engineering Building (Bldg. 50) on Feb. 23.

The victim said he placed his laptop on a table next to a copy machine on the first floor around 2 p.m. When he returned about 10 minutes later, the laptop was gone.

The victim said the computer was brand new. There are no known suspects or witnesses at this time, and patrol efforts have been suspended.





# SPRING 2015 FINALS WEEK

Stress eating from  
Monday, April 27 -  
Thursday, April 30  
7 a.m. - 9:50 p.m.



# What UNF structure sculpts you?

By Tiziana Onstead | Contributing Writer

Photos by Morgan Purvis

The personalities of sculptures scattered on UNF's campus are more than just bent metal pipes and zig-zag sheets of painted steel. They burst at the seams with illustrable narratives that define its purpose and reason. Each structure is rich with detail and defining characteristics, just like ourselves. This quiz is designed to gauge what type of college student you are based on your answers below. Circle your answers and find the results on the next page.

## 1 What do you buy with \$5 at Outtakes?

- ☐ (a) Cup of tea or coffee, no cream or sugar, just BLACK
- ☐ (b) Batteries for your graphing calculator
- ☐ (c) Cup Noodles
- ☐ (d) Hummus and pretzels to share
- ☐ (e) Ice cream bar

## 2 How do you spend time at the Student Union Game Room?

- ☐ (a) Watching friends play as you finish homework
- ☐ (b) MMOs in The Hub
- ☐ (c) Ping Pong
- ☐ (d) Playing the drums on Rock Band
- ☐ (e) The game of Life

## 3 Where do you go for a snack on campus?

- ☐ (a) Starbucks for shots of espresso
- ☐ (b) Jamba Juice for an Apples 'n Greens smoothie, plus wheat grass shot
- ☐ (c) The Boathouse for a pint of beer (if you're old enough to drink!)
- ☐ (d) Papa John's Pizza to share with friends
- ☐ (e) Chop'd and Wrap'd for sushi

## 4 Where do you sit to do work in the library?

- ☐ (a) The quiet floors
- ☐ (b) The first floor next to a whiteboard
- ☐ (c) The 2nd floor on a loveseat
- ☐ (d) In a study room
- ☐ (e) The concrete ledges outside

## 5 How do you get to class?

- ☐ (a) Run/speed walk
- ☐ (b) An electric scooter
- ☐ (c) A longboard
- ☐ (d) Walk with a friend
- ☐ (e) The shuttle

## 6 How do you take notes in class?

- ☐ (a) With a laptop
- ☐ (b) Record the lecture with a phone
- ☐ (c) Borrowed paper and pencil
- ☐ (d) You can't because you're too busy participating in class discussions
- ☐ (e) On a leather bound journal

## 7 Which campus activity do you prefer?

- ☐ (a) Attending internship and job fairs
- ☐ (b) Exploring and observing the Nature Trails
- ☐ (c) Stargazing on the Green
- ☐ (d) Renting a paddleboat
- ☐ (e) Shopping at Market Day

## 8 Where do you spend time off campus?

- ☐ (a) No time to spend time off campus, NEED TO STUDY
- ☐ (b) Friendly local game store downtown for a game of D&D
- ☐ (c) The beach
- ☐ (d) The bars - Beaches or Riverside
- ☐ (e) Art Walk downtown

## 9 What's your footwear preference?

- ☐ (a) Oxford shoes - double knotted
- ☐ (b) Vibram FiveFingers or go barefoot
- ☐ (c) Flip flops
- ☐ (d) Canvas shoes
- ☐ (e) Loafers

## 10 Which literature do you typically read?

- ☐ (a) Motivational books
- ☐ (b) Science fiction
- ☐ (c) Beatnik poetry
- ☐ (d) Drama
- ☐ (e) Travel books



# Quiz Results...



## “Repetitive Graduation”

Artist: Scott Mihalik, 2011

Material: Painted steel

Location: Near the pond, opposite of the Coggin College of Business (Bldg. 42)

## If you mostly answered A...

You are **graduation driven**. The road to graduation is partial to none, but you are on a one-way track, driven to reap the benefits of the hard work you put in for that piece of paper at the end of the road. You are organized and live life with the numbing voice of proposals, outlines and exams haunting your existence. Coffee and X's on calendars keep you motivated to wake up in the morning.



## “By Definition”

Artists: Don Dickson and Amy Doolittle, 2004

Material: Stainless steel

Location: Near Science & Engineering Building (Bldg. 50)

## If you mostly answered B...

You are a **STEM child**. Whether you enjoy science, technology, engineering or math, quantitative progress is at the top of your agenda. You are curious, good with numbers, and have keen analytical skills. Your experience in school and algorithmic interests allows you to think divergently about the issues that plague a typical college student's existence.



## If you answered mostly C...

You are **collegially conscious**. While others plan their schedules according to a syllabus, you'd rather plan yours based on the moment. You know you're in college and capitalize on every moment "for the story," even if that means taking the scenic route to class or fishing in a pond on campus.



