

SPINNAKER

University of North Florida

Thursday, March 24, 2011



**HPV GRABS
YOU BY THE
THROAT**

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COVER: EVERETT SULLIVAN

WEEKLY EXPRESSIONS



Little six-week-old Sarah waltzes across the grass for her daily stroll. This photo was taken by a youngster, who is also a six-year-old future photographer in the making.
 Photo by: *Hanna Tantaró*

POLICE BEAT

Check out more Police Beats online at unfspinnaker.com

March 4 - Petty Theft (Student Union)
 UPD responded to a theft at the Student Union. Teresa Campbell, Senior Union Specialist, discovered the Student Union "Swoop" vertical hanging banner was not at the East entrance to the building. She said she was certain it was there the day before. Patrol efforts have been suspended, but Campbell is still looking for the banner.

March 5 - Information (Hodges Stadium)
 UPD responded to an injured person call at 8:30 a.m. A student from Mandarin High School had rested his hands on a fence near the track field. When he lifted his right hand, a fence barb sliced his palm. The student declined rescue.

March 5 - Information (Building 45)
 UPD responded to an injured person call at around 9:25 p.m. A woman said she got up out of her seat in the Lazarra Theater to walk to the restroom. When she walked to the end of the aisle, she lost her balance and fell backward, hitting her forehead on the corner of the seating. Fire Rescue responded and the woman was transported by her daughter-in-law to Baptist Beaches Hospital.

March 6 - Information (Osprey Crossings)
 UPD responded to a call from a parent concerning their son's irrational behavior on campus. The parent called UPD and said his son was under the influence of "acid." The student was unstable and muttering phrases in an erratic manner. The student further said he was, in fact, having an "acid trip." Jacksonville Fire and Rescue responded to the scene and transported the student to Mayo Clinic for further treatment.

March 8 - Grand Theft (Osprey Fountains)
 A laptop was stolen from a student's backpack at Osprey Fountains. John Nysten was sitting at a bench behind Osprey Fountains near the boardwalk. He left the bench and went inside the building. Ten minutes later, he realized he had left his backpack under the bench outside and went to go get it. When he returned to the bench, the backpack was missing. The backpack contained an Apple Macbook Pro, black laptop case and power cords for the computer and a cell phone.

Source: University Police Department

Compiled by Tyler White

Q of the W: What would you purchase from a vending machine?



"Beer."

- Craig Sinbine, Marketing, Senior



"Norwegian chocolate."

- Jeanette Heltne, Business Management, Senior



"Scantrons and wine bottles."

- Emmy Melander, Business Administration, Junior



"Girls."

- Daniel Fonseca, Mechanical Engineering, Sophomore

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SG Elections over: Spinnaker calls race for Brockelman



EVERETT SULLIVAN | SPINNAKER

Students make their pick for next year's Student Government President.

Official results to come from Student Government

BY JOSH GORE
EDITOR IN CHIEF

It was a busy two days for student government this week as the annual elections brought chalk-colored sidewalks and obtrusive political yard-signs throughout the campus community.

Red Party presidential candidate Matt Brockelman has been working on his campaign since October and feels it has somewhat engulfed his life since January. The corporate finance junior has been focused on branding a new Red Party.

Brockelman said the old party had a reputation of putting friends in front of what is best for the students. He also said there was a historical precedent of Red Party ticket presidential candidates not wanting to listen to the other senators running on the ticket. Brockelman said he changed all that, though.

"[My Senate ticket] voted on all my initiatives," Brockelman said.

Chris Warren ran on the other side of the presidential race. The public relations junior stood at the helm of the Gray and Blue Party — a known underdog against the powerful Red Party.

Warren, who ended up just as sunburnt as Brockelman after two days of heavy campaigning, said he felt everything went well and he was the right in the middle of it.

"I'm excited," Warren said. "We're looking forward to the results."

One concern Warren had with his campaign was the possibility he lost athletes' votes.

Part of the Red Party's platform looked to give more A&S fees to Athletics.

Warren said he attends every basketball game and many athletic events, but doesn't feel the students should pay as much as the Red Party wants them to.

Warren said even though he may have lost some, he also gained votes because he advocated not putting as much funding into athletics.

"I wasn't about to say what I don't believe," Warren said.

Both Warren and Brockelman said they do not plan on filing violations against each other during this election.

Student Government Elections Chair Paige Lehman said everything went as planned during the election.

Though there were voters throughout the day who admitted to voting just for a piece of the 112 free pizzas given out, Lehman had much more to worry about than playing "Pizza Patrol."

She said she has been preparing for this election since November and is planning to go on vacation soon.

E-mail Josh Gore at editor@unfspinnaker.com.

THE SPINNAKER CONDUCTED EXIT-POLLING ON MARCH 23RD IN ORDER TO PREDICT THE ELECTION BEFORE THE OFFICIAL RESULTS ARE RELEASED:

WE'RE CALLING IT FOR THE RED PARTY.

BASED ON LAST YEAR'S TURNOUT — 3,610 STUDENTS VOTING — A SAMPLE OF 347 YIELDS A PREDICTION THAT IS 95 PERCENT ACCURATE WITH A 5 PERCENT VARIANCE. THE SPINNAKER POLLED 459 STUDENTS, ASKING WHAT NAME THEY CHECKED ON THE PRESIDENTIAL TICKET.

RED PARTY — MATT BROCKELMAN AND COURTNEY WARNER — 58.6 PERCENT

GRAY AND BLUE — CHRIS WARREN AND ROBIN — 41.4 PERCENT



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PG-13 PARENTS STRONGLY CAUTIONED
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Some Thematic Elements

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Oral Sex now major concern in causes of throat cancer

BY TYLER WHITE
NEWS EDITOR

Members of the UNF Health Promotion staff believe the rise in throat cancer can be attributed to a change in our culture's view of oral sex.

Scientists across the country are finding oral sex causes throat cancer -- passing tobacco as the leading cause in the United States. The reason behind this concern for oral sex is the potential infections behind the human papillomavirus (HPV).

HPV has consistently been a topic of concern because it is the same virus that causes cervical cancer. HPV is a common sexually transmitted disease that infects about 40 million people today. There are over 120 different strands of the virus.

According to the Oral Cancer Foundation, 37,000 Americans will be diagnosed with oral cancer this year, and 8,000 will die. These numbers include people who use tobacco as well as those who engage in oral sex. However, people who develop cancer through oral sex are more likely to survive cancer than heavy smokers or drinkers.

According to National Public Radio, Dr. Maura Gillison of Ohio State University said to members of the American Association for the Advancement of Science that the human papillomavirus (HPV) causes roughly 64 percent of oropharynx cancers.

The oropharynx is the part of the throat at the back of the mouth that includes the back third of the tongue, the soft palate, the side and back walls of the throat and the tonsils.

When it comes to infections transmitted through oral sex, people mainly need to be concerned with HIV, HPV and gonorrhea, said Dr. John Oliver, a UNF adjunct psychology professor who teaches a class called "Human Sexuality."

Oliver said many studies are focusing on sex between males and females, but he said the virus can be contracted through homosexual or bisexual activity, as well.

