



# Spinnaker

UNIVERSITY OF NORTH FLORIDA

SUMMER 2015 \$3.50

## STRONGMAN

AN INTERVIEW WITH ANDREW CLAYTON

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theGUIDE

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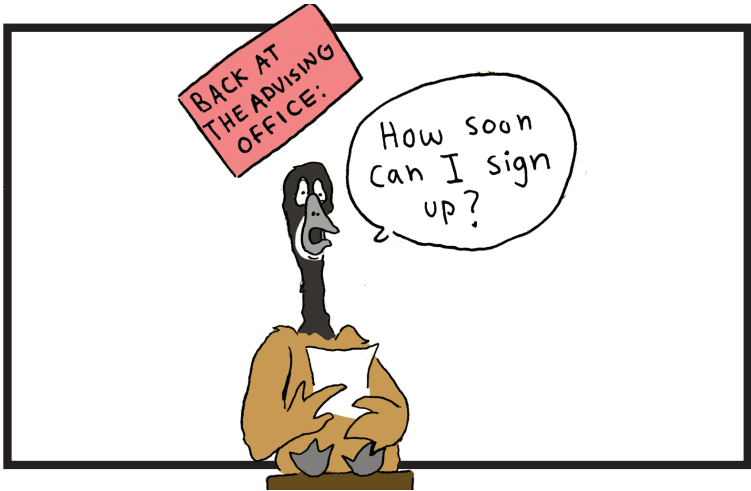
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PHOTO BY TYLER VAN VOORTHUIJSEN



**COVER PHOTO:** ANDREW CLAYTON,  
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TRAINS WITH WEIGHTS.

PHOTO BY TYLER VAN VOORTHUIJSEN



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PHOTO BY MORGAN PURVIS



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PHOTO BY TYLER VAN VOORTHUIJSEN

## [ HODGE PODGE ]

### #DressTheGoose

Summer may be here, but The Intern still has so much to accomplish—classes, work responsibilities and menial chores are only a few of the tasks. The Intern's so busy it couldn't remember to wear clothes for its latest assignment! Help remind The Intern what it's supposed to do next. Follow the submission guidelines at [unfspinnaker.com](http://unfspinnaker.com) and use the hashtag #dressthegoose. The chosen concept will be featured in the next issue of Spinnaker Magazine.



Photo By Morgan Purvis

### CALL FOR SUBMISSIONS:

Spinnaker accepts creative writing submissions, including creative nonfiction, fiction and poetry. Spinnaker is also accepting photo submissions by current and previous students. Please visit [unfspinnaker.com](http://unfspinnaker.com) for guidelines concerning submissions. Send work to [publisher@unfspinnaker.com](mailto:publisher@unfspinnaker.com).

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

### CLARIFICATIONS:

On page 3, the photo of Colonel Crackers is by Morgan Purvis.

On page 8, a professor had his camera and lens stolen from the Fine Arts Center on Feb. 6—not a male student.

The centerfold photo of The Intern is by Tyler van Voorthuijsen.

The Intern has decided it would prefer to go by "it" as opposed to "they" from now on.

# Spinnaker

Awarded by the Associated Collegiate Press:  
2013 and 2010 Pacemaker Award  
Third Place 2013 Best of Show for Feature Magazine  
First Place 2013 Best of Show for Weekly Tabloid Newspaper  
Third Place 2014 Best of Show for Website Large School  
Finalist 2013 Online Pacemaker Award  
Finalist 2010-2014 Best Online, Streaming-Only College Radio  
Station by College Music Journal

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PRINT **The Hartley Press, Inc.**

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Jacksonville, FL 32224

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Spinnaker is produced thanks to advertising, production revenue, and subscriptions, including generous support from UNF Student Government. For additional copies or a mail subscription, contact Spinnaker at [editor@unfspinnaker.com](mailto:editor@unfspinnaker.com) or the address and phone number listed above.

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## Ahead or behind, it's all relative

Everyone's doing some life-changing things. People are announcing engagements and sending out save the dates. People are traveling abroad, sometimes not even coming back beyond their program. There are people competing in marathons and people interning here and there. Some have big plans for grad school, while others are now parents or full-time employees earning more than the minimum wage you're used to.

We hear about this "good news" happening for other people and compare their lives to ours. Do we say congratulations, or plan an intervention in some cases? Intervention: you're too young/old to be wasting your life away doing such-and-such instead of doing such-and-such. But maybe there's something wrong with how we're relating someone's life with our expectations of 20-somethings.

By the time this magazine issue is published and circulated, I will have already graduated from UNF at the age of 21. I will have finished my B.A. within four years, citing the fact that I deliberately stayed two more semesters than I needed to graduate... just for a full four-year experience. Did I transcend the norm of the university for managing to finish? Isn't four years ideal? My timeline doesn't matter, of course.

I've been in school for about 17 years. From preschool to kindergarten, grade school, middle school, high school, four-year college—I did it in that order and without any kind of break. I was

never 16-and-pregnant. I was never once engaged. I'm not planning to go to grad school right away to which I might ask myself: Aren't you worried about losing momentum? What if something happens and you won't be able to get that opportunity? What if you're too old by the time you go back to school?

I can't speak for everybody, but there's a certain timeline that I've always thought of as the right way. *You go to school from the age of four onwards, graduating high school and college on time. Graduate school must be done before you decide to settle down, which should happen around the age of 28-30.* (I always thought falling in love happened naturally during that age range.) *Life partner, children and a Ph.D. before turning 34.*

But there are many ways. People take some time off after high school to earn money for their degree. People drop out of school because of wanderlust or bright ideas found outside of the classroom. People go through health issues and need to take care of themselves—sometimes balancing both treatment and their workload. We all have our own circumstances and our own clocks, so it's perfectly okay to do things according to what is best for our time. We each have our own experiences to help determine what we want to do next. It's never an issue of having too much ambition or lack thereof. It's relative. Let people do their thing while you do yours.

So whether you're a traditional student or not, you're enrolled for a good reason. You chose to pursue your degree on your own time. For those of us graduating this semester, congratulations on your success. Whatever comes next and whatever you choose to do first, know that doesn't necessarily compromise the laundry list of goals you have. Goals might change and new commitments might come up, but it's never too late or too early to begin.

