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UNF is considering implementing a campus-wide ban on smoking by August 2014.



// MOVE OVER, CHER

Professional drag queen and Cher impersonator Chad Michaels gives the Spinnaker an inside perspective of the drag world.



// GET TOUGHER

A team of well-mannered gentlemen can only get so far in the harsh, testosterone-driven sports world.

NEED MORE CONTENT?

CHECK OUT OSPREY TV'S NEWSCAST AT UNFSPINNAKER.COM. THE WEBSITE'S NOT BAD, EITHER.

INDEX PHOTOS

RANDY RATAJ, CONNOR SPIELMAKER, SEAN PATTERSON

// ON THE COVER

TOBACCO BAN PROPOSED FOR UNF, PAGE 5

PHOTO ILLUSTRATION BY:

SEAN PATTERSON. JOEY TARAVELLA







March 6 Marijuana Found in a Dumpster (Osprey Crossings) - UPD responded to a call from a UNF Housing Employee about a box containing fourteen one gallon bags full of what appeared to be marijuana mixed with another substance. The box was found in a dumpster outside building S of the UNF Crossings. The contents of the box weighed 10.1 pounds. Two of the bags tested tive for marijuana. JSO Narcotics Unit obtained the evidence and secured it in their property room. Since the UPD officer did not find any cameras pointed in the direction of the dumpster, the report has been closed.

Check out more Police Beats online at unfspinnaker.com

March 4 Theft (Lot 46) - UPD investigated the theft of a student's parking pass. The student told officers he had forgotten to lock his car and his parking pass had been stolen from his rearview mirror while he was in class the day before. Due to the time lapse since the theft, UPD had limited options in conducting an investigation. The case has been suspended.

March 5 Vehicle Collision (Lot 15) – A student working for Parking Services reported that she struck a parked van. She was driving a Parking Services golf cart as she tried to maneuver between a light pole and the van. The van belonged to the student's father. The damage to the van amounted to \$200 while the damage to the golf cart amounted to \$100.

March 6 Drug Possession (Osprey Village) – An RA in the Osprey Village was conducting her nightly rounds when she smelled marijuana coming from one of the rooms in building D. The RA contacted UPD and entered the room with the officer after knocking several times and identifying herself as an RA. The resident allowed the officer to enter, and the officer found marijuana and a grinder with marijuana residue on the floor and kitchen counter of the room. The resident took full responsibility for the drugs over another suspect present in the room and was given a Notice to Appear in court. Both students were referred to Student Conduct.

March 11 Battery (Student Conduct office) - A UPD officer responded to a report of battery. The victim said two male acquaintances came to his room to speak to him about a long-standing issue involving past arrests, thefts and drug involvement. The victim would not explain further but said one of the suspects tried to provoke him to fight. When the victim said he wouldn't fight, the suspect began punching him. The second suspect and victim's roommate left the room, leaving the victim alone with the suspect who battered him. The victim said the suspect called him a snitch and a pussy and told him not to call the police. After the suspect left, two neighbors came over to find out what was going on. The victim told them what happened and they contacted UPD. The victim did not report the fight to UNF Housing or UPD. An officer escorted the victim to the UNF Victim Advocacy office. UPD attempted to contact the two suspects but were unable to. They referred them to Student Conduct.

March 11 Marijuana (Osprey Fountains) - An RA reported smelling burning marijuana coming from a resident's room and seeing three students smoking marijuana in a glass pipe with the window open when she walked near the outside window. The police officer walked outside the window and saw the three suspects smoking. The suspect noticed the officer and said, "Fuck, I'm going to jail." The suspect let the officer into his room and admitted to smoking marijuana and handed over just over half a gram of marijuana. When the officer asked the suspect to hand over his paraphernalia, he handed over a glass pipe, pill bottle, metal bong, plastic cooler, plastic container and wrapping paper, all with marijuana residue on them. The resident suspect was given a Notice to Appear and sent to Student Conduct. The other two students who were smoking were sent to Student Conduct.

Source: University Police Department

Compiled by Olivia Osland



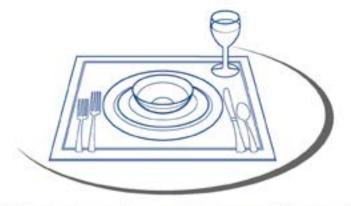
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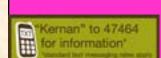


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WEDNESDAY, MARCH 13, 2013

Tobacco ban proposed for UNF

DAILY NEWS EDITOR

UNF students' right to light up on campus may go up in smoke.

Healthy Osprey and the Safety Council are proposing a tobacco ban on campus, which would take effect Aug. 2014.

According to the policy proposed for UNF, "Individuals observed using tobacco are to be reminded in a professional and respectful manner of the university policy."

The proposal also says the university reserves the right to use disciplinary action

Tom Serwatka, UNF Vice President and Chief of Staff, said the detailed enforcement policy is currently being drafted as a separate document.

Serwatka said he believes UNF is following the trend set by other universities.

The University of Florida was Florida's first state university to ban tobacco, in 2010.

Much like UNF's proposal, UF's enforcement policy is centered around accountability among members of the community, which means students are expected to inform offenders of the rules.

Erin Jester, former editor in chief of the Independent Florida Alligator, worked for the paper when UF initially changed its policy.

"Most people still smoke on campus," Tester said. Serwatka said he believes UNF will be

able to enforce the policy.

"Hopefully it will become a social taboo to smoke on campus," Serwatka said. Michael Harper, a UNF mathematics ju-

nior, said he will keep smoking unless there are clear consequences for offenders.

Harper also said he feels ostracized by the proposal.

"If we're going to pride ourselves on being a campus that allows different races, ethnicities, viewpoints, and choices, then why try pointing out one person over the other?" Harper said.



