

January 16, 2018

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Special Edition

THE SPECTATOR

THE UNFILTERED, UNCENSORED VOICE OF THE STUDENTS.

The Housing Edition

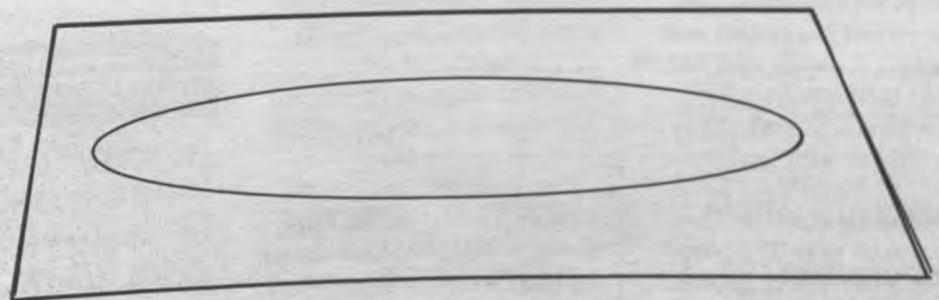
NAACP, Alpha Phi
Alpha host annual
MLK Day march

Housing Guide

Healthy Recipe
Guide

Resident Advisor
SPOTLIGHTS

COLOR
ME!



THE UNFILTERED
SPECTATOR
November 28, 2017

Our point of view...

Don't quit on your goals in 2018

With the new year comes the flood of posts on Twitter, Facebook and other social media platforms similarly titled, "New year, new me." The new year is sometimes seen as wiping the slate clean or getting a fresh start. Perhaps you failed a course last semester or gained some unwanted weight. Either way, 2018 brings a fresh start for everyone. Mistakes you may have made last year are in the past now, so take a deep breath and look forward.

Make sure that this year you take time for yourself, physically and mentally. There will likely be times that you feel sad, angry and possibly even hopeless, but remember that these feelings will pass. Whether you made a resolution or not, we are just a little over a week into the new year. According to the Foundation for Economic Education, it takes 21 days to form a habit, be it good or bad, so don't be discouraged if you are having a hard time keeping up with your New Year's resolution. Whether you decided that you were going to be healthier by taking a shot of apple cider vinegar everyday or studying at least an x amount of time per day, remember to keep at it and know that it gets easier.

The semester has just started and if a 4.0 is one of your goals, keep that goal in sight. Maybe you'll find that you didn't do as great as you wanted to on the first test. That's okay. Don't let this discourage you from your goal. Remember that professors are generally more than happy to meet with you during office hours to answer any questions about the coursework. There is also the Student Success Center which offers tutoring for an array of courses.

No matter your resolutions or goals, take this year to make it your year. Whether 2017 was the best or worst year of your life, think of 2018 as the first year of your life, except now you can already walk the walk and talk the talk. Remember to take time for yourself this year and remember that you can achieve your goals whether it be by getting a 4.0 this semester, exercising x amount of hours each week or making the bed every day. Make 2018 the year where you achieve your goals, Blazers. You got this.

Sincerely,
The Optimistic Spectator

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

How much do you know about Martin Luther King Jr.?

Where was MLK born? What was his wife's name?

- A) Charleston, South Carolina
- B) Birmingham, Alabama
- C) Atlanta, Georgia
- D) Jackson, Mississippi
- A) Mary
- B) Bernice
- C) Rosa
- D) Coretta

At what age did MLK enroll at Morehouse? What was MLK's birth name?

- A) 15
- B) 18
- C) 16
- D) 21
- A) John
- B) William
- C) Michael
- D) Thomas

What speech is MLK known for?

- A) "Tear down this wall!"
- B) The Gettysburg Address
- C) "I Have a Dream"
- D) "Give me liberty or give me death"

For answers, check page 12. For MLK march coverage and photos check page 14, vsuspectator.com and add us on Twitter, Instagram and Snapchat @vsuspectator, @vsu_spectator and @vsuthespectator

The Loopholes in: resident hall pets



Davina Hurt

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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

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BE SMA

ow about
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his wife's name?

MLK's birth name?

r answers, check page 12.
r MLK march coverage and
otos check page 14,
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of a violent crime
on campus.

1 in 1124

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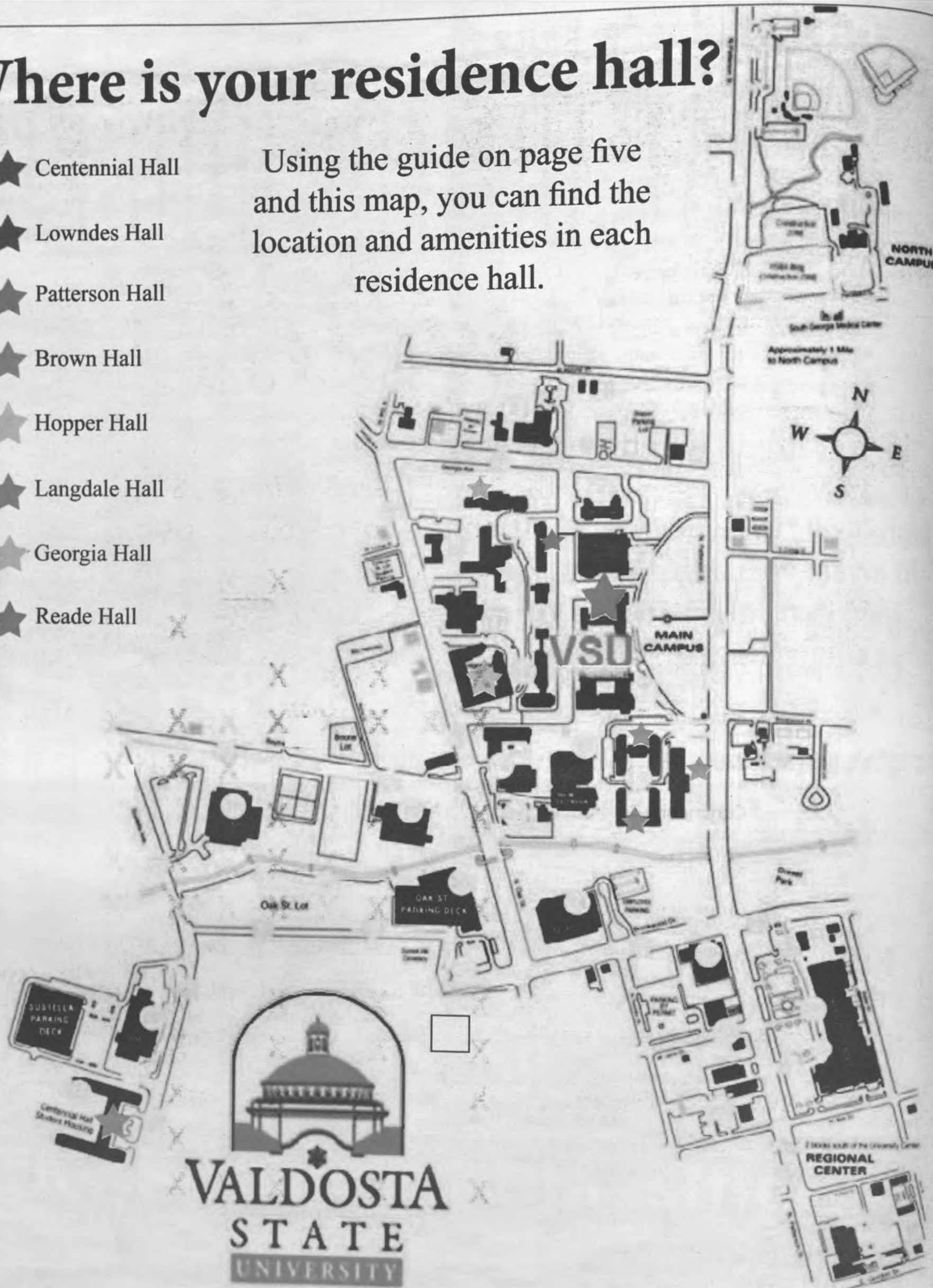
BE SMART. BE SAFE. BE SENSIBLE.