"We have to assume the virus is transmitted either way," Oliver said.

Kendall McCray, a counselor at the UNF Health Promotion department, said many students need to make sure they have condoms with them at all times, even if they are not planning on having sex.

He said while oral sex is a potential risk, it is not as risky as intercourse for contracting STIs.

Ashley Ballard, coordinator of health

education at Health Promotion, said many women do not know they have HPV, since some strains have no visible symptoms or warts. Ballard said it's important to realize HPV can be spread through skin-on-skin contact.

Oliver said when two people engage in oral sex, the risk of contracting HPV is lower if bodily fluids are not ingested. Oliver said because the vagina naturally has bodily fluids, the risk of contracting HPV through male-to-female oral sex is higher. Thus, homosexuals engaging in oral sex may be at a potentially lower risk of HPV contraction through oral sex, considering the ingestion of bodily fluids can be more easily avoided.

Oliver said even middle schoolers are beginning to engage in oral sex because they do not believe it is actually sex.

"They get to have sex without having sex," Oliver said. "It doesn't seem to carry the same moral weight."

The key factor in determining a person's risk of HPV infection, Oliver said, is by the number of sexual partners the person has had in their lifetime. Oliver researched the likelihood of STI contraction in the past and found that by having three sex partners, a person has increased their likelihood of contraction by 30 times.

"By the time you've had your fifth partner, you've literally had sex with 400 people," Oliver said.

There are ways to help prevent HPV contraction. There are prescribed vaccines, such as Gardasil, that can be used to prevent certain strands of the HPV virus. Males between the ages of nine and 26 years old can use Gardasil, as well.

There are several strains of the HPV virus, but strains 16 and 18 are the most problematic, and strain 16 accounts for 90 percent of all HPV-related cancers, Oliver said. HPV also causes approximately 90 percent of anal cancer cases.

In a monogamous relationship, Oliver said oral sex is healthy and acts as a "wonderful variation" for couples.

E-mail Tyler White at news@unfspinnaker.com.



ILLUSTRATION BY GRECIA VALENZUELA | SPINNAKER

Oral Sex has become a leading concern in the rise of throat cancers among men and women.

DR. JOHN OLIVER AND MEMBERS OF HEALTH PROMOTION PROVIDE TIPS TO HELP PREVENT HPV CONTRACTION:

DO:

- Use oral condoms. "Fruity-flavored condoms" are useful in providing pleasure and staying safe, Oliver said.
- Use dental dams. These can help prevent skin-to-skin contact during oral sex.
- Talk to your partner. Makes sure you and your partner are comfortable with talking about oral sex and the risks of Sexually Transmitted Infection (STI) transmission.
- Get tested for HPV as well as other STIs. It is better to be safe and know your status.
- Make sure to get regular pap smears through your gynecologist. Doctors can run HPV screens as well as discuss vaccination options.

DON'T:

- Brush your teeth or floss before performing oral sex. Brushing your teeth or flossing separates the gums from the tooth and increases the risk of contracting an infection during oral sex.
- Ingest bodily fluids. Ingesting bodily fluids during oral sex can increase the risk of contracting infections, including HPV, HIV and gonorrhea.
- Lose track of your drinks at parties. Date rape drugs can lead to potential risks for STIs.
- Don't always take your partner's word for it. Make sure to see documentation of testing that shows your partner is clean.

Around the State

Gov. Scott orders drug testing for state workers

Governor Scott signed an executive order Mar. 22 requiring random drug testing for all state employees and pre-employment testing for all potential hires.

The new policy requires all full-time and part-time employees within agencies under Gov. Scott's purview to be drug tested at least quarterly regardless of their position.

The order calls for the random drug testing to begin within 60 days of employees being notified of the new policy.

"Floridians deserve to know that those in public service, whose salaries are paid with taxpayer dollars, are part of a drug-free workplace," Governor Scott said.

Around the Nation

U.S., allies agree on key NATO role for Libya

President Barack Obama won British and French support Mar. 22 for a NATO role in the air campaign against Libya's Muammar Gaddafi as the western allies thrashed out operational details aimed at transferring U.S. control of the mission.

Obama, lobbying hard to hand off U.S. command of Libya operations to allies within days, telephoned British Prime Minister David Cameron and French President Nicolas Sarkozy and all agreed that the NATO alliance would play an important role, the White House said.

One U.S. official said Washington believed NATO would effectively have to take operational, if not political, control due to its superior command structure.

Around the World

Nuclear plant damaged in Japan earthquake reconnected to power lines

Power has been reconnected to reactor No. 3 at the Fukushima complex, but officials warn additional tests must be conducted to see if the electricity can be used to operate cooling systems at the plant.

Radiation contamination concerns extend to Japanese imports to China, South Korea and the Philippines.

Ten days after the tsunami, Japanese citizens are faced with food shortages, radiation concerns and a gasoline shortage.

Compiled by Spinnaker and Wire Services

Veteran's Center pioneer lives on through scholarship

BY GREG PARLIER
STAFF WRITER

The UNF family lost earlier in March a passionate leader, a dedicated advocate for veterans and a committed mother that always found a way to get the job done.

Retired Navy Commander Cynthia Alderson, 55, director of the UNF Military and Veteran's Resource Center, lost her bout with cancer. But her passion and work ethic never wilted as the cancer strengthened, and her legacy will live on through the center.

"In the hospital, she would ask me to get her computer so she could transfer files for a coworker," said her son, UNF graduate Christopher Alderson.

That's just the kind of person the 32-year Navy veteran was.

Cynthia Alderson's brother, Steve Murley, said she enlisted in the Naval Academy right out of high school, when it was still fairly uncommon for women to volunteer in the armed service. But that accomplishment was just the beginning.

She moved up the naval ranks, becoming a limited duty officer and eventually a full commander by the time she retired, Murley said. Becoming a "Mustang," which is the unofficial title for someone when they begin as an enlisted soldier and graduate to officer, was an unlikely feat for anyone to accomplish, man or woman, he said.

After her military career, she wound up in Jacksonville, where she continued her success. She resurrected a struggling Jacksonville car dealership, making it profitable, before moving on to pursue her passion at then Florida Community College at Jacksonville and eventually UNF, Murley said.

That passion not only fueled her but impressed her

family and friends.

"She always wanted to go to work," said her other brother, David Murley. "Her passion never died."

David Murley said Alderson saw a gap people fall through after leaving the military while she was in the Navy. She saw difficulties for people transitioning from military to civilian life, and said she committed herself to giving veterans an opportunity to fill that gap after leaving the military.

From this passion sprung the UNF Military and Veteran's Resource Center, which provides resources for active and veteran military personnel to "successfully make the transition from the military environment to campus life," according to the center's website.

Alderson's mission moved the UNF Alumni association so much that when she shared her idea with them in 2009, it immediately voted to provide funding for all the furniture in the new center, an uncommon vote for the association to make so quickly.

Now completed, the center will continue working toward Alderson's goals with the same kind of energy and dedication she brought to the table, said her life partner and Director of Alumni Services Faith Hall.

In addition, a memorial scholarship has been established for active duty military and veteran students at UNF in Alderson's name at Hall's request.