Mackenzie Baker and Samantha Strickland smoke on campus. Baker said, "[Smoking] shouldn't be a problem if you're considerate."

If it's not affecting all of us, do we really have a right to go in and tell someone they can't?

— UNF VP, Tom Serwatka

Serwatka said the university is targeting smoking because of the secondhand smoke non-smokers have to deal with.

Michael Kingsley, a UNF mathematics and biology junior, said he does not smoke, but he doesn't mind if others do.

"I can see the possible health risks, but we're a campus that's open to every kind of group," Kingsley said.

Serwatka said he understands the need to promote healthy lifestyles while still allowing people to make their own choices.

sue where it concerns smokeless tobacco because it does not impinge on anyone else's health.

Serwatka said the proposal is not final, and administrators are looking for effective arguments for and against the policy from ing areas are unlikely to be approved bestudents. He said he wants students to email him their thoughts on the proposal.

The university is planning a public hearthe matter. Administrators are still deciding on a date for the hearing.

Cody Pierson, a UNF coastal biology junior, said he smokes and is not in favor of the policy.

Pierson said there are essentially informally designated smoking areas in front of the Library, the Peace Plaza, and outside the Social Sciences Building.

"Those are pretty much the only places

He said the policy has been an is- you'll see people smoking in a big quantity." Pierson said

> The current policy requires smokers to stand at least 25 feet from buildings.

> Serwatka said most people don't follow those rules. He also said designated smokcause the university is trying to eliminate secondhand smoke.

He also said the university will begin ofing for people to voice their opinions on fering cessation programs for students who want to quit using tobacco.

> Until the proposal is finalized, the UNF community has the potential to sway the decision one way or the other. After that, they might have to go cold turkey

> > Email Gordon Rhyne at news@UNFspinnaker.com.

Religion in America, presented by Ken Starr

BY ALEX WILSON

CONTRIBUTING REPORTER

Former Solicitor General Ken Starr spoke at UNF March 5 about religious freedom in America. His seminar "The Conflict over Religion in America" covered topics from the 9/11 attacks to current civic matters.

"I want to celebrate America's freedoms." Starr said. "There is so much violence in the world related to religious animosity; it caused me to go back and reflect on what's different about America."

Starr is renowned for being tenured as independent counsel during the Clinton-Whitewater scandal, which later expanded ence not to take it for granted.



scandal. After years of research, he released the Starr Report. This report, along with his investigation, lead to Clinton's mpeachment trials.

> Starr is also a respected author and

academic, having served as Dean of Pepperdine University Law

In his seminar, Starr addressed the blessing of religious peace, reminding his audi-

Starr said he believes the key to our religious freedom lies in U.S. constitutional traditions and values. The First Amendment protects practice of religion, and more mod- can bring in such top notch speakers," ern laws such as the Religious Freedom Fassi said Restoration Act of 1993 try to prevent reli-

However, Starr said the biggest obstacle America faces when advancing religious freedom is the lack of civil education.

"I'm finding that the biggest threat is ignorance," Starr said.

The Center for Information and Research on Civil Learning and Engagement noted Jan. 17 that only eight states test their students on American government or civics.

Carlo Fassi, the UNF student body president, attended the seminar.

"Its really fortunate that the school

Starr acted as a federal judge and Solicitor General under George H. W. Bush. He also worked under President Reagan as a judge on the Court of Appeals for the District of Columbia from 1983 to 1989. Starr has been the president of Baylor University in Waco, Texas since 2010.

> Email Alex Wilson at reporter15@UNFspinnaker.com.

6 | NEWS Wednesday, March 13, 2013

Buildings three and four renamed



Buildings three and four, which have been on campus since the university opened, were recently renamed after the A.C. Skinner family, who donated 500 acres of land to the university.

The buildings were named for the A.C. Skinner family.

BY REBECA KROGMAN

CONTRIBUTING REPORTER

Buildings three and four were renamed March I in honor of the A.C. Skinner family.

The buildings, now named Skinner-Jones Halls North and South, are two of the four buildings that have been present since UNF opened in 1972.

The Skinner family has been heavily involved with the university since its

beginning, laying a foundation for its future through substantial land contributions of approximately 500 acres.

"Since none of the buildings were named after the Skinner family, we thought it would be appropriate to have that name," said Pierre Allaire, former vice president for Institutional Advancement.

A.C. Skinner III said the family contributed land to the university in an effort to open up the surrounding areas, which has led to the expansion of the university itself.

"The campus expansion, obviously, with the additional 200 and somewhat acres to the east, affords to the university

a great opportunity to expand its student base but still not have a cramped campus," Skinner said.

Skinner also called the university "a successful reality," praising it for its beauty and academic excellence.

"The growth of the university, the beauty of the campus; I think it attracts people that are not only students but also people from the community," Skinner said. "They come to enjoy the nature and the things that the university has developed on campus."

Allaire said many buildings are being renamed in an effort to bring warmth to campus.

"Two years ago, President Delaney asked me to chair a committee to propose names for buildings," Allaire said. "Some options are to name them after their functions, in honor of donors, or in some cases historical figures."

Both buildings house classrooms, offices and laboratories, which will be renovated in the future.

A plaque marking the new building names will be located on the second floor between the north and south buildings.

Email Rebeca Krogman at reporter20@UNFspinnaker.com.

Interim VP position filled

BY NATALIE LOGAN

CONTRIBUTING REPORTER

John Delaney appointed Ann McCullen to be interim vice president of Institutional Affairs and interim executive director of the UNF Foundation, temporarily filling Pierre Allaire's old position until a long-term replacement can be found.

The nationwide search for a permanent vice president will start in the next few weeks, McCullen said.

McCullen has worked for the university for 10 years. Most recently, she was campaign director and assistant vice president of development.

Delaney said he chose McCullen because of her long-term service at UNF and

because she successfully directed the Power of Transformation fundraising campaign.

