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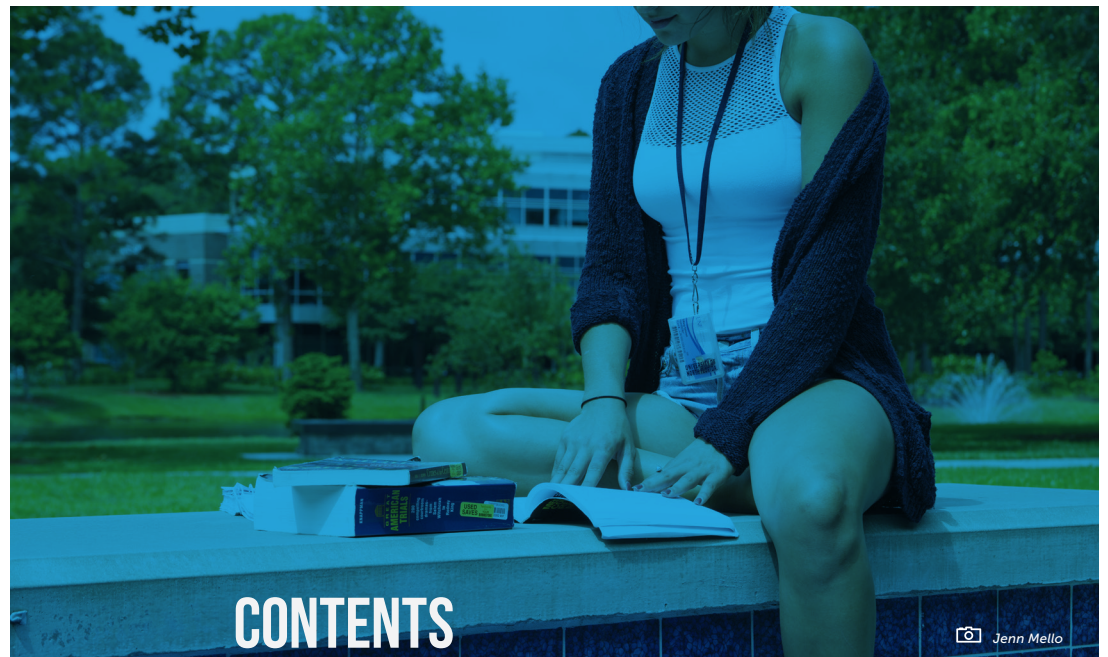
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LETTER FROM THE EDITOR

THE START OF SOMETHING NEW



Welcome to UNF.

You're now in a city, and on a campus, that's in a period of transition. Much like yourselves, UNF is a school that is still growing. Every year there are new additions, new awards and new people learning about our school, and now: your home.

My orientation was three years ago, and I remember that kind of blind panic of trying to make friends, trying to find your way around campus and trying to impress your new peers by behaving appropriately: engaged but detached, interested but calm, cool but not trying too hard.

I remember my first night on campus, away from home for the first time in my life. It was freezing in my dorm room and I saw a bug in the bathroom on the first night. I remember wondering what had I gotten myself into.

Fast forward to now, three years later, and I'm writing this column and putting together this entire paper to tell you that it's going to be okay. What may seem overwhelming and what might make no sense now will be effortless soon. Signing up for classes and understanding your meal plan seems like a huge problem now, but soon it will be easy.

I wish I could tell you what to expect — give you an idea of what's going to happen in the next few years. But really, I have no idea. Things are still happening to me that surprise me every day. College is different for everyone, especially at UNF.

Like I said, you're in a period of transition. Right now, you're just getting familiar with campus, but soon you'll be actually learning things that are going to shape who you are. Not only from the classes you take, but from the people you meet and the things you do in your free time. You're here to get an education, and that extends beyond the classroom to encompass everything that you do in your four-plus years on campus.

Some words of advice: Get off campus and explore the city you're in. Call your mom every now and again. Get involved in something outside of classes, whether it's a club, a job, a volunteer opportunity or an internship. Stay informed about UNF (read the Spinnaker). Do things that make you uncomfortable.

It's going to be a wild ride. Welcome to UNF, and welcome to the next period in your life.

Cassio

UNF NEWS YOU NEED TO KNOW

THE GOOD, THE BAD, AND EVERYTHING IN BETWEEN

MEET SG PRES **CALEB GRANTHAM**

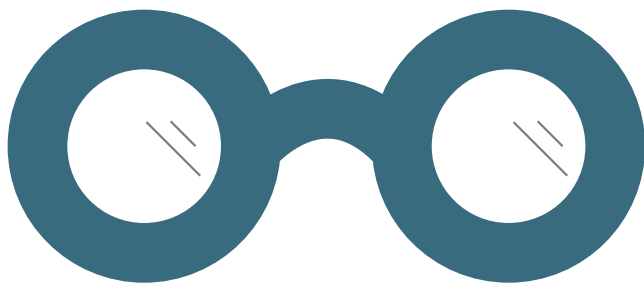


Caleb Grantham was named SG President in Spring 2016. Grantham is a mechanical engineering sophomore, and he wrote an op-ed for Spinnaker outlining his goals and plans for the year: “As your SG President this year, I will make only one promise to you. Not that I will bring a new restaurant to campus, or expand the parking garage. Instead, I promise simply to fight tirelessly to represent your best interests in everything that I do. I can make you that promise because I am a student first, just like you. I care about our university and our people more than anything else. Although you may not know me very well yet, over the next year I hope to meet you, share your hopes and concerns,

GOODBYE BLACKBOARD, **HELLO CANVAS**

The University of North Florida is switching from using Blackboard as its online services tool and moving to Canvas. (Blackboard is UNF’s current tool for online coursework.) Canvas advertises itself as an “educational revolution,” according to its website. The software allows users to integrate apps such as Dropbox, Google Drive, WordPress, Twitter and hundreds more. Canvas also has a mobile app that operates similar to a social network app like Facebook. The transition will start in Summer B, and the new system will be fully integrated in Summer 2017.

