

The final weekly printed issue - pg 5

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Volume 92, Issue 15

#SUSPECTATOR

THE UNFILTERED, UNCENSORED VOICE OF THE STUDENTS.



ANNOUNCEMENTS
 Today (Tuesday) is the deadline for turning in names and applications for the office of Student Activities Director for the Fall Quarter. Applications should be turned in to the office of Student Activities, Room 100, North Campus, Valdosta, Georgia.

DORM ELECTIONS
 LANDDALE HALL: Gov. Elizabeth Ann Sikes, Susan Ellwood, and Tom Johnson. LE GUY: Kenna Louise Price, Kelli Quinn, and Veronique Hunter. DUNE: Ernie, Rep. Nancy Madsen.

Drug Seminar For VSC
 A two-hour seminar on drug abuse, sponsored by the Department of Law Enforcement, Valdosta State College, will be held at the Valdosta Auditorium on Wednesday, October 11, 1970, at 7:30 p.m. The seminar will be presented by John Anderson, Ronald Meadows, and Scott Chaves. Material will be presented on various categories of drugs, including marijuana, heroin, cocaine, and LSD. The seminar is free of charge.

Chides Lack Of Humor
 University System of Georgia Chancellor George L. Shapiro Jr. told Valdosta State College students that they should be more humorous. Shapiro, who is visiting Valdosta, said that he had been told that the students at Valdosta were serious and that they should be more humorous. He said that he had been told that the students at Valdosta were serious and that they should be more humorous.

Ray McCall
"BLACK COWBOYS"
 Secret in a series of articles on Black History, appearing every two weeks in THE SPECTATOR, were those who pointed out the fact that the Black cowboy was not a myth, but a real person who lived and died in the West. The story of the men who made the building of the West possible is a story of the Black cowboy. The Black cowboy was a man of many talents. He was a fighter, a hunter, a cowboy, and a man of many talents. He was a man of many talents.

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THE SPECTATOR
 VALDOSTA STATE COLLEGE STUDENT NEWSPAPER
 Tuesday, October 6, 1970

Chancellor Opens VSC Year
 Valdosta State College Chancellor George L. Shapiro Jr. opened the VSC year with a message of hope and optimism. He said that he was pleased to see the students of Valdosta State College and that he was confident that they would have a successful year. He said that he was pleased to see the students of Valdosta State College and that he was confident that they would have a successful year.

Study Hints Aid Students As Finals Come Again
 With the start of the final exams, the campus is filled with students who are busy studying. Many students are using study aids to help them prepare for their exams. These study aids include flashcards, study guides, and review sheets. Many students are also using study groups to help them prepare for their exams.

Spring Brings Yen For Trad Holidays Provide Time To
 Spring brings a new year of traditions and holidays. Many students are looking forward to the holidays and the time to spend with their families and friends. The holidays provide a time for students to relax and enjoy the company of their loved ones. Many students are also looking forward to the time to spend with their families and friends.

ANNOUNCEMENTS
 The VSC year is now in full swing. There are many events and activities planned for the year. We encourage all students to participate in these events and activities. We also encourage all students to get involved in campus organizations and activities.

Blackberry Wine Is Still Fermenting
 By Irv Danbury
 "The Blackberry Wine" has now been fermented for several weeks. It is now ready to be bottled. The wine is a delicious and healthy beverage. It is made from blackberries and is a great alternative to alcohol. It is a delicious and healthy beverage.

Daniel Named Head Of New VSC School
 Daniel, a former student of Valdosta State College, has been named the head of the new VSC school. Daniel is a highly qualified and experienced educator. He has a long history of teaching and has been successful in many of his previous positions. He is a highly qualified and experienced educator.

Student 'Individualists' Ironically Follow Crowd?
 When you're a fifth year student at a four year school and you're like I do, you're used to being a part of the crowd. You're used to being a part of the crowd. You're used to being a part of the crowd. You're used to being a part of the crowd.

Photo Illustration by Seth Willard

The end of an era



NEWS

Announcements

THE SPECTATOR

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Free summer fitness classes

Campus Wellness is offering free fitness classes this summer which are open to all VSU Faculty, Staff & Students

YOGA

When: Wednesdays, May 3 - June 7

Where: 2102 Oak St. Deck (IT Suite Atrium)

Time: 5:50 - 6:50 PM

CARDIO FIT

When: Tuesdays, May 23 - June 25

Where: PE Complex Mezzanine A&B

Time: 6 - 7 PM

ZUMBA

When: Thursdays, May 25 - June 15

Where: Continuing Education Auditorium

Time: 6 - 7 PM

Exercise is Medicine Symposium

The VSU Center for Exercise Medicine & Rehabilitation, within the College of Nursing and Health Sciences, will host the 5th annual Exercise is Medicine® Symposium on Saturday April 29th from 8:30a.m. to 12:30 p.m. The event is FREE to the public and will be held in the large auditorium in the Health Sciences and Business Administration building

Mayhem Music Festival

April 28th the Mayhem Music Festival will be held on the front lawn from 5 p.m. to 11 p.m. Free admission, food and activities for students, faculty, and the public.

Want to have your event featured in our upcoming activities section? Email your information to Editor-in-Chief Gabe Burns at gcburns@valdosta.edu.

A HEALTHY TIP from VSU Student Health Center:

"The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses," according to the cdc.gov.

The Spectator Classifieds

The Spectator prints free classifieds for current students of Valdosta State University only. These must be no more than 40 words, or a \$18.50 charge will apply. Classifieds for faculty, staff, student organizations, student-owned businesses and the general public cost \$18.50 for up to 40 words.

Ads should be sent to The Spectator or delivered to our office in 1238 Hopper Hall. The deadline is 5 p.m. Thursday, a week prior. If payment applies, it should be submitted in a sealed envelope at the time the ad is placed or paid via Mastercard, Visa, Discover

or electronic check online through Aimee Napier, Advertising Manager. Email Aimee Napier at Spec_Advertising@valdosta.edu to pay online.

Ads must be accompanied by the name and phone number of the person submitting the ad. Students must also submit their VSU Student ID number. Ads must be resubmitted each week, as necessary.

The Spectator address is: 1500 N. Patterson St., Valdosta, GA 31698. Our email address is spec_advertising@valdosta.edu.

The Spectator reserves the right to reject any classified ad. All ads are subject to standard

editing procedures. The Spectator is not responsible for mistakes due to a submitted error. The categories for classifieds include: For Sale, For Rent, Sublease, Wanted, Roommate, Services, Personnels, ISO and Employment.

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Relay for Life

Hunter Terrell
OPINIONS EDITOR
hterrell@valdosta.edu

Valdosta State University held the 2017 Relay for Life on Friday, April 21, on the Main Campus Front Lawn.

VSU hoped to raise \$25,000 for the American Cancer Society during its movie-themed fundraiser that started at 7p.m.

As of 3 p.m. on Monday, April 17, the Relay for Life of VSU had already raised \$12,258.93.

"We are still calculating final numbers, but as of right now our total is \$21,767.21," said Samantha Jones, president of Relay for Life at VSU. "The highest raising individual was Rebecca Murphy with \$2,370, and the highest raising team was the Executive Board with \$4,360."



NEWS



Hunter Terrell/THE SPECTATOR

Different activities were available for individuals to take part in for fun and to raise money and awareness.

Relay for Life hosted on Front Lawn

Hunter Terrell
OPINIONS EDITOR
hterrell@valdosta.edu

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Staff, students and the Valdosta community showed their support as some 44 teams, comprised of more than 180 Blazers representing various departments and programs all across campus, came together to celebrate the lives of people who have battled cancer and have fought against all forms of the disease.

Various activities took place including raffles, life-size bowling and more.

