



SPECTATOR

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Got a lot on your mind?

1 in 30 experience PTSD.

CAN'T Snap out of it.

1 in 5 adults suffer from mental health.

distress

find support from people

be positive
think positive
speak up and speak out

2.6 % of adults in the U.S. suffer from bipolar disorder.

Trauma
grief
and loss

LGBT

"it's all in your head!"

you are not broken.

psychological

Stigma of mental health

it's **Okay** to ask for help

antidepressants

just breathe

serious mental illness costs America \$193.2 billion in lost earnings per year.

anxiety

body image issues

Stress

anti-social

Suicidal thoughts

Symptoms include

anxiety disorders are a real illness

find and seek help.

Sexual assault

You are not alone.

more than 90% of children that commit suicide have a mental health condition

it's okay to talk about it.

bipolar

fight and stigma

Announcements

The Experience

The Experience will be held today in the Student Union Rotunda. The event will be held from 11:00 a.m. to 2:00 p.m. The event is for students seeking part-time or seasonal job, volunteer experience or internship. Some employers that will be present include Wild Adventures, Convergys and Azalea Health. For the full list of employers, visit www.valdosta.edu/career.

Earth Day Expo

Celebrate the Earth on April 22 with the Earth Day expo. The event, sponsored by Students Against Violating the Environment (S.A.V.E), will be held on the Front Lawn from 12 p.m. to 3 p.m. The event will feature vegan snacks and fresh fruits. The event will also feature environmental games and prizes.

Heavy Pets at Ashley Street Station

Rock act Heavy Pets will make a stop at Ashley Street Station on April 22. The band, who is currently on tour, mixes blues, reggae, funk and disco to create their rock and roll sound. The show will begin at 8 p.m. and tickets will be seven dollars. The show is 18+. Photo Editor Kyle Dawson will be there!

Want to have your event featured in our Announcements section? Email Editor-in-Chief Jordan Barela at jlbarela@valdosta.edu to have your event featured.

Horoscopes for Monday, April 18- Sunday, April 24, 2016

Aries: March 21- April 19
You're going back and forth with your feelings for someone. Maybe you have a crush on somebody but you've been hurt before, so you feel shy about pursuing a relationship. Or perhaps you are in an on-again, off-again situation. The moon says be patient.

Taurus: April 20- May 20
You'll want to get real with somebody. Mercury is demanding that you be honest instead of letting others make assumptions about you. Stand up for what you want, be clear about what you don't want and see what happens next.
Gemini: May 21 _ June 21
Mercury is going retrograde for a few weeks, and since it is your planetary ruler, do your best to relax and avoid melodrama. Don't freak out over tiny problems, and avoid getting into big fights with your sweetheart.

Cancer: June 22- July 22
An emotional moon is making you feel vulnerable. Surround yourself with people who care about you and want to know what is going on in your life. Take a break from those self-involved types who always drain your emotional energy.

Leo: July 23- Aug. 22
You'll encounter someone who has the hots for you, and he or she will make their feelings known. Be prepared to have someone compliment you and seek your company. If you're single, go for it. If you're not, Mars says be cautious.

Virgo: Aug. 23- Sept. 22
You'll want to slow down as Mercury heads into retrograde. Don't rush things. If you've been dating someone, keep things casual for a few weeks. If you're considering a job change, take your time and

do some research first.
Libra: Sept. 23 - Oct. 23
With Venus opposite your sign, you're not sure what you want out of life or love. It's OK to avoid making any big decisions until you have a clearer sense of what you want. In the meantime, don't make any promises you're not willing to keep.

Scorpio: Oct. 24 - Nov. 2
A full moon in your sign is intensifying things in your relationship. You'll want to declare your lust or your love for someone. If you're single, you might decide to let that cute guy or girl know that you're interested in dating.

Sagittarius: Nov. 22 - Dec. 21
This is a good time to be a leader and show others how to get things done. Mars is increasing your confidence. You'll find it easy to organize tasks on the job. At home, you'll know just how to get your family to work together and make your living space nicer.

Capricorn: Dec. 22- Jan.19
The sun is bringing you positive energy, and you'll enjoy some pleasant times with friends, family members and romantic partners. Talk about life and share some laughter with your loved ones. Enjoy a period of lighter and happier vibes.

Aquarius: Jan. 20- Feb. 18
You might have someone in your life who is becoming very needy and clingy right at the time when you want to pull away. Make sure you're not giving all your energy to someone who is an energy vampire. The moon encourages you to take good care of yourself.

Pisces: Feb. 19- March 20
You'll be in "fix it" mode as a practical sun inspires you to get things done. Make repairs around your home and yard. Deal with complex financial figures at work and make sense of your company's budget. Or consider starting a self-improvement program with your honey.

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 - Legal Referrals
 - Education Assistance
 - Social Assistance
 - Professional Counseling



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CONTENT WILL BE POSTED ON FRIDAY

Spectator

The *Spectator* prints free classifieds for current students of Valdosta State University only. These must be no more than 40 words, or a \$13.90 charge will apply. Classifieds for faculty, staff, student organizations, student-owned businesses and the general public cost \$13.90 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

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vsuSpectator.com

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• Options Counseling
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Health Tip of the week

The VSU Student Health Center would like students to feel connected. According to the CDC, "Take steps in just minutes to maintain or improve your health. Take 5! Or less! Small changes that only take a little time can go a long way to improve or maintain good health."

New change to registration process giving students more time to pay for classes goes into effect fall 2016

Erin Martin

STAFF WRITER

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A new change will be implemented in the fall that will give students more time to pay for their classes.

Under a previous policy, students who didn't have funding for their classes would have their classes dropped at the beginning of the semester. Then the "Add/Drop" period would start and other students would be able to pick up classes that were once full or unavailable. During this period, students who had their classes dropped would then have to re-register, or try to get an override into the course.

This fall, there will now be one time when students are kicked out for non-payment.