### "Colonel Crackers"

Artists: UNF Sculpture Students, 2014  
Material: Styrofoam and fiberglass  
Location: Pond near library

## If you answered mostly D...

You are a **socialite**. Your presence sparks an addictive script of dialogue whether it be in class or on a bench with a friend. You're an extrovert who isn't afraid to step out of the box to defend your values, but still willing to understand all sides of an issue. Charisma and confidence are the building blocks of your character.



### "Empowered"

Artist: Mark Ewing, 2013  
Material: Metal pipe and steel  
Location: By the Coggin College of Business (Bldg. 42)

## If you answered mostly E...

You are a **big city dreamer**. Unprobable odds and pessimism don't get in the way of your aspirations and goals of moving to a crowded metropolis. You like the idea of mass transit and learning about culture in the streets covered by skyscraper shadows. You look beyond infinity and live life. Without a doubt you'll land a job in the city.



### "Grounded Three"

Artist: Erica Mendoza, 2014  
Material: Painted steel  
Location: Between Buildings 14 and 15



# the Final draft

Ashley K. DeLance, MBA  
UNF alum, class of 2005, English major

[www.thefinaldraftonline.com](http://www.thefinaldraftonline.com)

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*No One Has time for this...*



## Pack It Up - Get it Out!

*School's Out For Summer*



Goodwill challenges you  
to donate your gently used items, shoes, books, clothes and  
household items at Market Day in the Student Plaza

**Wednesday, April 22**  
**10 - 3 p.m.**

**Donate 1 Bag**  
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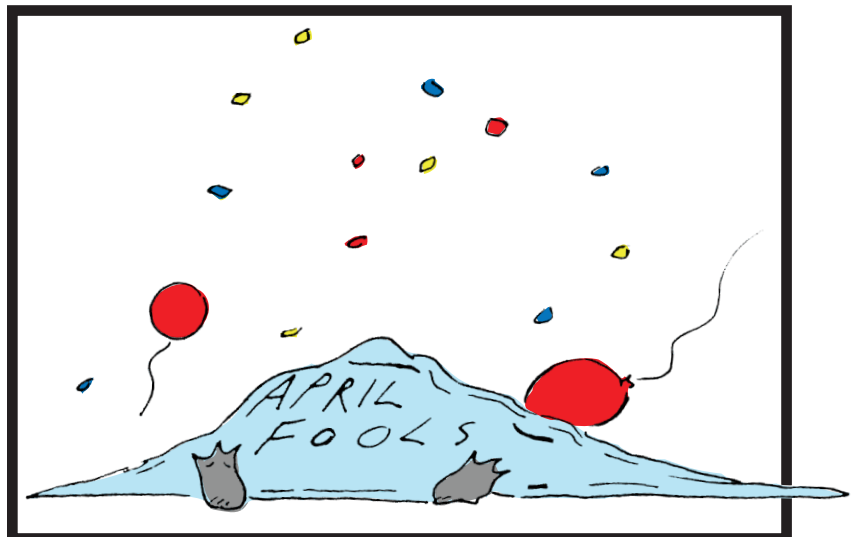
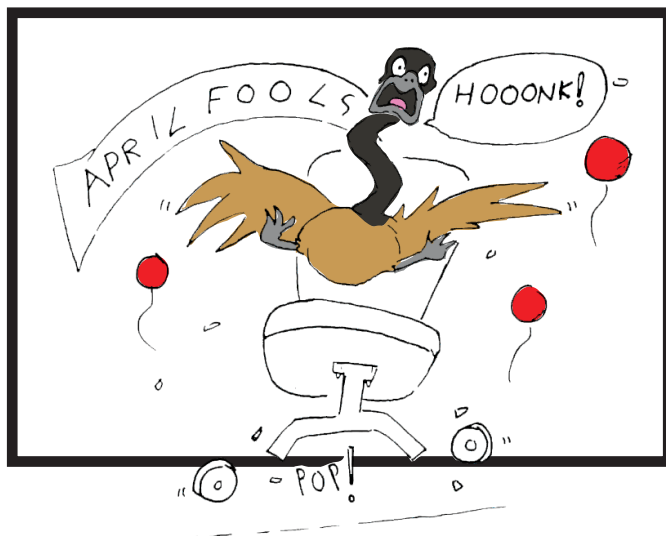
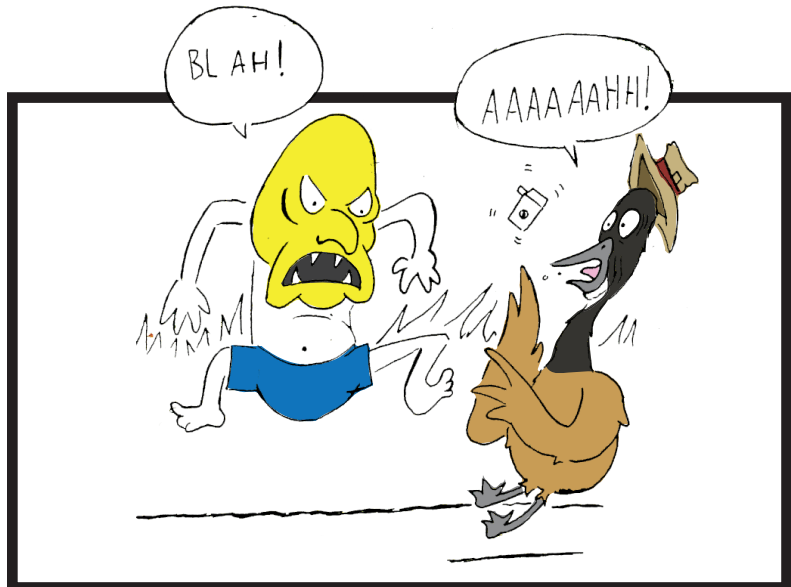
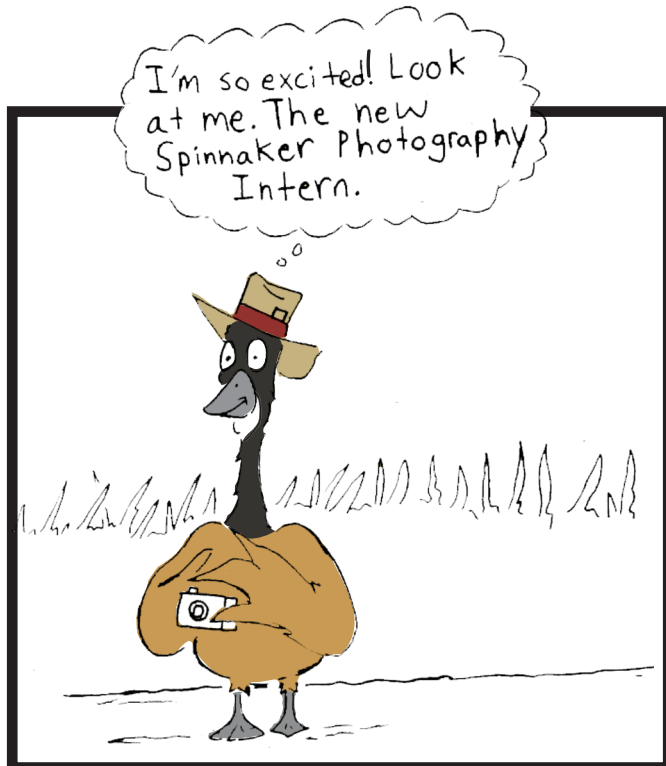
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# THE INTERN