"A lot of people enjoyed Zumba, as well as the wet t-shirt contest," Jones said. "Overall, I think it was a success. I really enjoyed all the mission moments throughout the night that brought us back to why we were there."



Hunter Terrell/THE SPECTATOR

Booths set up at Relay for Life presented different fundraising opportunities.

VSU Recognized for archives Ancient tablets to news articles, VSU's kept impressive records

Julie Jernigan

ASST. COPY EDITOR

jjernigan@valdosta.edu

VSU's Archives and Special Collections was recognized in the National Endowment for the Humanities "50 States of Preservation" series for its efforts toward preserving our nation's heritage.

In 2010, Valdosta experienced strong storms, which fried three external drives and hard drives on four computers in the archives department. Recovery experts saved as much as they could, but they permanently lost 80 gigabytes of electronic files, according to Deborah Davis, VSU's Archives and Special Collections director. The department realized the need for better memory and applied for and received a NEH grant in 2012.

"It was a wakeup call," Davis said.

Since then, Archives and Special Collections has taken precautions, such as having three backups.

"We are in very good shape as far as digital preservation is concerned," Davis said. "We have cloud storage for our preserved items and are using a variety of software and standards to preserve our items. Many of our

photographs and pages can be found on Flickr."

After receiving the grant, the department digitized a large amount of holdings, such as photos from Spectator articles, the South Georgia Folk Life Project and over 1,500 herbarium slides from the Biology Department.

Davis said her favorite pieces in the archives are the Babylonian clay tablets, which date back 4,500 years ago.

The 10 tablets were purchased by VSU's first president, Dr. Richard Holmes Powell, from Edgar J. Banks, the first American archeologist who was allowed to dig in Iraq.

Once the department uploaded scans of the tablets to its website, Cal Johnson, a serologist from UCLA, called, wanting to translate the tablets. Some of the translations were records of sacrificial animals presented to priests, receipts for the purchasing of three goats and a butcher bill for two rams.

"We are very proud of our digital library," Davis said.

Anyone can access these digitized documents by searching under the library tab on VSU's website, or they can visit the department on the fourth floor of Odum Library.

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e is Medicine® Symposium
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A final goodbye from the Editor-in-Chief

I've spent 23 years in one place. Sounds like a good while, doesn't it? Coming out of Lowndes High School, I didn't want to stay here. I dreaded the idea of it. But despite other opportunities, I stayed. And that proved to be one of the best decisions I'll ever make. I tried two different majors, yet neither of them truly spoke to me. I simply wasn't happy. My life was at a crossroads. You know the whole Maya Angelou quote about encountering many defeats? Yeah, been there.

Once I started writing about the NFL draft, I felt a calling to journalism. When I talked to my future adviser, Dr. Pat Miller, I knew I finally found my vocation. The accelerator was plugged in. From being The Spectator's editor to reporting on the Los Angeles Dodgers at Dodgers Nation, I can't believe how quickly this happened.

This program brought the best out of me. It provided me all the resources I needed to catapult my journalism career. My final two years here, I might've grown more than I had the other 21.

For that, I thank Dr. Miller, Dr. Ted Geltner and Cindy Montgomery immensely. They identified my talent and pushed me to maximize it. I will forever appreciate them, and I will always proudly represent their department.

I give special thanks to my mother. Her love, devotion and constant motivation is the strongest support I've received. She is the best example of who I can be and how I should treat others. My family, including those who are gone, made this possible for me.

The first day of the rest of my life begins at the Atlanta Journal-Constitution this summer. I entered journalism with a goal of working in a big market. I wanted that challenge and it's what wakes me up every morning.

As Dr. Miller told me on Feb. 4, 2016, "It's not where you start, it's where you want to go." I can't forget that. I've had it hanging on my wall since that day, and I anticipate it decorating my office wall for years to come.

I'm writing this as if it's some finality. It's actually just the opposite.

The Spectator is now a digital platform. It was an honor to serve as the editor of the last regularly printed issue. But the paper is in tremendous hands. Kelsey Dickerson is well-prepared to assume my vacated role. She's smart, organized, imaginative and has the paper's best interest at heart. Other editors - Julia, Seth, Juston, Hunter, Alex, Darla - are ready to hit the ground running. I hope I've helped you as Jordan, Mayah, Kenzie, Kristin and others helped me.

I'm writing this the evening before my concluding production night. As usual, I wanted to write on deadline. I wish I could name everyone I've interacted with along the way, but I'm already exceeding the word limit. Just know every one of you has greatly impacted my life, and from the bottom of my heart I cannot thank you enough.

My new locale could be Atlanta, D.C., Los Angeles, New York? Anywhere. There's a world of opportunities out there, and it's because I seized what was in front of me.

My advice is to take risks. Don't let fear outlast passion. Everything I've earned is because I went out and relentlessly pursued my goals.

I leave VSU blessed with cherished memories, invaluable experience and life-long friends. Valdosta and VSU will always be home.

I may not know where my journey will take me, but I'm eternally thankful of where it began.

Best regards,
Gabriel Burns, editor-in-chief

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April 27, 2017
 Our point of view...
Editor's note
 embraces so



Since 1935, The Spectator has kept students informed. It was proud to be engaged. Come next fall, the mission stays the same. In last week's editorial, we discussed our website will serve as our primary focus. Our increased emphasis on our website while pondering how to work person after person migrated his or her phone. I've been at VSU for over four years that 10-minute stretch than 10 years.

We must keep pace in journalism. Twitter, Facebook, Instagram, and print papers anymore. Online. It's time we went to digital. This transition gives us more going to be flexible. We're going to include college students too. We know we're focusing our efforts elsewhere and better prepare our journalism.

You've already seen this expanded up our instant coverage (@VSUSpectSports). For the first time from print to digital. This is the Spectator into the future.

College papers around the world have undergone similar alterations. It's time we joined.

The Spectator won't be exclusive issues once a month. We respect what to continue print tradition.

But the priority is a global engagement team will better prepare our community. Our program in editorial and business structure.

All this said, journalism's mission is to inform the public and hold students or professionals, that g

Gabriel Burns
 This editorial was written by Gabriel Burns and expresses the general opinion of the Editor-in-Chief.

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Our point of view...

Editor's note: The Spectator embraces something new



Hunter Terrell/THE SPECTATOR

Since 1935, The Spectator has printed a weekly paper to keep VSU students informed. It was printed to give students a voice, to keep them engaged. Come next fall, the weekly print edition will be no more.

But the mission stays the same.

In last week's editorial, we announced The Spectator is going digital. Our website will serve as our primary news medium. There will be increased emphasis on our social media and app.

While pondering how to write this, I stood by the front fountain. Person after person migrated through, and almost every one was on his or her phone. I've been the editor-in-chief here for over a year. I've been at VSU for over four years. I saw more people on their phones in that 10-minute stretch than I've seen reading a Spectator over those years.

We must keep pace in journalism's evolution. Our readers are on Twitter, Facebook, Instagram, Snapchat; millennials simply aren't reading print papers anymore. Our data lists 72 percent of our readership online. It's time we went to our audience.

This transition gives us more interaction with the community. We're going to be flexible. We're going to be innovative. After all, we're college students too. We know what's most appealing to our audience. We're focusing our efforts elsewhere, and that will get news out quicker and better prepare our journalists for the field's new landscape.

You've already seen this expansion in our sports desk, where we've ramped up our instant coverage and created a separate sports twitter (@VSUSpectSports). For the past year, we've shifted our staff's focus from print to digital. This group is well-prepared to guide The Spectator into the future.

College papers around the country, from UNC to UGA to UCLA, have undergone similar alterations. Students have already gone online. It's time we joined.