Tee Mitchell, executive director of enrollment services, gave some insight into this adjustment and what difference it will make for the university.

"We're trying to make changes that will help the students," Mitchell said. "Whether you're paying through FASFA or coming

out of pocket, students have a little more time to get their funds together."

Mitchell explains how this adjustment will put the student body in solidarity. Students who registered in April will have until the end of the first week, just like a student who registered later in August.

"From a consistency standpoint, instead of having students worry about when the money will be due, there's now one deadline for students to pay," Mitchell said.

Mitchell says that the university has been planning this for a while now. The change was brought on after the university noticed concerns from students in registering and paying for classes. Mitchell thinks it will be a positive change for students, but notes a drawback of it as well.

"When you initially kick out students for nonpayment, it opens up seats for someone else who was waiting for a class," Mitchell said. "There were previously two kick outs for nonpayment, but now there's only one."

However, with a decline in

enrollment, the university doesn't foresee any problems with classes being full. Students are still advised to register early.

Students on campus gave different opinions on the change.

"I'm neutral on their decision, because I can see the good and bad sides," Winston Suen, senior history major, said. "It's a good idea for financial reasons. I always feel bad for students who can't pay their tuition."

Stephanie Carreno, a recent VSU graduate, does not feel that the change is very effective.

"If a student is really having financial problems, I don't think that giving them an extra week would help anything," Carreno said. "I think they could wait until they distribute refund checks, but maybe this is small progress to something better in the future."

Students should be aware of these changes and register early to make sure that they'll be in the necessary courses for the semester. If students need assistance registering for classes, they should contact their advisor or department head.

Dr. Staton to give State of the University address tomorrow afternoon

Kyle Dawson

PHOTO EDITOR

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Dr. Cecil Staton, interim president of VSU, is giving the State of the University address in Whitehead Auditorium at 1 p.m. this Friday.

Dr. Staton will give an overview of the recent academic year as well as address the goals that were set at VSU about 10 months ago when he first took office. Dr. Staton said that he thinks that a state of the university address will be a good way to confront issues at VSU.

"I will begin by talking about the challenges VSU faces, those I mentioned in the opening convocation back in August, and by reviewing some of the things we have been doing to address those challenges as well as early results," Dr. Staton said.

The president will also recognize the recipients of the Presidential Excellence Awards for Teaching, Service, Research, the Scholarship of Teaching and Learning, and Online Teaching.

The address will be available via live stream by clicking the link at the top of VSU's home page.

Dr. Staton said that the address will also act as a celebration.

"I will also review accomplishments from around the university community as a way of celebrating our achievements heading into the summer, while preparing for next year," Dr. Staton said.

Preston Yardley, a freshmen, said that the president should speak about communication at the State of the University Address.

"He needs to address the lack of efficient communication between higher-ups and students," Yardley said.

Another freshman, Mia Clark, said that Dr. Staton should talk about food options on campus.

"He should address the length of dining hall hours and the lack of vegetarian options on campus," Clark said.

Dr. Staton, whose contract is up in July, has not commented about staying at VSU. Since most interim positions don't usually last longer than a year, Staton is expected by many to address whether or not he will be back in the fall.

Whitehead Auditorium is in the Fine Arts building, located at the corner of Oak Street and Brookwood Drive.

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NEWS

History lesson: when people first stood against sexual violence

Olivia Studdard
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oastuddard@valdosta.edu

The color teal may have been extremely prominent on VSU's campus this month, and many students are wondering what it represents. Teal is the focus color of Sexual Assault Awareness Month, which takes place every April. All throughout the month of April, teal ribbons and the slogans, "It's About Time to Prevent Sexual Violence. Speak Out," and "Decide to End Sexual Violence," color America. Sexual Assault numbers are higher on college campuses than they are anywhere else. Knowing this, it only seems natural that college students are the ones leading in protests, marches and awareness campaigns. This past Tuesday night, VSU's criminal justice department hosted its own "Take Back the Night," which included a viewing of "The Hunting Ground" and refreshments to educate students about the dangers of sexual assault on campus. Going as far back as the late 1970s, women have been protesting against the growing rate of assaults. One of the largest campaigns in this time was the "Take Back the Night" marches. San Francisco and New York City were the first to hold "Take Back the Night" events in 1978. The idea spread like wildfire, and awareness grew. Eventually awareness for sexual violence against men became a focus as well. These protests got their name because women would protest on the streets at night. They began to look for a time of the year when they could actively promote awareness against sexual violence. They would strongly participate in October's domestic violence month events, but desired to ignite awareness for sexual assault against women. By the late 1990s, Sexual Assault Awareness Month was born. The United States nationally celebrated Sexual Assault Awareness Month for the first time in April of 2001, and the tradition of igniting passion for change has continued ever since.

Free counseling groups available to VSU students

Kelsey Dickerson
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The counseling center offers free counseling if students are ever feeling overwhelmed and need someone to talk to. Each semester counselors offer a variety of therapy groups to help students figure out their problems alongside one another, in addition to or instead of meeting a counselor one-on-one. This semester, the counseling center offered five group sessions. "Keep Calm and Carry On," "Metamorphosis," "A Healing Journey for Women," a "Men's Group," and a group called "Love Your Selfie." Valdosta State also opened a chapter of a national group called Adult Children of Alcoholics (ACOA). According to Rebecca Smith, assistant director of the counseling center, Valdosta State is required by the International Association of Counseling Services to provide group therapy sessions. This semester, the groups cater to a wide variety of needs. According to the counseling center webpage, there are three groups that are open to all genders: Metamorphosis which is an art therapy group where participants express themselves through art projects, Keep Calm and Carry on, a group dealing with anxiety and stress issues, and ACOA, which functions under national standards. Smith said that in one case she could "almost see the pain coming out" in a project a student completed in the Metamorphosis group. Some groups also deal with problems unique to each gender. The men's group deals with issues directly affecting men: sexuality, trust, strength and weaknesses, and relationships. Healing Journey and Love Your Selfie are both groups for women. Healing Journey is a group for women who were victims of sexual assault or abuse, while Love Your Selfie is a group focused on helping women with low self-esteem through positive self-talk and the encouragement of others in the group. According to Smith, there is also a discussion group open to transgender students, along with the BraveSpace, a discussion forum for LGBTQ+ students. Students who wish to join a therapy group must first meet with a counselor. Group times are determined based on the times that will best fit the schedules of the group members.