Sources: The Book of Odds and the Office of Postsecondary Education.

Where is your residence hall?

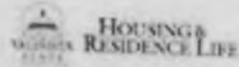
- ★ Centennial Hall
- ★ Lowndes Hall
- ★ Patterson Hall
- ★ Brown Hall
- ★ Hopper Hall
- ★ Langdale Hall
- ★ Georgia Hall
- ★ Reade Hall

Using the guide on page five and this map, you can find the location and amenities in each residence hall.

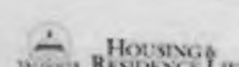


- DO= Dou
- P/S= Priv
- Private R
- 2/4BD=
- T= Tradit
- S= Suite
- A= Apart

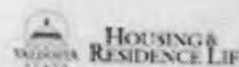
- Hall
- Unit
- First
- Sop
- Loft
- Extr
- Bat
- Con
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- Ice



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RESIDENCE HALL AMENITIES



HOUSING & RESIDENCE LIFE

LEGEND

- DO** = Double Occupancy
- P/S** = Private or Semi Private Rooms
- 2/4BD** = 2 or 4 bedroom
- T** = Traditional Hall
- S** = Suite Styled
- A** = Apartment Styled

Hall Type

Unit Type

First Year

Soph., Jr., Sr.

Lofted Bed

Extra-Long Twin

Bathroom in Unit

Community Bathroom

Sink in Unit

Community Kitchen

Kitchen in Room

Wireless Internet

TV Lounge

24 Hour Front Desk

Elevator

Ice Machine

Brown Hall

Langdale Hall

Lowndes Hall

Patterson Hall

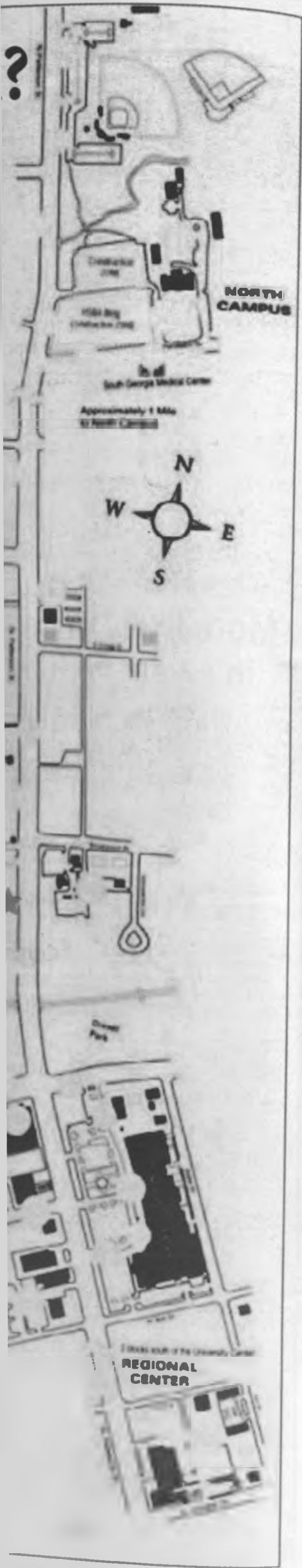
Georgia Hall

Reade Hall

Hopper Hall

Centennial Hall

Hall Type	T	T	T	T	T	S	S	A
Unit Type	DO	DO	DO	DO	DO	P/S	P/S	2/4BD
First Year	X	X	X	X	X	X		
Soph., Jr., Sr.						X	X	X
Lofted Bed	X	X	X	X	X			
Extra-Long Twin	X	X	X	X	X	X	X	X
Bathroom in Unit						X	X	X
Community Bathroom	X	X	X	X	X			
Sink in Unit		X		X	X	X	X	X
Community Kitchen	X	X	X	X	X	X	X	X
Kitchen in Room								X
Wireless Internet	X	X	X	X	X	X	X	X
TV Lounge	X	X	X	X	X	X	X	
24 Hour Front Desk	X	X	X	X	X		X	
Elevator		X				X	X	X
Ice Machine	X	X	X	X	X	X	X	



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Healthy recipes to try at home

Hunter Terrell
SOCIAL MEDIA EDITOR
hiterrell@valdosta.edu



Photo Courtesy of EatingWell

Baked buffalo cauliflower

If you're a vegetarian or want to watch your calories, this isn't a bad spin! #meatlessmonday

In a mixing bowl, combine 1/2 cup Silk soy milk, 1 cup mayonnaise, 2 tablespoons chopped parsley, fresh chives, 1/2 teaspoon garlic powder, 1/4 teaspoon onion powder, 1/2 teaspoon kosher salt and 1/4 teaspoon freshly cracked black pepper.

Preheat the oven to 450 degrees Fahrenheit. Prepare the batter

for the cauliflower by combining 3/4 cup all-purpose flour, 1 cup Silk soy milk, 1 teaspoon garlic powder, 1/2 teaspoon kosher salt and 1/4 teaspoon freshly cracked black pepper. Whisk until smooth.