"An endowment scholarship is a great way to ensure her vision and passion for veterans lives on," Hall said.

Alderson's commitment to the military and UNF did not distract her from being a great mother, daughter and sister, too, her family said.

"She always took time for her profession, took time for her family and took time for her friends," Steve Murley said.

Alderson adopted her son at a young age, and made his success a priority.

"She put her life on hold to make sure I made every baseball game," Christopher Alderson said.

She also made sure not to lose track of her roots -- Alderson was in constant contact with her parents in Kennewick, Wa.

"Like clockwork, our parents could expect a call from Cindy at 2:30 western time four or five days a week," Steve Murley said. "And then she'd get back on the phone and call (David) or I."

This obvious caring and affection she had for everyone carried over to all aspects of her life, from her days in the Navy to her family to friends that she made along the way. The UNF Veterans Center was the culmination of her passions, though.

"She loved the UNF community and the people she worked with," Steve Murley said. "The opportunity to build the center really fulfilled her professionally."

E-mail Greg Parlier at
staff2@unfspinnaker.com.

You can contribute to the endowment. Checks can be made out to the UNF Foundation for the Cynthia Alderson Endowment Memorial Scholarship Fund and sent to the attention of Pierre Allaire in Institutional Advancement. For more information, contact Bill Delaney in Student Affairs at ext. 5355. A memorial service for Cynthia Alderson will be held.

Japan earthquake, tsunami worries students with families in Japan

BY CHANCE RYAN
STAFF WRITER

The 9.0 magnitude Tohoku earthquake and tsunami that rocked the coast of Japan March 11 has claimed the lives of nearly 10,000 people, while over 13,000 remain lost, according to Japan's National Police Agency.

Estimates of the earthquake's magnitude make it the most powerful known earthquake to ever hit Japan and ranks it as one of the most powerful in the world overall since modern record-keeping began in the early 1900s.

The earthquake triggered extraordinarily destructive waves of over 30 feet, according to Japan's Meteorological Agency, which went up to six miles inland, in some cases.

Mei Kaminyama, a UNF English student and Japanese native, was taking the UNF shuttle to school when the devastation hit. She was unaware her family in Tokyo was enduring a natural disaster.

It wasn't until a friend called and told her what happened that she turned on the news and saw the destruction for herself. "I couldn't believe it," she said. "There was so much devastation."

For a while, Kaminyama was unable to reach her family, but when she did it was a relief to hear they were OK, she said. Still, Kaminyama is trying to help her country any way she can.

With cookies in mind, Kaminyama holds bake sales outside both Wal-Mart and her apartment. Last week, she said she raised over \$500, which was donated to the U.S.-Japan Council Earthquake



FILE PHOTO

The earthquake in Japan has claimed the lives of nearly 10,000 people.

Relief Fund. Kaminyama said people are used to earthquakes in Japan but not one of this magnitude.

It's shaking people up, she said. Although the earthquake is over, tremors still shake the city, which frightens many that another may hit soon.

"They cannot relax," Kaminyama said. "I worry about them."

Japan remains in peril. People are struggling for essentials like food and water or gas for their cars.

Kaminyama said her family spends much of the day waiting in line at the grocery store.

Shinji Hoshiyama, an international business junior, said he wasn't aware of what had happened until the following day when he checked the news.

The first thing he did was call his brother in Tokyo, he said.

"My brother thought it was the end of the world."

The rest of Hoshiyama's family lives in Fukuoka in southern Japan and, like his brother, were unharmed.

Still, his family is concerned about what dangers may lie ahead, he said, with reports of nuclear reactors suffering explosions.

But they're taking it one day at a time and trying to return to their normal lives, he said.

Hoshiyama said he plans on helping his friend Kaminyama in her efforts to raise awareness and contributions for the cause.

"That's the least I can do," Hoshiyama said.

Millions of households in northeastern Japan remain without power.

Aviation Boatswain Handler for the

U.S. Navy, Andrew Hill, 23, is one of them.

Hill was eating breakfast at his apartment in Yokosuka-shi when he felt the earthquake hit.

"It was by far the scariest moment of my life," the Florida native said. "Everything started shaking a little bit -- next thing you know, the furniture's moving around and shit's falling over -- and I'm in my underwear running down eight flights of stairs trying to get the hell out of there."

Hill said the Navy is helping any way it can, shipping supplies to those in need.

Trains are a big concern, Hill said, which are Japan's main motive of transportation, and those with cars are out of luck because gasoline is limited.

Still, as devastating as the conditions in Japan are, chaotic is not a word Hill would use to describe the Japanese' mentality.

"The Japanese people are very calm people," Hill said. "Everyone is helping each other out, people aren't trampling over top of each other. People are working together."

E-mail Chance Ryan at
staff3@unfspinnaker.com.

Kaminyama and her friends will host fundraising bake sales and Japanese character art at the Student Union Osprey Plaza throughout the rest of March and April.

The dates are March 26 from 9 a.m. until evening and April 7, 13 and 27 from 8 a.m. until 4 p.m.

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

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SG advisers shouldn't harass the media

War, candidates, requires that combatants play certain roles.

Decry your opponents, contenders; bar no holds. Dirt in the eye is not strictly a dirty move, and underhanded attacks are the enemy of your enemy, friends.

Yes, let the mud fly -- but only in the arena.

Commentators tend to haunt the perimeter, eschewing the fray for honest analysis; yet, in this year's student government election, commentators were almost exiled to a perimeter too remote.

The Spinnaker conducted an exit poll during the March 22-23 election but met resistance from an unlikely source.

No one directly involved in the election had any problem with our neutral questioning, but some of SG's advisers -- salaried individuals with bachelor's and master's degrees -- wanted to restrict our reporters from conducting polls within 100 feet of the voting area.

Imagine what it's like chasing after hundreds of hurried students, clipboard in hand, trying to get accurate numbers. Now add an extra 100 feet to that breathless

sprint.

But lo, this was not a consideration, though we polled considerably enough. Reporters repeated the same script when polling, and we shared that script with senators. They seemed to approve.

The elections and appointments chair -- a student senator -- even said there was no problem with our polling. She told us to retreat to 100 feet -- in the same breath adding it was not her decision and pleading we not shoot the messenger.

Our bows are not drawn towards you or any other student.

But your advisers are in our sights. They told The Spinnaker election code mandates a 100-foot buffer between the polls and exit-pollers. Such a stipulation does not exist in SG's election code or Duval county election code.

An SG advisor admitted The Spinnaker is not subject to SG's election code in this instance, but asked us to comply nevertheless.

To drag us into the arena and ask us to fight by rules we aren't really subject to is heinous. When those rules are mere

conjurations, the act is nearly criminal and certainly immoral. When you admit bullshitting us and then ask us to play along, well that's just a slap in the face.

Why are the adults the ones being petty, here? They call SG a learning lab but don't let students conduct the experiments -- in short, if senators and the elections chair had no problem with how we conducted our polling, why should their advisers care?

Surely you know as well as we do, reader, that SG advisers should keep to the periphery. They claim to, but that doesn't seem to be the case.