OPTICAL STORE COMING TO CAMPUS



National college eyeglasses chain Campus Optical is expected to move into Alumni Square (between Chick-fil-A and the UPS Store) before the Summer B term begins. Other options for the vacant venue were a tattoo parlor, tanning salon or a Hair Cuttery. Students overall have expressed mixed feelings about the new addition.

UNF VOCAB

SWOOP

SWOOP means many things — it’s an act you do to express your school spirit, or a word you say when you’re earnestly happy or trying to be ironic. To swoop is to be a UNF student. #SWOOPLife

ONESTOP

This is an office on UNF’s campus, located in Hick’s Hall, that’s your one-stop shop for everything you need dealing with admissions, registration, records and financial aid. Heads up: They’re ALWAYS busy, so plan accordingly

BIRDS OF TREY

This term is another word for our men’s basketball team, which is known for an impressive record of three-point shots during games. See them in action during basketball season — admission to games is free on campus with your ID.

CLUB LIB

“Club lib” is just a fancy word for the library, specifically during finals week, when students are known to literally sleep in the library so as not to sacrifice prime study time with travel or self-care. See also: “Late nights with Tommy G.”

RIVER CITY RUMBLE

Basically, this is the name for every sporting game we play against our rival, Jacksonville University (better known as JU). There’s an actual trophy involved at the end for whichever school triumphs.

UNF: TOP SCHOOL FOR LGBT COMMUNITY

UNF was named one of the nation's top-50 LGBT-friendly universities by College Choice. UNF offers gender-inclusive housing, gender-neutral bathrooms, several courses on gender and sexuality and is one of only two Florida universities to have a full-time resource staff dedicated to the LGBT community. In addition to these resources, UNF has over 100 LGBT and ally faculty and staff in various departments throughout the university. These individuals undergo a "Safe Space" training program through the LGBT Resource Center and become a resource for both faculty and students regarding the LGBT community. According to UNF President John Delaney, this equal treatment is part of the "UNF DNA".

NEW PARKING SYSTEM BRINGS CHANGES

A new parking system will do away with physical parking decals, as well as with back-in parking. The new system would require students and faculty to register their vehicle's license plate number online, and compliance would be monitored with two cars equipped with license plate readers. For the readers to work, students will be required to pull into parking spaces with their vehicles facing forward, and those who back in (and don't have an extra permit that allows for backing in) will be fined. The new system is expected to be fully integrated in two years, after a testing period.



UNF FACES MONEY WOES

UNF President John Delaney discussed the university's financial strains in a special edition of Osprey Update sent to faculty and staff in February. The 2016-17 budget left UNF with "more anticipated expenses than we have projected revenues," according to the update. Inflation and increased costs – including faculty promotions, software licenses and regulatory demands – would require the university to "find places to save or cut," the update said. Delaney stated that the university has reserves to help offset the increases, but advised administrators to reduce spending and focus on budget retention. Delaney was opposed to making significant changes to save money at the time of the update.

HISTORIC BASKETBALL SEASONS

The UNF men's basketball team was number one seed in the Atlantic Conference (A-sun) in 2016, and took their first trip to the National Invitation Tournament in March. The previous year, the team made their first appearance in the NCAA Tournament (March Madness) for the first time in program history. Coach Matthew Driscoll has revitalized the program, winning more than double the amount of games in the last two seasons than the program won in the four seasons prior to his arrival.



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WHAT I WISH I'D KNOWN ABOUT FRESHMAN CLASSES

By [Tiffany Butler](#) | News Editor

ARGUABLY THE MOST IMPORTANT THING INCOMING FRESHMEN DO AT ORIENTATION IS CREATE THEIR FIRST COURSE SCHEDULES AS STUDENTS OF THE UNIVERSITY OF NORTH FLORIDA. FOR SOME, THIS IS ALSO THE MOST STRESSFUL PART. HERE'S A LIST OF THINGS, IN NO PARTICULAR ORDER, THAT WOULD HAVE BEEN NICE TO KNOW GOING INTO FRESHMAN YEAR:

>> IT'S OKAY TO MIX GENERAL EDUCATION (GEN. ED.) CLASSES IN WITH OTHER CLASSES.

A lot of students feel like they have to take all of their Gen. Ed. classes before they start working on their major. If your major has prereq courses, check and see if they overlap with your Gen. Eds. or not, and keep that in mind when making schedules.

>> UTILIZE ADD/DROP WEEK.

If you signed up for a class and for any reason decide you don't want to take it, the whole first week of classes is structured so that you can drop it without any repercussions. Trust your instinct, and if you don't think it's going to work out well for you, go and change it.

>> SCHEDULE CLASSES IN THE WAY THAT IS BEST FOR YOUR LIFESTYLE.

It's important to keep your habits and other commitments in mind. If you aren't a morning person, it's okay to schedule your earliest class for noon. If you're working and going to school, a lot of students try and consolidate their classes to two days a week or opt for online courses where possible. Breaks in between classes can be tricky too, so be

careful not to give yourself too little or too much time in between classes.

>> THE UNIVERSITY OFFERS A LOT MORE FUN CLASSES THAN YOU REALIZE.

Freshman are given a booklet with all of the Gen. Ed. requirements listed and the courses that count toward those credits. In a lot of cases, those aren't the only classes that will satisfy those requirements. Don't be afraid to look for courses focused on topics you're interested in.

>> RATEMYPROFESSOR.COM IS YOUR FRIEND.

With Gen. Eds., if a professor isn't that great you can usually take the same class with someone else — sometimes you just have to wait a semester or two. Whether the reviews are good or bad, if a professor made a big enough impact that students took the time to review them, their ratings are probably worth considering when deciding if you want to spend a whole semester with them or not.