As for me, I'm not sure what I want to do first. I'm indecisive for the most part. But if there's a timeline I'm going to follow, I won't be butthurt if it changes a bit along the way. Maybe I'll have a life partner and infant child who'd be down with me going to graduate school straight out of maternity leave.

Who knows. Anything can happen.

**SHANNON PULUSAN** PUBLISHER

P.S. Thank you Spinnaker for helping me grow as an editor and leader for the past year and a half. It's been an honor to lead the magazine with a very patient and hardworking team this semester. Thank you to the readers who've reached out to me by letters or even in conversation; your feedback and support has been much appreciated. The new publisher will be Justin Belichis—who has been spot-on as features editor. Give him a warm welcome and anticipate some big things from Spinnaker print moving forward.



## Dear Spinnaker,

Your article gave the readers of the UNF Spinnaker a glimpse into the life of Garth Sangree. It was great. Garth was an avid reader and fan of the Spinnaker. In fact, he saved every issue cover and used them as room art in his dorm.

Those who know Garth will agree that he lived life to the fullest! As such, I'd like to share 10 quotes from God's word that Garth lived out every day since he was a young boy.

Whatever you do, do it with all your heart, as for the Lord, and not for men, since you know that you will receive an inheritance from the Lord as a reward.

—Col. 3:23-24

Don't boast about tomorrow, for you don't know what a day may bring.

—Prov. 27:1

For what is your life? It is but a vapour, that appears for a little time, and then vanishes away.

—James 4:14

This is my commandment, that you love one another, as I have loved you.

—John 15:12

Until now you have asked nothing in my name: ask, and you shall receive, that your joy may be full.

—John 16:24

Love one another deeply, from the heart.

—1 Peter 1:22

Above all, love each other deeply, because love covers over a multitude of sins.

—1 Peter 4:8

Be devoted to one another in brotherly love.

—Romans 12:10

Commit to the Lord whatever you do, and your plans will succeed.

—Proverbs 16:3

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

—Jeremiah 29:11

I pray this is an encouragement to all.

Blessings,  
Mark Sangree

The Sangree family has requested that any thoughts or stories of Garth be posted on his memorial page at [www.legacy.com](http://www.legacy.com). To find the page, search the name "Garth Sangree."



## HERE'S WHAT HAPPENED, IN A FEW SENTENCES

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



### END OF THE ROAD FOR UNF WBB COACH

Despite being with the basketball program at UNF for a decade, Head Coach Mary Tappmeyer will not return for the 2015-2016 season. According to UNF Athletics, there is no replacement for her at the moment, but there will be a national search that will commence immediately.

By Jordan Ferrell



### SPRING SG ELECTION RESULTS

Shomari Gloster and Hailey Guerra won as the new Student Body President and Student Body Vice President. All 17 candidates who ran for Senate under the United Party were elected, while the other 3 of the 20 senate seats went to Red Party candidates.

By Brianna Dillon

### UNF CLIMBING TEAM CLIMBS THEIR WAY TO THE NATIONALS

Six members of the UNF Climbing Team competed in USA Climbing's Collegiate Climbing Series National Championship in San Diego, Calif. from April 16th-19th. The team's travels were funded through donations from their collective and individual GoFundMe accounts.

By Celise Blackman



### UNF STUDENT CROWNED MS. WHEELCHAIR FL

UNF student Sara Gaver was crowned Ms. Wheelchair Florida 2015 at the "I AM EMPOWERED" conference at the University of South Florida on March 21.

The competition, according to the press release, is based on advocacy, achievement, communication and presentation. The winner serves to educate and advocate for more than 54 million Americans living with disabilities.

By Kalee Ball

### UNF SHORT FILMMAKERS TO COMPETE INTERNATIONALLY IN HOLLYWOOD

On March 9, Campus Movie Fest (CMF) filmmakers and showgoers buzzed with excitement in the Lazzara Performance Hall where the top 16 student-made short films debuted and winners were announced. Winners will attend CMF Hollywood this June to compete on an international level against universities across the United States and UK.

The filmmakers advancing to CMF Hollywood are: "Otto" directed by Connor Dolby; "The Clock Strikes One" directed by Daniel McCook; "Indecision" directed by Josh Boyle; "Drift" directed by Trevor Walsh.

By Rachel Cazares



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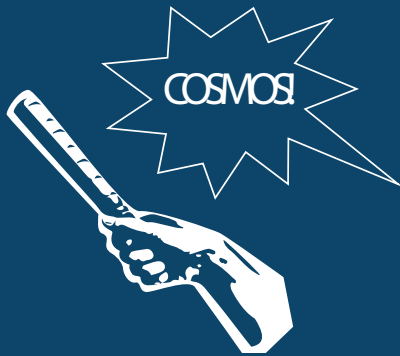
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## POLICE BEAT

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

BY PATRICK LLOYD & KALEE BALL | STAFF REPORTERS  
ALEX WILSON | NEWS EDITOR



### MAN WAVES STICK & FLEES

On March 30, UNFPD responded to a call about a suspicious person in the parking lot of Alumni Hall waving a long stick around. When officers arrived, the suspect was jamming the stick into the ground and was overheard talking about "the cosmos." After being continuously asked to drop the stick, the suspect eventually passed out onto the ground only to jump up when officers approached, and then he proceeded to raise the stick in a threatening manner.

Officers attempted to restrain the suspect, eventually deploying a taser; the taser made impact and the suspect fell to the ground. After the taser completed its cycle the suspect got up again, raised the stick in a threatening manner and was tased again with no effect. When another officer attempted to tase the suspect, he missed and the suspect fled, hitting two cars. The officers pursued him through Lot 60, but the suspect ran into the wooded area next to Alumni Hall.

The suspicious person has not been found and patrol efforts have been suspended.

# RECENT MIS



### POLICE CHIEF SHOTS CARJACKER IN BUTT

UNFPD Deputy Police Chief Charles "Bill" Strudel was off-duty and buying ice from a vending machine on March 16 when an armed man came up to him and attempted to steal his car. The suspect pointed his gun at the officer, who reportedly slapped it away. The suspect then pistol-whipped Strudel leading to a laceration across his head. The suspect reportedly also kicked at Strudel, leaving a bruise on his leg.

Strudel shot in the direction of the suspect three times while he attempted to flee, striking him in the butt. Both were taken to the hospital with non-life-threatening injuries.





WONDER WHAT IT'S LIKE TO BE A UNFPD COP?