The Spectator won't be exclusively digital. We'll print special edition issues once a month. We respect and appreciate our past, and we still want to continue print tradition, just in a lesser capacity.

But the priority is a global audience. We know our revamped engagement team will better provide you news about your university and community. Our program invested hours in designing a sustainable editorial and business structure.

All this said, journalism's mission to serve as society's watchdog, to inform the public and hold people accountable hasn't changed. Students or professionals, that goal is infallible.

Gabe Burns

This editorial was written by a member of the editorial staff and expresses the general opinion of The Spectator.

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OPINIONS



A group of students sit together quietly working on their biology group project that's due next week. Hunter Terrell/THE SPECTATOR

Group projects annoying, still an innovative learning tool

Tiana Foster

STAFF WRITER

tjfoster@valdosta.edu

Group projects can either be a blessing or a curse depending on the people you have to work with. Group work could offer many advantages, especially when you're stuck and need others' ideas. But for some students, group projects do not provide an easier way of learning.

One disadvantage of group projects is receiving the same grade as everyone else even if your group members didn't pull their own weight. I do not agree with this method of grading because there's no individual accountability. That means

if a student does not contribute to the group, then the whole group suffers the consequences.

An advantage of group work is being able to evenly distribute tasks to individuals, but it becomes a problem when every member fails to deliver the same quality of work. There are

many students who complain about having group members who waited until the very last minute to complete their work. Participating in group projects has taught me that in order to fix the problem, you have to take the initiative to set group deadlines.

but I will speak up when there's a problem that could possibly affect my grade too.

I've also learned from past experiences that I prefer to work in smaller groups because they are more beneficial than larger groups. Smaller groups help

improve students' performance, teamwork and problem solving.

Dynasty Miller, senior early childhood education major, says that all group members should engage with each other, ask each member individually for ideas and meet up with members outside of class time in order to successfully complete a group project.

Although it can be difficult to work with other students, I do think that collaboration is a very

important asset that students can benefit from in a professional environment. Group projects allow for students to achieve more by combining their different skill abilities. Working with others can help you identify your own strengths and weaknesses, which can be invaluable.

An advantage of group work is being able to evenly distribute tasks to individuals, but it becomes a problem when every member fails to deliver the same quality of work.

Giving group deadlines allows each group member the same amount of time to complete their portion of the work.

If I continue to have reoccurring problems with a certain group member, then my next step is to let the professor know. I don't believe in outing a person,

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OPINIONS



MCT CAMPUS

Going to the beach is one option students and professors have on their off time from their academics.



MCT CAMPUS

Nine U.S. states allow gun carrying on campus.

College students need summer break from school and work

Hunter Terrell
Opinions Editor
hterrell@valdosta.edu

College can be a headache for students and professors alike. After a full academic year of trying to balance classes, jobs, extra-curriculars and whatever else a student or professor can pile on their plate, the end of this semester should come as a relief to the thousands who are stressed-out, waiting for the final bell to toll, commencing the start of summer fun.

While summer break offers plenty of opportunities for students to further their resume and educational experiences, ultimately, it should also be treated as a time to recover from the stresses of the year.

Summer is often treated as an opportunity to get ahead. Summer classes are the best option for getting class credit when fall and spring semesters are simply not enough.

And, what about the professors? That is just more assignments to grade in a shorter amount of time. More time should be spent decompressing and rebuilding mental health.

"I took a 12-hour summer

semester once," Tiffany Davis, a junior biology major, said. "I will never do that again."

Another common choice for students to keep themselves busy during the summer is taking on an internship.

As most students know, internships offer an excellent opportunity to gain valuable work experience. Internships should be sought out and valued by students.

While possibly holding an internship as well as taking summer courses, students should also try to set aside time to break away from constant work.

While the summer is an excellent opportunity for students to reach their career goals quicker and move ahead of their classmates, it should not be tossed aside as a time for students to ignore their health.

Summer vacation is there to allow the brain to relax, lead to more creativity, better focus on your work and open any and all horizons.

Go home, spend time with your family, and actually sleep in for once. This is time that you won't get back after entering real-life adulthood.

Campus carry is not safe for students

Geneva Crooks
Staff Writer
gecrooks@valdosta.edu

Legislation allowing the people of Georgia with gun permits to carry their weapons on public college and university campuses passed earlier this year.

The passing of this bill means college students who are 21 or older and have a license to carry a firearm will be able to carry them without the chance of prosecution.

This bill, known as the campus gun bill, passed at 108-63, according to the Atlanta Journal Constitution. A similar bill was vetoed by Gov. Nathan Deal in 2016, but this bill has now been passed to the Georgia Senate.

"Allowing the carrying of concealed firearms on campuses won't hurt, and it might help," Mandi Ballinger, the bill's chief sponsor, said.

To support her cause, Ballinger cited statistics that show there hasn't been any increases in criminal shootings or suicides on college campuses in states that already allow campus carry.

College campuses tend to be high-stress environments. This bill changes the safety of students by allowing guns in a place where many people are dealing with high rates of anxiety, stress and depression.

"[It] Allows those Georgians who choose to do so to protect themselves should the need arise," Ballinger said.

College campuses tend to be high-stress environments. This bill changes the safety of students by allowing guns in a place where many people are dealing with high rates of anxiety, stress

and depression.

According to stress.com, a 2008 mental health study by the Associated Press and more than eight in 10 college students say they have sometimes or frequently experienced stress in their daily lives over a three-month span. That is a 29 percent increase from a previous study five years prior.

"I understand why it is important to have a gun in this country, but I don't understand why there is no law that requires a medical examination before purchase a gun," Anastasia Osinovskaya, a VSU teacher assistant, said. "So, no, I don't think people should be allowed guns on campus because there are already police here to protect us. Also, why would we not be allowed to smoke cigarettes but be allowed to carry guns?"

Many students experience meltdowns, especially when their grades aren't the way they want them to be or when the high amounts of stress causes catches up with them. Guns simply don't belong in this type of environment.

Ask VSU: Getting str



The VSU Department of Philosophy & Religious Studies encourages you to take these courses Fall 2017!

PHIL 2010 Fundamentals of Philosophy

- 81704 A TR 9:30-10:45AM SANTAS
- 81705 B TR 11:00AM-12:15PM SANTAS
- 81706 C MW 3:30-4:45PM PEACE
- 81707 D TR 12:30-1:45PM PEACE
- 81708 E MWF 10:00-10:50AM JAMES
- 81709 IA 8/14-12/04 • ONLINE* HACKETT

- 81714 • PHIL 2030 A • ETHICS & CONTEMP SOCIETY • ONLINE* • HACKETT
- 81715 • PHIL 3110 A • AESTHETICS • TR 12:30-1:45PM • HARMON
- 81716 • PHIL 3140 A • ETHICS & LAW • TR 11:00AM-12:15PM • PEACE
- 81717 • PHIL 3300 A • PHILOSOPHY OF RELIGION • MW 2:00-3:15PM • SERRAN-PAGAN
- 81718 • PHIL 3610 A • NATIVE AMERICAN THOUGHT & CULTURE • MW 2:00-3:15PM • LOVERN
- 81719 • PHIL 3640 A • ENVIRONMENTAL PHILOSOPHY • ONLINE HYBRID • MW 12:00-12:50PM • SANTAS
- 81720 • PHIL 4120 A • ETHICS AND PUBLIC POLICY • TR 3:30-4:45PM • JAMES
- 81721 • PHIL 4800 A • AFRICAN TO AFRICAN AMERICAN PHILOSOPHY • MW 3:30-4:45PM • LOVERN
- 81722 • PHIL 4800 B • FIDEI, FIDES, WILL, AND TIME • MW 2:00-3:15PM • SANTAS
- 81723 • PHIL 4800 IA • WOMEN PHILOSOPHERS • ONLINE* • LOVERN

REL 2020 World Religions

- 81724 A MWF 11:00-11:50AM SERRAN-PAGAN
- 81725 B MWF 1:00-1:50PM SERRAN-PAGAN
- 81726 C MWF 10:00-10:50AM DOWNING
- 81727 D TR 11:00AM-12:15PM TURLEY
- 81728 IA ONLINE* JOHNSON

PHIL 2020 Principles of Logic & Argumentation

- 81710 A TR 9:30-10:45am James
- 82534 AA* TR 9:30-10:45am James
- * * Note: Reserved for FLC students
- 81711 B TR 11:00AM-12:15PM James
- 81712 C TR 2:00-3:15PM Harmon
- 81713 IA Online* LOVERN

No Prerequisite For Any Class Listed!