>> DON'T BUY BOOKS BEFORE THE FIRST CLASS.

Unless the professor is already assigning readings, students shouldn't need the textbook right away. The

professor will indicate how often they really use the textbook on the first day of class. More than once, I left the first day and returned books I knew I'd never open, sometimes because the professor blatantly stated it.


>> PRICE-CHECK TEXTBOOKS.

Most are only used for a semester so it's worth bargain shopping. Try and start by comparing the UNF Bookstore with sites like Amazon and Chegg, and rent textbooks when possible.

>> THE DEGREE EVALUATION IS INFINITELY MORE USEFUL THAN THE OSPREY MAP.

The Osprey Map shows a general outline of what a college career should look like whereas the Degree Evaluation is more of a personalized log of what classes you have already taken and still need to take. It can be found under "My Records" in the Student tab of myWings.

>> ALWAYS GO INTO ADVISING APPOINTMENTS WITH A PLAN.

Advising gets a bad rep, partially because the student to advisor ratio is way off. If you go into the meeting with an idea of what classes you want or specific questions, they're going to be a much better resource than if you go in totally clueless. 



DO'S AND DON'TS OF BEING A GOOD ROOMMATE

By Annie Black | Contributing Reporter



Camille Shaw

At 22-years-old, I have had 11 roommates in my four years of living away from my parents. I have lived in a dorm room, a couple of apartments, and two houses. Most of my roommates have been absolutely terrible; however, I'm guilty of committing some serious roommate crimes myself. Live and learn, right? Based on experience, I'd like to think of myself as somewhat of a "roommate expert." Whether you and your roommates are bound to dorm-room assignments or lease signings, living with others can be difficult, and you have to learn to live with them for an extended period of time. Because of this, I wanted to share some pointers to hopefully prevent any unnecessary arguments and tension.

DO KEEP COMMON AREAS TIDY.

Any shared place in your home should be kept clean. If you have a messy room, that is fine. Just keep your door closed. Make sure you clean up the kitchen table if you make a mess of it doing homework, working on an art project or having friends over the night before. If you cook a meal, do the dishes. If you do laundry, do not leave your clean laundry on top of the dryer for a week. If you have a pet, clean up after it. No one likes coming home or waking up to a dirty space, so do your part to make it easier for your roommates.

DON'T STEAL ANYTHING FROM YOUR ROOMMATES.

This one seems self-explanatory, but I have lived with some people who did not understand this. Do not take anything that is not for the entire house. Paper towels, kitchen soap, toilet paper — those are shareable. You and your roommates should be buying those items together anyway. However, do not take things that are your roommates', especially their personal items. Their razors, their expensive face washes and — dare I say it — their underwear. Stay away! Do not force your roommates to have an awkward conversation with you, because it will become one of the most embarrassing experiences in your life. Just ask before using anything that is not clearly laid out as common goods.

DO PAY YOUR BILLS ON TIME.

No one likes someone who pays bills late, especially a roommate. If your roommates ever have to cover you on rent or utilities, you probably need to re-evaluate your spending habits. It is never fair for them to have to pay for your share of the bills. Unless there are extenuating circumstances, be responsible for your portion of the expenses. Your roommates are NOT responsible for you.

DON'T HAVE YOUR SIGNIFICANT OTHER STAY WITH YOU IF YOUR ROOMMATES OPPOSE THE IDEA.

Having someone live at your place, who is not on the lease or paying bills, is the most annoying thing. There's a critical difference between someone "staying there" and "living there." Staying there is a few nights a week with an overnight bag. Living there means being there all the time. Do not let your significant other be at your house without you being there as well. It is not fair for your roommates to have to live with someone they may not know or like, or are uncomfortable around. To be a good roommate, you want your roommates to feel at ease when they are home.

DO TRY TO BE FRIENDS WITH YOUR ROOMMATES.

Whether you and your roommates are best friends or total strangers, try to include them in your life. If you have friends over, invite your roommates to hang out with you all. Get coffee or breakfast with them and become part of their lives. College is stressful, and it is nice to have

as many positive people around you as possible when times get rough. Obviously this is not always possible, but if there is a chance you and your roommates can be friends, try to make that happen. A good friend is the best roommate you can have.

DON'T BE DISRESPECTFUL OF YOUR ROOMMATES' HABITS OR BELIEFS.

If a roommate has work or class every morning and needs to go to bed at 10 p.m., try to be quiet and considerate if you typically stay up late. If you are a smoker and your roommates cannot stand the smell of smoke, then smoke outside. If your roommates follow a certain religious or political belief structure, do not be rude if you disagree with it. Making them defend their beliefs will surely create conflict. Respect your differences, realize you may be able to learn from them and move on.

DO HAVE FRIENDS OVER, BUT ONLY AFTER LETTING YOUR ROOMMATES KNOW.

Sometimes, all your roommates want to do is come home and lounge around in pajamas and order pizza after a tough exam. It is very inconsiderate to take that precious free time away from your roommate by coming home with a bunch of friends who want to play drinking games. Feel free to have friends over, but let your roommates know beforehand so they can plan accordingly. The "Hey, just letting you know..." text goes a long way.

DON'T BAIL.

I once had a roommate who came home after a weekend in Atlanta and told me she decided to move up there with her boyfriend. This gave me all of two days to move out or find another roommate. Talk about a stressful moment in my life! Do not bail on your roommates. Just don't do it. If you need to move out, find a replacement your other roommates approve of, or just continue to pay the rent until the lease is up. Moving out without a timely notice will probably burn bridges with your roommates, but sometimes it's necessary. If this is the case, just try not to make it harder on them. Don't leave them to pay your bills and pick up the pieces of you moving out. If you want to move out, it is your responsibility to figure out how to make it work, while still honoring your lease obligations.