## THE MIGRATION OF A UNF GOOSE

A COMIC BY MICHAEL SALUSSOLIA



TO BE CONTINUED...









The Intern makes a coffee run for the Spinnaker staff in their white button-down and teal tie. Flying from class to work, The Intern has little time to proofread before delivery and hopes that misspelt names add to the authenticity of the brew.



# CAMERON NUNEZ



Photo by Cameron Nunez

Location: Roc Bar

Camera: 5D Mark 2, Lens 85 mm F1.8





# A MONOPOD IN THE MOSH PIT

By Justin Belichis | Features Editor

*Disclaimer: The answers in this interview have been altered for length and clarity.*

Surreptitious pockets of the punk rock and hardcore scene are littered throughout the First Coast, and UNF photography graduate Cameron Nunez is capturing the reality swept under the rug. From a person front-flipping into a crowd of swinging fists to someone climbing heads to get to the microphone, Nunez immortalizes these moments with a wide-angle lens.

As a former member of “a really bad metal band,” the UNF alum takes his knowledge of the live venue culture

to his film advantage. When taking video, Nunez switches from handheld to monopod for stability. Photographers Evan Dell and Jordan Voth influence Nunez’s work, though he has stopped following Dell to avoid unconsciously copying his style. Nunez’s work—brandless because of a personal aversion to logos—has been featured in *Alternative Press*, *BrooklynVegan*, *Void* and *Rock Sound*. After seeing success on Kickstarter last April, he is working on a documentary titled *Social Norm*, exploring the normalization of tattoo culture.



**Justin Belichis: Do you remember taking a picture for the first time?**

**Cameron Nunez:** I don't really recall. My grandma introduced me to a lot of art when I was younger. She was a graphic designer, so paintbrushes, pencils and cameras were something she raised me on. As far as photography, I didn't get serious [until] I was like 15. Shooting [with] film was really expensive, so until I got a digital camera when I was 17—that's when it kicked in hard.

**JB: How do you take pictures at shows?**

**CN:** I'm good at picturing how light will react to things. Going to shows really helped me understand how to work in extreme conditions—you learn to use shutter speed, you learn to use aperture. If I have someone that's moving fast, I'm going to increase my shutter speed. If I have someone who's in a super dark room, I drop my aperture and do it fast, so I can shoot them.