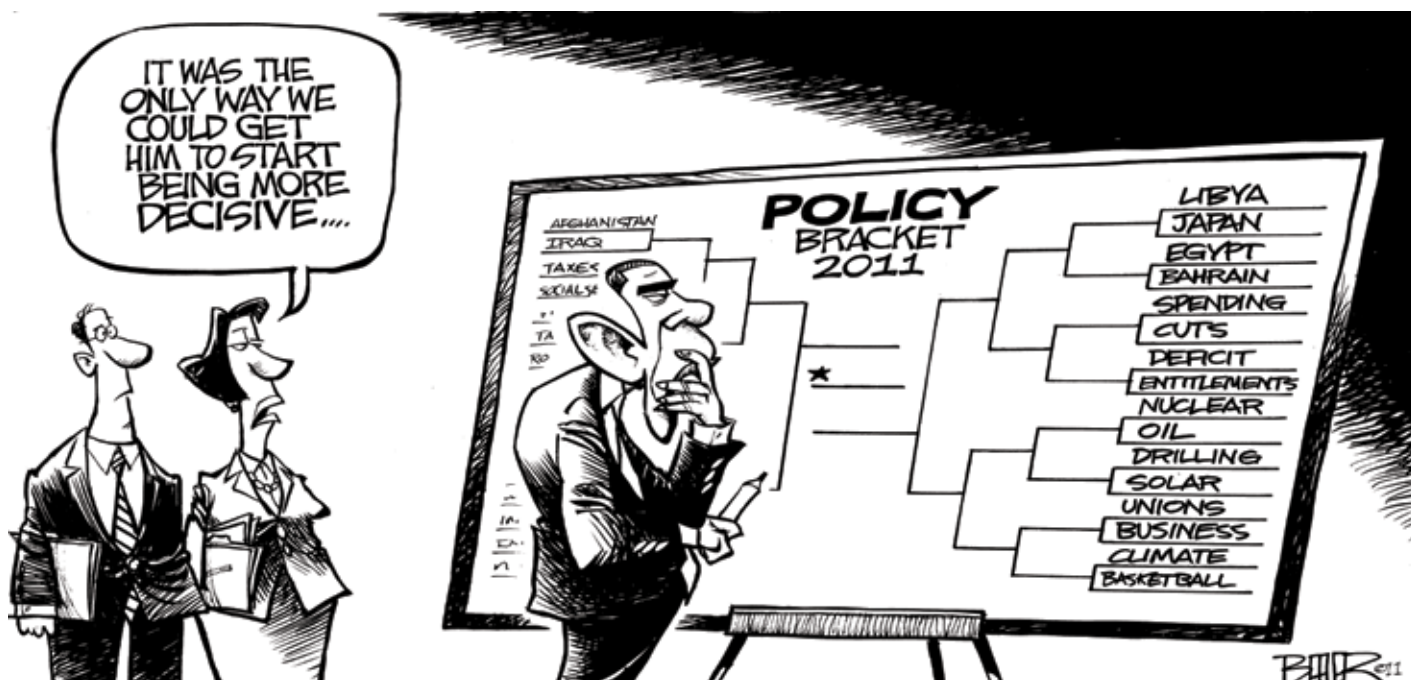
While SG's advisers, those glorified referees, should have been helping students mediate actual campaign violations (of which there is no shortage at UNF) they instead brought the bout to the stands, so to speak -- chastising the analysts.

Bureaucracy: the greatest enemy of the free press. Who'd have thunk it?

Editorial Board

Josh Gore -- Editor in Chief
Max Jaeger -- Managing Editor

Chance Ryan -- Staff Writer
Lindsay Montgomery -- Copy Editor



Letter to the Editor: An open letter to my generation

If you are reading this, you are probably young.

If you are young, you have probably been told -- at one point or another -- that you were "too young" for something.

If you have been told this, you have been lied to (well...unless you were told that you were too young to legally drink, which might actually have been true).

I have been thinking about this a lot lately, pondering the restrictions that society has placed upon our generation. We have been called lazy, clueless, immature, not-fit-to-run-this-country.

I have also been pondering the restrictions we place upon ourselves.

I have been wondering: What could we accomplish if we did not know what was

"impossible"?

The status quo is easy.

It is easy to use our youth as an excuse. It is easy to turn the barriers of societal norms and generational expectations into customized fortress walls, behind which we are safe. It is easy to stay within our comfort zone, to not push the limits, to not risk failure.

But while "easy" shields us from present failure, it sets us on a path that leads to the ultimate failure: a life that accomplished nothing.

Too many of us are content to simply be content.

But what if there is more to life than this?

What if you can do what you dream of

doing?

What if it is up to you?

This is your generation.

This is your future.

Think about it.

What if you can choose to be great?

JM Tohline is a twenty-five-year-old novelist. You can find him at JMTohline.com, and on Twitter @JMTohline. Drop him a line, and tell him how you are chasing your passion and making a difference in our generation.

JM Tohline

Quote of the Week

For the most part, colleges are places where pebbles are polished and diamonds are dimmed.

Robert G Ingersoll

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

The Spinnaker is still seeking more information regarding the theft of nearly 4,000 newspapers last November. If you have any information, you can contact the Spinnaker at editor@unfspinnaker.com or call 904 620 2727

Work more, make less: The equivocation of the vacation

I hope you enjoyed your Spring Break, dear reader. I certainly did. No rushing to class, no parking struggles, no homework – none of that business. But you'd better not get used to vacation time if you plan on working in the States.

In the richest country in the world, there is no right to any vacation time whatsoever – paid annual leave and paid holidays are optional for employers – and it seems the once 40-hour workweek has transformed into an astute 60-hour workweek.

According to a 2007 report for the Center for Economic and Policy Research “No-Vacation Nation,” there are between 20 to 35 vacation days per year in most other wealthy nations.

Americans are only offered an average of 13 vacation days per year.

With little contrition, only 57 percent of American workers take their full vacation time, the report said. The rest often fear losing their jobs or not being able to keep up with their workload.

In Russia, they have an expression: “You’re working like an American.”

Let’s face it, Americans are work-a-holics, and vacation time is only the tip of the iceberg.

Recently, we’ve seen heated debates over the relative compensation of public- and private-sector workers, with arguments that the latter have been forced unfairly to foot the bill for generous benefit packages enjoyed by the former.

But data from the Economic Policy Institute shows compensation for state and local government employees rose only slightly more than that of their private-sector counterparts. More important, productivity gains were next to nothing.

In sum, arguing about private vs. public is superfluous because over the last 20 years, employers – whether private companies or governments – have been reaping the benefits over employees in terms of how profits are allocated.

Americans will continue to work themselves stupid, and there are a number of reasons why. You can read what EPI thinks at epi.org, but I think this work-a-holism has much to do with our dependence — borderline obsession — with technology.

Technology, with all its advantages, never ceases to deny us our precious sovereignty to be unavailable or uninformed.

Albert Einstein said, decades ago, mind you, “It has become appallingly clear that our technology has surpassed our humanity.”



Chance Ryan
Staff Writer

We are always expected to be available or online. It used to be, when you left the office, you were free. Not no mo’, though.

Now, with two smart phones in your pocket, an iPad and a laptop and home computer, you’re trapped.