READ ABOUT REPORTER PATRICK LLOYD'S RIDE ALONG WITH OFFICER MORGAN ON UNFSPINNAKER.COM.

# ISHAPS...

## OTHER THAN WEED

### FIRE IN THE AQUATIC CENTER

On March 17 at 9:26 p.m., an officer was dispatched to the Aquatic Center—which is currently being renovated—in response to a report of a fire. Upon arrival, the officer saw flames on the northeast section of the Aquatic Center's roof. While Jacksonville Fire and Rescue was on their way, UNFPD searched the building for any individuals inside but did not find anybody.

As of March 25 the cause of the fire is still unknown, but no individuals were in the building when the fire took place and the exterior underwent minimal damage.

### 3-YEAR-OLD LEFT UNATTENDED

An 18-year-old female UNF student was arrested for child neglect after she left her nephew unattended on March 22 for at least 90 minutes. That morning at around 8:15 a.m., two UNFPD officers noticed a small boy standing in Lot 10 and discovered the boy spent the night at his aunt's dorm room with her and her boyfriend. However, when the boy woke up they were gone to get groceries, and he left the room and went to the parking lot looking for them. UNFPD released the boy to his mother and issued the aunt's boyfriend a trespassing warning for housing.



### SUSPECT FOR BATTERY AT LARGE

A 20-year-old man who punched a female UNF student is still at large.

At 1:16 a.m. on March 26, a UNFPD officer arrived at the Osprey Landing in response to a fight. A witness said she saw the victim running after the suspect to Lot 10, when the suspect turned around and punched the victim in her face, causing her to fall to the ground. The suspect, who is not associated with UNF, then picked her up by her hair and threw her back on the ground.

Two other witnesses who were already in the parking lot saw the suspect run toward The Fountains.

The victim told police she was fine and she wasn't hurt. The victim said the suspect knocked on her door and that the suspect left when he saw the victim with another guy in the room. She said she ran after him and when she caught up with him, he punched her in the face and called her a b----.

When the officer asked the victim what the suspect's last name was, she wouldn't say at first. After the officer asked several more times, the victim finally revealed the suspect's last name. The officer noted in the report that the victim wasn't very cooperative and she didn't want to do anything about the incident.

The victim refused to press charges and signed a prosecution declination.

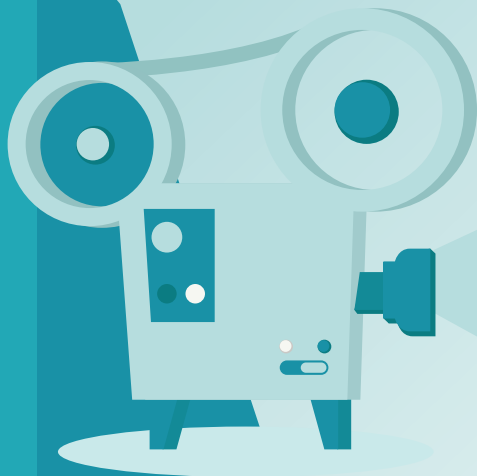
Later that morning around 4 a.m., another UNFPD officer saw the victim and the suspect together at the Osprey Landing. When the suspect saw the officer, he fled. The officer couldn't find him.

The suspect was given a trespass warning on Feb. 6 for an altercation with the same victim.

The victim was sent to Student Conduct for not cooperating with the officer.

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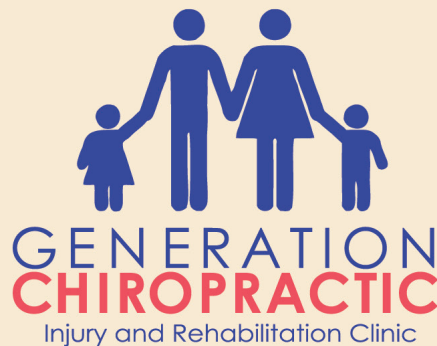
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# Which UNF creature are you?

By Alex Bishop and Casey Zender | Contributing Writers

Illustrations by Casey Zender

After spending so much time on campus, you start to connect with UNF's natural inhabitants. I'm sure we've all given thought to which of these animals truly captures our spirit, but now you can know for sure by answering the questions below.



**You find a \$100 bill on the sidewalk, what do you do?**

- a. Pay some bills
- b. Put it in your savings account
- c. Spend it immediately
- d. Brag about it on social media
- e. Use it to impress a romantic interest



**Which podcast are you more likely to listen to?**

- a. *Stuff to Blow Your Mind*
- b. *The Sporkful*
- c. *The Football Ramble*
- d. *Democracy Now!*
- e. *WTF with Marc Maron*



**Where do you spend time on the Internet?**

- a. Highdeas.com
- b. Wikipedia and IMDB
- c. ESPN
- d. Facebook
- e. eHarmony



**What do you order at The Boathouse?**

- a. Salad
- b. Nothing—you mooch off your friends' french fries
- c. Beer
- d. Pizza
- e. Whatever your friends are ordering



**What's your preferred music genre?**

- a. Spoken word
- b. Coffee shop indie
- c. Hip-hop
- d. Electronica
- e. R&B



**What is your favorite conversation starter?**

- a. Philosophical observations
- b. Food
- c. Athletics
- d. Yourself
- e. Gossip



**Which emoji do you use most frequently?**

- a. Sunglasses emoji
- b. Poop emoji
- c. Trophy emoji
- d. Waitress emoji (the one with her hand out)
- e. Cat with heart eyes emoji



**It's Friday night, what are you up to?**

- a. At home watching Netflix
- b. Ditching your friends to stay home on the Internet
- c. Watching a baseball game
- d. Partying at the club
- e. Flirting at the Riverside bars



**How do you spend your time at a concert?**

- a. Standing in the back of the crowd
- b. Crowd surfing
- c. In the front of the crowd
- d. Screaming lyrics back to the musician
- e. Getting to know others