"I look forward to working with the President and Foundation Board," McCullen said. "[The Department of Institutional Advancement] will continue to do the work that we do while the search is underway."

The Office of Institutional Advancement is responsible for raising about \$1 million dollars every month, Delaney said. This funding comes from corporations and alumni.

Email Natalie Logan at reporter6@UNFspinnaker.com.

// News in Briefs

SKATE PARK REOPENED

The UNF skate park, which closed before Christmas because of safety concerns, reopened March 11.

After five years of exposure to rain and skating, the protective coat used on the skate park ramps, called SkateLite, was cracking. This posed a safety hazard to students using the park, so the park was closed for renovations.

Becky Purser, Director of Recreation, was not available for comment on March 11.

PARKING UPDATE

Garage 44, known as the Fine Arts garage, will be partially closed March 13 & 14.

March 13, the second, third and fourth floors will be cordoned off at midnight. These floors will reopen at 9 p.m. March 14, but the first floor will be closed from 5-9 p.m. that day.

These temporary changes are being made to accommodate special event patrols for the

These temporary changes are being made to accommodate special event patrols for the Florida Prepaid College Board meeting.

Vince Smyth, Director of Auxiliary Services, was unavailable for comment March 11.



Awarded the 2010 Pacemaker Award by the Associated Collegiate Press.

Awarded second place for Best College Newspaper in 2007 Better College Newspaper Contest by the Florida College Press Association.

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Photo Editor Randy Rataj

Assistant Photo Editor Sean Patterson

Distributor Tyler Neimever

Adviser John Timpe

Publisher Gainesville Sun

Student Union, Bldg. 58 E, room 2209 1 UNF Drive

Jacksonville, FL 32224 Phone (Main Office): 904.620.2727

Phone (Advertising): 904.620.1599

Fax: 904.620.3924

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Guest Editorial

Student loans: the new debt peonage

Today, most people believe that we live in a modern enlightened society that is superior in every way to societies of the past. In this narrative, the forces of human progress have moved us inevitably from oppressive feudal relations that limited freedom and opportunities to a benevolent capitalism that allows for human liberation from bonds of servitude. But the self-congratulatory celebration may be premature. It is based on the assumption that the corporate elite and dominant classes of contemporary capitalism are somehow less rapacious and predatory than the feudal lords of the past. This would be a mistake.

Today, the financial oligarchy has a stranglehold over our political and economic system. The latest victims are college students. A new form of debt peonage is spreading across the land. It is driven by student loans and it follows a familiar script found in earlier forms of servitude. Students are promised that a four-year university credential will guarantee employment, material success, and economic security. But in order to receive these benefits



David Jaffee

one must pay a price. As the cost of a college degree rises, increasing numbers take out private student loans as an investment in their human capital.

But the promise is illusory. Jobs are scarce. Those that are available pay low

wages. With debt payments hanging over their head, graduates are forced to take jobs they would normally forego for the hope of better prospects elsewhere. Tying students to jobs in order to work off their debt is a potent form of social control, as effective today as it was in the bad old days of entrapment and debt bondage.

Even those who can find semi-decent paying jobs discover that a large chunk of their income is consumed by student loan debt payments. Chances of qualifying for a home mortgage under such debt conditions are slim to none. Thus, discretionary spending is curtailed, material comfort postponed.

The latest figures are staggering. Student loan debt now exceeds credit card debt. Thirty-seven million Americans owe close to \$1 trillion in student loan payments.

While the financial sector may benefit from this arrangement, it puts an enormous drag on the national economy that depends on college graduates to purchase new homes and fill them with appliances and furniture. Instead, record numbers are joining the ranks of the "boomerang children" who return home to live with their parents until they can establish financial stability, which is increasingly remote.

As we sociologists like to say — student debt is not a personal problem, it is a social problem; it will require an organized social movement and some radical social policy to solve this growing national tragedy.

> David Jaffee Professor of Sociology UNF

Editorial Board

Lindsay Montgomery – Editor in Chief Jacob Harn - Copy Chief

Joey Taravella - Art Director

Corrections:

Due to a copy editor's error, the Centers for Disease Control and Prevention was incorrectly named on page 24 of the March 6 issue.

The picture of the students smoking hookah on page 5 of the March 6 issue should have been credited to Ali Blumenthal.

Fee-paying students are entitled to one free issue; subsequent issues are \$.50. For non-UNF students each paper is \$.50.

Ouotes of the Week:

Being powerful is like being a lady. If you have to tell people you are, you aren't.

-Margaret Thatcher

Society is like a stew. If you don't stir it up every once in a while then a layer of scum floats to the top.

-Edward Abbey

A photograph is usually looked at seldom looked into.

-Ansel Adams

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What a drag!

Q&A with RuPaul's Drag Race winner Chad Michaels

BY DARGAN THOMPSON

FEATURES EDITOR

Standing over six feet tall in heels, outfitted with makeup, a wig and sequined black bodysuit. Chad Michaels makes quite an impression

Unlike other drag queens, Michaels left her female stage name behind several years ago. Despite the getup, Michaels doesn't put on airs for our interview. She speaks confidently in her naturally deep voice, sharing her stories and insights into the world of drag.

Recently, Michaels was a runner up on RuPaul's Drag Race season 4, taught in season 3 of RuPaul's Drag U and won the first ever RuPaul's All Stars Drag Race.

But Michaels is a 20 year drag veteran who was known long before *Drag Race* for her Cher impersonations. She performs and produces with The Dreamgirls Revue, the longest running female impersonation show in California, and often travels around the country to perform.

The Spinnaker caught up with Michaels before her March 8 performance at Osprey Productions' drag show.



Chad Michaels performs at Osprey Radio's Drag Show March 8.