Erin Martin/THE SPECTATOR
Students gathered in the Student Union Ballrooms on Tuesday to get informed about sexual assault on college campuses.

'Take back the night' educates students on sexual assault

Erin Martin
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Tuesday night, VSU hosted "Take Back the Night," an annual sexual assault awareness forum for students, held in the Student Union Ballrooms. The event was hosted and sponsored by Office of Social Equity, Office of Health Promotions, The Relationship and Sexual Violence Prevention Task Force. The purpose of this event was to acknowledge the prevalence and injustice of rape culture in college campuses. Faculty and staff were encouraged to join together to end all forms of sexual violence. Interim Provost and Vice President for Academic Affairs Brian Gerber was the introductory speaker, and informed the audience of some shocking statistics on sexual assault on college campuses, such as that one in three women and one in six men experience some form of sexual violence. Furthermore, on college campuses in the U.S., one in five women is sexually assaulted. Ninety percent of those women do not report the assault. "We have to make sure that everyone is aware," Gerber said. "It is an issue across all institutions of higher education. The more students are aware of the possibilities of what can happen, the more we can prevent it from happening. Things like these are a good way for universities to share resources and let students know that it is more common than anyone would be willing to admit." Following the introduction was a screening of the movie "The Hunting Ground," where more than 100 students recount a traumatic moment of their lives. After the movie, there were panelists from different organizations and departments on campus. Students in the audience were given the chance to ask anonymous questions for feedback. One of the panelists for the evening, Tricia Hall, talked about the importance of these conversations on college campuses. "These conversations need to happen on all college campuses," Hall said. "Young adults need to learn about intimacy, and how to communicate in the right way." Events like Take Back the Night this are held in over 30 countries every year. "I think people have to acknowledge the reality that women and men are getting raped, and it's just not fair," Lindsey Morgan, senior criminal justice major, said "Conversations like this are important though, it makes women feel comfortable to know that someone cares." Students are encouraged to use the counseling center for advice and resources if you need their help, the number is 229-333-5940. The Haven also offers 24-hour emergency shelter and services to victims of abuse.

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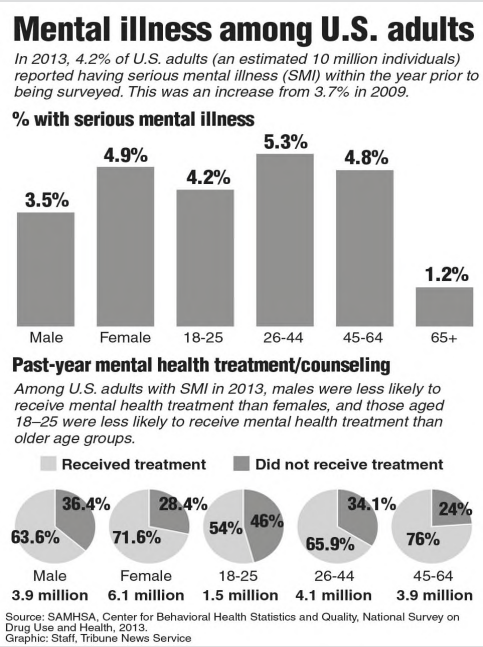
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OPINIONS

Our point of view...



MCTCampus

Don't suffer in silence at VSU

The theme of mental illness was one that we at The Spectator thought was important to address because college is a time where students can develop mental illnesses and not know how to handle them.

According to the National Alliance on Mental Illness, approximately one in five adults in the United States experienced some type of mental illness within the past year, and we as an editorial staff feel the need to address the issue.

VSU has done a tremendous job in taking care of the health of students. Since 2010, there has been a 33 percent increase in students attending the counseling center. There are many mental-health issues that affect college students, such as anxiety, past trauma, body-image issues, attention-deficit disorders and more.

With the statistics given to us by the counseling center, we discovered students at VSU care deeply about their mental health, and we applaud the student body for this.

However, we believe that

VSU could do a better job at informing freshman and incoming students about the counseling center and all it has to offer.

Freshman year can be a difficult time for students because they are away from their home, their family, and everything familiar to them. These difficulties can cause anxiety, depression, and other mental illnesses that need to be taken care of in order to have success in the following years of college.

We feel VSU does a better job caring for their students in regards to mental health than other schools in Georgia, but there is always room for improvement, especially with an issue as important as mental health.

The Spectator staff also wants to encourage Blazer nation to keep caring about mental health. Keep encouraging your friends to seek help if they need it. Keep reminding yourself that your mental health is important. If you're a student suffering with mental health issues don't hesitate to get help. VSU has wonderful facilities to help students through difficult times.

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

Why is mental health not treated like physical health?

Olivia Studdard
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Two girls walk into a hospital, both with legitimate medical concerns. One tells the nurse that she fell down and broke her arm, the other says that she suffers from depression and is on the verge of a mental breakdown. Yet the hospital only treats one of the girls.

Society makes it no mystery which of these girls was treated and which was sent away.

Of all of the factors taking away from college students' focus on academics, stress and anxiety weigh in at a whopping 52 percent, while physical injury is a small two percent.

The problem that many people with mental illnesses face nowadays is inadequate care when it is needed most. However, the stigma that surrounds illnesses such as depression, anxiety, bulimia, and PTSD is that they are caused by a

negative mindset, rather than a list of variable symptoms interrupting the individual's day to day life.