Gently toss the cauliflower with the batter, being sure to coat the cauliflower.

Line a baking sheet with foil and place a rack on top of the foil. Generously spray the rack with cooking spray and place the coated cauliflower onto the rack, leaving space between each one.

Bake in the preheated oven for 20 minutes or until the cauliflower starts to brown.

When the cauliflower is ready, remove it from the oven and toss with the hot sauce mixture. Sweet Baby Ray's or Texas Pete Wing Sauce are both good.

Spray the rack with cooking spray again and place the cauliflower back on the rack.

Put back in the oven for 10 more minutes until browned to your liking. Remove from oven and allow to cool slightly.



Photo Courtesy of Hunter Terrell

Zucchini ravioli

4 medium zucchini
1 cup part-skim ricotta
1/4 cup parmesan
Ground turkey
1/4 cup chopped fresh spinach
2 Tbsp minced onion
Salt
Pepper
Italian seasoning

1 1/2 cups jarred or homemade marinara sauce
2 tsp olive oil
(add as much parmesan as you want by the way)

Preheat the oven to 375 degrees Fahrenheit

Using a vegetable peeler, slice

the two sides of each zucchini into flat strips, peeling until you reach the center. You should have around 50-60 slices.

In a small mixing bowl, combine the ricotta, parmesan, turkey, spinach, basil, salt and pepper. After that, fill the bottom of a standard baking dish with the marinara sauce. You can also portion control the ravioli by splitting them up between smaller baking dishes.

To assemble the ravioli: Overlap two strips of zucchini, then overlap two more strips perpendicular on top of the first strips, creating a T shape. Spoon one tablespoon of filling in the center, then bring the ends of the strips together, overlapping each other. Turn the ravioli over and place in the baking dish to seal the bottom. Top with olive oil, more parmesan, salt and pepper.

Bake the ravioli for 30 minutes, until the zucchini is al dente, and the cheese on top is turning golden brown. Serve with more marinara to your taste.



Photo Courtesy of House of

3-Ingredient pizza dough

Ingredients:
1 cup of self-rising flour
8 oz. fat free plain Greek yogurt
1 Tbsp. Italian seasoning or seasoning of your choice.

Preheat the oven to 350 degrees Fahrenheit. Lightly spray a baking sheet with non-stick cooking spray. Set aside.

Blend ingredients together until soft dough begins to form. Use a whisk or an electric hand mixer. Make sure you flour the counter and your hands before taking the dough to knead, then transfer to your baking sheet.

Add the toppings of your choice.

Place in the oven and bake for 20-30 minutes, or until browned.



Photo Courtesy of BBC Good Food

Homemade Raspberry Frozen Yogurt

Fro-yo at home! That's it, the secret to life.

1 cup plain Greek yogurt (regular)
12 oz. frozen raspberries
1/3 cup fresh lemon juice
2 teaspoons fresh lemon zest
3 tablespoons honey

To a blender add Greek yogurt, raspberries, lemon juice, lemon zest and honey.

Blend until smooth.

Serve immediately or for a more solid consistency, place in an air tight container and put in freezer for 1-2 hours then serve.



Photo Courtesy of Hunter Terrell

Banana chocolate chip cookies

1 cup white whole wheat flour or gluten-free* flour
3/4 tsp baking powder

1/2 tsp ground cinnamon
1/4 tsp salt
1 1/2 tbsp unsalted butter or coconut oil, melted
1 tsp vanilla extract
1/4 cup mashed banana
1 tsp nonfat milk
1/3 cup coconut sugar
3 tbsp miniature chocolate chips

In a medium bowl, whisk together the flour, baking powder, cinnamon and salt. In a separate bowl, stir together the butter, vanilla, mashed banana and milk. Stir in the coconut sugar. Add in the flour mixture, stirring until gently mixed. Fold in 2 1/2 tablespoons of miniature chocolate chips. Chill the cookie

#SpectatorRecipes

dough for 30 minutes.

Preheat the oven to 350 degrees Fahrenheit, and line a baking sheet with parchment paper.

Drop the cookie dough onto the prepared baking sheet using a spoon and a spatula. Flatten the cookie dough to the desired thickness and width. Gently press the remaining miniature chocolate chips into the tops. Bake at 350 degrees Fahrenheit for 9-11 minutes. Cool on the baking sheet for 10 minutes before transferring to a wire rack.

Any milk may be substituted for the nonfat milk. Light brown sugar may be substituted for the coconut sugar.

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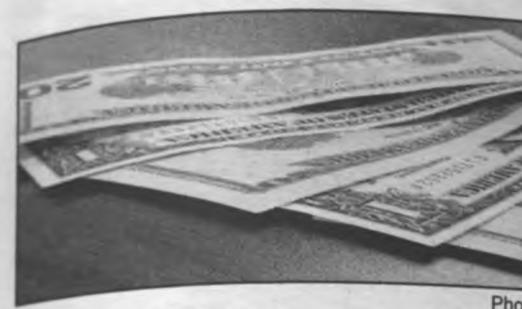
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Simple w



Alex Dunn
CAMPUS LIFE EDITOR
eadunn@valdosta.edu

For most, saving money is a crucial but stressful way of life. It requires a great amount of restraint that can sometimes be difficult to keep up with at times. Every last penny counts when trying to save up for those important events. Moving out of your parents' house, paying your own bills and finding a new place to live are all events that require saved up money.

The important

Destini Jones
SPECIAL PROJECTS MANAGER
desjones@valdosta.edu

We're a few weeks into the new year and while some resolutions are still thriving, others have failed.

Many people made a new year's resolutions with hopes for a big life change in 2018. Hashtags such as #2018goals, #newyearnewme and #outwiththeold floated across all the top social media sites as the new year approached.

"I think people make a resolution so they can have something to look forward to and work towards during the year," Julianel Román, a sophomore engineering major, said.

The phenomenon of waiting until the beginning of a new year to make a change is common,

Photo Believe it easy ways to You just need have discipli buying the e few ways to seem less str Write down spend in a w It may see keeping track each week h one thing, yo copy of a list you spent th much you ha

but hard to a People across promises to o exercise, ma more money, care or what

"Most peo a fresh start a they take the in effort to be change," Tyle English majo

Some stud being able to with their res because of la

"This is the actually made resolution, so track record," sophomore ps said. "I think through with get so busy w they forget ab

Terry Ho's



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Photo Courtesy of House of Yumm

3-Ingredient pizza dough

Ingredients:

1 cup of self-rising flour
8 oz. fat free plain Greek yogurt
1 Tbsp. Italian seasoning or any seasoning of your choice.