* NOTE: ALL SECTIONS MARKED IA & IB ARE ONLINE. FOR INFO ON HOW TO GET STARTED IN ONLINE COURSES, VISIT [HTTP://WWW.VALDOSTA.EDU/ACADEMICS/ELEARNING](http://www.valdosta.edu/academics/elearning)

Fall '17 Religious Course Offerings

- 81729 • REL 3270 IA • HUMAN QUEST FOR FAITH • ONLINE* • DOWNING
- 81730 • REL 3300 A • PHILOSOPHY OF RELIGION • MW 2:00-3:15PM • SERRAN-PAGAN
- 81731 • REL 3330 IA • NEW TESTAMENT • ONLINE • JOHNSON
- 82571 • REL 3504 A • ARCHAEOLOGY OF ANCIENT ISRAEL • TR 9:30-10:45AM • DOWNING
- 81733 • REL 3520 A • ISLAM • TR 11:00AM-12:15PM • SERRAN-PAGAN
- 81734 • REL 3610 A • NATIVE AMERICAN THOUGHT & CULTURE • MW 2:00-3:15PM • LOVERN
- 81735 • REL 4700 A • AFRICAN TO AFRICAN AMERICAN PHILOSOPHY • MW 3:30-4:45PM • LOVERN
- 81736 • REL 4700 IA • WOMEN PHILOSOPHERS • ONLINE* • LOVERN

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All photos and interviews done by Briana Salem.

Ask VSU: How do you stay from getting stressed out by finals?



"I usually try to hang out with friends or do something that isn't related to school at all."

-Cori Griggs, a sophomore psychology major



"I try to work out at the rec. as much as I can."

-Blake Gwaltney, a freshman criminal justice major



"I just eat my stress away."

-Dymin Johnson, a freshman psychology major



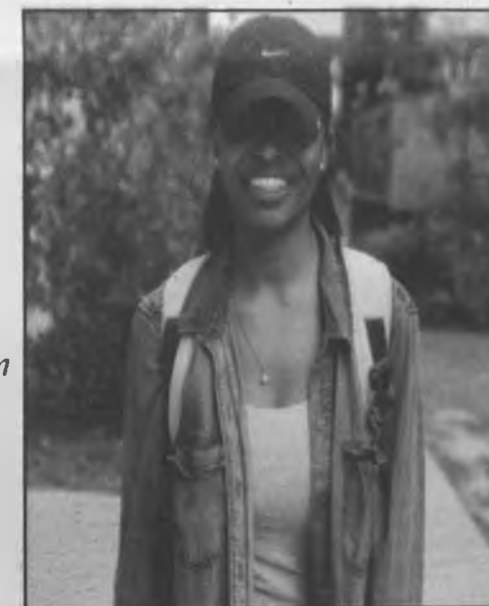
"I play my Xbox to deal with stress."

-Ty Imler, a freshman athletic training major



"I study and I sleep a lot in order to stay well rested."

-Zaria Davis, a sophomore psychology major



"I go to the gym and run, dance and bike in order to deal with stress."

-Sierra Cornog, a freshman athletic training major

Who Took Courses In Philosophy & Religious Studies? You Can Too Starting This Summer!

PHILOSOPHY CLASSES SUMMER '17

- 50876 PHIL 2010 IA* Fundamentals of Philosophy • Santas • 6/07-6/28 ONLINE
- 50877 PHIL 3100 IA* Ethics & Health Care • James • 6/07-6/28 ONLINE
- 50878 PHIL 3800 Phil, Rel & Film • M-F 2-4:50pm • Serran-Pagan • 5/11-6/01
- 50879 PHIL 3900 Philosophy of Happiness • M-F 11am-1:50pm • Santas • 5/11-6/01

No Prerequisite For Any Class Listed!

RELIGIOUS STUDIES CLASSES SUMMER '17

- 50880 REL 2020 IA* World Religions • Lovern • 5/11-6/01 ONLINE
- 50881 REL 3800 Phil, Rel & Film • M-F 2-4:50pm • Serran-Pagan • 5/11-6/01

*Note: All sections marked IA & IB are ONLINE. For info on how to get started in online courses, go to: www.valdosta.edu/academics/elearning.

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Actor

Steve Martin
Comedian
& Actor

Richard Gere
Actor

T.S. Elliot
Poet
& Essayist

Angela Davis
Civil Rights
Activist

Lana Del Ray
Musician



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VSU PHILOSOPHY & RELIGIOUS STUDIES

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<http://qr2.it/Go/2572186>

All photos and interviews done by Briana Salen.

<http://qr2.it/Go/2568762>

Life for students

and depression. According to stress.com, a 2008 mental health study by the Associated Press and mtvU, eight in 10 college students say they have sometimes or frequently experienced stress in their daily lives over a three-month span. That is a 20 percent increase from a previous study five years prior.

"I understand why it is important to have a gun in this country, but I don't understand why there is no law that requires a medical examination before you purchase a gun," Anastasia Osinovskaya, a VSU teacher assistant, said. "So, no, I don't think people should be allowed guns on campus because there are already police here to protect us. Also, why would we not be allowed to smoke cigarettes but be allowed to carry guns?"

Many students experience meltdowns, especially when their grades aren't the way they want them to be or when the high amounts of stress college causes catches up with them. Guns simply don't belong in that type of environment.

Studies

ntation

Any Class Listed!

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GAN MW 2:00-3:15PM • LOVERN

TY • MW 3:30-4:45PM • LOVERN

IN 229.333.5949

FEATURES

Enactus offers students networking opportunities

Eboni Register
STAFF WRITER
ebregister@valdosta.edu

Enactus is a student organization on campus that focuses on community service and networking at VSU. Enactus has grown throughout the years in regards to what they're doing and the amount of active members. According to campus connect, there are over 300 individuals dedicated to serve in the Valdosta community. Enactus holds members to a standard, as members must complete a certain amount of hours in order to attend different conferences in the region

and nation and also to get the organization's t-shirt. Enactus does big things when it comes to community service. Among many other organizations, Enactus was honored during the 2017 Night on Fire Recognition Night, which honored excellence in leadership and student contributions. Nathaniel Danquah shared his experience as a member of Enactus. "My main goal with Enactus is networking," Danquah said. "I personally like networking and meeting others... Community service is nice too." Enactus now prepares for the Kansas City National Exposition,

where there will be a plethora of other organizations presenting projects. A big event VSU Enactus ran this year was Kultured Kampus, an event that helped provide job opportunities to tailors in Gambia and fund the education of Gambian children. Almost every day, Enactus offers some sort of community service opportunity, but as the school year comes to an end, members are taking this time to plan for the future and solidify changes occurring due to graduating members. Enactus plans to be well prepared for the 2017-2018 school year.