One of the factors that make them so hard to catch is that they are often suppressed. The girl with anxiety may seem like one of the most confident people. The boy with depression might have the biggest smile. The soldier suffering from PTSD might excel at his or her job. It is nearly impossible to look at a person and determine who is trapped in their minds.

Fact is, while one in three students has prolonged depression, and one in four students admits to feeling suicidal during college, only seven percent of suffering college students will report to the counseling center of their university for help.

What's more is that 30 percent of college students reported problems with school work due to a mental health issue.

The numbers are terrifying, but even more frightening is knowing

that there are thousands of these students walking around VSU, students with little to no motivation as well as students with perfectionism. You never know who is suffering silently.

The only way to fix this problem is to simply talk about it. What might happen if talking about mental illnesses became the norm, instead of treating the topic like a social pariah?

Maybe if we began treating mental illnesses as we treat physical illnesses and developed treatments to fight these rising numbers, perhaps one day the hospital would have to treat both girls as equal risk for higher injury.

Talk about it. Even if it makes you uncomfortable. Talk about it. Even if you aren't someone suffering. Talk about it. Even if the world tells you to stop. Do it for your friends, your classmates, and maybe even for yourself. Talk about it.

Men hide mental health issues more than women and the effects are harmful

Carlus Williams
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Between work, school and balancing personal lives, college students have a lot to deal with both physically and mentally. The things college students deal with from day to day could be the source of a lot of stress and anxiety. It is important to take action if you feel or experience mental health issues, or have concern for a friend or classmate. Without getting treatment it could be detrimental and debilitating.

The National Alliance on Mental Illness said of the one in four students who have a diagnosable illness, 40 percent do not seek help, eight percent feel overwhelmed with responsibilities, and half of them have been anxious about struggling in school.

Mental health issues are more of a stigma to men than women. It goes against traditional masculine norms. Dr. Ronald F. Levant

defined these norms as restricted emotions, avoidance of being feminine, being tough and aggressive, self-reliant, and make achievement the top priority. According to the National Alliance on Mental Illness, six million men in the United States have at least one episode of major depression a year. Additionally, depression has scientifically been proven to have medical and biological links to these masculine norms. Accepting mental issues can make a man feel weak and make it hard to maintain a masculine identity but it is very easily treated.

Counseling centers offer support groups and one-on-one interactions for male students who feel that their manhood is in jeopardy by speaking on internal issues in large groups. According to the latest annual survey by the Association for University and College Counseling Center Directors, men make up 34 percent of clients. Men are also four times more likely to commit suicide

than women, according to the American Foundation for Suicide Prevention. In the face of distress, men tend to turn to alcohol and self-medicate more than women.

Unfortunately, men do not want to deal with feelings and acknowledge they are not perfect. The hard thing about college is getting help from peers. There may be someone right now who needs help from the counseling center, but will do everything but go in because it is not the popular thing to do. The life you live is your responsibility; ignore people who pass judgment if you say or feel different than they do. Go get help if you feel as if you need it, because we pay fees to keep the counseling center running. Give help when you see a peer or friend who needs it. Nowadays being a man is tough but you do not have to always be tough to make a statement. A healthy mind is a healthy life.

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OPINIONS

A creative take...

The manifestation of depression: A creative look at the effects of mental illness

Julia Rodriguez
ASST. OPINIONS EDITOR
jlrodriguez@valdosta.edu

She sits near the woods at the far end of an overgrown garden patio. Staring, past the faded cobblestone zigzagged with cracks and grass, at the old crumbling house she once lived in. Everyone who lived there is dead. Her parents are dead. Her siblings are dead. She hasn't seen another human being since her father started coughing up blood and was whisked away into quarantine. Everyone in the world is gone, but they were rusty anchors tied with scratchy rope to her delicate ankles, holding her in place beneath dark, suffocating waters.

She does not mind the solitude. She has always preferred being alone. The people in her life were the root of all her problems. The sickness that took them brought her freedom. Yet, her lack of emotion scares her, she doesn't feel human anymore. Hoping for this place to evoke some feeling, she sits and stares at it, remembering the faces that walked the halls.

Something softly brushes against the nape of her neck and brings her out of the gloomy trance. She tries to turn around and see what touched her but she cannot move. Finally she feels something again, but it is fear. Then pain, as she is attacked without the ability to fight back.

If interested, email Julia at
jlrodriguez@valdosta.edu with feedback.

All she can do is scream as her flesh is ripped from her face, shoulders, chest and stomach.

"This is because of you," she gasps between screams.

She glares at the house through the hot blood streaming into her eyes, "You got sick and left me here to die like this."

Her whole body is stinging and throbbing when her heart begins to palpitate out of rhythm. As she slips into cardiac arrest, she is finally able to move. She collapses into a bloody mess of mangled flesh on the ground and slips into unconsciousness.

"What is that horrible smell?" A boy asks his grandmother as they walk towards a house in search of food.

"Something has died here..." she responds solemnly.

"There!" he points.

At the end of the yard, in the garden, lay the girl's body, flies circling it under the beating sun. The grandmother walks to it but the boy stays back, unable to stomach the smell.

"Grandma she's half eaten! Don't touch her it's gross!"

The grandmother kneels down and takes the girl's hand, inspecting her twisted, cracked, and bent back nails, "This girl has not had a single bite taken out of her," she whispers to herself.

Tennessee law makers veto Bible as state symbol

Meaghan Bitters
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Last week, Gov. Bill Haslam received a bill to designate the Bible as Tennessee's state book.

The state already has many symbols including: a flag, seal, tree, flower, fruit, bird, fish, wild animal, horse, reptile, amphibian, insect, rock, fossil and rifle.

According to NPR.com, "The bill's backers say they want to recognize the Bible's role as a record of family history."

Lawmakers were pushing this bill while religious conservatives were opposing.