**JB: What distinguishes your style of photography?**

**CN:** When I shoot, I usually know what I shoot for. I try to be conscious about it. I love stuff in motion and in action. I like a picture that shows somebody throwing a chord mid-air and when someone's face is super aggressive with the crowd

Follow him on Instagram:

@cameronnunez



Photo by Tyler van Voorthuijsen

reacting in the best way. If you explain my stuff, it would be in the moment of high intensity, or a moment where everyone is sharing a high level of passion in that specific time.

**JB: Does the environment ever get in the way of your work?**

**CN:** I try to be a little more daring by being right in front or in the middle of it. After doing it for so long, people see you and pick up on where you're at. They're not going to jump on you or hit you, because you could get a picture of them moshing, screaming along or stage diving. If they do stage dive, they're going to stage dive next to you, instead of right on top of you. Every now and then you get hit, but you just [learn to] take it and go along.

**JB: Has your equipment gotten damaged because of a stage diver?**

**CN:** One time, my buddy Corey stage dived on me when I was shooting a Terror and H2O show at The Phoenix Taproom. He didn't see me because I was in a group of people, and he just launched himself in the air, landed on me and broke my sync cord. Luckily I had another one, and he was super apologetic about it, so I couldn't get mad. The reason I use a monopod is so I have control of this expensive camera. If someone tries to hit me, I can raise it high. It's a metal pole, and even if they do try to hit me, it's going to end badly for them either way. They'll hit a metal pole, or I'll just kick them.

**JB: How do you decide whether to film or take pictures at shows?**

**CN:** When I invested in good video equipment, that's when photography became secondary. People take pictures, and they last in peoples' minds for a second. You see the picture and you like it on Instagram or reblog it, but then it's gone and out of your head. I focus more on video now, because it lasts longer and it works for me at the same time. Now, there are so many kids [taking] pictures at shows. It's almost cliché to be that photographer at a show. They upload the pictures to the Internet and kids eat it up, but they don't really care about the photographer anymore.

**JB: Now that everyone has a camera on their cell phone, where does credibility come from?**

**CN:** Credibility comes from passion. Everyone wants to argue what art is and how you define an artist. It's not really hard to pick up on it and recognize when someone doesn't put effort into their work. To have credibility, you need consistency in quality with work done in a way that's thoughtful. I think that's when it's art and it can be respected. You can take a picture and have a lucky moment, but everyone can catch a break. I like when people strive to do something, instead of waiting for something to fall on their laps.

**JB: How do you feel when you don't receive credit for your work?**

**CN:** It's a pain in the a--. I've called out a few people for it. Now, there are kids who have zero respect for what it is. They take





Photo by Cameron Nunez

this photo and see it as something they can get a bunch of likes with or get followers on Tumblr. They're like, "Oh cool, let me snag this photo and I'll edit it myself or I'll put some sh---- a--font over the top of it. Probably lyrics from some obscure song." Then they get super pumped at the thousands of notes, and I'm sitting here like "Oh cool my photo just got attention because someone mucked it up." It gets annoying, but it's also annoying to see a photo with a watermark on it or some big ugly logo at the bottom corner.

**JB: How has higher education played a role in your photography?**

**CN:** School is something that has always been in the way. Since middle school, it's always been something that I've needed to do. With photography, being surrounded by certain people and being in an area where I didn't feel challenged didn't make me want to strive to do better at school. Instead, it made me want to strive to do better for myself. I wanted my personal work to be my best and my schoolwork to get me by. I wanted to just pass and be done with this place.

People like Chris Trice and Alex Diaz are great professors, but that was pretty much it for me. They were great people to talk to about equipment [with] or to show my work to. But as far as inviting my freelance work into school, I strayed away from it because I didn't want them getting roped together and I wasn't happy with a lot of the assignments. It just got really frustrating.

**JB: What's your favorite venue to shoot?**

**CN:** Lighting wise, I really like Underbelly. Well, to an extent.

Their stuff can be really harsh because they have these really strong blue lights sometimes, and they're not very good at switching back and forth. There's not a whole lot of variation in their lights, so there are really strong shadows and not a whole lot of detail in those shadows. I used to like The Phoenix Taproom and Roc Bar before they shut down. Freebird [Live] is probably the best place I've shot at a handful of times. They are really on-game with their production.

**JB: Are you working on any other projects?**

**CN:** I recently picked up a project. I've always had [good] luck with scratch offs, so growing up, I was always the one to win a lot of money on those things. One day I thought, "Why am I not recording this?" It's so easy to pick up niches on YouTube, and you can actually make good money on them. When you win big, it's cool. Even if you spend a lot of money on them, you might look like a loser, but people are still interested. I buy them, record myself scratching them off and keep track of how much I spend and how much I lose or win.

The point of it is to show it's a money pit, but also a possibility to win big. I've won \$1,000, \$500 and a bunch of \$50 ones.