Skipping Rocks Lab featuring its new product, the



Alex Dunn
ASST. FEATURES EDITOR
eadunn@valdosta.edu

There is a new, eco-friendly way to tote around clean drinking water. It's called Ooho, and it's paving the way for a new environmentally friendly and edible way to store water. Ooho is a biodegradable water bottle encased by a tasteless and edible membrane, according to Discovery.com. The casing is made of a seaweed and calcium chloride-based membrane that is safe to either consume or peel away. Essentially, Ooho looks like a tiny water balloon that is ready to consume for whenever your hydrating needs pop up; all you have to do is pierce the membrane and drink up. This eco-friendly water bottle is the product of Skipping Rocks Lab, located in London, which just received a sizable grant from the European Union to produce their invention on a larger scale, according to Discovery.com. To create the Ooho, spheres of ice are treated with the liquid from the seaweed-based membrane, and when the water melts, the membrane solidifies, and what remains is a portable, eco-friendly bubble of packaged water, according to Discovery.com. The website emphasized that Ooho is actually cheaper to make than regular water bottles, costing

Make way for the Ooho

only two cents to construct each one. Another benefit is they do not end up in landfills for eternity. Although the idea is new and inventive, some people had concerns for the cleanliness of the Ooho versus regular water bottles. "With no packaging, while good in theory, every single person and their mom will have handled that sphere before it gets to you," Ida Marguerite Swisher, an online user, commented on Discovery's article. "I wouldn't feel comfortable even putting my mouth near it to sip the water, let alone eating the whole thing." Others simply did not get the practicality of the product, asking why this invention was so much better than reusable water bottles. "I like better the idea of simply carrying a drinking container that you keep, clean and reuse," Karen, another online user, commented on Discovery's article. "Somehow a seaweed thing does not sound like the best treat after a nice drink." Regardless, Ooho has been turning heads this year, even though the product debuted in 2015. This new water bottle seems to have become so popular because of its unique design and usage. However, that does not mean it will not benefit the environment in better ways than the plastic water bottle.



A detailed diagram on the best and safest way

Rarity of s

Kelsey Dickerson
FEATURES EDITOR
kedickerson@valdosta.edu

is tilted only ha during six mor totality, seen in through Durin Friday, membe before. Acco are mor lunar ec stands l moon, across can be the wor a pin-p

On Aug. 21 in the early afternoon, the sun will go dark in Valdosta. At least for a few minutes, VSU will be just off the path of totality of a solar eclipse. Dr. Martha Leake presented "The Great Eclipse of 2017" to a full house of students and families from the community as an instructional seminar to prepare Valdostans for this unique astronomical event. The last eclipse Georgians could see from their homes swept across the state on March 21, 1970. Because the Earth's spin axis

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VSU Philosophy and Religious Studies Major Class of 2013, completed the JD degree at Florida Coastal School of Law

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Ashley Hall, Room 122

FEATURES



A detailed diagram on the best and safest ways to view an eclipse.



Dr. Martha Leake gives a presentation of this year's eclipse.



A diagram showing the approximate path of the 2017 eclipse.

Rarity of solar eclipse is out of this world

Kelsey Dickerson
FEATURES EDITOR
kdickerson@valdosta.edu

On Aug. 21 in the early afternoon, the sun will go dark in Valdosta. At least for a few minutes, VSU will be just off the path of totality of a solar eclipse.

Dr. Martha Leake presented "The Great Eclipse of 2017" to a full house of students and families from the community as an instructional seminar to prepare Valdostans for this unique astronomical event.

The last eclipse Georgians could see from their homes swept across the state on March 21, 1970.

Because the Earth's spin axis

is tilted 23.5 degrees, eclipses can only happen over two seasons during the year, each one about six months apart. Still, the path of totality, where the eclipse can be seen in full, can pass on a track through any part of the world.

During the 7 p.m. presentation Friday, only five audience members had seen a solar eclipse before.

According to Dr. Leake, people are more likely to have seen a lunar eclipse, where the Earth stands between the sun and the moon, casting an orange shadow across the moon. These eclipses can be seen by an entire half of the world at nighttime, instead of a pin-point path.

Because solar eclipses are so rare, people come from all over the world to towns inside of the path of totality to observe them. Preparation for these events can start months or years in advance.

"There are some hotels that are already completely booked along the center line," Dr. Leake said.

Those who travel to see these spectacles must be prepared. To observe the moments before a total eclipse, onlookers must take special precautions by purchasing special eclipse sun glasses, or filters for their telescopes.

Bystanders can also use mirrors to reflect an image of the eclipse onto a wall or blank piece of paper, Dr. Leake said.

Though students will have to travel to the northeastern most corner of Georgia to be in the path of totality, those who do will have the opportunity to see something beautiful, according to Dr. Leake.

She recalled an eclipse she had seen before in Mexico, where just before the sun was completely covered the entire sky became the color of a sunset, and animals began to come out as if it was about to be night.

The sun's corona, a ring of plasma extending into space for millions of kilometers, is only visible during an eclipse. Dr. Leake explained to the audience that the corona can appear in different shapes including a ring

shape, with one large burst of corona on a single side; Bailey's beads, with several spots of light from craters and mountains in the moon's surface; and prominences, which appear as gas ejected from the sun and explodes out into space.

"Eclipses are very seductive things; they want you to look," Dr. Leake said.

To close the night, Dr. Leake gave the audience a peak at the night sky, projecting constellations with their outlines onto the planetarium ceiling, and invited everyone to come back after it was dark to look through the telescope on the top of Nevins Hall.

Make way for the Ooho

only two cents to construct each one. Another benefit is they do not end up in landfills for eternity. Although the idea is new and inventive, some people had concerns for the cleanliness of the Ooho versus regular water bottles.

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Brittany Bell Turner

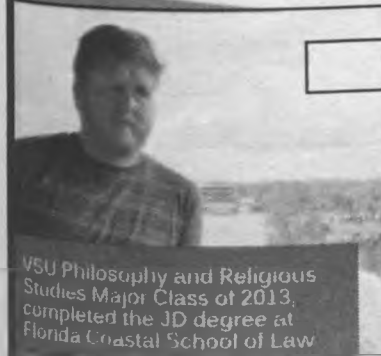
"Majoring in philosophy helped me to stand out from other applicants for Law School. Philosophy is one of the very few majors that allows you to do that AND have an edge because of the critical thinking and problem solving skills you develop. By majoring in philosophy, I was already accustomed to this way of thinking which made the transition into law school and then into my career much easier."



VSU Philosophy Major Class of 2012, now with the Georgia Legal Services Project in Albany, Georgia

Alex Lawhorne

"My philosophy major not only allowed me to have interesting classes with engaging professors and passionate fellow students, it prepared me for law school and my career. I am grateful I chose to be a philosophy major and I believe it has helped me to be a better lawyer, citizen, and human being."



VSU Philosophy and Religious Studies Major Class of 2013, completed the JD degree at Florida Coastal School of Law

David Gregors

"My education in Philosophy and Religious Studies at Valdosta State has been an invaluable asset in my pursuit of a career as an attorney. Anyone interested in pursuing a career in law or any other profession in which complex, abstract, or ethical issues may present themselves would be well advised to begin their pursuit in the Philosophy and Religious Studies Department at Valdosta State University."



John Robbins
VSU Philosophy Major 1982
Defense Attorney
Birmingham, Alabama



Jason Johns
VSU Philosophy Major 1999
Partner, Jackson Walker Law Firm,
Houston, Texas



Lance Eric Neff
VSU Philosophy Major 2001
Asst. Attorney General of the
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Jeremy K. Baker
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Valdosta, Georgia

Check our upcoming course listings in Banner & on the Valdosta State University website
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FEATURES



Above: Electronic Dance Music artist Savoy, sings along with the crowd during his late-night show on SweetWater Disco stage. Below: An anxious SweetWater 420 Fest crowd awaits Widespread Panic's first set of the weekend. To the right: Atlanta native Ron Pope performs on SweetWater stage on the second day of the festival.