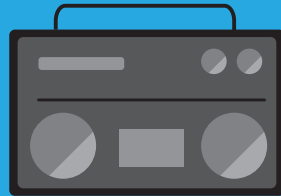
TO SUM IT UP:

Just try not to be a horrible human being. Be respectful, be tidy, and do not make life harder for your roommates just because it makes yours easier. Learn to compromise, because there will rarely be a time when you and your roommates want exactly the same thing. Living with others is hard, but following these tips will help you out. TIP

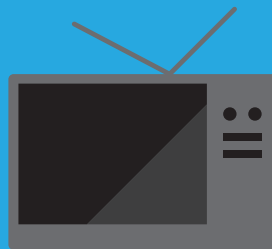
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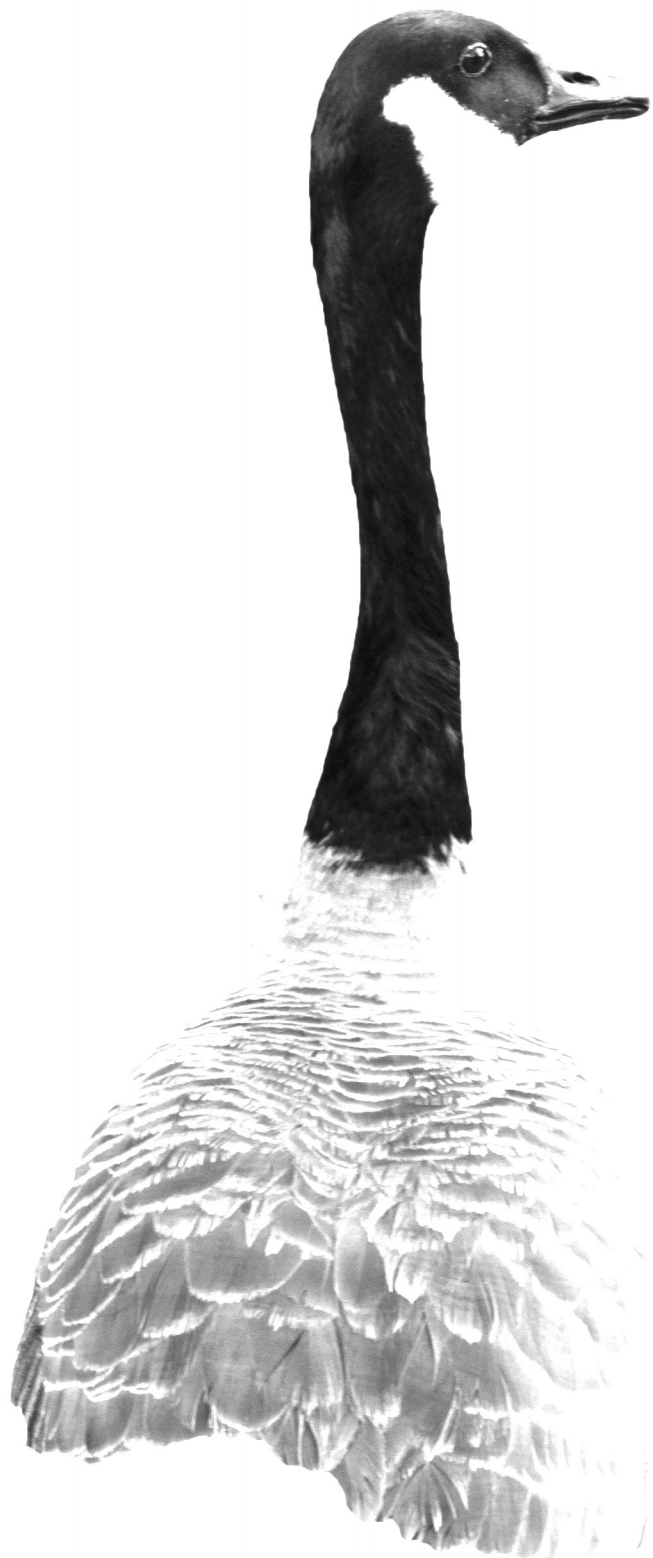
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YOUR GUIDE TO LIVING WITH GEESE

By Cassidy Alexander | Editor-in-Chief

Here at UNF, we are the Ospreys. But we live with the geese. For some reason they were intentionally introduced to UNF's campus and now we have to coexist with the species year round since they no longer migrate. Here are the Do's and Don'ts of living with the geese on campus.



DO watch out for poop.

Be very aware of where you step, especially around Candy Cane Lake, the sidewalk to Crossings, and the green. According to the Internet Center for Wildlife Damage Management, a single goose can poop every 20 minutes and produce 1.5 pounds of fecal matter per day. If we have 75 geese on campus, that's 112.5 pounds every single day of the year. And over the course of a year they drop 41,062.5 pounds of waste. Holy s-t! Be very wary where you step. Maintenance does a good job of hosing down the most popular walkways on a regular basis, but they're fighting a losing battle.

DON'T feed the geese.

Do NOT feed the geese. What have you been taught at every zoo or nature preserve or park that you've ever been too? Don't feed the animals. You don't feed the alligator swimming in the lake near your house, so why would you try to feed the goose lying in wait when you come out of the cafe? They have plenty of food in the many lakes and grassy areas around campus, and they can't digest all of the human food they're given, meaning only one thing: more poop to avoid. AND it will just make them more aggressive and eager to approach you. The geese already run the campus and mark territories with poop — can we just retain dominance in one meager aspect? Don't feed them.



DO take cute pictures of the baby geese in the spring.

This is the one minor redeeming factor about living with geese. In the spring semester, they will mate and their eggs will hatch. Campus will be filled with these small balls of yellow fur trying to stand in grass that's as tall as they are. You'll find them near their nests, so in areas that are kind of secluded. They're really just too cute for even me to hate them. I strongly encourage you to take a picture, because it's not going to last. Soon they'll be very awkward adolescents and after that, full blown nuisances.