Spinnaker: How did you get into doing

Chad Michaels: By a fluke, like a lot of people did. I did it on Halloween. I think the first person I dressed up as was Madonna and went out to a club and had

WANT MORE?

Read the full version of the Q and A with Chad Michaels online at www.unfspinnaker.com

a good time. I think if you're going to do drag, it's in you from the beginning. I was of gray, you know. There's the transexual always kind of a theatrical kid, rummaging through my mom and my grandma's It's like a uniform to me. I put it on when I closets and playing dress up and stuff. ... I go and I take it off when I leave, but everyguess... I set foot out of my mom and started doing drag.

S: How do you feel like drag fits into the gay community?

CM: Within the gay community, drag is ... I think that drag queens should be rethe community. It's a conscious choice to of the students. either set an example or be a trainwreck. Hopefully, there's a lot more girls out there choosing to be a role model and show the

community that we deserve respect and that we offer something really great to the LGBT community.

S: How much of your life would you say is spent in drag? Is it just for shows?

CM: Yeah. For me, it's my job. It's my career. But like I said there's so many shades community that's living 24/7 as a woman. body is different. For me it's just when I'm at work. I love being a boy.

S: That's pretty much all I have for you Is there anything else you want to add?

CM: I'm just grateful to be here! And really our staple form of entertainment. excited to entertain our up-and-comers. and it's a source of inspiration and art. And I'm really proud that there's an organization like this here on campus in spected. I think that they offer a lot of Jacksonville. Gay and leshian civil rights commentary on life in the way they live here are way behind the times and I'm their lives unapologetically. And I think aware of the struggles that gay and lesthey can set an example — you know, bians go through in Jacksonville and those queens who are out working within throughout the South. ... I'm very proud

> Email Dargan Thompson at features@unfspinnaker.com

Oz The Great and Powerful: high on visuals, low on substance

nd so we return to the land of Oz, the classic setting of the L. Frank Baum children's novels. It's quite a task taking on such a trademark of American culture, and the question is posed: does the film make us want to go back to Oz, or should we have stayed in Kansas?

Pitched as a "spiritual sequel" to the Oz books by the filmmakers, the movie takes place before *The Wonderful Wizard of Oz.*

From the start, we are introduced to Oscar "Oz" Diggs, a carnival magician and con-artist. When he accidentally angers the carnival's strongman, Oz is forced to escape in a hot air balloon, but flies into a tornado in the process, finding himself in te land of Oz.

Oz has a weak script. Writers David Lindsay-Abaire and Mitchell Kapner have pretty much rehashed the novel's premise.

The script fails from a complete lack of tension, since anyone who's read or seen The Wizard of Oz already knows how things will turn out; The Good Witch will win, the Wicked Witches will lose, and Oz will become the ruler of, well, Oz.

Also Find Us On:

Director Sam Raimi does his best to make Oz feel exciting and suspenseful, but because the script has been pandered solely to children, he isn't given much to work with. To make matters worse, Raimi was forced to edit scenes that were considered



★ ★ ★ ★ 2.5/5 DIRECTOR: Sam Raimi WRITER: David Lindsay-Abaire and

to be "too scary" to get the PG rating Disney wanted

Honestly, screw you, Disney. Why can't you be hands-off with just one of your projects, for once? This is a shame because Raimi's specialty of blending the genres of action and horror allowed him to create successful films such as The Evil Dead and the Spider Man trilogy.

The various actors playing Oz's characters are nowhere near the memorable level as the original 1939 classic film. James Franco does a good job of playing Oz, whose character is basically the conman with a heart.

Rachel Weisz as Evanora, aka the Wicked Witch of the East, often stumbles through scenes looking confused as to how she should play what is essentially a very bland and one-dimensional character.

Mila Kunis gives an over-the-top performance as Theodora, aka The Wicked Witch



of the West. This ends up working well, but the landscape of Oz. It's also nice to see doesn't change the fact that her character is that the movie made use of both practical totally oblivious to manipulation and naive to the point of utter stupidity. Get this: she's turned into the The Wicked Witch of attention goes to the costumes and makethe West by-wait for it-eating a green up, which are extremely well done and all apple. Really thinking outside the box on look uniquely designed to fit in the world that one, weren't you, Disney?

Michelle Williams gives a decent but forgettable performance as Glinda the Good Witch, and Zach Braff ultimately just serves as the token comic relief of the film as Finley, the flying monkey.

Most of the film's energy seems to have out on DVD. been invested into the movie's looks. The special effects do provide some amazing eye candy. The Emerald City towers over

effects and actual sets, instead of relying solely on green screens and CGI. Special

Oz The Great and Powerful is, more or less, a pretty light show with little emotional investments in the story department. It's a good movie to take the kids to, but if you're an adult, wait for it to come

> Email Daniel Woodhouse at reporter16@unfspinnaker.com



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Student actors Emily McCranie (left), Britte Stennes (above eft) and Shayla Kilgannon (above right) hold signs by the

BY JASON HOWARD

STAFF REPORTER

"One slave = \$90," read the cardboard sign held by a girl in tattered clothes.

The girl was an actor, but the statistic is real

She and several fellow student actors stood outside a mock-brothel in the Osprey Plaza March 5, providing a visual aid to educate those who walked by about where many of those forced into human trafficking go.

The mock brothel was just one of the events held by UNF students to represent Stand for Freedom, an initiative to raise funds and awareness to stop the modern day slavery. Stand for Freedom is spearheaded by the International Justice Mission, an organization dedicated to promoting human rights and rescuing victims of human trafficking.

The initiative is taking place at over 500 universities across the nation between March 5 and March 15. It asks students involved to stand for 27 hours as there are currently 27 million individuals enslaved in human trafficking. UNF students split up the hours between those committed to remain standing.