SweetWater 420 Fest

Each year in Atlanta, Georgia, Centennial Olympic Park transforms into a massive music festival venue to host SweetWater 420 Fest. The music festival takes place the weekend closest to Earth day each year and is promoted with the motto of "we're here for a good time. Mother Earth is here for a long time." April 21-23 were filled with set after set of talented musicians showcasing their best work on five different stages. Headlining the venue were big name names such as Widespread Panic, who started their music career in Athens, Georgia, as well as Trey Anastasio Band and Ween.

Photos by Seth Willard

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APRIL 30 - MAY 5

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Mayhem Music Festival will take place on Friday, April 28

Eboni Register
STAFF WRITER
ebregister@valdosta.edu

Festival season is here, so that means it's time to look into the line-ups and pick a location. For new attendees, it may be hard to decide what is a necessity to bring and what is not.

To start off, you always have to know what you're getting yourself into. Almost every festival can

your own environment whether the Sweet Water or another event coinciding downtown concert ground. Must-haves include blankets, portable chargers, and sunglasses.



Futuristic performs while crowd surfing at SweetWater 420 Fest.

result in being drained from the sunny day and having tennis shoes covered in dirt.

Knowing about what look you're going to is a big deal in the festival world. You have to make sure

Anything questioned day of the festivals: I always aim for There will individual

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SweetWater 420 Fest

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Photos by Seth Willard



! ODUM DOES NOT STOP.



Mayhem Music Festival will take place on Front Lawn at 5pm on Friday, April 28

Eboni Register
STAFF WRITER
ebregister@valdosta.edu

Festival season is here, so that means it's time to look into the line-ups and pick a location. For new attendees, it may be hard to decide what is a necessity to bring and what is not.

To start off, you always have to know what you're getting yourself into. Almost every festival can

your outfit choice fits the environment you're going to, whether that be Coachella, Sweet Water, HOLI, Afro-Punk or another music festival. Most events call for a drastic look, coinciding with if the event is downtown, in the desert or at concert grounds.

Must-haves for festivals include blankets, water, polaroid cameras, portable chargers and unique sunglasses.



Futuristic performs while crowd surfing at SweetWater 420 Fest.

result in being drained from the sunny day and having tennis shoes covered in dirt.

Knowing about what look you're going to is a big deal in the festival world. You have to make sure

Anything that you would have questioned wearing on an ordinary day of the week is acceptable at festivals; here is where you can always aim to be the oddball. There will be a plethora of other individuals who will surely have



Saxony Raine, lead-vocalist for Revel in Romance, performing at SweetWater 420 Fest. Photos by Seth Willard

an over-the-top appearance.

Music festivals can require you to know your place and be aggressive. When it comes to following guidelines, "in the pit" things can get a little shaky. If you are a diehard fan and insist on being able to enjoy the concerts as well as being able to see, you have to be very aware of your surroundings and the people who shuffle and work their way to the front.

No worries when it comes to over-using social media because now is the time to indulge in snapchat, Instagram and any live source you can. It's okay to showcase what you're doing when it comes to sharing festival activities with your friends. Just make sure you're not yelling in the microphone when keeping everyone posted on your exciting feed.


Most of all, don't forget to have fun. Try everything and anything the festival has to offer. There may be amusement rides, fried desserts, colorful drinks and cool



Pete Murano, lead-guitarist for Trombone Short and Orleans Avenue performing at SweetWater 420 Fest


body art painting. Do everything you wouldn't normally do, for the sake of awesome pictures and memories.

What Can Philosophy & Religious Studies Do For Your Career?




Halim Faisal, LCSW
Social Worker, Waycross, Georgia

- Took courses like PHIL 2010 in Philosophy & Phenomenology.
- Says these courses helped him in his career because it is important to understand other peoples beliefs, experiences, and lives.
- Philosophy helps him communicate productively with his clients.



Joel Grimes, Vice President
VP of North American and Caribbean Sales, Mobileum

- Took PHIL 2020 Logic.
- Says it was one of the most important courses for his career in information systems and marketing.
- Started him in computer programming language and orderly critical thinking.
- Gave him real insight into how people think.



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Courtesy of NPR.com

'Damn,' Kendrick

Cynthia Papailler
STAFF WRITER
cpapailler@valdosta.edu

Kendrick Lamar's third album, "Damn", features a simple album cover of the rapper standing in front of a blue brick wall in a plain white tee and the word "damn" in capital red letters, but the 14-track album is far from simple.

"Damn" is an appropriate title due to the reaction it left on the hip hop community and K. Dot fans from all around the world. As expected, the album showcased his lyrical "wordsmanship" and storytelling abilities along with his infamous metaphors and controversial views throughout the album.

According to Reuters, since debuting at the top of the Billboard 200 chart, "Damn" is now the biggest album to debut in 2017 so far selling 603,000 copies beating Drake's "More Life," which only sold 505,000 copies the first week. This is the third time the Grammy-winning TDE rapper has received a number one on the Billboard 200 chart.

"Humble" was the album's debut single. The track was produced by Mike WiLL Made-It and released with a music video filled with religious imagery mixed with urban interpretation that was directed by Dave Meyers and The Little Homies. The song called for other rappers in the game and all those who apply to be "humble and sit down." "Humble" debuted

at No. 2 on the Hot 100 Billboard chart making it K. Dot's highest charting song and highest charting hip hop song since Eminem's "Love the way you lie."

Many hardcore hip hop fans speculate that the track is also a diss track addressed to Big Sean. With Kendrick Lamar's abrasive metaphors, it's understandable why fans would assume that some of his lyrics would allude to someone. "Element" is another track where fans believe he is dissing another fellow rapper, but this time it's Drake instead.

Majority of the album packs a heavy lyrical punch, but "Loyalty" featuring Rihanna and "Love" featuring Zacari take a more relaxed vibe. Both tracks address expectations, insecurities and concerns about relationships.

"Duckworth" is the last track on the album, and it is based on the true story of how Anthony "Top-Dawg" Tiffith, the CEO of Top Dawg Entertainment, almost killed Kendrick Lamar's father, Ducky. The crazy tale compels listeners to keep listening to how the story unfurls and reveals how coincidental K. Dot's existence in the rap game is.

Overall, the cohesiveness of the whole project exemplifies why many consider Kendrick Lamar to be the greatest rapper alive. "Damn" meets all the qualifications to be a timeless album and needs to be placed alongside some of the other greatest hip-hop/rap albums throughout music history. It is definitely worth a listen and a replay.

THE FATE OF THE FURIOUS

Courtesy of fastandfurious.com

The eighth installment of the "Fast and Furious" franchise premiered April 14 in theaters. According to bizjournals.com the makers of the movie spent a whopping \$65 million in Georgia during filming from Jan. -Oct. 2016.

Still furious after eight years

Erin Turner
STAFF WRITER
epturner@valdosta.edu

"The Fast & Furious" released the eighth installment of the muscle-car film franchise, leading to the question of if this series is about quantity rather than quality.

The antagonist is a super-geek hacker named Cipher. Her impressive hacking ability, in which she hacks a whole town's worth of cars, brings feminist relief to the film, as it replaces the typical alpha-male dynamic in every other "Fast & Furious" film. While carjacking a nuclear submarine

brings thrill to the movie, logic is obviously lacking. Though, has logic ever been the main goal of the "Fast & Furious" series?

The film is action packed as well as packed with ridiculous, gravity-defying stunts, but it still seems to keep the audience's attention throughout the movie. Dom (Vin Diesel), normally the main protagonist of the film, took on a different role this time around. Dom unfortunately turns rogue and partners with Cipher to start a "cyberpocalypse."