**Which movie would you rather watch?**

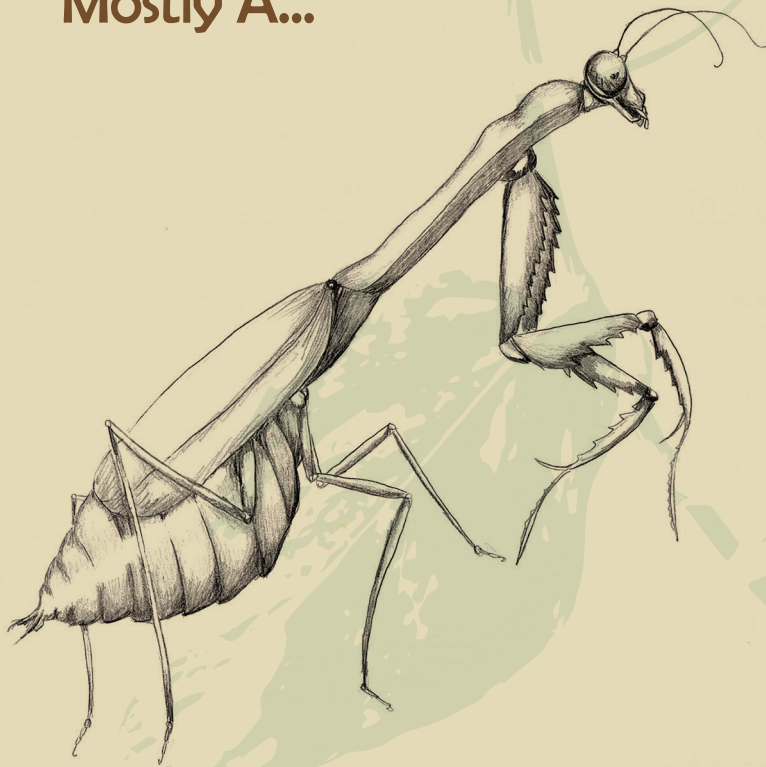
- a. *Birdman*
- b. *Leprechaun*
- c. *Remember the Titans*
- d. *Mean Girls*
- e. *Fifty Shades of Grey*

See your results on the next page!

# Results!

**Mantis** — you're cool, calm, intelligent, independent and introverted. Mantises live in the Sawmill Slough Preserve. They don't have a house per se, so they just chill wherever. Mantises hunt bugs, but occasionally eat lizards and frogs, if the mantis is large enough.

Mostly A...



Mostly B...

**Armadillo** — you like late nights, you're timid and you tend to mooch. Armadillos live everywhere on campus in little burrows beneath bushes and in wooded areas, like the one near Osprey Fountains. They're nocturnal and dig little holes in search of grub.



## Mostly C...



**Osprey** — like Ozzie, you're proud, strong and athletic. Ospreys are found around campus in nests in tall Preserve trees. These birds of prey hunt fish and make huge nests out of branches.

## Mostly D...



**Cicada** — you're loud, you like to party and you're extroverted. Cicadas like to stay in high trees and on plants. They eat sap with their long, hollow "beak." These insects have long wings and are strong fliers as adults. The male is the one that calls. The female has the ability to call, but they don't really need to find mates — the males find them.

## Mostly E...



**Peahen** — you're pretty, flirty and fierce, but have a tendency to be clique-y. Peahens populate the woods by The Fountains. They make small nests under bushes and shrubs by digging a little hole and then layering twigs and leaves around it.



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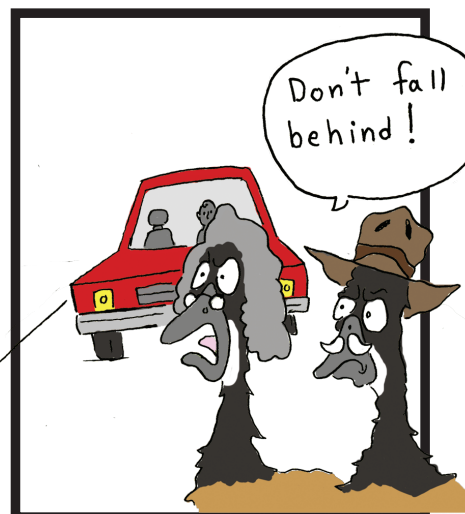
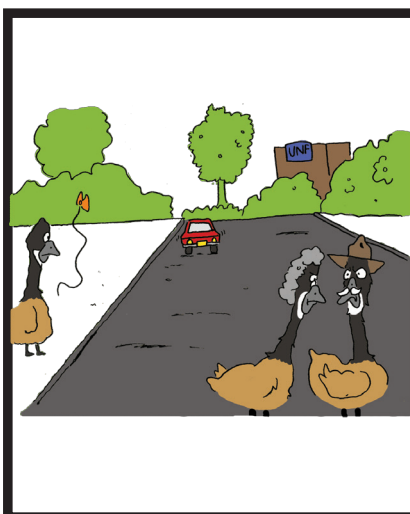
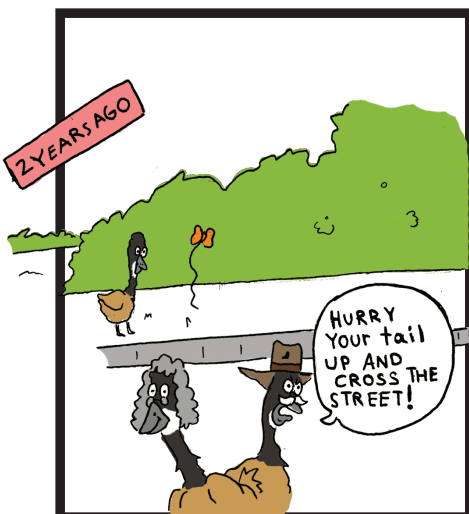




# THE INTERN

## THE MIGRATION OF A UNF GOOSE

A COMIC BY MICHAEL SALUSSOLIA



TO BE CONTINUED...









Even though it can get a little smelly on the job, The Intern leaves no stone unturned when it comes to reporting. However, it still has a lot to learn because no one takes a goose in a Hawaiian shirt seriously—even in the summer.







---

# STRONG MAN

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**Working out with Andrew Clayton,  
America's 4th strongest man.**

---

Story By Jake Stofan | Contributing Reporter  
Photos By Tyler van Voorthusijzen

# STRONGMAN

The University of North Florida has been home to a wide range of unique individuals, and recent athletic training graduate Andrew Clayton is no exception.



At 22, Clayton stands at 6'4" and is 255 pounds of sheer mass. He is a professional strongman who earned fourth place in last year's America's Strongest Man competition and said in his top performance, he carried 1,200 pounds for 35 feet. To progress as a strongman competitor, Clayton has created an intense workout regimen.