Preheat the oven to 350 degrees Fahrenheit. Lightly spray a baking sheet with non-stick cooking spray. Set aside.

Blend ingredients together until soft dough begins to form. Use a whisk or an electric hand mixer. Make sure you flour the counter and your hands before taking out the dough to knead, then transfer to your baking sheet.

Add the toppings of your choice.

Place in the oven and bake for 20-30 minutes, or until brown.

If you have the time to try any of these, make sure to snap a photo and tag The Spectator on Twitter or Instagram!

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Simple ways to save your money



Photo Courtesy of Alex Dunn

Alex Dunn
CAMPUS LIFE EDITOR
edunn@valdosta.edu

For most, saving money is a crucial but stressful way of life. It requires a great amount of restraint that can sometimes be difficult to keep up with at times. Every last penny counts when trying to save up for those important events. Moving out of your parents' house, paying your own bills and finding a new place to live are all events that require saved up money.

Believe it or not, there are easy ways to save your money. You just need to apply limits and have discipline when it comes to buying the essentials. Here are a few ways to make saving money seem less stressful.

Write down everything you spend in a week.

It may seem tedious, but keeping track of what you spend each week has many benefits. For one thing, you have a physical copy of a list of how much money you spent that week and how much you have left for the next.

For another, it can highlight the things that are not essential that you're buying. According to BetterMoneyHabits.com, this can be one of the best and most efficient ways of documenting your savings.

Only bring a portion of your money with you.

Whether it's going shopping with friends or a night out on the town, only bring money you can afford to spend. Leaving the bulk of your cash, even your credit and debit cards, can prevent overspending. According to BetterMoneyHabits.com, making a budget for yourself will benefit you in the long-run. Even if it is a budget for a small event, it can go a long way.

Clip those coupons.

Sure, it might seem like something only moms will do, but coupons can save a lot more money than you think. Jessica

Fisher from Kitchn.com warns that clipping every coupon you see can actually have a negative effect. She suggests clipping coupons for products you would actually need or buy on a regular basis. She also advises to try and combine your coupons with items that are already on sale, so there are more savings.

Do the math.

If you are preparing to move out of your parents' house and into a place of your own, being financially prepared is crucial. Most places require a down payment and first month's rent, so saving up is important. According to AmericaSaves.org, calculating how much you make each month and subtracting the amount you need to spend on bills can help determine how much you will have saved in the coming months. This is a simple equation that can help you calculate when

you'll have enough for a budget, like moving out of your parents' house.

Create a savings account

This is something that can be done at your bank. It can be set up so that your direct deposits from your job are portioned and part of it is put into your saving account. According to NerdWallet.com, this can take the stress and responsibility out of saving because your bank's app does it for you. Yes, it is something that will seem to make your pay checks smaller, but having money put away for emergencies is beneficial in the long run.

There are many different ways to save money. Different methods work for different people, but the goal to save doesn't change. Whichever money saving hack works for you, remember that it is a crucial responsibility that can make or break long term plans.

The importance of a New Year's resolution

Destini Jones
SPECIAL PROJECTS MANAGER
desjones@valdosta.edu

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"I think people make a resolution so they can have something to look forward to and work towards during the year," Julianel Román, a sophomore engineering major, said.

The phenomenon of waiting until the beginning of a new year to make a change is common,

but hard to accomplish for some. People across the world make promises to eat healthier, get more exercise, make new friends, save more money, focus on their self-care or whatever they choose.

"Most people see new years as a fresh start and a clean slate, so they take the opportunity to put in effort to better themselves and change," Tyler Bentley, a senior English major, said.

Some students admit to not being able to follow through with their resolution in past years because of lack of preparation.

"This is the first year I've actually made a new year's resolution, so I don't have a track record," Payton Gallant, a sophomore psychology major, said. "I think people don't follow through with it because they get so busy with their lives that they forget about it or don't have

time."

Managing a year-long promise can be hard because of time constraints, unforeseen circumstances and other reasons. It takes time and effort to stay on track to accomplish a goal and people struggle with staying on track.

"I decided not to make a new year's resolution because I've been trying to better myself all of 2017, so I didn't use new years as a starting point because it probably would've been too hard," Bentley said.

According to the American Psychological Association, in order to make a new year's resolution stick, one must start small. Some examples would be to change one behavior at a time, share experiences with others, ask for support or not fret over mistakes that they make.

"I made a resolution to take every opportunity that is presented to me," Gallant said.

Hopefully 2018 will bring many people the joy and growth that

they are promising themselves. As long as they remember why it is important to follow through with their resolution, then change will come even if it is small.



Nathan Pettway, a sophomore computer science major writing out his New Year's resolution list. Photo Courtesy of Destini Jones

Terry Ho's

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- | | | |
|--|---|--|
| <h3>Kitchen</h3> <ul style="list-style-type: none"> Pots and Pans <input type="checkbox"/> Cups/Mugs <input type="checkbox"/> Plates and Bowls <input type="checkbox"/> Silverware <input type="checkbox"/> Basic Utensils (wooden spoon/ladle/spatula) <input type="checkbox"/> Can Opener <input type="checkbox"/> Oven Mitts <input type="checkbox"/> Microwave <input type="checkbox"/> Chef's knife (or basic knife set) <input type="checkbox"/> Measuring cups and spoons <input type="checkbox"/> Dish Detergent <input type="checkbox"/> Sponges <input type="checkbox"/> Dish Drying Rack <input type="checkbox"/> Dining Room Table and Chairs <input type="checkbox"/> <h3>Laundry</h3> <ul style="list-style-type: none"> Laundry Hamper <input type="checkbox"/> Laundry Detergent <input type="checkbox"/> Fabric Softener (optional) <input type="checkbox"/> Bleach (for whites) <input type="checkbox"/> Dryer Sheets <input type="checkbox"/> Ironing Board <input type="checkbox"/> Iron <input type="checkbox"/> | <h3>Bedroom/Closet</h3> <ul style="list-style-type: none"> Mattress and Box Spring <input type="checkbox"/> Bed Frame <input type="checkbox"/> Bed Sheets <input type="checkbox"/> Pillow Covers <input type="checkbox"/> Comforter/Blankets <input type="checkbox"/> Pillow Cases <input type="checkbox"/> Curtains/Blinds <input type="checkbox"/> Bed Side Table <input type="checkbox"/> Alarm Clock <input type="checkbox"/> Hangers <input type="checkbox"/> Dresser <input type="checkbox"/> <h3>Misc</h3> <ul style="list-style-type: none"> Broom and Dust Pan <input type="checkbox"/> Mop and Bucket <input type="checkbox"/> Garbage Bags and Can <input type="checkbox"/> Batteries <input type="checkbox"/> Light bulbs <input type="checkbox"/> Flashlight <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Screwdriver/Basic Tools <input type="checkbox"/> Vacuum <input type="checkbox"/> Book Shelf <input type="checkbox"/> Desk and Chair <input type="checkbox"/> TV <input type="checkbox"/> | <h3>Bathroom</h3> <ul style="list-style-type: none"> Towels (hand and body) <input type="checkbox"/> Shower Curtain <input type="checkbox"/> Toilet Plunger <input type="checkbox"/> Toilet Bowl Scrubber <input type="checkbox"/> Toilet Bowl Cleaner/Bleach <input type="checkbox"/> Scale (optional) <input type="checkbox"/> Toilet Paper <input type="checkbox"/> Toiletries <input type="checkbox"/> |
|--|---|--|