According to NPR.com, 60 percent of Tennesseans favor the bill and believe they would be honoring the book by making it a state symbol; however, religious conservatives reject the idea of the Bible represented equivalently to other state symbols.

Some on the opposing side feel making the Bible a state symbol would devalue it; others feel the state would be endorsing Christianity.

On Thursday, April 14, Haslam, vetoed the bill.

According to Tennessean.com, Haslam wrote in a letter to House Speaker Beth Harwell, "If we believe that the Bible is the inspired word of God, then we shouldn't be recognizing it only as a book of historical and economic significance," he said.

Sen. Steve Southerland and the senate sponsor of the bill announced on Monday that they will push for a veto override.

After two hours of discussion, the House of Representatives took a vote Wednesday and fell seven votes short of the 50 they needed to override the veto ac-

cording to Tennessean.com.

In response to the decision, the bill's sponsor, Rep. Jerry Sexton, R-Bean Station, said: "It had a strong uphill climb, but I believe that we came further and I believe that we made history here in Tennessee."

Southerland said: "We were disappointed in that, but no matter what happens God's word is still there," according to Tennessean.com.

If Tennessee were to make the Bible a symbol of their state, it would be going against the separation of church and state and it would be greatly devaluing a sacred book. The state did themselves a favor by vetoing this bill.

It is shocking that Tennessee lawmakers even thought this issue was worthy of debating over, dealing with, or even thinking about when this state is 17th in the nation for teen pregnancy, according to Live Science.

This is the same state that has a 31 percent obesity rate, according to State of Obesity.org. Tennessee also has a poverty rate of above 17 percent, according to the poverty map on Poverty USA.org. The poverty rate is a lot higher than the national average.

Maybe if Tennessee lawmakers would focus more on the public health issues plaguing their state and reducing the percentage of poverty instead of trying to add to their plethora of state symbols, their citizens would be in a much better situation.

While it is understandable and even respectable that Tennesseans love the Bible so much, that does not mean it needs to be one of their state symbols.

Read Geneva Crooks' story about Muslim prayer rooms being put in colleges around America on the web at www.vsuspectator.com

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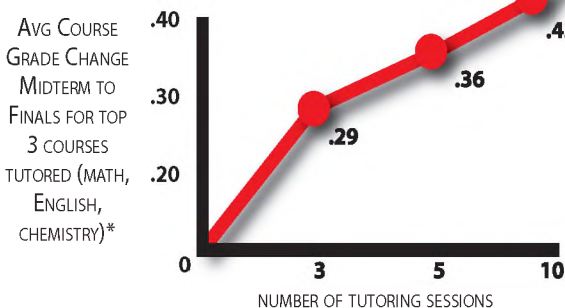
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MENTAL HEALTH
TIP

According toUberFacts, listening to soothing music as you go to sleep helps relieve stress and tension, helping you get a good night’s sleep.



John Gallagher Jr. stars as a masked avenger targets Maddie (Kate Siegel) in the new horror-thriller ‘Hush.’

Photo Courtesy of The Verge

‘Hush’ thrills even horror vets

Kayla Stroud
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After receiving critical success with his surprisingly-enjoyable mainstream attempt with “Oculus” (2014), director Mike Flanagan returns with “Hush.” Last month, it premiered to a packed house at the SXSW Film Festival but as of April 8, the film can be found on Netflix.

“Hush” follows Maddie (Kate Siegel), a young women who went deaf as a young

teen. She locks herself in her secluded home away from the busy city life as she finishes completing her writing for her upcoming novel. Also mute, Maddie is completely cut away from all communications from the outside world with only a distant neighbor to keep her company. This makes her the perfect target for a masked man (John Gallagher Jr.) with devious intentions.

Much like “The Strangers” (2008), the attack is random making Maddie’s situation all the more sinister.

“Hush” follows a simple concept. There are very few frills and none of the overplayed horror jump scare tactic included in this film.

As a huge horror fan, I’m rarely surprised with what the genre churns out. From demon-ic car tires, to rabid gingerbread men running amuck, to possessed refrigerator; I’ve seen just about all the genre has to offer. However, as someone who’s personally experienced the horror of someone breaking into their home, there is no subsection of horror film that will always have my heart racing more than home invasion thrillers.

This film is well worth the 81 minutes. I would definately suggest you give it a shot.

ZipCar give students option for driving

Terrance Johnson
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ZipCar is a revolutionary car rental service that appeals to young adults with its low age requirement, low prices and hourly rental capabilities.

Recently, ZipCar has been implemented on a few campuses across the United States. ZipCar allows students ages 21 years and older with ok driving history and a valid driver’s license to rent cars for however long they may need them.

The everyday struggle for many college students is not having transportation to get around. In the City of Valdosta, there are no forms of public transportation other than overpriced taxi cabs. Many stu-dents find themselves depending on friends or walking great distances.

ZipCar would be an awesome idea for VSU. Students on campus would greatly benefit from being able to do anything from renting for a few hours to go shop at the mall or to take a weekend trip to the beach.

Although ZipCar would be a pricey spend for VSU, it would be well worth the happy students and better campus life; even for those who don’t have cars.

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CONCERT REVIEW

Renowned drummer gets percussive at jazz concert

Julie Jernigan

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On Tuesday night, Valdosta State held a Jazz Appreciation Month concert in Whitehead Auditorium featuring the Jazz Ensemble and guest drummer John David.

David is the Director of Jazz and Percussion Studies at Berry College. He also directs the Berry Jazz Ensemble, which was featured at the 2015 Georgia Music

Educators Conference in Savannah, the Percussion Ensemble, and Viking Drumline.

As a renowned drummer of the southeast, David has performed throughout the United States and Europe with notable artists such as Arturo Sandoval, Bruce Hornsby, and the Jaco Pastorius Big Band.

Under the direction of David Springfield, the band performed for a fairly packed audience and received a well deserved standing ovation.

Springfield started the night off with an upbeat number titled "Switch in Time," which set a relaxed, fun environment for numbers to come.