**JB: Where do you see yourself in the future?**

**CN:** I'm honestly in a weird place where I'm trying to figure out exactly where I want to be. The ideal dream is going on tour with a band and shooting a documentary, but those moments of opportunity are slim. I shoot a lot of underground and punk music and because of that I've placed myself in a niche. 🌊



# “BINGE CULTURE” not bad, just new

By Cassidy Alexander | Opinions Writer  
Photos by Camille Shaw



So was the dress blue and black or white and gold? Sorry to bring it up again, and it doesn't really matter what you saw or think you saw. What matters is the insane online response to the question: in one day it was everywhere. On news sites, social media platforms and conversations everywhere. Celebrities and your middle school classmates alike were chiming in; experts and novices were offering their opinions. And after 24 hours, we were sufficiently sick of it. Society as a whole had binged on the phenomenon and was ready for a break.

This is a perfect example of what I'll refer to as binge culture: the modern tendency to gorge ourselves on things in a short period of time and effectively makes us sick of them.

We do it with memes. Circulating photos of Kermit the Frog sipping tea and saying “but that's none of my business” is kind of a really weird occurrence. It happens with viral videos too—these things circulate and millions of people give them their attention for a brief period of time and then that's it.

We do it with shows: the term “binge-watching” is an integral part of our vocabulary today. With the advent of on-demand programming

and sites like Hulu and Netflix, everything you want to see is at the tip of your fingers and it's hard for us to control our excitement. Netflix has noticed and releases original series all at once, further enabling chronic binge-watchers. *House of Cards* season 3 was released on Feb. 27, and the only reason I didn't finish all 12 episodes was because I had this article looming and was hyper-aware of my own tendencies to binge.

We do it with news: whether it's the blue/black or white/gold dress, or Kim Kardashian's booty photos that tried to break the Internet. Every week it seems there's a story on the news that isn't exactly hard-hitting, but everyone is talking about it and offering their opinions before it's gone into the abyss of our Internet histories.

People have been concerned about kids' “shrinking attention spans” for years, blaming the Internet and other new technology for their dwindling ability to focus. The millennial generation has been criticized as needing instant gratification. However, while these concerns are often directed toward children, they're just as problematic for adults, who have the same access to technology and all of its effects. This proves that it's a culture-wide shift.






There have always been fads. (Remember all-denim outfits, scrunchies and the phrase “far out”?) But today, we have what seem to be micro-fads, or incredibly short-lived trends, that define the way we think and talk about our society.

While it’s certainly a shift, it may not be a bad thing. People are quick to point out what’s bad about technology or this generation of people, but binging on interesting things won’t be the death of us.

People often ask, “Why are you laughing about this when there are so many better things you could be doing?” This is the wrong question to ask. It’s no one’s job to police others’ emotions or the way they spend their time. People are allowed to binge-watch shows on Netflix, just as they’re allowed to binge-drink alcohol on the weekends or do other things that may not be the best for them.

In a sense, it may be better this way. The quicker people are done with one entertaining thing, the quicker they can move on to the next productive one. It’s a different way to manage our time, surely, but it’s not going to be the end of civilization as we know it. 


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# HOLI: A dash of color

By Danae Leake | Contributing Writer

**B**lue and pink clouds puff from the crowd of students. The vibrant pigments powder students wearing sunglasses, visualizing the brightness of diversity. It's a playful war with happiness and laughter fueling the battle. The lively tints of dust unite the crowd of students.

The Osprey South Asian Association and the Interfaith Center hosted Holi—the Hindu festival of color—on a sweeping patch of green Saturday, March 7 at the UNF Amphitheater. President of the OSAA Kaitlin Ramirez kicked off the event by telling the crowd the origins of the Holi festival.

The annual festival—held on the last full moon day of the Hindu month Falgun—celebrates the spirit of springtime and love. Holi is a very culturally significant event, based on a legend in which good triumphs over evil and grants individuals an opportunity to right any wrongs of their past—including debts and actions needing forgiveness. It is the least religious Hindu festival, promoting interfaith

and intercultural acceptance. Families usually attend a public bonfire the night before and then spray friends and family with colored water the next day.

At OSAA's Holi Festival, students enjoyed explosions of color while DJ PackJamz queued popular Indian jams, and organizers served fresh curry and naan bread catered by The Fifth Element to participants.

Many of the students were first-timers, including astrophysics and computer science major Abubakr Hassan. Hassan has never heard of Holi, but the name reminds him of the 'Holli' in 'Hollister.'

"It's a good opportunity for us to have fun," Hassan said. "But the first thing I'm going to do [afterwards] is take a shower."

He mentioned that this, and other similar events, are opportunities for students to break the monotonous cycle of studying. They give students a chance to try something new and different.





# r for diversity and union

Photos by Morgan Purvis

A large group started a dance circle and two students in particular looked like it wasn't their first time celebrating Holi. Riya Gharat, computer science major, is from Mumbai, and Sheina Costa, interdisciplinary studies major, is from Goa—two regions of India that celebrate the festival on a national level.


The ladies said the event reminds them of home and agree that Holi in India is slightly different—it's bigger and crazier.

"Normally we would celebrate at a temple, but the fact I can do this on campus with so many people is amazing," Gharat said.