Clayton said he eats a pre-workout meal about two hours before he begins touching the weights. His usual platter consists of 11 ounces of chicken, 2 cups of rice, 40 grams of dried mango and 2 blocks (22 grams) dark chocolate—a meal ranging from 800 to 1,100 calories. Clayton said the dark chocolate's fat helps slow down the intake of the carbs from the other food and also contains caffeine and antioxidants.

After the food digests, he suits up in his signature pink competition socks and elbow pads, ready to lift weights for the next few hours—though he doesn't train alone. Clayton credits his current fitness plan to his workout partner Austin Voutour. Voutour said he found Clayton's name on a strongman competitor list in 2013, saw he was from Jacksonville and began working out with him soon after.

Stretching for Clayton is a three-step process. First, he stretches his chest muscles by lifting 25-pound weights over his torso and behind his head while contracting his muscles tightly to prepare for the heavier lifting to come. Second, Clayton stretches his latissimus dorsi muscles—which are back muscles—by lifting 100 pounds on a machine. After switching between steps one and two for a total of three times each, stretching ends with lunges.

He entered his first tournament in Orlando at age 16. He hasn't stopped since.

The next step of Clayton's workout entails practicing for specific competition events, like deadlifts, the super yoke and carry medleys. This is the bulk of his workout, which is followed by cardio and sprinting drills. Clayton said he occasionally does exercises more in tune with bodybuilding—lighter weights and more reps—in an effort to keep a lean figure. Clayton then explained there is a common misconception that having a higher body weight boosts performance, but in reality a higher body fat content can actually be damaging to muscles and tendons.

After his workout Clayton finishes by drinking protein mixed with branched-chain amino acids.



Clayton said he realized his passion for weightlifting while playing high school football. He recalled feeling behind compared to his teammates and started to invest more time in the gym lifting weights. Bodybuilding took priority soon after Clayton discovered he enjoyed working out and watching strongman competitions on television.

He then started creating homemade strongman competition weights, working out in his garage and soon entered his first tournament in Orlando at age 16. He hasn't stopped since.



After attempting to bring his own equipment to the Student Wellness Complex, Clayton said he was turned away because of potential liability issues. Clayton estimated his home gym's weight collection to include around 5,000 pounds of plates, multiple concrete atlas stones, weighted concrete slabs, two goliath-sized tires weighing 550 pounds and 900 pounds, and homemade, second-hand and brand new weights.



Although Clayton considers himself a professional, his work in the sport hasn't become a useful source of income. In addition to his training and competition schedules, Clayton works as a personal trainer at his local YMCA during the day and is a bouncer at night.

"My end goal is to at least be able to make a part-time income from it [weightlifting]," Clayton said.

Clayton said the strongman community in Jacksonville is relatively small, but competitions happen fairly often in the surrounding areas.

"There's generally a competition every couple of months within a 4-hour radius [of Jacksonville]," Clayton said.

Until his competition this fall, Clayton said he plans on continuing to build lean muscle mass and sticking to his diet and workout plan. 🏋️





# Reincarnating old-school candy making: Sweet Pete's twist on a “dying” art

By Danae Leake | Contributing Writer

Photos by Morgan Purvis

Sweet Pete's is Hemming Plaza's new kid on the block. The historic multi-story Seminole Club building, underneath the whizzing Jacksonville Skyway, has been converted into an emporium of treats varying in style, color and taste. White clothed tables sit on a wrap-around porch as small parties sit and chat while drinking candy-inspired cocktails. Jazzy grooves dip into the warm air while silverware clink against plates.

Upon entering the foyer, a display featuring candy-covered apples, chocolate bunnies and edible high heel shoes lines the wooden hallway.

The Candy Apple Café is on the left, while chocolate truffles and rich mochas encased in glass fill the room on the right. Even on a Wednesday evening, a presumably quiet time for downtown Jacksonville, Sweet Pete's is bustling with activity.

A dark wooden staircase leads the eyes to another level of sweet smelling visuals. The first of three rooms is the ice cream parlor, where flavors like Thai ginger and green tea sit beside classics like strawberry and cookies n' cream. Hard candies, jellies, taffies and gums sit atop tables in plastic bins on a black-and-white checkered floor in the other two rooms. Colorful chandeliers, zebra striped ceiling lights and paper Easter eggs hang above the customers.

Visitors can snack on a small bag of “strawberry rocks,” a Sweet Pete's original hard candy, while watching workers in red shirts slice a brick of sea salt caramel into small squares from a balcony overlooking the kitchen. Although customers can watch the candy making process, there's still some distance. The unique facet of Sweet Pete's is that it's more than just a candy store: it's a hearth of history and education.

Sweet Pete's cofounder Pete Behringer says children on field trips fill the store during a typical morning. Although the students are on a field trip, they still go to class—a candy making class. These classes, which are open to the public, teach its participants how chocolate bars, taffies and hand-pulled lollipops are made the old-fashioned way on a marble slab.

Full-time candy maker and assistant manager of production Tim Turpin leads many of the candy making classes, like the hand-pulled lollipop making class Spinnaker participated in. His energy is authentic. He is just as excited about making those lollipops as the wide-eyed 8-year-old-boy sitting in the front row. Turpin begins by bringing a mixture of sugar, corn syrup and water to a boil at 310 degrees.

“If the candy heats up under 300 degrees, it will become too soft and melt away,” says Turpin as he checks the thermometer in the boiling pot. “If the candy is cooked at over 310 degrees it will lock up.”

The sugary solution caramelizes as Turpin pours it on the marble slab. The natural flavor is then added. For this class, it's watermelon. He takes two spades, cuts the congealing liquid in two and begins to work the bigger portion with the tools. The mass turns pink, and he places it on a metal hook, stretching it until it turns pearly white—a process Turpin calls aeration.

Turpin mentions to pay attention to the color and smells coming from the malleable candy. He places the caramelized mass back on the table and kneads it into a sugar loaf. Now, Turpin moves his attention to the slab that will give the candy color. He adds natural red food coloring, made with beets, to turn the clear liquid into a purple hue.



## Add this class to your bucket list!

Tuesdays @ 5:30 p.m.  
Wednesdays @ 6:00 p.m.  
Fridays @ 2:00 p.m.

\$15 per person

Citric acid is used to add flavor. “It gives it a punch,” says Turpin as he centers the colorful stripe on the loaf. From here, he twists the loaf to create cylindrical strands of hard candy.