Can’t make it to the meeting, you say? No problem, the companies have your gotomeeting.com account ready. Log on, chump.

It’s the way we like it here in America: the mentality that if you keep working your ass off and don’t rock the boat, maybe, someday, you can become a rich, pretentious executive like Donald Trump.

As a journalist, this zealous rat race affects me quite a bit. News has become incredibly instantaneous, for better or for worse.

Competition is fierce. In fact, that’s all I’m learning about in my classes. All I foresee in my future is working hard for free or the bare minimum. Take a vacation? Are you kidding? That’d be career suicide – can’t risk it.

Like many Americans, I’ve acquired expensive tastes – you should see how much the beer I drink costs. But I also need time to enjoy life: *carpe diem*. And if that means having less, I think I can learn to live with that. Remember fun?

I’m aware not everyone agrees with my laid-back perception. Some of you want to build an empire – good luck with that. But I’ve read enough books and seen enough movies to be skeptical of that lifestyle.

Speaking of movies, during the break, I caught a scene from “Star Trek: First Contact,” in which Captain Jean-Luc Picard explains the allocation of wealth in the 24th Century to a character from the 20th Century.

“The economics of the future is somewhat different,” Picard said. “You see, money doesn’t exist in the 24th Century. We work to better ourselves and the rest of humanity.”

I began to think to myself, “My, what a noble existence.” Then, the phone rang.

E-mail Chance Ryan at staff3@unfspinnaker.com.

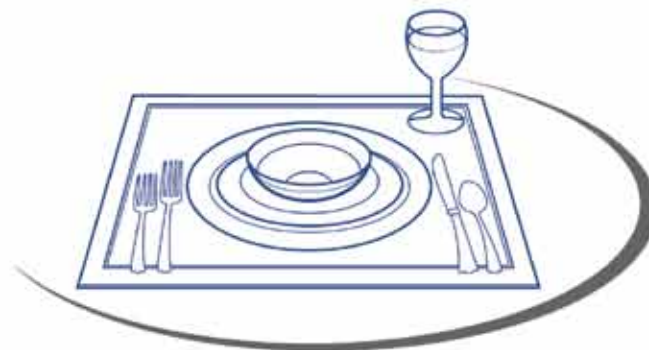


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Coffee tables for the college student

BY ASHLEY GANNON
ASST. FEATURES EDITOR

Whether you're moving out of the dorms and into your own place, or your rowdy friends were wrestling one night and drop-kicked the coffee table to pieces, here are some easy and inventive ways to jazz up your living room. Skip the trip to Salvation Army and create your own table. These tips and ideas will help get you started:

1 Go Green. Instead of lugging that over-flowing bin of beer cans out to the curb on recycle day, use those bottles to your decorating advantage.

You will need: crazy glue, empty beer bottles (washed out with water) and a piece of plywood.

You can use two or four stacks of bottles for the legs, but upon making the two-legged table, I suggest making four legs for more stability. Also, make the legs individually, then place them on the ground where you'd like them to be in your house. Let the bottles dry before gluing the plywood to the top.

You can get even more creative by selecting different types of beer for a variety of bottle colors. Beware of using beer cans, though, because once empty they collapse easily. This coffee table option is cheap, easy to make, and it helps the environment, too. Total price: \$4.99, for crazy glue that I used on all four tables



Sporting a bowling theme and six legs, this unique table is the perfect piece to add to any plain room and will strike a memorable impression.



You can rest your coffee cup on it or haul it to the beach. This table serves multiple functions.

2 Totally tubular. Lucky for UNF students, the beach is close by, lending our town its well-known surf culture. For those who live by the beach, or just love to surf, take decorating to a whole new level by going beyond the surf posters and making a coffee table out of an old, damaged or even handcrafted surfboard.

For this table, I used an old surfboard from my garage and ironing board legs that were broken off. If you don't want to use a surfboard, as they are expensive, you can buy a piece of plywood and shape it into a surfboard. I decided to carve a shark bite into the side and again used hot glue to secure the board's place on the legs. The legs I found had rubber soles on the bottom,

which allowed the table to stick in one spot. This table took no more than 20 minutes to make, and it cost \$0.

3 Spare me. If there are items around your house that don't serve a purpose but you just can't throw them away, use them as legs for your coffee table. An old office party left me with several painted bowling pins at my disposal.

Another way to find creative leg options is to scour garage sales, which are sure to have some eclectic pieces you can use.

For this table, I used these pre-colored pins by spreading them evenly around underneath the table. It stems beyond the average two or four-legged design. I cut a



PHOTOS BY ASHLEY GANNON

Tap into your creative side and make a table that showcases your personal talent or hobbies.

piece of plywood into an oval and spray painted it black with three white holes to look like a bowling ball. Granted, bowling balls are round, not oval, but if your guests don't quite understand, it's a great conversation starter. This table took about 30 minutes to make and cost \$9.

4 Using items from around your house is the best way to make a cheap coffee table, and it can also express who you are. I like to paint, so for this last coffee table, I stacked empty paint cans on top of each other, securing them with crazy glue and added old paintbrushes to the front of the cans for design.

For the top of the table, I decided to use

a painting I had in my room, which is made of canvas board. If you like the idea of using a painting, make sure to get it laminated or put a protective sealant on top, so your painting doesn't get ruined. If you don't want to use a pre-existing painting, or you don't have one, buy a piece of plywood and paint it any way you'd like. Or, lay the wood on top of the table and let your friends add their own designs when they come over. Who says art has to be hung on the wall?

E-mail Ashley Gannon at asst.features@unfspinnaker.com.