Graphics created by: Veronica You

WIN MEET-N-GREET PASSES

Every ticket purchase is a chance to win a Meet-N-Greet Pass. Every week. Standard Life will draw winners from ticket sales. Also, look for CSR promotions for a chance to win.



Friday
February 9th, 2018

2 tickets may be purchased per VSU ID

\$15 arena
\$20 floor (standing room only)
VSU PE Complex
Doors at 7pm * Opening Act 8pm *
Headliner 9pm

Ticket Information

2 tickets per valid VSU ID

Public sales not available

TICKET SALES

Tickets are purchased, you will receive a receipt. Receipt and VSU ID must be presented for ticket pick-up

pick-up will be from February 9th - February 8th, in the Student Life Office, 2nd floor of the Student Union from 9am-5pm

may be picked up on the day of the concert (February 9th) at the PE Complex ticket window from 1pm-6pm

Advanced purchase tickets must be picked up by 6pm on the day of the concert

we advanced tickets online only

we the online ticket sales is February 8th, by 5pm

ONLINE TICKET SALES

Items may also be purchased on the day of the concert (February 9th) at the PE Complex ticket window from 1pm-6pm

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- Wash the dishes.
- Make the bed.
- Pick up clutter before it accumulates.

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- Dust furniture.
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- Toss any expired food.
- Clean appliances.

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RESIDENT ADVISER S Meet reside

Tylaise Christopher
STAFF WRITER
tchristopher@valdosta.edu

Mirakal Jackson is a junior art major from Springfield, Massachusetts who originally came to VSU because of her best friend's decision to come, but soon grew to love the open arms VSU offered. It's why she became an resident adviser (RA) for Langdale Hall.

Jackson may be new to the RA field, but she is not a newbie when it comes to helping others. She has only been an RA for one semester but plans on continuing this job because she has a passion for helping people.

"I love helping people, and I love making them feel at home," Jackson said. "If there's anything I can do to help make someone's day, I do it. I felt like this job was the perfect way for me to do just that."

Being an RA gives Jackson the opportunity to help younger students and give them advice

for their college e decorates the hall dents a homey feel time to connect w and leaves encour their doors. She building exercise with her resident "Mirakal really way for us, and s definitely someb to," Unique Lew Langdale, said.

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"My favorite job is really just a smile on my q being a part of a blessing."

She has faced has learned a lo "The hardest is expecting my out their comfo able to grow w ing how to do t myself," Jacks

Meet Davina

LaDaezjah Warrens
STAFF WRITER
lmwarrens@valdosta.edu

Behind every functioning residence hall is a group of resident advisers, or RAs, guiding, protect- ing, loving and worrying about students all year long.

With over forty students to be accounted for, RAs are respon- sible for a lot, but the residents feel like family, said 21-year-old first-year Hopper Hall RA, Davina Hurt.

"I became an RA because of my freshman RA, Scarlett," Hurt said. "She was a blessing in disguise and was so sweet and nice. When I looked at the job as a freshman, I knew my personality would be perfect for it because I like to help people and make them feel welcome."

Stemming from her own experience in Langdale Hall as a freshman, Hurt really appreci- ated the community ties amongst the residents there which is why she prefers traditional, freshman residence halls.

"To me, they have more of a community there," Hurt said. "They have bigger lobbies for the residents to actually go and interact with one another."

Hurt said the best part about being an adviser is talking and interacting with her residents be- cause they have so many different personalities.

Although it took her awhile to catch on to the sarcasm from the gentleman on her hall, now they're like her little brothers.

Despite being on the older end of the spectrum amongst other students in her grade, it was still a hard adjustment exerting her authority over her residents in the first couple of months.

Besides her passion for family, there is a downside to being an RA.

"I would say the worst part is them (the residents) moving on from you eventually, and that they won't stay your residents forever," Hurt said.

Hurt said she feels like a mom oftentimes and will worry about her residents and think of extreme circumstances in every situation.

During Hur knows her resi her banging or check on them but she can't h worst-case-sc Of course, a ing an RA cor of challenges.

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Photo of Davina Hurt, resident adviser

RESIDENT ADVISER SPOTLIGHTS

Meet resident adviser Mirakal Jackson

Tylaize Christopher
STAFF WRITER
tchristopher@valdosta.edu

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Jackson may be new to the RA field, but she is not a newbie when it comes to helping others. She has only been an RA for one semester but plans on continuing this job because she has a passion for helping people.

"I love helping people, and I love making them feel at home," Jackson said. "If there's anything I can do to help make someone's day, I do it. I felt like this job was the perfect way for me to do just that."

Being an RA gives Jackson the opportunity to help younger students and give them advice

for their college experience. She decorates the hall to give her residents a homey feel, she takes the time to connect with her residents and leaves encouraging notes on their doors. She also creates team building exercises to get involved with her residents.

"Mirakal really goes out her way for us, and she is most definitely somebody I can look up to," Unique Lewis, a resident of Langdale, said.

Jackson's favorite about being an RA is interacting with her "queens" and putting smiles on their faces.

"My favorite part about this job is really just being able to put a smile on my queens' faces and being a part of queen city is really a blessing."

She has faced challenges and has learned a lot from this job.

"The hardest part about this job is expecting my residents to come out their comfort zones and be able to grow while I'm still learning how to do the same thing for myself," Jackson said.

Jackson plans on continuing to be an inspiration for her residents and encouraging them to come out their comfort zones. She is constantly planning events to help her residents become more social and connect with each other.

"I just want to be able to help my residents grow, get familiar with campus and step out of their comfort zones," Jackson said.