UNF students were inspired to join this project after attending the Passion

Conference, a Christian fellowship convention. At the conference, Gary Haugen, president of IJM, gave a presentation on promoting Stand For Freedom to spread the word about human trafficking and what can be

Following the conference, UNF communication alumni Fabiola Sanchez, UNF education graduate student Lindsey Taylor and UNF political science sophomore Jordan Poole found each other and agreed to bring Stand for Freedom to the UNF Campus. Groups and clubs involved included UNF IJM, Closer to Love, Resolution and They Matter.

Poole said the goal was to raise \$2,700 for the 27 million slaves that still exist in the

"It's not really advertised as it seems," Poole said. "So long after abolition there's still slavery Countries are entrenched in it."

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According to human trafficking advocacy website Freetheslaves.net, the number of people enslaved is the largest it has ever been in history. The website attributes the large number to a rapid spike in population growth, city growth, and govern-

Florida is ranked third in the U.S. for human trafficking, according to a 2011 study by the National Human Trafficking Resource Center

Taylor said UNF Stand for Freedom aimed to educate students about the problem and what they can do to stop it.

"So many people just don't know that it still exists and that [human trafficking] is as bad as it is." Taylor said.

One of the last events held during UNF's Stand for Freedom event was The Dance Upon Injustice, which was held March 7. Admission was one t-shirt, and proceeds went to Rethreaded, a faith-based jacksonville organization that employs former sex slaves by teaching them how to sew and find dignified, legitimate work.

IJM is working on establishing a club and hoping to make Stand for Freedom an an-

> Email Jason Howard at reporter3@unfspinnaker.com

Getting rid of gluten: the healthier choice, or just a fad?

umans have been growing wheat for nearly 4,500 years. After all these years, there has recently been mutiny against wheat-based foods. This begs the question: why?

Perhaps you've heard of gluten and the hullabaloo going around about the gluten-free diet. Gluten is a protein found in wheat, barley and rve. In other words. it's in the bread, pasta and pizza you love, just to name a few

Going by the definition of gluten, it doesn't sound like the worst thing in the world. So why does it seem like so many of us are running away from it like it's a monster chasing us?

Gluten sensitivity

You should be avoiding gluten if you're sensitive to it. If you're halfway down that pasta bowl and feeling a little off, perhaps consider this.

The illness most associated with gluten intolerance is called Celiac disease. This condition causes the intake of gluten to result in damage to the small intestine, making it less efficient in absorbing loss in 2013." This is the prediction of 200

Noor Ashouri

// Staff Reporter

nutrients. Symptoms vary from person to person, but can include bloating, abdominal pain, diarrhea and headaches. Genes are a major factor in its occurrence. Your doctor can usually diagnose Celiac Disease through a blood test, and a glutenfree diet becomes necessary if you have it.

What your doctor will likely have a hard time diagnosing is gluten sensitivity. Dr. Alessio Fasano, director of the Center for Celiac Research at the University of Maryland School of Medicine, said gluten sensitivity could be difficult to diagnose because there is no clear definition of it yet. The symptoms of gluten sensitivity are ent. With thousands of gluten-free items similar to Celiac Disease, but less severe.

Gluten-free diet as a weight loss mechanism?

"The most popular approach to weight

registered dieticians in a survey conducted by Pollock Communications on the future of the gluten-free diet.

If you're avoiding gluten, your choices of foods decrease significantly. So if you lose weight on the gluten-free diet, it may be because your overall caloric consumption is going down and not necessarily a direct result of decreasing gluten intake.

The gluten-free diet may restrict more than just calories. Katherine Tallmadge. registered dietician and author, said the gluten-free diet can lead to a limited intake of necessary nutrients such as fiber.

If it is used to lose weight, meals should be well-planned to ensure all nutritional requirements are being met.

If you feel that any of the aforementioned symptoms apply to you, try a gluten-free diet and see if you feel differstocking the shelves of grocery stores, following this diet may not so bad

> Email Noor Ashouri at reporter10@unfspinnaker.com

Foods that are gluten-free:

Fresh produce

Fresh poultry

Fresh beef

Most dairy products

Fresh eggs

*Be sure to check the nutrition label even on these products. The same product may contain different ingredients, varying

Foods that often contain gluten:

Processed Meat

Spaghetti

Pizza

Ice Cream

Cereals

Cakes

*These products may contain gluten-based grains or preservatives or have undergone processing.

waves

3/14

Movies on the House will be presenting Demonlover, a French thriller about corporations fighting for control over the industry of 3D interactive anime pornography. If that description alone isn't enough to hook you, it's completely free and there will be free popcorn and prizes available. The movie starts at 7 p.m.

3/17

Do St. Patrick's Day right by attending events that will be happening all day at Jacksonville Landing. Grab a traditional Irish breakfast at Fionn MacCool's Irish Restaurant and Pub between 8 and 11 a.m. and then enjoy live music all day between the Landing courtyard and Fionn MacCool's. At 10 p.m. there will be a green fireworks show on the river. There's no cover charge for the events, but be sure to deck yourself out in green!

3/22

If you need to entertain any children in your life, or just your inner child, Yo Gabba Gabba Live! will be at the St. Augustine Amphitheatre. With its crazy characters and silly songs, the show is sure to be entertaining. The silliness begins at 6 p.m. and tickets start at \$32.

3/26

If you wanna get down, down on the ground, go see Eric Clapton at the Veterans Memorial Arena. The Wallflowers will be opening and the show starts at 7:30 p.m. Don't miss your chance to see this rock legend as he stops through Jacksonville and hear "Layla" and "Tears in Heaven" live. Tickets start at \$45 and can be purchased online.

CLASSIFIED ADS

CCW Community Night

Wednesdays on the third floor of the Student Union CCW hosts community night. This includes a free dinner, a short film, a vibrant discussion, and is an awesome opportunity to meet some fellow Ospreys! More info at campustocity.org and facebook.com/ccw614.