This is where classroom participation comes in. Participants take a strand, pinch its end, roll it into a shape and place a stick at its bottom to make their own lollipop. Some participants roll a traditionally circular sucker while others create abstract shapes.

Cofounder Behringer says the traditional way of candy making is a dying art, dwindling as time passes and technology advances. After working over 20 years for his mother’s chocolate store in San Marco, Peterbrooke Chocolatier, Behringer says he decided to leave the business to start his own—one that incorporates more than chocolate. Behringer loves variety, which is why Sweet Pete’s makes and serves a variance of candy.

Behringer aims to create new candy recipes, as well as bringing back old-fashioned recipes left in the past. “We do things the old fashioned way,” Behringer says, “and we want to make the biggest statement that we can.” An item Sweet Pete’s is digging up from the past is the chocolate-covered honeycomb, a sponge candy made with gelatin.

“We want to use candy as a means of communication. To communicate feelings of joy and happiness,” Behringer says. This communication creates dialogue concerning the rejuvenation of Hemming Plaza, and Behringer says he feels like Sweet Pete’s is taking part in creating a social corridor. The historic Seminole Club building, according to Behringer, is the right spot for this reincarnation of activity. “I’d like to save a piece of history whenever I can because you can’t rebuild it again once it’s gone.

Behringer says he would like to open up candy shops in other cities. Historic buildings would be his preference.

Sweet Pete’s all-natural recipes and old-school angle on sweets share the joy of making candy with generations old and new. The shop may seem like a small bubble near the corner of Hemming Plaza, but it works to root and nourish a city waking from its slumber. 🌊







Photo by Camille Shaw



# Rickey Calloway

## Groove master and physical facilities worker proves funk music isn't washed up

By Amber Lake | Staff Reporter

During the walk to class from Lot 18, it's easy to overlook the stones under the Osprey statue by the UNF Arena that were pressure washed to sparkle or the irrigation system carefully designed to keep plants near the Student Union alive and lush. Some people may realize they haven't stepped in goose droppings, but before you attribute it to your own dexterity, meet UNF physical facilities worker Rickey Calloway.

You may find Calloway either waving at you as he rolls by in his cart or hunched over a project he is working on in his dark blue work uniform. But for every three students who know Calloway as a physical facilities worker, there are 300 people who know him as something completely different: The Groove Master King of Funk—seriously, just Google his name.

At 62, Calloway is still at it with tentative plans to tour with England-based funk band The New Mastersounds this year. Calloway told Spinnaker he plays in Detroit annually, is currently scheduled to play at the Saint-Paul Soul Jazz Festival in France this summer and has plans to release a new album this year. Despite his age, Calloway said he still has a lot of funk left in him and just “can't give it up or turn it loose.”

In 1985, he landed a job at UNF working as a groundskeeper. He helped install and maintain the first sprinkler system for the baseball, softball and track fields and helped landscape the entire campus. Every morning he wakes up at 4 a.m., has coffee and leaves for work. He starts his shift by getting in his pressure-washing rig and drives to his first project, washing down buildings and sidewalks for the next seven hours. He looks forward to coming home and seeing his three grandchildren or fixing up his 2002 Chevrolet Monte Carlo. Every day, Calloway works to maintain the illusion

that the campus is both naturally and perfectly beautiful. A losing battle and a hard job, but a job all the same.

That is, until he gets on stage, breaks into a cold sweat and proceeds to get down.

Calloway has released several albums while he strummed, sang and danced across the globe over the past 30 years. Calloway said music allowed him to meet well-known artists including Lou Rawls, Aretha Franklin and James Brown.

He started getting funky at the early age of 12 when he first saw “The Godfather of Soul,” James Brown, perform at the Ritz Theater in Jacksonville. It was the mid-sixties and funk music started to gain momentum with Brown's electric stage presence and signature chord progressions reminiscent of bebop. Calloway walked away that evening holding a flame for James Brown and a blaze in his belly.

Calloway said he started dancing during recess, doing impressions of Brown that made him popular with the other kids. When more and more students started cheering him on, he said he decided to enter local talent shows as “Little Rickey Calloway.”

“At the time, I was not thinking about money, we were poor, but my mother was [providing]. What really got me was the look on the people's faces. The excitement. That's the part I bought into,” Calloway said.

A scout noticed him during a local talent show, and Calloway said he was then offered a spot on The Mike Douglas Show, a daytime talk show known for featuring two-year-old then-amateur golfer Tiger Woods.





Photo by Morgan Purvis

Although Calloway saw this as his big break, his mother refused to let him leave, wanting him to finish his education first. Upset, Calloway said he eventually ran away, hopping on the first bus headed for Atlanta, Ga. at 13.

Calloway said, “I didn’t have any money, but I knew where Isaac Hayes’ agent was. I showed up and [said], ‘My name is Little Rickey Calloway and I’m trying to get into show business.’ And he said, ‘Son, shouldn’t you be in school?’”

Calloway said he performed for the talent agent and was told he had a lot of heart, but needed to be “polished.” Calloway recalled the agent telling him to go home, finish school and to “work at it.”

After gaining insight on how to make it to the next level, Calloway said he spent the next few years learning to play an instrument, read music, understand and maintain the beat while singing in local bands at local clubs. Because Calloway was underage, he said he hid from police behind the bongos. Soon after getting his feet wet, Calloway said he bought his first guitar for \$15 at a pawnshop.

At 19, Calloway recorded his first hit song, “Tell Me,” with The Crack Mirrow Band. Calloway said he then signed to Jayville Records, and it pressed 600 copies of his first record. He said he took his record to radio stations in North Florida and South Georgia to pitch his song, and DJs eventually started putting it in rotation. A pressing of “Tell Me,” currently sells on eBay for an average of \$10.

“My friends would call and say, ‘I just heard your record,’” Calloway said. “It felt good to hear my own thing.”

Calloway soon got an offer to sign with a big record company based in California, Bellaire Records, but said his mother refused to let him go.

“I could have been a millionaire by now,” Calloway said. “That really crushed me.”

For the next four years, Calloway said he spent his days on the road touring with different bands in Florida and Georgia to make ends meet. While he wasn’t making much, he said it seemed like a lot compared to what he was used to back home.

Things came to an abrupt halt when he had his first child at the age of 20. He found himself needing a regular paying job that wouldn’t keep him on the road and away from his family.