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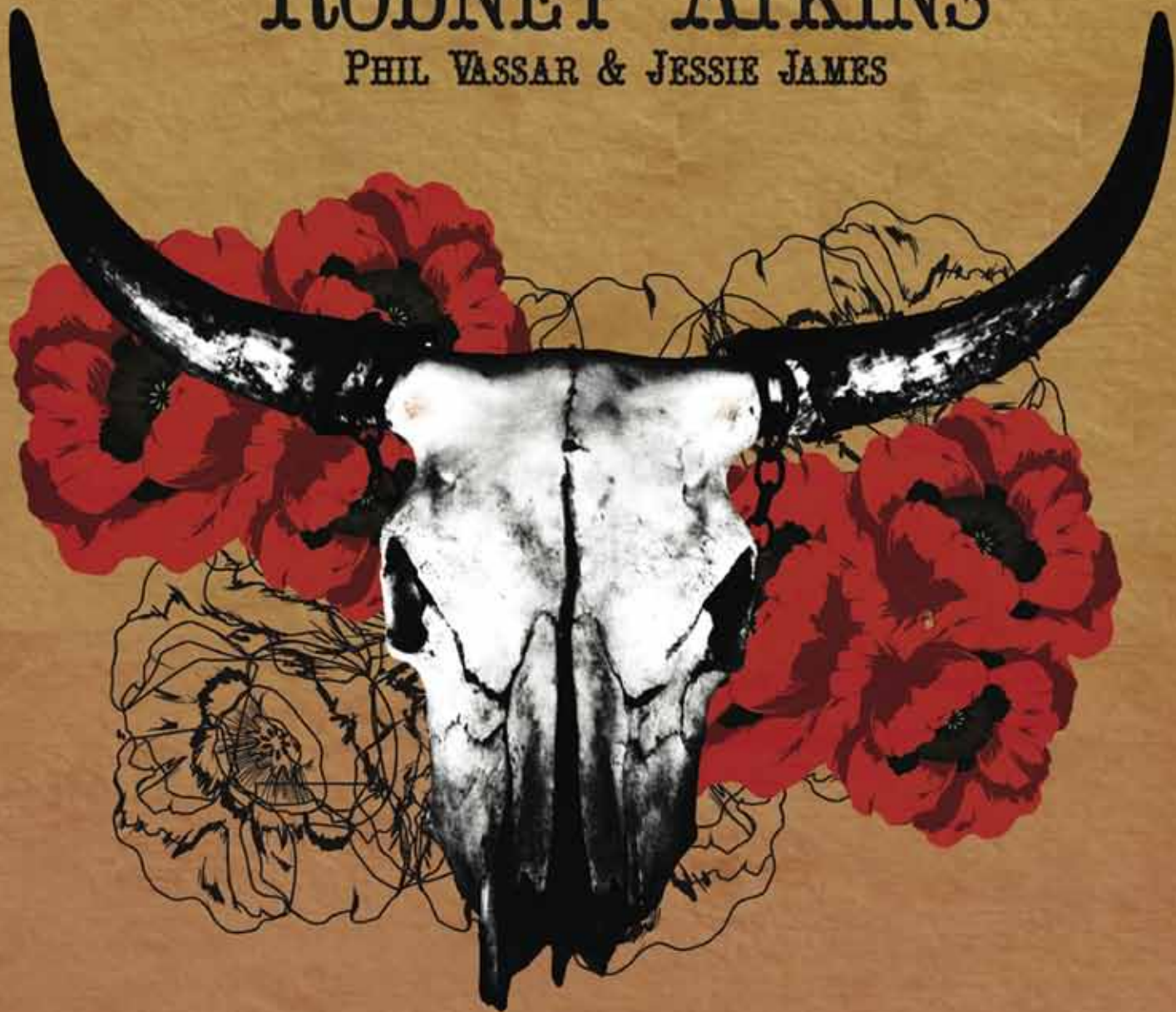
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J. Alexander's serves American cuisine with a modern twist

HENNA BAKSHI
STAFF WRITER

What comes to mind when you think American cuisine? Pizza? Italy takes credit for that. Burgers and steaks? Let's crown Germany for these meaty favorites. Maybe hotdogs, pasta, cheese or chow Mein? New Zealand, Italy, France and China.

This precisely defines American cuisine: a mixture of different flavors from around the world. Restaurant J. Alexander's at the St. Johns Town Center embraces this multi-cultural platter and serves up contemporary American delicacies with a twist.

The menu features a wide selection of classics, including prime rib of beef, steaks, fresh seafood, sandwiches and entrée salads. Daily features include specialties like seafood czarina, Tuscan steak, grilled fish with mango papaya salsa and chicken milanese. They have a

full-service bar with a selection of wines both by the glass and bottle.

My favorite part of eating at this restaurant is the wonderful array of side dishes. Cornbread, Israeli couscous and not-your-ordinary mac 'n' cheese are a few of my favorites.

The cornbread comes served in a mini skillet with whipped white butter. The sweet flavor of this bread melted in my mouth and left behind a taste so warm and light -- I can never have enough. Try the bread with a steak of your choice. If you're like me, you can simply save this golden glory for dessert.

The Israeli couscous is an absolute must with the pork tenderloin entrée served in Thai bang-bang sauce. Both the couscous and bang-bang sauce have a spicy kick to them. I love the married flavors, they complement the tender meat and velvety beads of couscous.

The mac 'n' cheese comes prepared with seashell pasta instead of the regular

elbow pasta shells. The cheese sauce isn't cheddar but a combination of the three Italian white cheeses and bacon. Yes, bacon! Moreover, the dish is finished with a layer of toasted breadcrumbs.

J. Alexander's is one of the first restaurants at which I've eaten that puts as much effort into its side dishes as it does its main entrées. Its chefs cook on a wood grill on display in the back. This ensures the dishes' freshness because the customers can actually see the chefs prepare their food.

The friendly and well-informed staff guides customers through the menu. I enjoyed the dim ambiance and the display of original American artwork on the walls. Right outside of the restaurant is bonfire seating with wooden rocking chairs and a fountain.

The restaurant stays fairly busy during dinner hours but doesn't offer reservations. On busy nights, like the weekend, you may expect a little wait but not

as ridiculously long as the Cheesecake Factory or P.F. Chang's.

A hearty lunch entrée at J. Alexander's may range from anywhere between \$15-\$25 per person and dinner between \$20-\$35. It offers a select list of desserts including crème brûlée and chocolate cake. The place is ideal for a candlelit date or to lounge with friends.

The food and service at J. Alexander's impressed me, and I'm sure will please you, too. Pamper yourself to gourmet American cuisine and say Henna sent you.

E-mail Henna Bakshi at staff6@unfspinnaker.com.

Have a restaurant suggestion you would like the Spinnaker to review? E-mail Henna Bakshi at staff6@unfspinnaker.com.

Weekend music festivals: National acts worth splurging on

Although Jacksonville lost its nearest spring jam bash, these melodic Florida gatherings fulfill that empty space

BY RYAN THOMPSON
FEATURES EDITOR

If Spring Break had come a week later, students would have had no problem attending three of Florida's major music shows March 24-27. But the absence of a break

week won't stop some students. The Spinnaker found these nationally recognized music festivals that will be the place to be if you're into folk, into dance or into a little bit of everything.

E-mail Ryan Thompson at features@unfspinnaker.com.

SUWANNEE SPRINGFEST

March 24-27
Live Oak

The Spirit of the Suwannee Music Park
\$180 Regular Weekend Ticket With Camping
\$50 Single-Day Thursday, \$65 Single-Day Friday,
\$75 Single-Day Saturday, \$50 Single-Day Sunday All
Without Camping

Folk music adheres everyone's souls together. Who needs dancing when head-swaying to poignant lyrics seems like a chill time? The 15th Annual Suwannee Springfest will host so many string instruments that you won't even need sneakers. Go down with your other bluegrass- and folk-lovers, pitch a tent and spend a weekend basking in the true spring. Plus, it's not like a band as heartfelt as the Avett Brothers comes to Jacksonville all that often.



PLAYLIST LIVE

March 26-27
Orlando

Marriott World Center Resort
\$72.73 Standard Ticket + Fee

This one's for the nerds. If you wanna dance and not care who's watching, check out Playlist Live. Not only will this festival bring together your favorite names in online video, but both afternoons will feature an eclectic mixture of music for the not-too-judgmental taste. The mainstay, Chicago-based grunge rockers Driftless Pony Club, has just come off a tour in the North and flies out to Orlando just for this event. Make sure to have them sign your Converse.