The night's lineup of songs were filled with diverse favorites like the smooth sounding, "Spring Ain't Here" by Pat Metheny and arranged by Bob Curnow, which featured senior performance major Nick Johnson, whose vibrato is eerily reminiscent of Kenny G.

The night continued with "Pass

It On" by Dave Holland, which showcased David's talent as he lost himself in his beats and strokes.

The highlight of the night was the last song titled, "All My Life" by the Foo Fighters, arranged by Springfield.

David called Springfield, who he always calls to make new arrangements with, and asked if it was at all feasible, and Springfield never backs down from a challenge. The piece was new, fun, and exciting. Dave

Grohl would be proud. It was an excellent ending to an impressive concert.

Valdosta State's Department of Music shouldn't be slept on anymore. There are extraordinary instrumentalists and vocalists who should be recognized more for their hard work and determination. The Fine Arts are a force to be reckoned with.

VSU will conclude Jazz Appreciation Month with a concert, featuring the Student Jazz Combos on April 27 at 7 p.m.

Last planetarium show of season 'Radio Universe' comes to VSU

Kelsey Dickerson

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Last Friday the Planetarium presented "The Radio Universe," the final presentation in a series that ran throughout this past school year.

"The Radio Universe," presented by Dr. Cecelia Barnbaum, took the audience on a tour of the universe through radio wave imaging. Dr. Barnbaum explained how radio waves, which are usually associated with sound, behave exactly like the light waves that brighten our world every day. Though radio waves are usually thought to be sound waves, the presentation said, they are actually just waves of light with extremely long wavelengths.

After a run-down over waves and their behaviors, the show moved on to other universal phenomena, showing how radio waves can be used to get information that cannot be gathered using visible light alone. The audience got a look at distant galaxies and pieces of the night sky created by radio wave imaging and learned how astronomers can determine the chemical composition of regions in the universe by studying images made with radio waves.

In a particularly interesting ending note to the presentation, Dr. Barnbaum explained radio waves' ability to beam messages through space. The audience got a look at the Arecibo message, a three minute message sent from the Arecibo radio telescope toward the globular M13 star cluster, which was to be arranged into a sort of mosaic picture describing the human race and a picture of our solar system, indicating that the message had come from Earth.

The show was unable to conclude with an observational period on the roof of Nevins Hall because of cloudy sky conditions, but the audience was given a look at the wonders of the night sky via the planetarium projector by Dr. Kenneth Rumstay.

If you're looking for something different to do on a Friday night and you wouldn't mind learning something interesting along the way, the shows in the Planetarium are the way to go. "The Radio Universe" was informational but not dry, and the phenomena projected onto the planetarium dome were beautiful. Tickets are free for all three 7, 8, and 9 p.m. shows, but ticket reservation starts at 6 p.m. in front of the planetarium in Nevins Hall.

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2Chainz takes center stage for 2016 spring concert

Erin Martin
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VSU had their spring 2016 concert this past Friday, where rapper 2 Chainz and various artists performed at the “Party At The Plex.” The concert brought together both students and the community for a fun night hosted by Hot 107.9 The Beat.

Atlanta native 2 Chainz performed some of his most famous songs like “Riot,” “No Lie,” and “Birthday Song,” including newer songs from his latest album entitled “ColleGrove.”

Students enjoyed a fun and intimate environment on the arena floor, and in the seats surrounding the stage. When

the doors opened at 5, the audience came out to mingle, dance, and enjoy music by 107.9’s DJ Big Twin.

Before 2 Chainz hit the stage, some of VSU’s very own students were given the opportunity to showcase their talents. Matt Jay, EAZ, Mikey Spiffy, Dee Jay and Corey Andrews were just a few of the students who opened up the show with their completely original content. MAG Dance also entertained the crowd alongside rapper Mikey Spiffy while he performed his first single “Lavish.”

2 Chainz brought with him to open up Atlanta music group KontraBand Musik. The three-man electronic and pop group preformed a few songs including their original music,

and covered songs of some artists like The Weeknd.

Rapper Matthew Francis, better known by his stage name Matt Jay felt that watching both 2 Chainz and fellow students perform made his concert experience amazing.

“Allowing student musicians to perform at the spring concert serves as another incentive for them to foster their crafts,” said Francis, senior biology major. “Hopefully, we can even start to see a more diverse group of students taking advantage of these opportunities.”

Shannon Easley, also known as EAZ, who preformed his single “Y’all Ain’t” on Friday also talked about his experience at the concert.

“DJ’ing and performing was a last minute decision but

a blessing nonetheless,” said EAZ, senior communications major. “For our next concert, I think that VSU should allow the artists serious about their craft to perform. Performing at an event like that is a privilege, it shouldn’t be handed out. All music matters though, it’s just about the respect for the craft.”

“The concert itself was a lot of fun, and it was refreshing to see such a diverse audience. 2 Chainz was a great choice because he caters to a wide variety of our students,” said D’Yasmine Richards, senior, communications major. “I also think that it was big for administration to let our students perform too. It probably made ticket sales increase.”



Kyle Dawson/THE SPECTATOR
Rapper 2Chainz performs as students take pictures. 2Chainz performed for about an hour.

#ImFlattered battles negative body image issues

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With the use of smart phones, social media, magazines and more, people have become even more involved with their appearance. Because of this body image is a major mental health issue amongst people of all ages. Body image is a very serious and affects people of all races, ethnicities, sexual preferences and more. Fashion designer Malorie Dunn has created a line to empower people and to embrace their look. Dunn created SmartGlamour to battle society’s outlook on negative body image.

Q: What was the moment that sparked your idea for SmartGlamour?

A: After graduating from Pratt Institute in 2010, I took a year to decide what I really wanted to do with my degrees and I decided to get into corporate design. I left the corporate world and embarked on a year of freelance work.