Jackson has had many good times being an RA. She loves seeing her residents interact with not only her but each other as well. She loves how her residents are there for her just as much as she is for them.

"One of my favorite memories would be when two of my residents surprised me with a gift that reminded me that I'm special," Jackson said.

It's no question that she plans on continuing to be an RA next semester to help others enjoy their college experience.

"I can't go a day without helping people and trying to enhance this campus," Jackson said.



Photo courtesy of Mirakal Jackson
Mirakal Jackson has been a resident adviser for one semester.

Meet Davina Hurt

LaDaejah Warrens
STAFF WRITER
lwwarrens@valdosta.edu

Behind every functioning residence hall is a group of resident advisers, or RAs, guiding, protecting, loving and worrying about students all year long.

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Besides her passion for family, being an RA is a downside to being an RA.

"I would say the worst part is when (the residents) moving on from you eventually, and that they won't stay your residents forever," Hurt said.

Hurt said she feels like a mom sometimes and will worry about her residents and think of extreme circumstances in every situation.

During Hurricane Irma, she knows her residents got tired of her banging on their doors to check on them every five minutes, but she can't help but think of the worst-case-scenario.

Of course, as with any job, being an RA comes with its own set of challenges.

For instance, Hurt fears the possibility of roommate conflicts that she would have to handle or an actual emergency happening when she's on duty with the emergency phone.

"I stress out a lot, and I think the most when I have that phone," Hurt said. "Every time I hear it ring, I'm like please do not let anyone be dying."

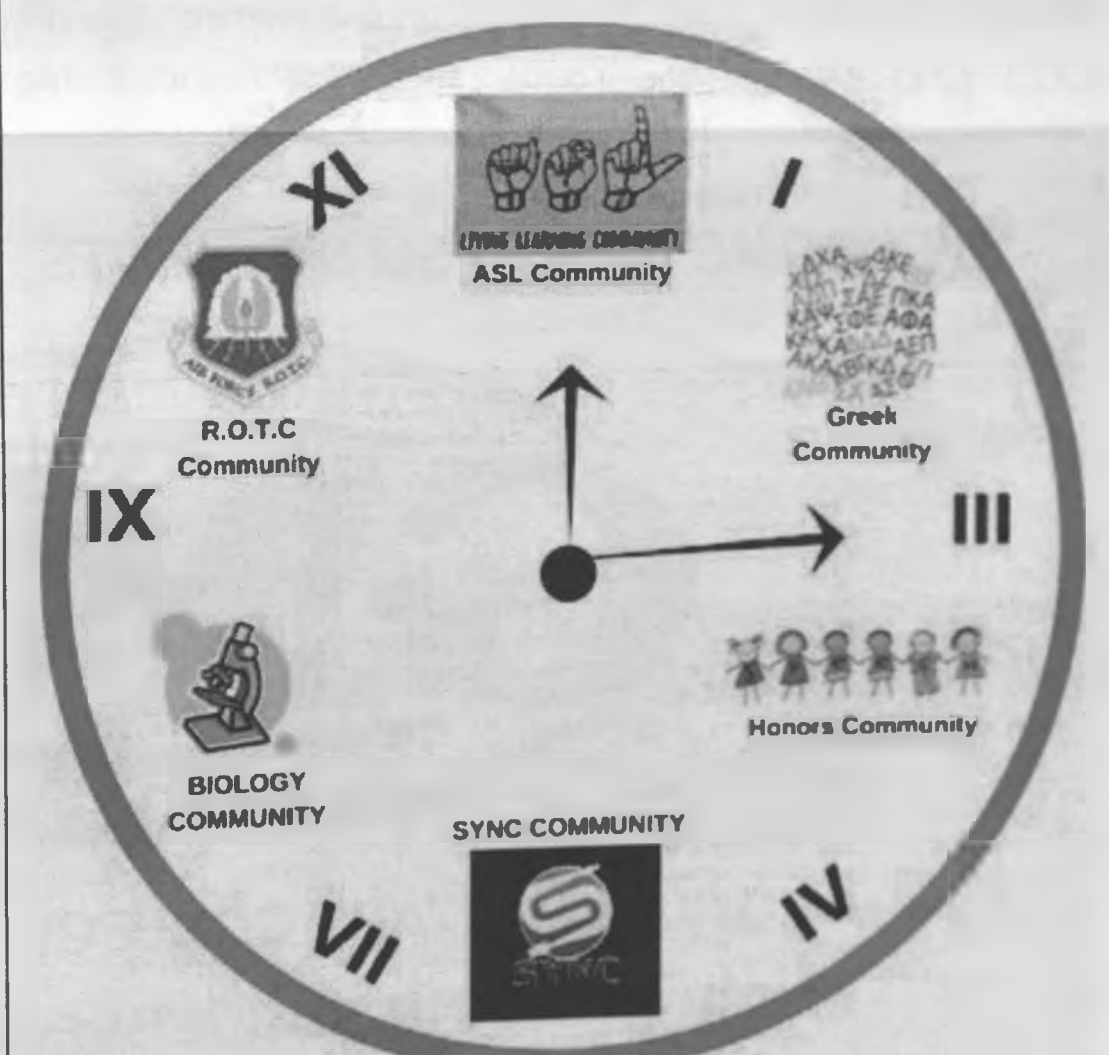
Her best memories as a RA are always when students come back from breaks, whether its over the summer or after winter break, because her residents are always so happy to see her, and it just further proves that feeling of family and community that she loves.

Hurt said she definitely wants to be an RA next year and although most of the other RAs would love to be in Hopper Hall for the private bathrooms, she really wants to experience a traditional freshman hall.



Photo courtesy of Davina Hurt
Davina Hurt has been a resident adviser for one semester.

Did you KNOW? According to VSU's website, a "room freeze" occurs during the first and last two weeks of each semester. During a room freeze, no room changes can occur.

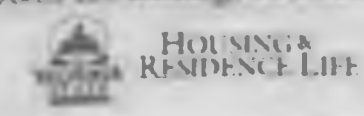


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- Wash the dishes.
- Make the bed.
- Pick up clutter before it accumulates.