Bartenders

\$300/Day Potential .No Experience Necessary, Training Cls Available, AGE 18+ OK. 800-965-6520 ext 222

Worship Gathering at UNF

Sunday nights at 8pm in Building 9 Room 1421, CCW is hosting a Worship Gathering. There's a live band, a message, and free dessert! More info at campustocity. org and facebook.com/ccw614.

Recruiting **Baseball Umpires**

We are looking for students who are interested in umpiring youth league baseball. Umpiring has very flexible hours and is a fun way to make money. We will train you, no experience necessary. Call Brent at 904-238-7986.

New Club - UNF Surfrider Foundation

Join today for FREE and get involved in activities such as beach and intracoastal clean-ups, reducing single-use plastic consumption, and preserving our beautiful campus and North Florida environment. Everyone is welcome! E-mail unfsurfrider@live.com and/or sign up through our Facebook page: Surfrider Foundation: University of North Florida Club.

UNF Biology Club

Membership meetings will be held at 6pm on: 3/26 and 4/16 in the Student Union. See event board for room #.

of the What do you mind about the new sculpture out by Lot 18?



"I don't really know why they put it up."

Sam Felber, music, junior



"It's not very artistic. It looks like a 3-year-old put it together."

Robert Price, accounting, graduate student



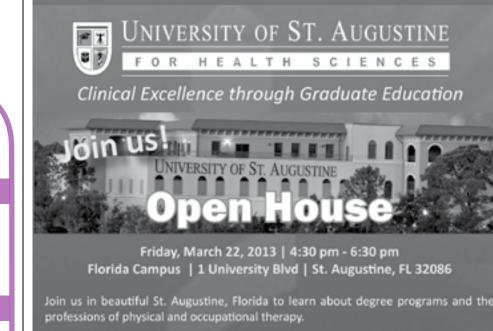


"It's red."



"I think it's very bright and artistic."

Iolly Goodman, business management, junior



owing professions, and take a tour of our St. Augustine, FL campus.

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To register to attend, please visit www.USa.edu and click on "events."



WEDNESDAY, MARCH 13, 2013

Early exit at A-Sun Tourney leads to March Sadness

BY CHRISTIAN AYERS

In the 2012-13 preseason, UNF was ranked as one of the top teams in the A-Sun Conference, and was projected to finish fourth, but fell well short of those

UNF finished with a 13-18 record (8-10 was a regression from last season's 16-16 (10-8 A-Sun) finish.

With a 7-4 home record, this was UNF's third consecutive season with a winning record at home, but they managed only four wins in 18 games outside of UNF Arena.

The team earned the No. 7 seed in the A-Sun Tournament, and played No. 2 seed Florida Gulf Coast University March 6, in

Despite UNF's resolve to keep the March 6 game close, FGCU beat UNF 73-63, and moved on in the tournament to eventually win the A-Sun Conference Title. FGCU won all three of their games against UNF this season.

PS3 scored six three pointers and totaled 29 points, making sure his team went down swinging in his final game. Smith helped keep the game close, even pulling within two points in the second half.

only to see that margin widen with each UNF mistake.

Smith, who was projected as a preseason All-Atlantic Sun Team finalist, not only earned the honor, but the sharpshooter finished the regular season with an Atlantic Sun record of 110 three pointers made, which was previously held by three different players with 107 threes each.

"He has a special gift," said UNF men's head basketball coach Matthew Driscoll. "For three years, with the people here that got to see him at home and the people in the league that got to witness him. I can't tell vou the number of coaches that have said things to me about just how hard it is to work the game plan for him and how hard to work to prepare for him. He's always going to be a tough guy to replace," Driscoll said.

With Driscoll ending his fourth season with UNF, he has a 57-71 career record and a 36-40 conference record.

"You're always disap- Despite his great performance against FGCU, PS3 couldn't pointed when you don't win by himself, especially while being double-teamed.

reach your goal in places that you want to go to, no matter what happens throughout the year," Driscoll said. "If 'ifs,' 'ands' and 'buts,' were candies and nuts, we'd all have a merry Christmas. It's disappointing from that aspect, though, the seniors are the most winningest group in the school's his-

UNF basketball is excited to bring in A-Sun) for the regular season — seventh three recruits next season to make up in the A-Sun. This season's performance for its graduating seniors. Guards Dallas Moore and Sean Brennan will join bigman Romelo Banks in UNF's upcoming fresh-

"We'll do our due diligence and move forward to work in a way that we can continue to do the things [we want to], and basically reach what we all want to reach, which is inevitably the Atlantic Sun Championship.

The program hopes to have more success next season, after making the postseason in each of Driscoll's four seasons with UNF, including a run to the championship game in 2011. Driscoll said he has high hopes for his 2014 team in the wake of an otherwise lackluster 2013 campaign.

> Email Christian Avers at sports@unfspinnaker.com Follow@spinnakersports





Duke proved to be too much for UNF rugby, and outscored the Deadbirds 24-5.

Rugby shocked, humbled in loss

The Deadbirds weren't able to dominate Duke, and suffered a loss that ended their National Championship hopes

JOSH BRANNOCK

Every story that has been written about the UNF Rugby club since last fall has been about the team winning.

Other than a loss in the National Championship April 29, and a loss in the majority of their points on penalty kicks. Florida Cup Nov. 18, 2012, UNF has won Duke only scored two tries, but was still in dominating fashion.

Throughout the year, each player said they were confident they'd make it back to Glendale, Colo., the site of the National Championships, and return home with the

But the dream of a National Championship ended in Pensacola. March 10. The UNF rugby team left the field shocked. The Deadbirds fell to Duke University by a score of 24-5, knocking regional qualifier for the NSCRO Sevens them out of the National Small College Rugby Organization playoffs.