Dwayne 'The Rock' Johnson and Jason Statham take over the movie and bring great action and excitement where the film desper-

ately needs it. When they're not onscreen, the film seems to take a slight dive. The stunts, however, have become more daring compared to the previous "Fast & Furious" films.

"The Fate of the Furious" overall, is a great film if you're in the mood for intense, jam-packed action or a pointless plot. Though the movie isn't really a conversation starter, you might be tempted to drive your car like Dom once the movie is over. The film succeeds in making its audience look forward to another film, which of course is probably already in the works.

Need Help Studying for Finals? Come to a Study Session Sponsored by The Student Success Center!

MONDAY, MAY 1, 2017	
MATH2261 4 - 5pm - Wester	All sessions occur in the SSC!
TUESDAY, MAY 2, 2017	
MATH1111 9 - 10am - Brooks 2 - 3pm - Wester 3 - 4pm - Brooks	MATH2262 10:30 - 11:30am - Wellington/Zeigler 3 - 4pm - Gonzalez 4 - 5pm - Gonzalez
MATH1112 1 - 2pm - Wester 3 - 4pm - Wester	MATH2263 1 - 2pm - Zeigler 3 - 4pm - Zeigler
MATH1113 4 - 5pm - Wester	MATH2260 11:30am - 12:30pm - Wellington
WEDNESDAY, MAY 3, 2017	
MATH1180 9 - 10am - Brooks 10 - 11am - Brooks 11am - Noon - Brooks	MATH2265 12 - 1pm - Zeigler
MATH2262 11am - Noon - Wellington	MATH2260 10 - 11am - Wellington 4 - 5pm - Wellington

Review Sessions for Other Subjects

MONDAY, MAY 1, 2017	
GEOL112 - NH2032 6-7pm - Rodriguez	
TUESDAY, MAY 2, 2017	
WRITING Noon - 1pm - Bryant 1-2pm - Bryant 12:30 - 3:30pm - Mozzo	CHEM1200 - BSC 3020 4 - 5pm - Hsu
CHEM1212 11am - Noon - Williams 1 - 2pm - Williams 3 - 4pm - Williams	CHEM1151 9 - 11am - Tucker
GEOG112 - NH2032 4 - 5pm - Rodriguez	CHEM1152 11am - 1pm - Tucker
SOCI1101 2 - 3pm - Millican 3 - 4pm - Millican 4 - 5pm - Millican	BIOL1107 10 - 11am - Roddy
	BIOL3200 11am - Noon - Roddy
	CHEM3401 Noon - 1pm - Roddy
WEDNESDAY, MAY 3, 2017	
WRITING 9 - 10am - Bryant 10 - 11am - Bryant 11am - Noon - Bryant	SOCI1101 11am - Noon - Bryant Noon - 1pm - Bryant
	CHEM1200 - BSC3020 9 - 10am - Hsu 10 - 11am - Hsu

Senior

I have enjoyed my past three years at The Spectator. I came to The Spectator as a sophomore, not really knowing what to do with my career. I heard there was a lot of work on campus I could write for, and I met some talented writers. I came on as a web editor and soon became the head web editor. I became the photo editor, and I'm now the social media editor. I've learned so much from meeting so many people being a part of the team, and I'll cherish all of the good memories here. I learned how to be a writer, a photographer and social media strategist, and these are skills I will take with me into the workforce. I'm thankful that I was trusted in different positions because it really helped me to tend my talents and skills. Though I spent as much this last semester, the skills I learned at The Spectator helped me get several job offers and even a job position in Philadelphia. The Spectator has been around long before me at VSU and will be around for many years to come. I know The Spectator will continue to be a great publication and a skill building tool for future blazers to come.

Tyria Mills, Social Media

My short time with The Spectator this semester into working as the copy editor, I've gotten a lot of independence, and I feel more confident in my writing than I would have without working here. It has been "work," it hasn't felt like a chore. I'll enter the workforce after graduation with half as much humor as I have now. The Spectator staff.

As this is the last regular, weekly issue of The Spectator, I'm so appreciative of the staff and when I did. I know all of the editors and the digital transition are intelligent and I wish them the best. I'm also appreciative to all of the staff members, Ted, Cindy and Dr. Miller, for having me here and preparing me for a career.

After transferring from South Carolina and changing my major twice, but I'm like a freshman all over again, I finally led me to journalism and I'm so grateful. As graduation approaches and I'm stretched out before me, I know the experiences I've gained at The Spectator will help me on the path I choose.

Kimberly Cannon, Copy Editor

Seniors say goodbye...

I have enjoyed my past three years working at The Spectator. I came to The Spectator a timid sophomore, not really knowing what I wanted to do with my career. I heard there was a newspaper on campus I could write for, and I could join other talented writers. I came on as a web assistant editor and soon became the head web editor. I then became the photo editor, and I'm leaving as the social media editor. I've learned so much and have met so many people being a part of the Spectator team, and I'll cherish all of the good times I had here. I learned how to be a writer, news photographer and social media strategist working here, and these are skills I will take with me into the workforce. I'm thankful that I was trusted with so many different positions because it really helped me extend my talents and skills. Though I wasn't around as much this last semester, the skills I learned at The Spectator helped me get several internships and even a job position in Philadelphia. The Spectator has been around long before my time here at VSU and will be around for many years after I leave. I know The Spectator will continue to be a great publication and a skill building organization for future blazers to come.

Tyra Mills, Social Media Editor

These last few years at the Spectator have provided some of the best times I've ever experienced. I have truly loved being able to help bring students, faculty, staff and alumni unfiltered, uncensored news. I've enjoyed every position I've had at the Spectator such as contributor, circulation manager, photo editor and sports editor. Layout nights have been something I've looked forward to every week for the past two years. Even though they're often long and stressful, they're also fun and exciting. My favorite part of being on the Spectator staff has been the ability to cover VSU Sports. Covering VSU Football's trips to the playoffs in the last two years, VSU Basketball's two historic seasons earlier this year and the many other great Blazer teams in Valdosta has been fun as well as instructional. Meeting and becoming close with coaches and players have been some of the best parts about the job. The athletes at VSU are hardworking, talented and often have great stories that are worth telling. I have many great memories with all members of the staffs I've been on such as layout nights, covering Trump's appearance at VSU, covering live sports, the sometimes grueling classes, Cindy's class and conferences and award shows. The experiences I've had here will have a lasting impact on my journalism career moving forward. I would like to thank Dr. Miller, Ted and Cindy for always providing journalism, academic and life advice as well as opening opportunities for scholarships, internships and jobs. There are some things I won't miss about being on the Spectator, such as dealing with unruly writers, unwilling sources and leaving layout night at 2 a.m. However, I will miss spending time with such a fun and hardworking staff like the one at the Spectator. I will carry the lessons learned here to the professional world, and I will always remember to kick everybody's butt, while I'm in the newsroom.

Just a thought. Later.
Kyle Dawson, Sports Editor

My time in college is coming to an end. A week from now I'll be walking across the stage and into my future. My time at VSU was filled with growth. I'm no longer the person I was when I first stepped foot on this campus.

I have learned so much academically and about life in general. I'm thankful to every single opportunity I was able to take advantage of. The Spectator has been a huge part of my college experience, and I am so proud to have been a part of this. To be a part of the very last print issue is both historic and an honor.

I will never forget the amazing friends I have made through this experience. The late nights spent laying out pages served as amazing bonding opportunities. I would also like to thank our advisers for all of the knowledge and inspiration they have instilled in me.

Being a part of The Spectator has expanded my knowledge of journalism and teamwork. I know going digital will be filled with changes, but I am confident it will be amazing. To the future leaders of The Spectator, you will do a great job.