WEEKLY

- Sweep/Mop/Vacuum.
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- How many people are you willing to share a bathroom with?
 - 0
 - 1-3
 - 4+
- Do you believe you are comfortable in small spaces?
 - No
 - The smaller the better
 - Doesn't matter
- In your opinion, what do you use your room for the most?
 - Studying
 - Hanging with friends
 - Sleeping
- What word do you think best describes your personality?
 - Shy/reserved
 - Outgoing
 - Laid back/nonchalant
- How well do you think you do with you with sharing?
 - Terrible
 - I'm okay
 - Great
- How often do you think you cook in a semester?
 - Sometimes
 - Everyday
 - All I use is a microwave
- In your opinion, what is the best place to hang out around campus?
 - In my room
 - Student Union
 - Lobby of my dorm

QUIZ RESULTS:

Mostly A's: Based off your results, you would be better suited for an apartment style dorm such as Centennial Hall for upperclassman. Centennial has private bathrooms, a kitchen, living room, and larger personal bedrooms. If you're a freshman, Georgia Hall, which is a suite-style dorm, with in-suite bathrooms and private or semi-private rooms.

Mostly B's: Based off your results, you would be best suited for suite-style dorm such as Hopper (upperclassmen) or Georgia (freshmen). Both have similar layouts for rooms and similar amenities such as community kitchens.

Mostly C's: Based off your test results, you seem open to meeting new people and you don't care about sharing space. You would do well in a traditional style dorm such as Patterson, Langdale Lowndes, Brown, and Reade Hall (Honors dorm). Although these are considered freshmen halls, many upperclassmen live in these halls. Traditional dorms have community bathrooms and very active lobby areas where you can get to know plenty of people in your building.

Answers to quiz on page 2:

Where was MLK born? C
 Who was MLK's wife? D
 MLK was known for what speech? C

MLK enrolled at Morehouse at what age? A
 What was MLK's birth name? C

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Morning rou

LaDaezjah Warrens
 STAFF WRITER
 lmwarrens@valdosta.edu

Mornings can be a drag for anyone, especially college students who stay up late and wake up early. Thankfully, there are plenty of quick and easy steps that can help jump start the day. Of course, there are the common choices such as drinking copious amounts of coffee before even opening your eyes fully or taking a shower first thing and hoping that the steam from the shower will somehow melt the cobwebs in your brain.

Other choices are a little more unique or complicated. A couple that attends VSU together has a joint morning routine that gets them in the right mood for classes.

"We put cold water right under our eyes," Kelci Coker, a sophomore business major, said. "It's the first thing we do every morning, and it's supposed to wake you up."

This is an old adage with a new spin as most people would just splash their faces with cold water, but Coker believes putting it directly beneath the eyes is more effective.

Their routine is multi-faceted and may take longer than some students have in the morning according to Coker's boyfriend, Patrick Walker.

"We shoot to go to the gym at

7 a.m. and work on Walker, a junior in business major, sa come home, show and go to class. W can't forget the sh though."

Stepping outside unfiltered sunlight pure vitamin D up in a jiffy, espe off some layers a chill, according to

For those that they can take on idea could be to lemon water or way out the door Develop Good I

Personally, I have much time get ready, so my takes a lot of pr before.

I prepare my evening before brewed cup of my clothes the set a plethora o

The biggest have an alarm at eight or nine before, I lay in closed, mental through every to get ready. I works.

Other studie mental prepar as well.

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Morning routines to jump start the day

LaDaejah Warrens
STAFF WRITER
lwarrens@valdosta.edu

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Their routine is multi-faceted and may take longer than some students have in the morning according to Coker's boyfriend, Patrick Walker.

"We shoot to go to the gym at

7 a.m. and work out until 8 a.m.," Walker, a junior international business major, said. "We then come home, shower, eat breakfast and go to class. We definitely can't forget the shower part, though."

Stepping outside for some unfiltered sunlight and soaking up pure vitamin D can help you wake up in a jiffy, especially if you peel off some layers and embrace the chill, according to Life Hacker.

For those that need something they can take on the move, a good idea could be to drink a glass of lemon water or pop a mint on the way out the door, according to Develop Good Habits.

Personally, I don't typically have much time in the morning to get ready, so my morning routine takes a lot of preparation the night before.

I prepare my breakfast the evening before, including a pre-brewed cup of coffee. I also pick my clothes the night before and set a plethora of alarms.

The biggest step is mental. I have an alarm set on the hour at eight or nine, but ten minutes before, I lay in bed with my eyes closed, mentally walking myself through everything I have to do to get ready. It sounds silly, but it works.

Other students take time for mental preparation in the morning as well.

"Whenever I get up in the



Splashing cold water on your face can be a great way to wake up in the morning, and some studies show that cold water tightens pores, keeping your face looking bright and clean.

morning, I like to listen to my music, K-pop or Christian rapper, Lecrae because it gets me in a good mood," Alyssa Jackson, a sophomore English major, said. "My music helps me have a good attitude."

Since a lot of students live with a roommate, another way to kickstart the morning is to create a buddy system to encourage accountability for rising early, according to Fast Company.

Waking up can surely be a struggle but taking these small steps to get rid of the morning blues will really improve the rest of the day.



A well-rounded breakfast will keep you going all day long.

sonality?

RESULTS:

your results, you would apartment style dorm such perclassman. Centennial kitchen, living room, and s. If you're a freshman, suite-style dorm, with in-rate or semi-private rooms.

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STAFF!

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Members of the Mu Omicron Chapter of Alpha Phi Alpha Fraternity, Inc. stand tall as they led last year's Martin Luther King Jr. Day march.

Seth Willard/ Photographer

NAACP, Alpha Phi Alpha host annual MLK Day

Taylor Sutherland

Staff Writer

tsutherland@valdosta.edu

Every year, in honor of Martin Luther King Jr. Day, NAACP and the Mu Omicron Chapter of Alpha Phi Alpha Fraternity, Inc. are hosting their annual march.

Starting at 11 a.m., the march will start at the University Center lasting about 45 minutes to an hour and a half.

At its end, the march is immediately followed by a candle light vigil.

The march is important to both organizations for King's contribution to African American history.

He was a brother of Alpha Phi Alpha and had heavy influence in

"Last year we were able to march in the street which was a huge accomplishment for our organization."

-Khalian Brawner

NAACP as a member.

Mu Omicron sought to honor his legacy and asked NAACP to collaborate on an event that would change the campus.

"The MLK March is an event that NAACP and the Mu Omicron Chapter of Alpha Phi Alpha Fraternity, Inc. host to symbolize

and acknowledge the efforts that Martin Luther King Jr. and others have put towards us receiving the rights that we have today," Quiane Turner, NAACP membership coordinator, said.

"It is so important to our organization because not only was Martin Luther King Jr. an important member, but his father was also the head of the Atlanta Chapter."

This union spurred the current annual march in which the two organizations alternate in leading it to commemorate his legacy and unite the community.

Both organizations play a large part in helping one another ensure that the event goes as smoothly as

possible.