ULTRA MUSIC FESTIVAL

March 25-27
Miami

Bicentennial Park
Sold Out

Electroids, it's time to dance -- and yes, people will be watching. Where to begin? You've got Crystal Castles, Cut Copy, Tiesto and David Guetta all under one roof. Yeah, it's sold out, but a festival as large as Ultra cannot go unnoticed. Good shoes are imperative. Hang out from the early afternoon until midnight booping and beeping to only the best electronica and remixes out there. And it all happens in the New York City of the South. Downtown Miami serves as the club, and your body serves as a vessel for unadulterated dancing.



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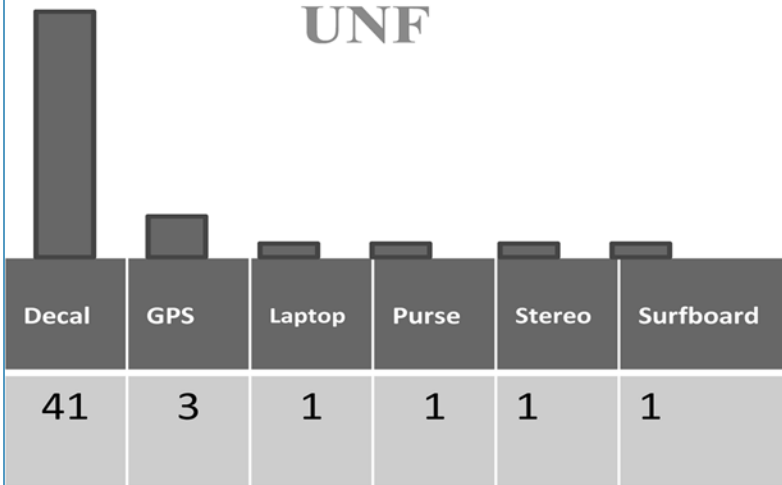
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From movies and TV



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March 24-26

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March 31 - April 2

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Former walk-on is paying off in the form of a big bat and versatile playing style



ANDREW NOBLE | SPINNAKER

Andrew Karmeris, a junior, plays a multitude of positions on the baseball diamond, but head coach Raymond "Smoke" Laval wants to use him at first base to save his legs for his hitting.

BY TIM BEE
SPORTS EDITOR

Heading into the 2011 season with almost a 50 percent turnover, the UNF men's baseball team had a big question as to how it was going to produce offensively. Losing the bats that belonged to 2010's seniors Preston Hale and Justin Preckajlo left a large hole in the Ospreys' lineup.

In his junior year, Andrew Karmeris has filled the hole and is climbing up the ladder of leadership for this young club. Karmeris, who broke out of his offensive shell in 2010 while he spent time batting between the two seniors, is doing even more with another season of experience under his cleats.

"He's a great player," said head coach Raymond "Smoke" Laval. "He can hit third or fourth for any team in the country, ACC, SEC. The new bats don't do him justice. I'm telling you, when he hits them, he hits them hard."

Karmeris has started every game in 2011 and is at the top of just about every offensive category for the Ospreys (11-11, 3-6 Atlantic Sun). He leads the team in runs scored (19), hits (26), walks (15), doubles (8), runs batted in (15) and slugging percentage (.573).

Karmeris has also belted three home runs, one behind senior short stop Sam Perry's team-leading four. Of the regular starters, Karmeris is also first in on-base percentage (.468), while striking out just eight times over his team leading 75 at bats.

"We have plans that we discuss," Karmeris said. "Before every game, coach brings us in the locker room; we talk about the pitcher.

Basically, we just try to look to hit fast balls, get something up and try to drive the ball. Me, personally, I just see it and hit it. That's really the best I can explain it."

Karmeris, whose favorite player as a child was Gary Carter, played just about

every sport growing up. However, he focused on baseball and golf once he got to high school.

When he was coming out of Palm Beach Gardens High School in 2008, Karmeris knew UNF head coach at the time, Jack "Dusty" Rhodes, had pulled in the Palm Beach area from his time coaching at Palm Beach Junior College. Rhodes used to get a lot of athletes from the area. Naturally, Karmeris had UNF on his list of schools he wanted to go to.

Surprisingly however, UNF didn't go after him. At least not until Karmeris attended a UNF camp and showcased what he could do.

"Dusty said they could use another catcher and told me I could try and walk on, and that's how I got here," Karmeris said. "I was a walk on my freshman year."

While his bat is the best thing about his game, it isn't the only thing. He can play just about any position on the field.

Laval thinks he will play catcher at the next level. However, he is now listed on the Osprey roster as an athlete.

He has spent time at catcher, first base and third base. He was spending time in the outfield during the fall. He has even spent time on the mound, appearing in six games this season pitching in relief for UNF.

Laval said he will most likely spend most the time at first base the rest of the way, so they can save his legs for relief pitching and for hitting.

"My favorite position is in the lineup," Karmeris said. "Anywhere coach needs me to play, I'll play. As long as I'm hitting, I'm happy. Anything to help the team."

Aside from his play on the field, one way Laval is looking for Karmeris to help the team is by stepping into a leadership role. Admittedly, Karmeris is a lead-by-example kind of player.

While Karmeris looks up to seniors like Andrew Hannon to help him, he tries to help the younger players, like his

sophomore brother Paul Karmeris, who joined the team this season.

He said he just tries to help them to do what they're supposed to do and get their work in.

"He's a great kid," Laval said. "He's strong like King Kong. I'd like him to be a little more vocal as far as taking that kind of leadership."


Now as the Ospreys head into the thick of the Atlantic Sun schedule, Karmeris said the young talent on the team is starting to turn a corner.

At .500 on the season right now and with Karmeris still a junior, the Ospreys have a lot to look forward to down the road.

"We're going to be really good," Karmeris said. "We're just kind of settling in. We're going to be really good towards the end of the year and years to come. I just think we're getting it all together right now."

E-mail Tim Bee at
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Freshman David Shepherd sets new school record with pole vault

BY ADAM O'NEILL
ASSISTANT SPORTS EDITOR

The UNF men and women's track teams competed in their third outdoor competition of the year at the University of South Florida Bulls Invitational over Spring Break.

Head coach Mark VanAlstyne said it was a good event — the squad used it for some speed training.

The athletes competed in shorter events than they are used to, VanAlstyne said. Brianna Frazier is used to 400m, but she did the 100m this week.

The teams had the chance to work on some things they don't usually get the opportunity to work on, VanAlstyne said.

However, there were some good performances, and he was pleased.

Freshman David Shepherd finished fourth in the pole vault event and cleared the bar set at 16-0 3/4 to set a new school record.

Overall, he is now tied for eighth in the NCAA rankings.

The ambitious Shepherd was very pleased with his performance but wants to hit 18 feet by the end of the season.

"I know I'm athletic enough, I've just got to put it all together," he said.

VanAlstyne said he is very impressed with Shepherd, and he plans to get him into other events such as the javelin.

"His greatest strength, besides being supremely talented, is that he is a ferocious competitor," VanAlstyne said. Sophomores Cameron Dickerson and James Post carried

on their good form and finished first and second in the 800m, with times of 1:51.94 and 1:52.53, respectively.

Senior Will Pearce finished with a time of 3:52.74 in the 1,500 meters, as he stormed to victory with almost a four-second deficit.