During that time - I realized that what I truly cared about most was society’s negative body image, specifically that of women and feminine presenting people. I realized this stemmed from the complete misrepresentation of us all in the media and the struggle we all have with finding clothing that fits properly. I don’t remember the exact moment, but I realized that by offering clothing to everyone, with no limitations, offering customizations on top of that and by creating accurate representations of people within my ads and campaigns I could combat those main causes and help chip away at the problem overall.

Q: How did you decide on the name? What’s the significance of the name?

A: I actually created the name SmartGlamour in 2007. All of my life I have been very academic and self proclaimed “nerdy” while also being super into fashion, clothing, and the arts in general. So SmartGlamour is

about embodying both aspects and stepping outside the boxes society tries to put us in.

Q: Is your line for just women? If so, do you plan on making a line for men?

A: My line is created for anyone who wears feminine clothing. Technically, I am a “womenswear” designer but I have had men wear my clothing, and also many transgender and GNC individuals. I do not design “menswear” because that is a separate field of design. Mens’ clothing has different silhouettes, proportions, measurements, styles, fabrications, and techniques.

Q: What is #ImFlattered? Was this your idea or did it just take off on social media?

A: SmartGlamour is human forward before it is fashion forward. It’s about what the clothing can do for you. #ImFlattered was one of our campaigns, which wonderfully went viral recently. The word flattering used to mean pleasing

or gratifying - but has since taken on a context of making someone seem slimmer or their body seem “better” in some way. And with this new definition - more and more people feel the right to tell other people how they should present themselves especially in a more “flattering” way. So I found nine women and asked them to tell me about a time someone else told them how they should dress or present themselves, most were things they shouldn’t do like don’t show your arms or your scar, don’t wear prints if your plus sized, etc and so I went and created those exact garments for the women and photographed them wearing them, declaring that they were flattered because they said so. I think it resonated with a lot of people because it is something everyone can relate to and as always with SG, we have women of different sizes, shapes, ages, ethnicities, and styles all coming together over a mutual struggle.

Q: What would you say to

those who do have issues with their body?

A: I have two pieces of advice. One is very rational and the other is emotional. First, the rational advice is to break down the negative issue they have. What is it, where does it stem from, where did you learn to have that opinion, did someone tell you to feel this way? Who? Is it even someone you respect? Is it even something you truly believe? I think this helps people step away from the issue - and take it off of themselves, realizing that society makes up “rules” on how humans should present - but we don’t need to follow them. The second, emotional advice - is to get to know your body better. As a general rule - humans are more scared of things they don’t know much about. It is easy to hide from our bodies - refuse to look at them - but the more we sit with ourselves and get used to our size, our skin, or curves, our bones - the less scared we will become.

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VSU men crowned conference champions for the 11th time

Marquez Slaughter
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VSU can add another championship banner to its wall.

Saturday's win earned the Blazer men their 11th all-time GSC championship title.

The VSU men's tennis team rallied against teams in Pensacola, Florida, before heading to Montgomery, Alabama, to reserve a spot in the NCAA Division II last Saturday. They defeated the No. 4 West Florida Argonauts in their Gulf South Conference championship meeting.

The Blazers took on the Delta State Statesmen on Thursday, then No. 36 North Alabama Lions on Friday in the first two of three games in the GSC tournament. They beat both teams 5-0.

The lead in the championship game began with the Argonauts ahead. Then, the momentum shifted after sophomores Leo Blay

and Xavier Pineda obtained a payback 8-1 win at No. 2 position doubles against Juan Pablo Boada and Pedro Rouse who had defeated them March 25.

Nationally ranked at No. 8, Blay defeated the No. 7 Alex Peyrot for the second time this season, with a result of 6-3, 7-6 on Saturday.

Junior Gereon Heitmann also beat his Argonaut opponent, Boada, 6-2, 6-2 for the second time this season at the No. 2 position, and Pineda took his second win against Douglas Boe, 6-0, 6-4 at No. 6.

The clutch moment of sophomore Fernando Rivas gave the Blazers the advantage to win the tournament when he went head to head with Kenny Brasil.

The overall score before Rivas and Brasil took the court was 4-4, and it was down to the No. 3 match before the Blazers could have their hands on the GSC trophy.

Rivas won his first set 7-6, then lost the second 0-6.

The sophomore bounced back from the losing set and finished the tourney with a 6-4 win against Brasil.

The Blazers did well this season and maintain an overall record of 15-6 and a GSC record of 11-1.

The women's team won their first two of three games in the GSC tournament against the Statesmen (5-1) and West Alabama Tigers (5-0), but concluded its tournament experience with a 1-5 loss to the Argonauts.

The women finish their season 13-8 with an 8-3 GSC record. They and the men will wait until May 3 for the announcement of the national tournament standings.

Both teams finish with winning records and a national ranking. They will have chances to prove their potential in May and increase their ranking.

Blazers looking to exceed expectations

Aldean Starr
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VSU football is still grinding.

The Blazers started spring practice about a month ago, and the players are starting to get on the same page with the

new coaching staff and what is expected of them.

"It is going good," Sharmaine Washington, senior linebacker, said. "Everybody is getting to know each other and figure out each other, we're getting on the same page and starting to work together."

The coaches are not the only new faces on the field in spring practice this year. Former starting quarterback EJ Hilliard from last season will not be lining up with the Blazers this season, and long time running backs Cedric O'Neal and Austin Scott are also done with their time with the Blazers.

Along with top receiving threats and some offensive lineman, the Blazers will have a new look this upcoming season. New coach Kerwin Bell is also implementing an offense that is very fast, with the no huddle. Quarterback Roland Rivers is getting the majority of the reps and looks to be the offense's leader.

VSU's defense has lost linebacker Kenny Murphy, who was the quarterback of the defense. The school is also on its fourth defensive coordinator in four years.