"Anybody throws color on anybody," Costa said. "You don't have to know anybody. You're just spreading love and happiness everywhere."

According to Gharat and Costa, in India there is also a lot of loud music and more dancing—much of which takes place in the closed down streets. Another staple item of this event is a special drink called Bhang. It is a milk tea made for Holi festivals in India, traditionally made with

marijuana and flowers. When asked what its ingredients are, the two said they didn't know. "That's something you don't [ask] your mom," Gharat said while she laughed.

The two students rejoined the dance circle, holding each other's hands until the crowd dispersed like the colors dissipating into the sky. 



# ITALICS

By Brandon Thigpen | English Senior

*My favorite professor told me once, "We look at problems through our own analytic lens." So, I turned to poetry to articulate something that was very disturbing and haunting. I probably spent more time analyzing what happened rather than on self-assessment, but I'll cross that bridge when I get there.*

If I had touched her boobs  
the way she'd touched my boobs  
I would be out of a job.

I would also be out of a job  
if I came back from break  
*drunk* like she was.

Sure, Martha's my manager—  
but I'm a manager too,  
just with less authority.  
Ordinarily, she's a decent manager  
and a good person—  
and, well, she's also *really* hot  
and I have a *huge* crush on her.

But I didn't know what was wrong  
with *her*  
until the store closed  
and I found her wandering out of a room  
screaming, her hair covering her face.

"You been smokin' somethin'?"

"—What did you say to me?!"

In a blink she cornered me,  
her nose was to my nose.  
I was frozen.

"I said, 'you been smokin' somethin'?'"

I could smell alcohol saturated in her shirt  
radiating from her—  
then she grabbed my shirt-collar—  
she's never touched me before.

## "Ha, I wish!,"

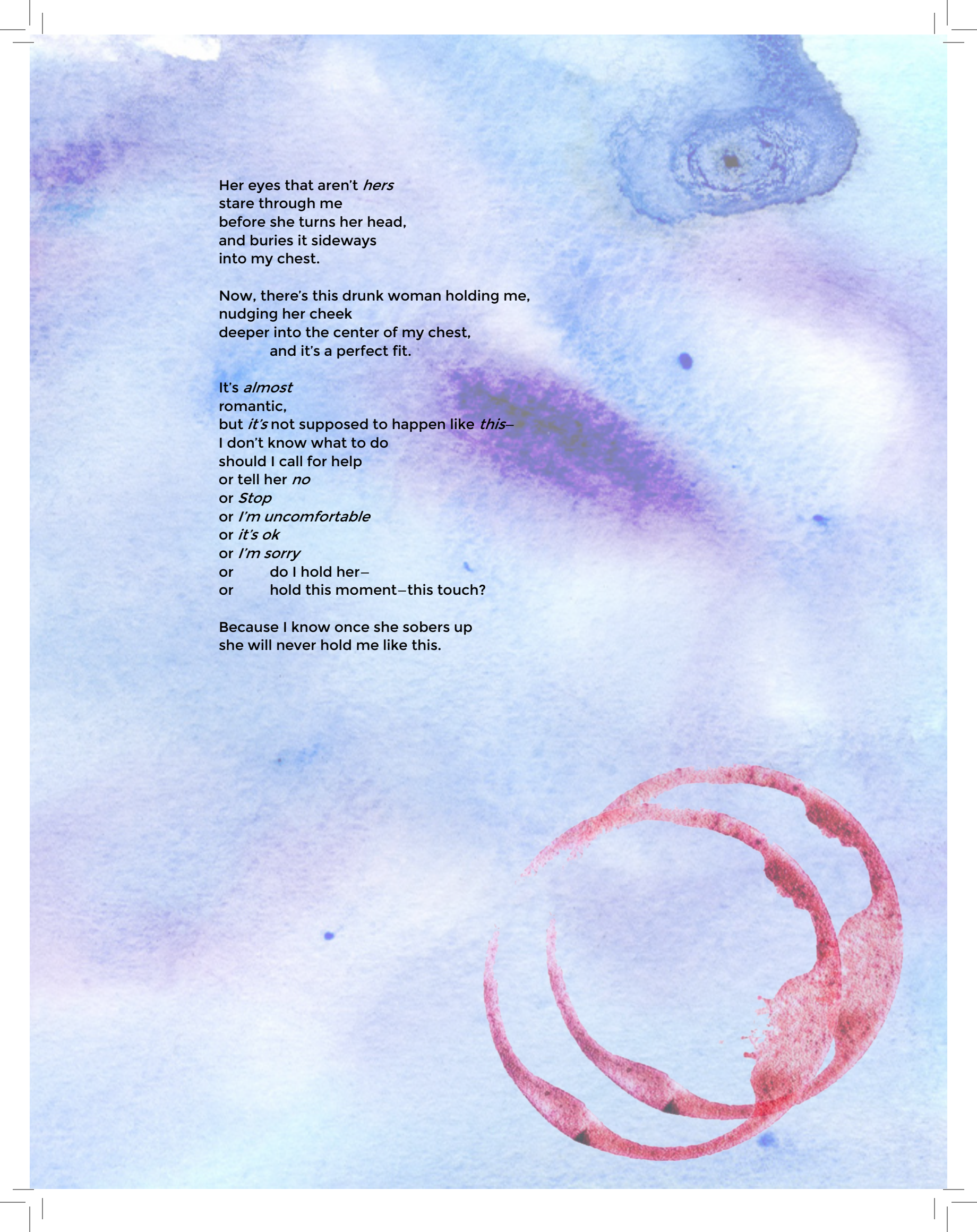
Her right hand presses against my chest,  
trailing down under my shirt.  
Her nails, like a rake  
drag up from my waist—