"We've always understood that rugby is a really unpredictable sport — any team can win," said iunior winger Alex Mross. "Duke is a Division I team playing in a small college conference. I'm still confident that we can beat them, but we understand we're beatable and not immortal, and when you've lost four games in three seasons, any loss is humbling."

This season, the team has grown from being the little brother that the bigger schools beat up on, to the big brother.

The team seemed to be destined to return to Norfolk, Va., for the Sweet Sixteens March 24, as they started off the weekend with a 41-12 win over, then undefeated, Sewanee March o.

During the Duke match, UNF was in control the first half, scoring the first try of the game, and holding Duke scoreless in the half to take a 5-0 lead.

With the wind at their back in the second half, the Blue Devils took advantage of multiple penalties by UNF and scored the able to score 24 points.

"We let the penalties get the best of us and they [Duke] took advantage," Mross said.

UNF ended the regular season 5-0, its third, consecutive undefeated regular season. The team will be gutted next season, with 16 seniors on their roster, most of which are starters for the team.

Before the seniors leave, the team still has some rugby left to play. UNF will host the Tournament April 6. The Deadbirds will have a chance for redemption against Duke in the qualifiers. UWF, and a team still to be named, will also be playing at the qualifiers.

Although the Deadbirds didn't win a National Championship like they had hoped, they still might be able to bring home a trophy

"It's unfortunate that we didn't win, but there is still a chance for a Sevens Championship, and that's just as good," Mross said.

The National Sevens Championship will be held in Philadelphia, Pa. June 1-2, and will be shown on NBC Sports.

> Email Josh Brannock at sports@unfspinnaker.com Follow@spinnakersports

& the Trident Trio Semester's Last Show! 5 - 8 p.m. Friday, April 5

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Students Jam with

Dr. John Chapman

SPORTS

Nice guys finish last

UNF men's basketball's lackluster season has now created a need for some true street 'ballers

first-round tournament loss ended an unusual and unsuccessful season for head coach Matthew Driscoll and the men's basketball team.

The loss marked its second consecutive first-round exit.

After mild success in his first two seasons, the team has taken a step back in the second half of Driscoll's four year tenure. This was the first season the team was composed of strictly Driscoll recruits.

A major factor of this sub-par season may be Driscoll's recruiting strategy.

He may be focusing more on character than skill. If a player is perceived to be a behavioral risk, on or off the court, Driscoll and his staff back off.

Need proof? Look at the current squad. It makes sense if you take the strategy at face value. Driscoll doesn't want a team full of guys that have criminal backgrounds or a history of racking up technical fouls, but I don't think UNF can have a team full of good guys and be successful.

The character-first mentality, when it comes to recruiting, may work for teams like Duke and Gonzaga, but those programs get the best of the best when it comes to "good guys." When you get down to lower mid-major programs, like UNF, sacrifices must be made in order to compete — and win.

In athletics, and especially in basketball and football, you need guys with an edge and sometimes, that edge comes at more than a monetary price.

UNF had one intimidating player on a team full of nice guys — Travis Wallace. I think there's a chance that teams in the A-Sun Conference considered UNF to be soft.

In no way am I supporting sending morals down the river in order to win games. It's not a choice between creating a good team at the expense of good character but there must be a balance.

Taking more chances on recruiting, as it pertains to character, is a win-win. Bringing in more "risky" players gives Driscoll the opportunity to do what he does best mentor.

Take the New England Patriots, for example. Through great coaching, New England has been able to sign perceived "team killers" from around the league ahem Randy Moss — and turn them into productive teammates.

If UNF athletics has a good support system in place that holds players accountable and wins games, it can negate any potential problems.

Gene Smith took a similar character-first approach when managing the Jacksonville Jaguars. Smith arrived at Jacksonville and vowed to create a team full of good guys probably as a reaction to the arrests of Matt Jones, Fred Taylor and Jimmy Smith.

Travis Gibson



// Sports Editor

He constructed a team of players with no arrests for two seasons. Now Gene Smith is without a job.

Which three NFL teams have the fewest arrests in the league? The Arizona Cardinals, The New York Jets and The

Jacksonville was 7-25 the past two seasons with a team full of nice guys.

The nice guy strategy works if you're trying to build a team you would want your daughter to marry, but not if you are trying to win games at the NFL level.

The same rules apply to college basketball. The UNF freshman recruit most likely to get playing time next season, Dallas Moore, could be the hard-nosed playground baller that UNF needs to be successful in 2014.

Future recruits aside, I think UNF is sure to improve on its 13-19 record this season.

I have a feeling the "Ewing Theory" will take effect next season for UNF. The theory, made popular by ESPN's Bill Simmons, postulates that teams with a superstar caliber player actually improves when the star leaves the court. Teams often become too dependant on superstars and look to them too much and overall success declines.

That player for UNF was senior guard Parker Smith — the most prolific threepoint shooter ever to play in the A-Sun. Smith's play helped UNF more than it hurt it, but his departure may carry a silver lining.

Wallace will be the best player on next year's team, but overall the team will have more balance on the offensive end and won't have to worry about one player carrying the team. Look for Beau Beech, Charles McRoy, Ray Rodriguez and Moore to even out the scoring.