Michaela Leung, Entertainment Editor

My short time with The Spectator is over. Just one semester into working as the copy editor with The Spectator, I've gotten a lot of indispensable hands-on experience, and I feel more confident entering the workforce than I would have without working here. But, while it has been "work," it hasn't felt that way. I hope when I enter the workforce after graduation to be greeted by a staff with half as much humor and open-mindedness as The Spectator staff.

As this is the last regular, weekly print edition of The Spectator, I'm so appreciative I became a part of this when I did. I know all of the editors who will be here for the digital transition are intelligent and have the capability to fully take advantage of online resources to produce quality journalism, and I wish them the best.

I'm also appreciative to all of The Spectator advisers, Ted, Cindy and Dr. Miller, for helping me in my position here and preparing me for a career in journalism.

After transferring from South Georgia State College and changing my major twice, being a junior who felt like a freshman all over again, I'm glad my college career finally led me to journalism and The Spectator.

As graduation approaches and so many different roads are stretched out before me, I know my experience gained at The Spectator will help me down whichever path I choose.

Kimberly Cannon, Copy Editor



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SPORTS



Julia Rodriguez/THE SPECTATOR

The Little Grand Canyon in Lumpkin, Georgia, has hiking trails, caves and other areas to explore for adventurers.

Valdosta has options for summer activity

Julia Rodriguez
MANAGING EDITOR
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The end of the semester is quickly approaching, and athletic opportunities on campus are becoming less frequent. However, there are still plenty of things to do outside to stay active this summer.

Many of the activities hosted by VSU during the fall and spring semesters are free or at a discounted price, but the free fun doesn't have to go away just because it's summer. There are a variety of places to play sports and be athletic in the Valdosta area for little to no money.

A day at the park is always an ideal, free choice, especially at Freedom Park, where there is much more to do than take a walk. With the proper equipment, anyone can go disk golfing on the course through the woods. Disk golfing can improve muscle strength, flexibility, endurance and heart health according to Rawhide.org. Similar health benefits can be achieved by playing Frisbee in any of Freedom Park's open fields.

The park also has multiple sports fields for playing soccer or baseball. For those lacking sports equipment, there is a small track and a trail through the woods for running.

The final amenity provided by Freedom Park is a dog park. The two front sections of the park have training equipment, and owners can get a workout too as they run around with their pets.

McKey Park, which is near north campus, has a track with a large field in the middle. It also features tennis courts, a playground for kids and a sand volleyball court. Another plus is the park is open all night.

Another free athletic opportunity in Valdosta is at the Grand Bay Wildlife Management Area. Although Grand Bay may be a regular destination for residents,

the walking trail provides a scenic opportunity for running along with a hefty leg workout up several flights of stairs to the observation tower.

For those with gas in their tank and a few dollars in their pocket, a trip to High Springs, Florida, to go swimming at Blue Springs Park is another option. For \$10 visitors can swim and dive in a crystal clear spring, which, according to Fit Day, works the lungs, heart and all muscles of the body.

For those who love water but don't want to get wet, a shorter drive to Reed Bingham State Park may be the better option. For a \$5 entry fee and \$10 rental fee visitors can go kayaking amongst gators on a water trail through forest. According to LiveStrong.com, kayaking works the back, arms, abs, and even the chest.

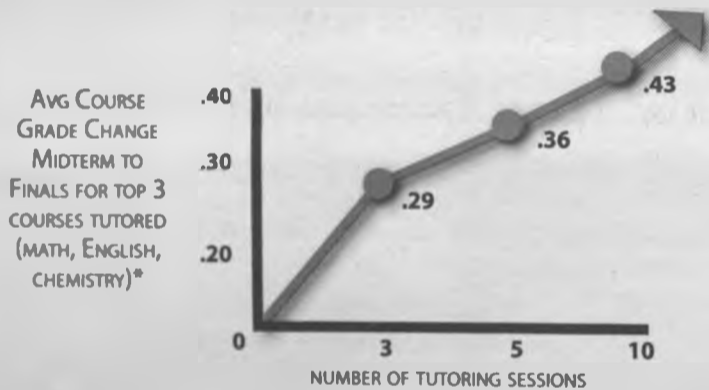
Another athletic opportunity at Reed Bingham is hiking. A seven mile trek through the woods, on an uneven trail can, according to goodhiker.com, help tone the legs, improve cardio-respiratory fitness and provide a chance to get in touch with nature.

Even still, perhaps something more challenging is desired. Providence Canyon state park is roughly a three-hour drive from Valdosta, where visitors can hike a number of different trails for an entry fee of \$5. The trails vary in difficulty, ranging from a short, relatively flat trail, to a long trail that warns hikers to bring enough food and water for the trek.

If you will be around campus during the summer, Reams Field, the tennis courts and the front lawn will all still be open.

Whether hiking, running, swimming or whatever else, there is plenty to do in and around Valdosta. The end of the semester does not mean the end of athletic opportunities, it just means looking to places other than campus and thinking outside the box.

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Seth Willard/THE SPECTATOR



Seth Willard/THE SPECTATOR

Athletes, such as Josh Lemons (above), go through hard workouts before starting their regularly scheduled day.

Athletes at VSU are subject to the same rigorous academic schedule as other students as well as immense travel.

Do You Know That Philosophy Majors Were Top Earners in 2016?

Philosophy majors were projected to be the top-paid Bachelor's degree graduates in 2016, according to results of NACE's Winter 2016 Salary Survey.

Academic Major	Mean	25th Percentile	Median	75th Percentile
Philosophy	\$49,000	\$43,000	\$48,000	\$55,000
Visual & Performing Arts	\$47,600	\$42,000	\$46,000	\$50,000
History	\$46,286	\$40,000	\$46,000	\$50,500
Foreign Language & Literature	\$46,083	\$40,000	\$43,250	\$50,000
English Language & Literature	\$45,438	\$40,250	\$43,500	\$48,000
Liberal Arts/General Studies	\$45,063	\$40,000	\$45,000	\$50,250

Source: Winter 2016 Salary Survey, National Association of Colleges and Employers

Opinion Student athletes held to higher standard

Juston Lewis

Asst. Sports Editor
justlewis@valdosta.edu

Practice. Class. Sleep. Repeat. Practice. Class. Sleep. Repeat.

We as normal students may think we have a lot going on between our classes and extracurricular activities, but we often forget about our fellow students.

The students that have an entire academic career hinged on their ability to perform outside of the classroom.

The students that have mandatory appointments at five or six in the morning. The students who start their day when some of us are just ending ours.

We often forget about our peers who put their hearts on the line to bring back championships to the sacred place that is named Titletown, USA.

We forget about student-athletes and all that they do. We forget the countless hours that they put in behind the scenes to perfect their craft. The shootarounds, film sessions and walk-throughs are forgotten.

Student-athletes are some of the hardest working individuals on any given college campus. VSU is no exception to that. Student-athletes here might have to work harder than other students around the nation.

VSU has a different pedigree than most schools. The reputation built by our sports teams have raised the school's reputation on a national level.

VSU has the fourth most GSC titles in the conference with 43. The school has seven national championships, not including any of the Red Hot's or VSU Cheer's.

The national standard for VSU is higher than at other schools, and our student-athletes know it.

While many students chose VSU as a safe school, many student-athletes have it as their top pick.

Student-athletes are also under the constant watch of the media, professors, alumni, fans and other students. They are ranked by outside coaches, and they make all-region and all-conference teams. These accolades are only given to the star players, and they tend to hold certain student-athletes higher than others. Regional, national, local recognition or not, all student-athletes should be respected for their efforts.

Many students played sports in high school but were not able to convert to the requirements of being a student-athlete in college. For the student athletes who have successfully made that transition this article is just to acknowledge you. Your efforts are noticed and respected.

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