If you have ever felt the  
needle-sharp legs of a roach or beetle,  
and the way it GRABS—

Now, two of them  
under my shirt, stretching across my ribs,  
around my back,  
I'm *trapped*,  
but I don't push her away.

It's been  
thirty                seven                months  
since a woman touched me  
*held* me  
like *this*,  
and at that, Martha,  
but it's not *Martha*.





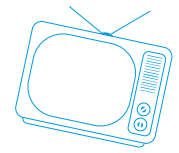
Her eyes that aren't *hers*  
stare through me  
before she turns her head,  
and buries it sideways  
into my chest.

Now, there's this drunk woman holding me,  
nudging her cheek  
deeper into the center of my chest,  
and it's a perfect fit.

It's *almost*  
romantic,  
but *it's* not supposed to happen like *this*—  
I don't know what to do  
should I call for help  
or tell her *no*  
or *Stop*  
or *I'm uncomfortable*  
or *it's ok*  
or *I'm sorry*  
or do I hold her—  
or hold this moment—this touch?

Because I know once she sobers up  
she will never hold me like this.





## BIRDMAN

FOUR OSCARS, NO SUBSTANCE

BY DOUG MARKOWITZ | ASST. MUSIC/PROGRAM DIRECTOR

In Hollywood, there is meaning in every shot of film because the director chooses to shoot each scene a certain way. This doesn't mean every take is a grand artistic statement. It could just be that the day was ending and the sunlight was running out. Sometimes, however, when you try to look deeply, you see only the abyss staring back, as a nihilist would say. This was the case with Alejandro González Iñárritu's *Birdman*—a case study in vapidness.

*Birdman* concerns actor Riggan Thomson (Michael Keaton) on his quest to achieve some semblance of respectability as an actor, lost after years of doing “Birdman” movies. The actor does this by staging his own Broadway adaptation of a Raymond Carver short story, which ends up a disaster thanks mostly to the last minute hire of method actor Mike Shiner (Edward Norton).

To film *Birdman*, Iñárritu poached the great cinematographer Emmanuel Lubezki, master of the long take. Most of Lubezki's work here—which I blame on the director's lack of creativity—involves claustrophobic tracking shots of the theater and its inhabitants, and the occasional look at the New York City streets. It's designed to look like a single, unbroken take, which was actually achieved a decade ago by Alexander Sokurov in *Russian Ark*.



Now, back to that point of vapidness. Michael Keaton plays an incredibly obvious version of himself. It's the hook of the film: washed-out actor who used to be Batman plays washed-out actor who used to be (stock superhero name that starts with B).

The film ends with Riggan securing his place as a true artist among the press and fans with a fairly meaningless violent stage act misinterpreted by the crowd. In Iñárritu's world, that's adequate enough. Thankfully, we don't live in his world, and can rest easy knowing that both Riggan's play and Iñárritu's film suck.

## INHERENT VICE

A HILARIOUS, PARANOID ROMP THROUGH 1970s LA

BY DOUG MARKOWITZ | ASST. MUSIC/PROGRAM DIRECTOR

Los Angeles, 1970: the Age of Aquarius is slowly being suffocated. The sunny, utopian California dream of the hippies is burning up thanks to encroaching drug addiction, the crushing disgust of the conservative establishment and some evil astronomical vibes, man. It's here where novelist Thomas Pynchon chose to set *Inherent Vice*. In his film adaptation, director Paul Thomas Anderson creates a window into the writer's vision, perfectly blending their aesthetics.

Like many noir stories, the film begins with a private eye being visited by a woman from his past. Doc Sportello (Joaquin Phoenix), the resident stoner gumshoe of Gordita Beach, gets a call from his endangered ex-old lady, Shasta Fay Hepworth. Her case leads him into a world of conspiracy, intrigue and peril, all dealing with a mysterious, omnipresent drug operation known as the Golden Fang. Along the way, we encounter many colorful side characters: LAPD detective Christian “Bigfoot” Bjornsen (Josh Brolin), a stiff, disgruntled cop who enjoys teaming up with Doc as much as taking him in; Coy Harlingen (Owen Wilson), a surf rock saxophonist and heroin addict shanghaied by the Fang; and Sortilège (Joanna Newsom), the hippie queen whose dulcet tone provides narration.