DON'T

get too close to the nests or families.

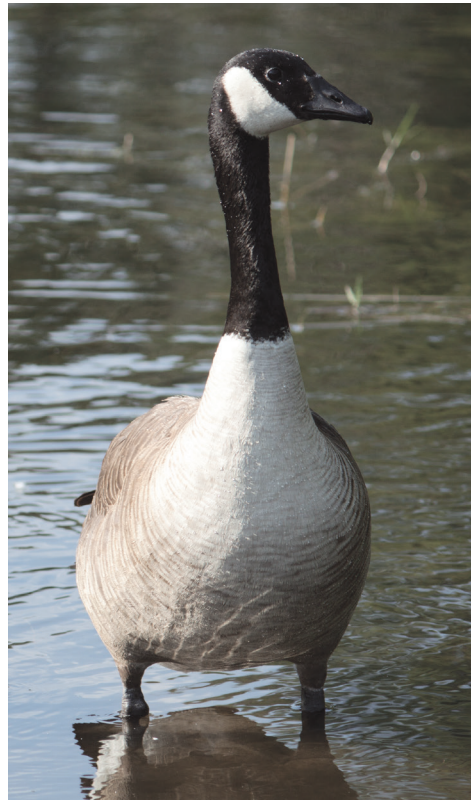
The baby geese will remain with their parents for the first year, according to allaboutbirds.org, and the mothers are very protective. Like any species, be wary of getting too close to the birds when the babies are around, because they perceive you as a threat and are perfectly willing to lash out at you.



DO

watch out for the geese fights.

After summer is over, they will become more social, meaning they will band together in large groups, often around Candy Cane Lake. During this time, fights may break out. They will honk and hiss, spread and flap their wings, and even go after each other with wings extended, beak open and neck low to the ground. This used to really alarm me, but as long as you give them a wide berth, you should be okay. They're pretty peaceful during fall and winter, when there are no nests to protect.



DO

make the most out of living with the geese.

Sometimes they do cute stuff, like flipping upside down in the water or waddling really fast when they're walking across a sidewalk. And who else in Florida can say that they cohabitated with geese and lived to tell the tale? I'm by no means a big fan of the geese, but I would say that I feel more closely aligned to them than Ozzie Osprey. They really are the face of UNF.



DON'T

hit them when you're driving.

If you have a car or have driven around campus, you're very aware of this problem. The geese like to explore campus and move around a lot, which includes crossing the road. And in their book, it often entails stopping in the middle of the road and contemplating their existence. A lot of times they'll go across in pairs so they can make sure to

block both lanes at once. Unfortunately, they are largely unresponsive to honking your horn or screaming expletives out your window. All you can do is wait for them to pass. Be observant of when one of the glorified pigeons walks into the road, because they're protected animals and it's illegal to kill them, even if they fly out in front of your car. ■■■

I'M HERE... NOW WHAT?

WHAT TO DO TO GET INVOLVED ON CAMPUS

By Mark Judson | Managing Editor

Entering college is an entirely foreign experience for most freshmen thanks to new social structures, an increased independence and demanding classes. While it might seem overwhelming, the first semester is the best time to get involved with something on campus.

There's no faster way to meet peers who share your interests, and several studies have linked campus involvement to higher GPAs. Additionally, getting an early start on joining an on-campus entity allows you to gain years of valuable skills in a possible career field. These skills can be used to receive scholarships, add to resumes and network within your chosen field.

Perhaps the most known and most popular campus involvement is joining a fraternity or sorority. Although the campus doesn't have official Greek housing, there are over two-dozen Greek chapters for students to explore. At the start of semesters look for current chapter members to have information tables setup around the Student Union Plaza and the Green. The Office of Fraternity and Sorority Life (OFSL) can also help with information regarding Greek life. OFSL is located on the second floor of the Student Union's eastside.

The Greek life might not be for some, which is perfectly fine. UNF has over 200 student clubs under the organization of Club Alliance. Clubs on campus include professional organizations, athletics, religious groups, various hobbies and many more. Check out Club Alliance's website for a full listing of active

clubs, contact information for club leaders and learn how to start a new club.

Beyond making friends with similar interests, clubs provide a unique opportunity if an imaginative approach is taken. For example, Spinnaker was told of a public relations student who joined a martial arts club, became the club's communication officer in charge of social media and digital content, then listed the experience on their resume with examples of work and analytics from over the years.

Those looking to get involved with the heart of what is happening on campus can apply for a position within Student Government (SG). The biggest voice for the student body, SG provides real-life experience for those seeking a future in politics or public administration. Those with a different career path can still benefit from the skills and networking SG offers, and is likely to be a great addition to any resume.

You can find SG's offices on the third floor of the Student Union's eastside or get information online.

Downstairs from the SG offices you'll find Spinnaker Media. Spinnaker is UNF's student-run media source featuring an FM radio station, a television studio, a newsroom that produces both print and online content and a business and marketing office. Spinnaker serves not only journalism majors but offers experience for graphic designers, photographers, videographers, programmers, editors, marketers, advertisers

and anyone looking to get involved.

Spinnaker's FM radio station also allows for students to host their own live or specialty radio show. Simply swing by the station to learn how to get on the air.

UNF has a lot of events happening throughout the semester and most of the major ones are run through Osprey Productions (OP). This SG agency hosts concerts, comedy shows, movie and trivia nights, laser tag and is always open to suggestions. OP volunteers learn marketing, event programming, audio and video production, visual effects and get to be in the front seat for events all over campus.

Osprey Productions has an online application to join or interested students can swing by the eastside Student Union's third floor for more information.

This list is only a small preview of the opportunities available to students. Check out the online Master Calendar for daily events, talk to a professor in your field and look for the countless flyers around campus to find something of a specific interest.