“I’ve had so many jobs. Everything. I never really knew what I wanted to do,” Calloway said. “I would just do anything to make a dollar.”



Fed up with menial labor, Calloway left Jacksonville to work in a kosher meat market in Miami. Calloway said Miami Beach proved to be just the sort of cultural melting pot he needed to boost his creativity. He signed on to a new label, and his record was soon noticed by Henry Stone, multi-millionaire record company executive, producer and co-owner of TK records, one of the biggest record companies throughout the 1970s.

“Me and my manager at the time, Dr. Cool, went out to Mr. Stone’s office and waited for 45 minutes in the lobby before he finally called us in. He kept his back turned to us in his chair the entire time we talked. Just at the very end, all the sudden, he spins around and shakes my hand. I just said, ‘Nice to meet you, Mr. Stone.’ And that was it. I went out and directly started looking at gold Cadillacs,” Calloway said.

Due to a dispute between his current record company and Stone, he backed out before making any deals. “I was crushed again,” Calloway said.

Soon after, Calloway said he went through a bad breakup and put his music on hold. For two years, Calloway said he suffered from depression and felt he would never meet anyone or play again. That was until he drove by a Woolworth’s department store and caught a glimpse of his future wife.

“I don’t know what came over me, but I stopped the car like it was on fire and hopped out, went into Woolworth’s to buy a pen and paper and then came out and said, ‘I just bought this to get your phone number.’ She said, ‘I heard that one before,’” Calloway said.

The two were married within the same year.

His wife, Dora Calloway, said she was impressed from the beginning with his music and talent.

“The first time I saw him dance, oh my goodness, he was really good at it. The crowd went wild when he did splits,” she said. “I thought, ‘He is *almost* as good as James Brown.’”

Soon, the couple had children and moved back to Jacksonville to be with Calloway’s dying mother and sister, who both had lung cancer. Funk took a back seat in his life and Calloway buckled himself in.

Calloway has since then found a balance between his day job and his passion for performing. After 30 years, Calloway said he still finds pleasure in appreciating freshly power washed concrete. He continues to play shows and write music to this day and said he plans to retire within the next few years. 🌊



Photo by Camille Shaw

# SUMMER BUCKET LIST: SURVIVING A MUSIC FEST

## Seven tips for a worry-free festival experience

Attending a festival requires more than just purchasing a ticket and piling the car for a road trip—careful planning and remembering not to lose your cool are important to having a great time. Spinnaker Radio has tips to the best festival experience.

By Annie Black | Radio General Manager

### MAKE A SCHEDULE

Organize a schedule so you can see as many bands as possible. Once at Bonnaroo, I had to run between three stages during the same hour to see Vampire Weekend, Neutral Milk Hotel and Phoenix, who were conveniently playing at the same time. Was it a workout? Yes. Was it worth it? Absolutely.

### STAY HYDRATED

There are always horror stories about people passing out from exhaustion or dehydration at festivals. It gets hot during the summer, and most festivals tend to be in areas without shade. You may think you have enough water, but it's better to be safe than sorry. Investing in a CamelBak or a Nalgene is a great way to stay hydrated throughout the day.

### SUNSCREEN

How bummed would you be if you got the worst sunburn of your life on the first day of a festival? You're going to be miserable dealing with a burn in a crowded environment, so using sunscreen is the best way to prevent that.

### BE NICE

If someone bumps into you, don't turn around and yell at them. Odds are they didn't mean it, and you're ruining someone's day by being a jerk. People attend festivals to listen to music and have a good time. The less tension there is between strangers, the better it will be for everyone.

### PACK LIGHTLY

In your backpack, fanny pack, purse or whatever you're using, only bring the necessities: money, lip balm, your phone or camera, hand sanitizer and some Advil

### GUARD YOUR TUMMY

Don't eat anything that you might regret later by having to run to the closest porta potty. Not only will you be in a smelly restroom that might not have toilet paper, but you'll be jumping up and down to your favorite band with stomach pains. Stick to simple foods that will keep your tummy happy.

### DON'T STRESS

You're at a festival. Now is not the time to worry about something back home. Take these few days to escape anything causing you trouble, have fun and enjoy the music.

## Drive out to one of these outdoor music festivals

### 1 Bonnaroo 2015

*When:* June 11-14

*Price:* \$\$\$\$

*Where:* Manchester, Tenn.

*Distance:* 543 miles from UNF

### 2 Lollapalooza

*When:* July 31-August 2

*Price:* \$\$\$\$

*Where:* Chicago, Ill.

*Distance:* 1,073 miles from UNF

### 3 Warped Tour

*When:* July 6

*Price:* \$

*Where:* Jacksonville, Fla.

*Distance:* 1.5 miles from UNF

### 4 Shaky Knees Music Festival

*When:* May 8-10

*Price:* \$\$

*Where:* Atlanta, Ga.

*Distance:* 345 miles from UNF

### 5 Sunset Music Festival

*When:* May 23-24

*Price:* \$\$\$

*Where:* Tampa, Fla.

*Distance:* 224 miles from UNF

### 6 Hangout Festival 2015

*When:* May 15-17

*Price:* \$\$\$\$

*Where:* Gulf Shores, Ala.

*Distance:* 404 miles from UNF



# Festival fashion that's both practical and for the occasion

Deciding how to dress for an outdoor music festival is an arduous but necessary process. Being prepared to brave the weather and endure the physical toll it takes on your body is important to consider when choosing what to wear. If you're having trouble building an outfit, Spinnaker Radio's festival apparel guide will do the work for you.

By Ari Sinudom | Asst. Music Director

Graphic by Caithlyn Broyles



## What to wear:

- 1 Tops:** It's important to keep your cool when standing in the summer heat. Wearing a tank top is a sleeveless solution to avoid heatstroke when jamming out to the live music.
- 2 Bottoms:** Shorts are always a safe bet. But, if you're worried about others' sweat getting on your legs, palazzo pants are a reasonable alternative. They will shield your legs from the sun and dirt, while comfortably trapping in the breeze.
- 3 Shoes:** Since you'll be standing most of the day, wearing comfortable footwear that will protect your feet is crucial. A pair of Vans or Converse shoes will get the job done. If you want to let your toes breathe, Sanuk's yoga mat sandals are an agreeable alternative. It would be smart to bring a pair of wellies or rain boots too, just in case it rains like it did at Bonnaroo last year.
- 4 Swimsuit:** Whether you are prone to sweat or planning to ride the water slide, wearing a bathing suit or board shorts is a great option to absorb festival moisture.
- 5 Accessories:** Wearing a hat, head wrap, bandana or sunglasses will protect your head from melting in the heat. Accessorizing with a simple watch will help you look stylish and keep track of set times.
- 6 Light Makeup:** Using a BB cream is great because it's a one-step moisturizer, sunscreen and foundation. Waterproof mascara will keep the black streaks away if it rains. Keeping your lips hydrated is important too, so bring lip balm.