In his films, Anderson crafts a distinct mood of unease and confusion, which only increases throughout. He plays with us and his characters using colorful cinematography, slow zoom-ins and long takes. He lets us relax into a scene until we're left spellbound—a perfect analogue to Pynchon's dense, comical writing. Anderson's script from Pynchon's novel interprets it in his characteristic way, but leaves in the dry comedy. What results is a hilarious, well-paced film that sends viewers on a slow-burning trip.



# COOL YOUR JETS WITH A DE-STRESS PLAYLIST



By Annie Black | Radio Station Manager

It's that time again: the end of the semester. You may be stressed out because procrastination took advantage of the past nine weeks, and the thought of finals disturbs your inner tranquility. Sometimes—even if you have to force yourself—you have to relax. Spinnaker Radio recommends you de-stress to this playlist while binging on chips and salsa or laying on your bed upside down staring at the ceiling. Life is hard. College makes it harder. Take a little bit of time and chill out, okay?

## "Beach Comber" - Real Estate

At Spinnaker Radio, we adore Real Estate. This gem from their self-titled 2009 release is my absolute favorite. I guarantee listening to this easy track will put you in a place where you forget you just had a panic attack over your statistics final.



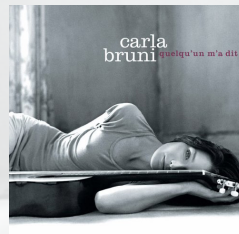
## "Should Have Known Better" - Sufjan Stevens

We just got this track in at Spinnaker Radio, and it's beautiful. This song is so relaxed. All I want to do while listening to this song is sit on my couch on a dreary day with a cup of tea and my cat by my side with the windows open. But I will say, this one may make you feel a little weary and potentially sad.



## "Quelqu'un M'a Dit" - Carla Bruni

You may recognize this one from *(500) Days of Summer* or if you just really like French music, but if you have no clue what this song means or is about, it's great to listen to when you're stressed out. Quelqu'un M'a Dit means Someone Told Me, by the way.



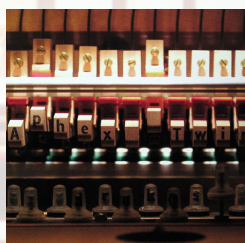
## "Quiet Houses" - Fleet Foxes

Fleet Foxes' discography is good to de-stress, but I picked this song because it's lyrically simple and calming. The self-titled album *Fleet Foxes* got me through my freshman year of college, which was by far my most stressful year of school.



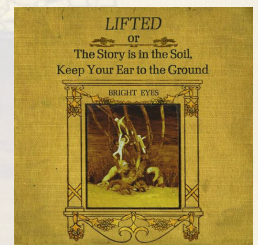
## "Avril 14th" - Aphex Twin

If you're a Kanye West fan, you'll recognize this one. Yeezy sampled this song for "Blame Game" from his album *My Beautiful Dark Twisted Fantasy*. When you strip away the rap, John Legend's vocals, and the added beats, you're left with a pretty piano solo that's good for getting your mind off things.



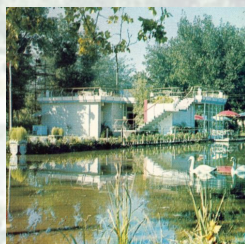
## "Bowl of Oranges" - Bright Eyes

This song is bright and cheery, but thanks to Conor Oberst's relatively monotone delivery, it's very relaxing. It's the perfect song if you're in a hard time or place in life, because it's hopeful without being cliché. Sometimes Conor Oberst can be really sad, but in this instance he reminds you life doesn't suck all the time.



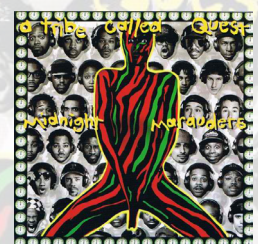
## "Hamilton Road" - Ducktails

I lived with a couple once who had *Ducktails III: Arcade Dynamics* on vinyl, and when they weren't around, I would play this album loudly for myself. This song in particular is great for a relaxing Saturday morning after you wake up and wander out of your room to remember you have absolutely nothing to do.



## "Award Tour" - Tribe Called Quest

You can't have a de-stress playlist without Tribe Called Quest. This is the perfect music to unwind to. A little kitchen dancing, a glass of Shiraz, and finally putting on your comfy pants for the night is what Tribe Called Quest means to me.



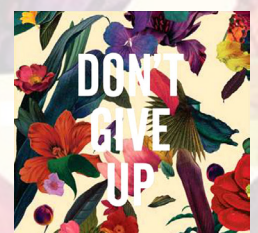
## "Used To Be" - Beach House

This song has a simple up and down melody that's really easy to sing along to. I like to imagine the lead singer of Beach House as an angel or some kind of ethereal being while I listen to her dreamlike voice.



## "It All Feels Right" - Washed Out

This song will make you feel like you're drifting in the middle of a lake on a big yellow raft on the most perfect day in May. Washed Out is wonderful always, but this song will—for four minutes and six seconds—make you kind of forget about your struggles.





# EVENT GALLERY



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