Getting involved on campus can help any student get an edge by bulking their resume, offering them real-life experience and setting them up with a network of people in their desired field.

Don't miss out, get involved!

**KNOW
YOUR
ROOMS**

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58E-3300 STUDENT GOVERNMENT
58E-2200 SPINNAKER MEDIA
58E-3102 OSPREY PRODUCTIONS
58E-3007 CLUB ALLIANCE

* These are only some campus organizations. Students are involved in nearly every office on campus, so find what suits you best.

WHERE TO EAT ON CAMPUS

By: Tiffany Salameh

Meal plans can get tedious but there's more to them than just the Osprey Cafe.

If you use your dining dollars smart and conservatively, you can buy fancy meals for yourself all semester long. The key is balance.

Here are some of the best options on campus for when you're not feeling cafe food:

CHIK-FIL-A

This one's totally obvious. But where can you go wrong with a Chik-fil-a sandwich? (You can't.)

CHOPPED AND WRAPPED

This is one of the lighter options on campus where you can create your own salad or wrap. Personally, I'm a sushi person and while the sushi may not be what you'd find at a Japanese steakhouse, it's pretty good. If you've ever had Publix sushi it's an almost identical substitute.

CHICK-N-GRILL

You can create your own nachos here. Nuff said. It's essentially a knock-off Chipotle. You can also create your own burrito bowl, burrito, or quesadilla.

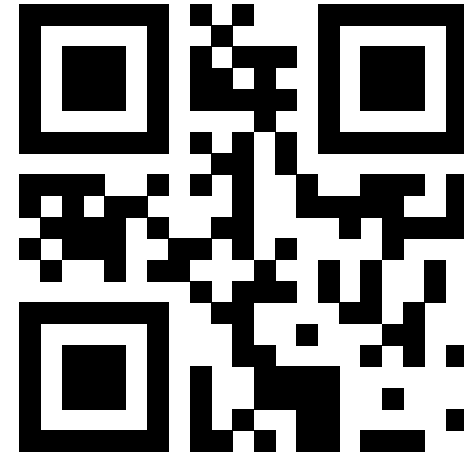
STARBUCKS

Okay, I'll let you finish, but Starbucks has the best breakfast options of all time. The blueberry oatmeal and bacon, egg, and gouda cheese sandwich are my personal favorites. For lunch, they also have this amazing toasted ham and cheese sandwich. Grab an apple or bag of chips for a filling combo.

OUTTAKES

A diamond in the rough is hidden in the aisles of the Outtakes closest to the Green: fresh made Mac N' Cheese. There are also a plethora of pairing options that compliment the warm cup of Mac N' Cheese. Opt for a turkey sandwich, ham sandwich, or fruit cup to complete your meal. This is also a great place for vegans and vegetarians to grab a quick bite with options like tabouleh and quinoa salads.

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There's a lot of stuff to do around here. While it may be **OVERWHELMING** at first, Spinnaker has put together **2 GUIDES** to help you get started exploring all the things you can do in your off time on **THIS CAMPUS** and in **THIS CITY.**

BEYOND THE NEST

GET OFF CAMPUS AND EXPLORE THE CITY YOU NOW LIVE IN

By Mark Judson | Managing Editor

Jacksonville is the largest city in the continental U.S., which means there's a lot of stuff happening beyond the UNF nest. While it can be easy to find distractions around campus or at the nearby St. Johns Town Center, don't miss out on what the city has to offer.

The first destination for many Jax newcomers is the beach. The beaches are known for local restaurants and shops. Venture to the Beaches Town Center where Atlantic Boulevard ends or the main strip in Jacksonville Beach near the pier for the best stops.

Beyond good eats and sunshine, the beach hosts numerous festivals throughout the summer and is a hub for surfing competitions. Speaking of surfing, great spots can be found at the pier or the Poles — a local hotspot in Atlantic Beach's Hannah Park that borders the naval base. There are plenty of secret spots as well though, so get to know some locals because some secrets even the Spinnaker won't expose.

Heading inland brings folks to downtown and the neighborhoods of Riverside, Springfield and Murray Hill.

These areas have built a reputation around their focus on the arts and creative culture emerging in Jacksonville. The most evident examples of this influence can be seen at downtown's Museum of Contemporary Art (MOCA) and Riverside's Cummer Museum.

There's much more under the surface though.

Downtown is home to Hemming Park, which hosts events such as young professional meetups, live music and even a pogo competition. The park is also the

base for Art Walk, a monthly event that features over 250 artists and creators spanning several blocks of the downtown area. Downtown is also home to one of two locations for the café bookstore, Chamblin's. This two-story location has thousands of books in all genres and hosts readings and writing workshops.

Similar events can be found in the areas outside of downtown, like Riverside. The Riverside area is most known for Five Points, an area anchored by a five-way, flashing stoplight with business branching in every direction. Visitors will find great food, one of the city's few record stores called Deep Search, the independent movie theater Sun-Ray Cinemas (they get creative with their showings too) and amazing coffee from places like Bold Bean and Brew.

Places like this, and all-ages spots such as Rain Dogs, host nightly events to accommodate a wide-range of creativity. On any given night there could be live music, short-film screenings, comedy shows, improv, open-mics, workshops and spoken word readings. Anybody looking for a thriving cultural community will find it in Riverside.

These are only a tiny fraction of the places that make Jacksonville an amazing city, but hopefully they'll spark some interest for people. Unlike other major cities, it can be tough to find the gems here. The best way to do it is to go out to an event that sounds interesting and talk to some people.

Jacksonville is at a point in its history where the people are creating and molding the city they want to see. That's incredible and very exciting. Make the most of it while at UNF.