## What NOT to wear:

**Heavy jewelry:** Large jewelry like body chains, heavy earrings and bracelets have a high chance of getting damaged or lost, especially if you're crowd surfing.

**Dresses:** Dresses are comfortable and cute, but may get in the way or accidentally pulled in the crowd. Wearing a romper is a safer bet.

**Spandex/Overly tight clothing:** Wearing tight clothing will only trap the heat from outside onto your body. To avoid a sweaty shirt clinging to your skin, wear loose clothes.





## FIVE TELEVISION SHOWS WORTH WATCHING THIS SEASON

BY DOUG MARKOWITZ | ASSISTANT MUSIC/PROGRAM DIRECTOR

### **Better Call Saul**

Mondays @ 10 p.m. on AMC

(Season 1 last aired on April 6)



Photo | AMC

As the unnecessary spin off to *Breaking Bad*—one of TV’s most beloved shows—*Better Call Saul* has no right to be as good as it is. It would have been easy for showrunner Vince Gilligan and company to kick back and deliver something merely passable. But judging by the new show’s first few episodes, it’s clearly impossible for them to make anything other than superlative television.

Treading on some of the same themes as *Breaking Bad* without the benefit of Walt and Jesse, *Better Call Saul* tells the origin of the earlier show’s slimeball lawyer, played by a returning Bob Odenkirk. We’ll see the series of (un)fortunate events that turned him into the most shameless attorney in Albuquerque, but through a cinematic lens eyed at showing viewers how extraordinary the mundane really is. Flexing its muscles, the pilot lays movie references on thick, from *Network* to *Nebraska*. It’s as if Gilligan is telling the movies that his show and medium won’t just compete with them—they’ll blow them out of the water.

### **Broad City**

Wednesdays @ 10:30 p.m. on Comedy Central

(Season 2 last aired on March 18)



Photo | Comedy Central

By now, the “singles living in New York” genre has overstayed its welcome, especially on TV. From *Friends* and *How I Met Your Mother* to *Sex and the City* and *Girls*, it’s shocking that showbiz is still trying to grow fresh material from such well-treaded ground. It’s now fallen to the unlikeliest of people to make it interesting.

Based on the web show of the same name, *Broad City* stars comedians Abbi Jacobson and Ilana Glazer as versions of themselves trying to make it in NYC—if your definition of “making it” involves unhinged hedonism and absurd shenanigans, that is. The show is wildly, unabashedly sexual, very feministic, and declares women can and should do whatever they want regardless of societal norms. Above all, it’s absurdly hilarious, more crass and thrilling than any show on TV. It’s a guilty pleasure that tells you not to feel guilty.

### **The Eric André Show**

Fridays @ 12:30 a.m. on Adult Swim

(Season 3 last aired on Jan. 23)



Photo | Facebook

The first time I watched *The Eric André Show*—Adult Swim’s talk show from hell—I laughed harder than I think

I ever have before. I was quite literally rolling on the floor laughing trying to keep myself from waking my parents.

What was I laughing at? I don’t remember exactly, but it started with Eric destroying his set like he always does, then it must have devolved into the insane man-on-the-street gross-out gags, guest stars being mined for schadenfreude, and Lynch-meets-Cronenberg surrealism it always follows. Thanks largely to its editing and to the crazed hilarity of its performers, regular and erstwhile, *The Eric André Show*, is one of the most reliably unpredictable, pleurably insane experiences on television.



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## Steven Universe

Thursdays @ 5:00 p.m. on Cartoon Network



Photo | Cartoon Network

Cartoon Network's show *Steven Universe* is one of the finest programs currently on television, animated or otherwise. Steven is a bright, cheerful young boy living in a beach town with his dad. He's also a member of the Crystal Gems, a group of intergalactic beings living on Earth. As Steven learns to control the powers inherited from his late mother, he and the Gems defend the planet from dangerous rogue forces from the cosmos.

If this sounds just like a typical anime, you're not far off the mark. As the show has aired, it's become clear that *Steven Universe*, with its bright colors and wistful music, is a love letter to anime such as *Sailor Moon*. Unlike similar shows such as *Bee and Puppycat*, it isn't just using pastel aesthetics for show—it has conflict, depth and soul. It's also clear that Rebecca Sugar, Cartoon Network's first female creator, has big plans for her love letter, including revealing why the Gems are on Earth, or rather, what they're hiding from.

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## Black Mirror

Streaming on Netflix

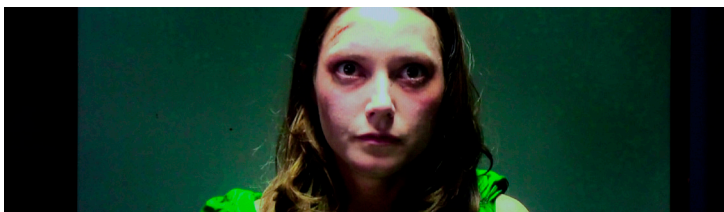


Photo | Channel 4

This show appeared on Netflix some time ago, like an object left as a warning. Inside, tales of a future too grotesque, terrifying and inhuman to live out of. The horrors aren't out of some ancient eldritch text or supernatural force—they're technological. The titular *Black Mirror* in which they dwell is the screen you're reading right now.

As it turns out, *Black Mirror* is actually a sci-fi anthology series by British TV host and writer Charlie Brooker, produced for his country's Channel Four. It's also far more than the shallow description of "*Twilight Zone* for the digital age." Each episode deals with a near future where misuse of technology has run even more amok than it does now. It might take place years from now, or tomorrow. Through the lens of satire and speculation, *Black Mirror* examines how technology—the force that binds us together and drives us apart—intersects with authenticity, alienation, power and cruelty.

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