The Blazers new defensive coordinator is James Rowe, a graduate assistant coach from the University of Florida. At UF, Rowe had a chance to work with one of the nation's best secondaries, which included highly-regarded NFL prospects such as Vernon Hargreaves III, Keanu Neal and Jalen Tabor.

Rowe's experience could bring the Blazers pass defense some needed help a season after finishing fifth in the conference against the pass.

"It is a similar scheme (compared to last season), but we have different packages," Washington said. "You can see the progression from scrimmage one to scrimmage two and the players are enjoying the new defense and the new offense so it is going really good."

Blazers fans can still catch some action. The team only has a couple of spring practices left before the spring game this Saturday at 4 p.m.

"Everybody should watch out for the Blazers because nobody is expecting to make the playoffs this year so we are going to have to just go out and prove it to everybody," Washington said.



Gabe Burns/ THE SPECTATOR

Roland Rivers looks for an open receiver as the offensive and defensive lines battle in the trenches.

Baseball's hot streak halted by Wolves

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VSU versus West Georgia had the looks of an "unstoppable force meeting an immovable object" matchup, but as it turned out, it was a one-sided clash.

With nine wins in their last 10 games, the Blazer baseball team looked take out the Wolves, a team just as hot as VSU, having won 11 in a row.

West Georgia proved to be the better team, sweeping the Blazers in three games over the weekend, starting with game one of the Saturday doubleheader. After VSU had taken a 3-2 lead

in the fifth inning, West Georgia responded with two runs of its own, including the go-ahead run coming on a wild pitch. The Wolves kept VSU scoreless the rest of the game to win 4-3.

In game two, the Blazer offense would only manage an unearned run against Matthew Norton, who threw seven innings while only allowing two hits. The Wolves were able to score five runs (four earned) against VSU starting pitcher Kellan Bailey over six innings.

The final game of the series took place Sunday afternoon, when West Georgia extended their win streak to 14 games and

swept the series against VSU. The Blazers managed to score the first run in the fourth inning, but the Wolves responded with an equalizer in the bottom of the inning.

The huge blow of the game came in the next inning, where Dalton Rogers blasted a 3-run home run, giving the Wolves a lead they would keep. The Blazers managed two runs in the eighth but eventually lost by a score of 7-3.

The Blazers will finish the regular season with six critical games on the road against conference rivals Delta State and North Alabama.

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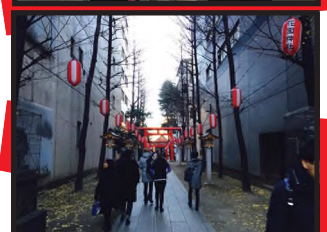


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SPORTS

COMMENTARY

The NFL should acknowledge CTE

Gabe Burns
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As Jamaal Charles finds a gap, he explodes 20 yards into the open field until tackled by Raiders defenders.

Just a “football play,” as it’s so often described by fans. But each one of those plays is much bigger than what the spectators see.

According to Boston University, Chronic traumatic encephalopathy, or CTE, is “a progressive degenerative disease of the brain found in athletes (and others) with a history of repetitive brain trauma, including symptomatic concussions as well as asymptomatic subconcussive hits to the head.” CTE can only be diagnosed post mortem.

Ken Stabler, a former Oakland quarterback who passed away last July at age 69, was diagnosed with CTE. Junior Seau, a Hall-of-Famer, committed suicide in 2012. Seau’s family was informed that his 20-year career caused CTE, and his brain was “gradually deteriorating.”

“I think it’s important for everyone to know that Junior did indeed suffer from CTE,” Gina



MCT CAMPUS
The San Francisco 49ers’ Chris Borland retired after an excellent rookie season amid concerns about his health. He is the first NFL player to voluntarily do so.

Seau, Junior’s ex-wife, said to ESPN. “It’s important that we take steps to help these players. We certainly don’t want to see anything like this happen again to any of our athletes.”

San Francisco’s Chris Borland retired after a strong rookie season due to fears for his health,

which raised eye-brows around the league. J.J. Watt, arguably the best player in the NFL, said on Monday he would consider early retirement.

Dr. Ann McKee, a researcher at Boston University, found CTE in 90 of 94 former professional football players studied. That is

almost 96 percent.

For years the NFL has vehemently denied a connection between it and CTE. Jeff Miller, NFL’s senior vice president for health and safety, changed that. Miller acknowledged his belief in the connection between the league and CTE in March, but added that so little is known about CTE that it is difficult to get into details.

Miller’s colleagues have been less affable. Dallas Cowboys owner Jerry Jones referred to the suggested connection as “absurd” while Commissioner Roger Goodell has not publicly stated a belief in the correlation.

“From my standpoint, I played football for nine years through high school and I wouldn’t give up a single day of that,” Goodell said. “If I had a son, I’d love to have him play the game of football because of the values you get. There’s risk in life.”

Goodell and Jones’ opinion go against the grain. If we are to assume there is at least a miniscule relationship between football and the disease, it begs the question why much of the league’s higher-ups are ignoring it.

As fans, we cheer when a player gets hammered by another. But those men are taking years off their lives for our entertainment.

On the other side of the coin, NFL players are adults who are paid millions to take those hits. It’s their choice, and if the money outweighs a potentially shorter life, who are we to disagree?

Goodell and his associates would be best off to recognize the correlation. The league has increased funding for research, but the athletes need better support. They are giving their lives for the game. The least the game can do is spare no expense to keep them healthy.

I do not feel guilt when watching football and I doubt you do either. There is little we can do besides keeping our cash in our pockets in protest, which realistically won’t happen. The athletes enjoy what they do and are rewarded handsomely for their efforts. The responsibility falls on the NFL administrators to admit there is a problem and work to find a solution before young athletes drift away from playing football.

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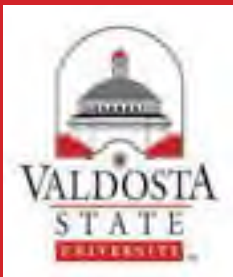
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