FIVE REASONS STUDENTS SHOULD FLOCK TO CAMPUS FOR ENTERTAINMENT

By Courtney Stringfellow | Entertainment Editor

After spending hours studying for an education or earning a paycheck, many students just want to give their minds the freedom to not think. Some students visit UNF's Student Union to satisfy this need before the eastern time zone brings the day to an end.

From movie showings and game rentals to kayaks and concerts, UNF's variety of entertainment outlets provides Ospreys year-long fun right on campus.

MOVIES

Osprey Productions chooses popular movies, such as "Star Wars: The Force Awakens," to show in the Student Union Auditorium on Wednesdays throughout the fall and spring semesters. With free popcorn, candy and drinks available as OP's budget allows, students can enjoy an evening at the movies without the cost usually associated with it.

Summer movie showings are limited, with the next showing scheduled for the Summer B Kickoff. New and returning students can look for OP members regularly handing out compact movie flyers for showings schedules, in the fall.

Osprey Production's Facebook page is also a great way to know when an anticipated movie will be showing, for students who don't frequent the Osprey Plaza.

GAMING

Ospreys can play intense pool games, classic and new video games, indoor and outdoor table tennis and more in the game room, which is located in the Student Union East building. Students just need to bring their student ID to have access to all of these free games.

Students, such as freshman mechanical engineer David Garcia, go to the game room to de-stress,

spend time with friends and explore new games.

"They have a very wide variety of games," Garcia said. "I go there to just cool down, and it's a good way to meet people."

Game room hours are limited during the summer, but regular hours will resume when fall classes begin.

WEEKLY EVENTS

Campus Life encourages creativity within the student body through Twisted Tuesdays. Spring activities included assembling terrariums in mason jars, designing laptop skins and decorating fish tanks. Campus Life will host two Twisted Tuesdays during the summer — one in summer A and the other in summer B — and one every week in the fall.

Ospreys get to stuff plush animals during summer A's Twisted Tuesday. Students can visit UNF Campus Life's Facebook page for more details on each event, as activities vary.

Students can also look for entrepreneurs, franchises and organizations on Market Days, which take place in the Osprey Plaza Wednesdays 10 a.m.-2 p.m. during the fall and spring.

THE "GREAT OUTDOORS"

Nature-lovers can escape the hurriedness of student life with Eco-Adventure. Students can relax on the waters in kayaks or canoes for a day or take a road trip to another state to camp, hike, zipline or paddle for days.

Some Eco-Adventure trips have a price tag, because of the activities and travel involved. The kayaks, canoes and other rentals are free when students present their student ID's.

The nature preserve offers acres of nature trails surrounded by towering trees, singing birds, colorful plants and a variety of ecosystems.

UNF's sleek Student Wellness Complex, which is situated on the north side of campus, features the Osprey Cliff. This soaring rock wall offers amateur and expert rock climbers the opportunity to improve their physical skills while competing or simply hanging with friends. Students must bring their student ID's to enjoy rock climbing in the Wellness Complex.

SPECIAL EVENTS

Students can look forward to big on-campus events scattered throughout the year, such as the annual Summer B Cookout and the Week of Welcome during the first week of the fall semester.

UNF will see more frequent events following the Summer B Cookout. Students can expect free food, music and activities at most events, as long as they bring their student ID's.

The Semester Send Off, which demonstrated how UNF can end a semester with excitement, featured a freestyle BMX bike show, three local food trucks, original jewelry and thundering bright fireworks that led students into the summer.

OP also brings comedians, such as Nick Kroll and John Mulaney, and musicians, like Steve Aoki, to campus during the fall and spring.

Students searching for affordable recreation should look no further than campus. With a variety of festivities throughout the year and frequently available sources of entertainment, students can live the college lifestyle while they give their bank accounts a break.

SPRING SPINNAKER SCHEDULE *LIMITED*



August 24: Back to School Issue

September 14: Entrepreneur Issue

An issue that highlights students who have started their own businesses, charities, clubs, etc.

October 5: Tech Issue

Spinnaker wants to take a look at the work that STEM students are doing. From creating toy cars for children with disabilities, to using a 3D printer to create new things, UNF students are very technology-oriented. We want to learn more about that.

October 26: Elections Issue

November 16: Rate My Professor

Set to be distributed before students register for Spring classes, this issue will take a look at what students have written about UNF professors on [RateMyProfessor.com](https://www.ratemyprofessor.com).

December 7: Holiday Gift Guide



WAIT, WHAT /S OSPREY NATION?

by Will Weber | Sports Editor

They're here.

No matter the weather, the season or the score they're here, front and center, shirts off and faces painted, doing anything they can to help UNF athletics dominate and make opposing players shrink under pressure.

Osprey Nation is a student-run club with over 1500 members, whose goal is to support UNF athletics by creating a home advantage unlike any other school in the Atlantic Sun Conference, and provide students with a social opportunity to get involved on campus and increase school spirit.

But wait, what if you don't like or even understand sports? This club can't possibly be the one for you, right?

Wrong.

Osprey Nation is as much about the group atmosphere, the school spirit and student camaraderie as it is attending games. Take a walk out to lot 18 before a home basketball game and you will see hundreds of students blasting music, playing corn hole, drinking beer, cooking food and tailgating in a party-like atmosphere organized by Osprey Nation. The club has traveled as far away as Ohio and South Carolina to support the school, and when they can't make the trip for big games they organize watch parties on campus.

Junior Nick Szymula, president of Osprey Nation, talked about his first experience with the group.

"My freshman year I was literally taken by the arm to my first athletic event, a UNF volleyball game vs. FAU," Szymula said. "It was such a cool atmosphere being in a student section standing and yelling the whole game, and it only got better from there."

When UNF plays Jacksonville University, Osprey Nation members fill the student section to the rafters, creating an atmosphere that has made the rivalry an event known around town as the River City Rumble.

"I've always said that other than the Jaguars game, a JU-UNF basketball game is the next most important sports event in the city behind only the Florida-Georgia football game and the TaxSlayer Bowl game," Head Coach Matthew Driscoll told the Times Union.