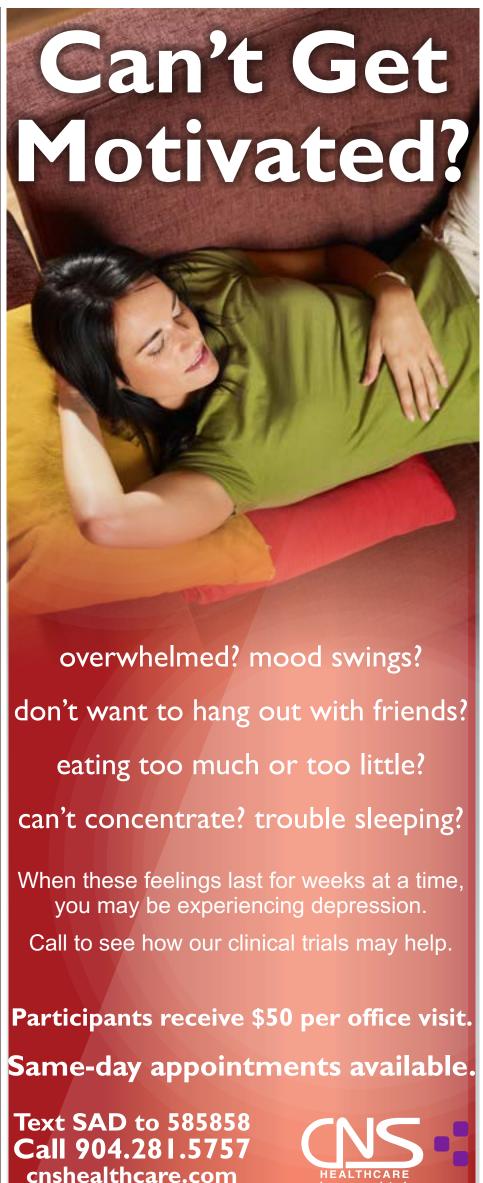
Back to character.

Hearing Driscoll praise players like Wallace and Rodriguez throughout the season for having "grit" and "moxy," gives me reason to believe he understands his team needs to add, or increase, toughness.

Driscoll and his staff need to realize the toughest and most skilled guys aren't always the kind of guys you want to marry your daughter.

As soon as UNF stops looking for the next Shane Battier (nice guy), and takes a chance on someone with a little Ron "World Peace" Artest (not-so-nice guy), the sooner it will be walking down the aisle, carrying the A-Sun trophy.

> Email Travis Gibson at sports@unfspinnaker.com Follow@spinnakersports



Inside_{the}Huddle



SPINNAKER // UNFSPINNAKER.COM







Question 1: What's more surprising, the Anguan Boldin or Percy Harvin trade?

I'm not surprised by the trades, but I am surprised by the teams each player ended up with Why trade Roldin the most experienced and consistent wide-reciever to the team who almost beat you in the Super Bowl? As for Harvin, I just figured he would end up in a larger market. Can't wait for those Seahawks - 49ers games.

Although I'm a Vikings fan and was somewhat shocked by the Harvin trade. I have to say Boldin. How in the world do you only get a sixth round pick from a guy who was arguably the MVP of the Super Bowl and playoffs? Calling it now, the 49ers will be holding the Lombardi.

Neither of the trades really surprised me, but the fact that Baltimore got a mere sixth rounder for Boldin raises my eyebrows. Sure they rake back some cap room for the coming months, and Roldin isn't as good as his playoff performance would dictate, but a sixth round draft pick? I smell a little brotherly love.

Boldin, for sure. He is one of the reasons the Ravens are Super Bowl champs, and now they're just tossing him to the 'Niners for a sixth round draft pick and to free up some team salary. It sounds like Boldin can thank Flacco for bleeding the organization dry.

Question 2: What is your favorite aspect of college basketball's March Madness?

My favorite thing about March Madness is when my bracket blows up in the first two days of competition. I love when my extensive knowledge gained through watching hours of games and reading countless expert analysis is trumped by someone who picks Indiana because he thinks Victor Oladipo has a funny name.

The mini heart attacks I get every year from the buzzer beaters. Nothing like filling out a bracket and having it ruined because a No. 8 team hits a three with four seconds left to beat your National Champion pick.

My favorite aspect of March Madness is the "madness" part. In any given game, powerhouse teams could be on upset alert. Thankfully, there isn't a crazy Calipari Wildcat team that would run the table this season. I hope for a lot of close games and a handful of upsets to get me going during this month of madness.

"The wild women. The wild women. The ripping and the tearing. The ripping and

Question 3: If you could be dunked on by any NBA basketball player, who would it be?

don't think it gets any better than getting posterized by Michael Jordan. MJ's famous dunking pose can be seen on the back of millions of sneakers around the world. How can his "Jumpman" pose get any better? Just place me under the basket, cowering.

It's a tie between Mugsy Bogues and Nate Robinson. Sure it would be humiliating, but how many people can say they've been dunked on by those guys? I'd be in the highlight reel for my entire life. I'd be that one guy who got dunked on, my life goal accomplished.

Javale McGee. I'm tired of everyone getting on McGee when he does absentminded things on the court. He graduated college with a 3.6 GPA and he's making more money when he's on the four-letter network's Not Top Plays than you are on your couch making fun of him

If you're going to get dunked on, you might as well treat yo' self with a spectacle from the best: King James. It must be a full-fledged sci-fi event; witnessing him throw it down, especially when it's taking place on top of you. I think the NBA may have recently started a counseling center for his previously "dunked-on" victims to seek out help and comfort.

MEN'S BASKETBALL





Scores by Period	1	2	Total	University of North Florida				
UNF (13-19-0)	27	36	63	##	Top Scorers	TP	REB	STL
FGCU (22-10-0)	29	44	73	03	Smith, P	29	4	1
Free Throws				01	Wallace, T	8	8	1
FGCU		17-22 ((77.3%)	02	Beech, B	5	2	0
UNF	8-14 (57.1%)			Florida Gulf Coast				
Field Goals				##	Top Scorers	TP	REB	STL
FGCU		26-66	(39.4%)	20	Fieler, C	22	9	1
UNF		23-55 ((41.8%)	02	Thompson, B	18	2	3
				25	Dunium C	4.4	-	^

UPCOMING UNF BASEBALL GAMES

3/15/13 6:00 p.m. Lafayette Jacksonville, Fla **Harmon Stadium** 3/16/13 Lafayette Jacksonville, Fla Harmon Stadium 3/17/13 12 p.m. Jacksonville, Fla. Harmon Stadium



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