In other events, sophomore Chase Nelson finished first in the 3,000m with a time of 9:03.51, with fellow sophomore Drew Rowland coming in second posting a time of 9:04.7.

Freshman Brianna Frazier clocked a time of 12.09 in the 100m to finish fourth overall in the event.

She also posted a wind-assisted time of 23.96 in the 200m to finish fourth again.

In the 800m, junior Kayla Conrad finished in sixth with a time of 2:14.60, and sophomore Erin Nixon followed in 10th, crossing the line in 2:16.43.

Junior Ecaterina Gheorghiu posted a fourth place finish in the 3,000m with a time of 10:02.87 and sophomore Meggie Emons finished sixth with a time of 10:09.59.

Junior Andrea Bridges also finished fourth in the high jump with a leap of 5-4 1/4 while sophomore Jasmine Jackson jumped 18-0 1/2 (-0.1) to finish fifth in the long jump.

"For the next event, we will accentuate the good and fix the bad," VanAlstyne said.

"We just have to keep working hard."

The squad will return to competition March 24-26 at the FSU Relays in Tallahassee.

E-mail Adam O'Neill at
asst.sports@unfspinnaker.com.

Senior Jacob Davidson hits career best on second day of the tournament

BY ADAM O'NEILL
ASSISTANT SPORTS EDITOR

The UNF men's golf team responded well to recent subdued performances with a fifth place finish at the Schenkel Invitational March 18-20.

Head coach Scott Schroeder said his team played much better this week after the disappointing showing at its home tournament at Sawgrass Country Club two weeks back.

"The event at Myrtle Beach last week was an improvement, and this weekend was very good," he said.

The squad beat 10 very good programs and only lost to four schools who are ranked top 20 in the country, Schroeder said.

"We are ranked 42nd in the nation right now, and this tournament and the one next week will be a good test as we prepare for post-season," he said.

In terms of individual rankings, junior Kevin Aylwin performed best for the Ospreys with a joint second place finish.

With an overall score of 208, and a round best of 67, Aylwin was just one shot off first place.

"I'm playing like I envisioned I would be when I began my college career," Aylwin said.

Although not able to point to anything specific for his improved performances, Aylwin said the experience he has gained

has contributed.

Schroeder praised Aylwin and said it was certainly his best career performance.

"It's one that hopefully he can build on," he said.

Junior Joe Byun also earned his highest ranking of the year, finishing tied for 15th at 217, including a final round of even par 72. Senior Jacob Davidson earned a tie for 26th after shooting a career-high 68 on the second day.

Sophomore Kevin Phelan shot a 221 to finish tied for 36th and junior Major Forbess tied for 63rd after hitting 228, with a final round of 77 on Sunday. Joey Marino, who played as an individual, tied for 70th with a total of 230.

"As in any sport, you try to get better as it goes along, as a team and individually," Schroeder said. "If we continue to do that, then we will finish on a strong note at the end of the year."

As always, Schroeder wanted to emphasize the importance of academics for his athletes.

"The good news is that we have played two tournaments over Spring Break, so we don't miss class," he said.

The team's next tournament is at Bulls Bay Country Club, in Charleston, S.C., March 27-29.

E-mail Adam O'Neill at
asst.sports@unfspinnaker.com.



ANDREW NOBLE | SPINNAKER

Sophomore Jasmine Jackson finished in fifth in the long jump at the USF Bulls Invitational but also competes in the relay races for the Ospreys.

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BEE LINE

I have egg on my face, thanks a lot Big East

It takes a big man to admit when he is wrong. In the March 9 issue of the Spinnaker, heading into the NCAA Tournament, I gave my four picks of who would be the number one seeds come selection Sunday.

I had three out of four with Ohio State, Pittsburgh and Kansas — not bad, I guess. But the big problem is I went on to compliment the Big East and made that conference look like God's gift to college athletics.

Boy, was I — and practically every other sports media member — wrong. You let me down, Big East. I have egg on my face. The Big East proved over the weekend that it was the most overrated conference in the NCAA.

I had good reason to be so high on the Big East. It sent an NCAA record 11 teams to the NCAA Tournament. Now, after the first weekend of the big dance, it has two remaining. The city of Richmond, Va., has the same amount of teams left in the tournament as the Big East do. Both the University of Richmond, a 12 seed, and Virginia Commonwealth University, an 11 seed, knocked off Big East teams on their path to the Sweet 16. Talk about laying an egg. After watching the Big East ruin



Tim Bee
Sports Editor

everyone's bracket over the weekend, I have decided to change the name of the conference from the Big East to the Big Easy. Kudos to the University of Connecticut and Marquette for sticking around and dancing a little bit. These are the only two teams left from the Big East. I can't believe I'm saying this, but TNT NBA analyst Charles Barkley had it right when he said the Big East was overrated before the tournament started. He actually talked me out of making a huge mistake on my bracket.

The mistake would have been putting the Pittsburgh Panthers in the Final Four. I had them in and pulled them out at the last minute March 16. Pittsburgh, the one seed of what was in my opinion the weakest region of the four in the tournament, is easily the biggest disappointment of the nine Big East teams that have played their last game of the season.

On selection Sunday, when the Panthers saw their seeding and the teams they had to get through to get to the Final Four, they were probably booking their tickets to Houston before they started practice. Instead they became the first and only one seed so far to head home, losing to the eighth-seeded Butler Bulldogs. Thank God I switched to Wisconsin in the Final Four instead of continuing to drink the Big East Kool-Aid.

Notre Dame also made me look like an idiot. Another one of my predicted one seeds, it was given a two seed. No big deal as it cruised by Akron, its first matchup of the tournament. Then, the 10th-seeded Florida State University dismantled all the fire power in the world on offense — the team with the Big East Player of the Year, Ben Hansbrough. Sure, FSU is great on defense, but I thought the Big East was a rough and tough league that plays offense and defense. The Fighting Irish must have had a little too much fun on St. Patty's Day.

Still, this is why I love the NCAA Tournament. I'm giving the Big East a tough time right now, but I do believe it deserved all 11 of its tournament bids. It has just played awful in the tournament

format. And in the Big East's defense, these teams are giving it 110 percent because they hear all the Big East talk, as well. One-and-done, and you never know what's going to happen. Parity is a great thing to have in sports, and it is making itself known this year, like most years, in the NCAA Tournament. Heck, in the Southwest region, the four teams left are the one seeded Kansas Jayhawks, then No. 12 Richmond, No. 11 VCU and No. 10 FSU. Where did all the high seeds go? It's fun to watch these upsets, and I'm looking forward to doing the same thing I did last weekend this weekend — watching a lot of college basketball.

I hope your brackets aren't too busted up, yet. As for me, I'm looking pretty good right now. In addition to Wisconsin and UCONN, I also still have my other two Final Four teams in Ohio State and Kansas. I have the Buckeyes beating Kansas in the championship.

Anyway, here's to upset games, upset brackets and an upset conference for forgetting to show up for the best tournament in all of sports — I'm talk to you, Big East. Enjoy the Sweet 16 and Elite Eight. I'll see you in the Final Four.

E-mail Tim Bee at sports@unfspinnaker.com

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