In 2015, when the basketball team won its first-ever A-Sun Conference Title, Osprey Nation helped sell out UNF Arena for the first time and stormed the court after the game to celebrate the win shoulder-to-shoulder with the players. In 2016, after the team clinched a share of the A-Sun regular season title on senior night, players gathered around center-court with a microphone and spoke directly to students and fans, saying they couldn't have accomplished so much without them and thanking them for the unwavering support.

The club's reputation has grown across the city as people heard about the rowdy UNF students with creative signs and endless lung capacity.

"Last year when the Florida Gators men's basketball team came to UNF to play, they were telling staff that they were disappointed when they found out our students were on spring break," Szymula said. "They had heard how we were one of the loudest student sections in the country and wanted to see it."

Osprey Nation's affect on home games was evident in the basketball team's record last season. When playing at home the team went 14-3 and lost only one game during the regular season, compared to a road record of 7-9. The team played with more confidence and energy at home, which led to twice as many wins and was a testament to the difference fans can make.

Any student can get involved by signing up at club events, contacting the club's social media sites, or simply approaching members of the group at campus or events. New members are given a free shirt and receive communication about special events organized by the group.

For incoming freshman, Osprey Nation is an opportunity to get involved on campus and build a broad group of friends from all walks of life. The activities give students a chance to break the monotony of coursework and embrace the university.

Szymula had advice for incoming freshman nervous about the transition to college life.

"Step out of your comfort zone. You'll find something you like to do and you'll make lots of friends doing it, but not if you spend all day and night locked in your dorm room," Szymula said. "There's a whole lot more to student life at a University than class, study, sleep."

UNF GYM LIFE: WHAT YOU SHOULD KNOW

By [Tiffany Salameh](#) | Digital Manager

A walk to class will quickly tell you that going to the gym is part of UNF culture, but no need to feel intimidated. The Student Wellness Complex (SWC) will welcome you with open arms — and weights.

This doesn't mean that you have to go to the gym. But you're young, able-bodied, and trust me, pretty soon you'll be looking for excuses not to be in your dorm room.

There's more going on at the gym than we could possibly touch on in this article — like trainers available to help you on a one-on-one basis and a rock climbing wall for your use. But there are a few things everyone should know about the SWC.

Rule number one of going to the gym: Always bring your student ID. Without it you won't be able to get in. However, you are allowed one free pass into the gym each month using your N number.

Rule number two of going to the gym: Make it fun. Look forward to your workouts and challenge yourself by setting goals each week.

The most important thing to understand is that going to the gym is all about bettering yourself. This means that you shouldn't worry about what people are going to think of you if you're only using ten-pound weights or if you didn't match your gym clothes that day.

Focusing on yourself will make for a better workout and great me-time. Soon you'll begin to see the same people around you at the gym and become more comfortable with your surroundings.

There's a niche for everyone at the SWC, it's just a matter of finding where yours is. For the shyer folk, there's even an official "Cozy Corner" tucked away in a corner of the gym where not much traffic flows.

Whether your niche is upstairs on the track, in the cozy corner, or on the squat rack – enjoy the gym membership while it's still free.

BEGINNERS

If you've never been the active type this is a great opportunity to explore and figure out what your favorite way to workout is.

Getting started is easy. You just have to decide what your goals are and set up a fitness plan to follow. I always recommend having a plan. You can reach your goals and be in and out of the gym faster and more efficiently.

Want to burn fat? Try a High Intensity Intercan Training (HIIT) workout on either the treadmill or indoor track. It burns more fat and is more effective than running at the same pace for an hour according to BodyBuilding.com. The idea is that you work your hardest for 30 seconds to a minute and then go at a slow pace for another 30 seconds to a minute, repeating until you've been working for 10 to 20 minutes.

I like to do my HIIT workouts on the indoor track sprinting for 30 and fast-walking for 30 for a total of 15 minutes. Completing HIIT workouts four to five days a week while also incorporating bodyweight workouts such as squats, lunges, and sit-ups will melt fat in no time with consistency.

Want to build muscle? Try lifting weights three to five days a week. The results will become addicting. For beginners, I always suggest finding a fitness plan using BodyBuilding.com. On the website under the "Training" tab, navigate to "Find a Plan" and select the option for beginners. From there you'll choose your physique and be able to find a plan you like. Remember that fitness plans can always be modified to your skill level and while challenge is good, it's important not to push yourself too hard to avoid injury.

I also recommend researching proper form and studying your plan before going to the gym.

ADVANCED

If you are active, the SWC will soon become your home away from home.

The gym is big and beautiful and will require some navigating. I recommend visiting the gym on a Saturday or Sunday night to walk around and familiarize yourself with the equipment available. If you like to avoid crowds or enjoy super setting, working out in the early morning or around noon will be your best bet. From my experience, the gym seems to be the most crowded from 3–6 p.m. and after 8 p.m.

Cardio people: The third floor of the gym has an indoor track, otherwise known as runner heaven in the summer time. Rows of treadmills, stair masters, elliptical, bicycles and a few rowing machines can also be found on the second floor.

Lifters: The SWC is 27,000 square-feet with \$900,000 worth of equipment. Free weights, barbells, squat racks, cables, TRX bands, a deadlift station and benches galore. This is all in addition to various stationary equipment such as leg presses, leg extensions, hip adductor/abductor and many other machines that isolate your arm and back muscles.

Adventurers: Group fitness classes are offered almost everyday on the first floor of the gym. They range from yoga to kickboxing to spin class and more. A schedule for what classes are coming up can conveniently found on the myWings login page or at https://www.unf.edu/recreation/swc/Group_Fitness.aspx. My experience with the group fitness classes I've attended have all been positive. Be adventurous, bring a friend, and break a sweat.



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