This may include contacting guest speakers, creating proposal ideas for the march and making sure that city permits and university property locations are properly booked.

"The event is consistent," Khalian Brawner, Mu Omicron chapter president, said.

"We know what we want to do and how we want to do it. Last year we were able to march in the street which was a huge accomplishment for our organization."

Though itineraries for the march may differ both organizations focus on keeping the key elements.

"We try to add a new fea-

ture every year, but we always incorporate the march, a keynote speaker, a prayer and candle light vigil, song selection, and we sing our fraternity hymn," Kanya Lewis, Alpha, said.

However, the National Association for the Advancement of Colored People typically marches then sings the Negro National Anthem, Lift Ev'ry Voice and Sing.

This year a singer and choir will perform two different selections for the event.

The event is a momentous occasion every year and draws a very diverse crowd as time progresses.

Both organizations are looking forward to the turn out and are excited for the next MLK March.



LiAngelo and LaMelo Ball signed contracts with the Lakers.

Ball Movement

Prince Robinson Jr.

Staff Writer

parobinson@valdosta.edu

In the sports world, outliers are very rare, and the Ball family has certainly stood out amongst everyone.

LaVar Ball, the father of Lakers prized rookie Lonzo and then UCLA freshman LiAngelo, pulled his youngest son LaMelo out of Chino Hills High School in California.

His reason for withdrawing his son out of high school was because he did not agree with new Head Coach Dennis Lattimore's ideals of playing basketball.

Lattimore reportedly told LaVar Ball that his son would not be shooting forty plus times a game.

LaVar was not on board with that, so in an interview with the Los Angeles Times LaVar said, "I'm going to make LaMelo the

The best all the mo shaking family is keep chan cul

best basketball p

"It's good for said. "Less distra needs to focus."

Before the mo point guard broke performance and youngest high se ever to have his



The Hall of Fame Ceremony will commence on Jan. 20.

Athletics 2018 Hall of Fa

Juston Lewis

Sports Editor

justlewis@valdosta.edu

The 2018 Athletic Hall of Fame Class has been announced. The official ceremony will be held on January 20, 2018 at 10 a.m. in the Student Union Ballrooms. This will be the 22nd class that is inducted into the Athletics Hall of Fame.

The class will consist of: Ken Ferrell, Contributor, 1968-99

Ferrell is a former employee that has contributed to VSU for the better part of 50 years. He donated to not only the student athletes, but also to the Valdosta community.

2012 Softball National Championship Team

They used a 58-win season to secure VSU Softball's first national championship ever. They only lost five times in 63 games.

Andreas Boberg, Golf, 1996-99

Boberg lead the ages of 75.9 or bet seasons with VSU awarded consecutiv can honors in 1998

Christian Hansen nis, 2010-12

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Sonya Harper, So 98

Harper had a .325 average, with 50 dou nine homers in he was the first Lady B All-American honor in 1999.

Ramon Allen, Foo 91

Office of Social Equity

would like to welcome you back and remind you to practice personal awareness and safety:

Sexual misconduct is a range of non-consensual sexual and/or interpersonal interactions, including but not limited to rape, sexual assault, stalking, dating violence, exploitation, and intimidation.

Should you, a friend, a roommate or classmate need assistance, please know that you will have Valdosta State University resources available to you. If you are a VSU student, you can contact the following departments for assistance:

Title IX Coordinator
Dr. Maggie Viverette
229-333-5463
mviveret@valdosta.edu

University Police Department
Dispatch Phone:
229-333-7816
Emergency Phone:
229-259-5555
Anonymous Tip Line:
229-219-3171

The Counseling Center at VSU
Phone: 229-333-5940



Want to contact us?
Telephone: 229.333.5463
Fax: 229.249.2687
Campus Address: 1208 N. Patterson St
Valdosta, GA 31698
Mailing Address: 1500 N. Patterson St.
Valdosta, GA 31698



VSU demolishes Baytree Apartments for master plan

Hunter Terrell

Social Media Editor

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The Baytree Apartments located on Oak Street and Baytree Road across from Jennett Hall are scheduled to be demolished starting the week of Jan. 15.

Becoming property of the state in 1986, Baytree Apartments has been called home by many students, faculty members and visitors up until the Spring of 2017.

So why are they being torn down?

Alan Sanderson, an associate director of Facilities Planning, said "the building was identified as an obsolete, noncontributing space during the recent VSU Master Plan."

The VSU Facility Master Plan is a compilation of detailed guidelines for the physical development of the campus in order to support academic missions.

More details can be found on the VSU website by searching

Administration Planning or using the link below.

<https://www.valdosta.edu/administration/planning/master-plan.php>

Don't worry about traffic being slowed down on the way to class, though.

"Only the parking lot associated with the building will be affected," Sanderson said. "It will be offline for a few weeks while demolition is taking place."

This will not be the first demolition of residential property near campus. The demolition of 410 and 412 Baytree Road was approved in August 2017. Before then, the Nichols House that housed the Sigma Alpha Epsilon fraternity on Baytree was approved for demolition in November 2015.

"The demolition will allow for the future flexibility in planning and usage of this land," Sanderson said. "There is no approved design plan for the space at this time."

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LaMelo Ball signed contracts with the Lithuanian team Prienai Vytautas.

Photo courtesy of Alius Karoliovas / Getty Images

Ball Movement: Big Baller Brand goes international

Prince Robinson Jr.
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The best part of all the moving and shaking of this family is that they keep changing the culture.

shoe. The shoe deal came by his father's company, Big Baller Brand, which hindered his eligibility at UCLA where he committed to play post-high school.

LiAngelo, also known as Gelo, was in the spotlight a lot towards the last quarter of 2017, but for the wrong reasons. Gelo was involved in a shoplifting incident over in China while preparing for an exhibition matchup against Georgia Tech in November.

He was not alone as two of his teammates, Cody Riley and Jalen Hill, were also involved. It was reported by Chinese officials that Gelo stole a pair of sunglasses from the Louis Vuitton store next to their team hotel in Hangzhou. The high-end fashion line's website shows that the item is priced from \$435 to \$1990.

President Donald Trump chimed in on the incident and said that he will call for the release of

the UCLA players, which has still yet to be confirmed due to the outlandish remarks he usually makes on Twitter.

Although the players were unable to play in the game and fly home with the team, they were released days after and were prompted to give an apology the day after on United States soil.

"I would like to say sorry for stealing from the stores in China," Gelo said during the press conference. "I didn't exercise my best judgement."

Following the press conference, Gelo, Hill and Riley were suspended indefinitely from the basketball team by UCLA administration.

So, what was next for the younger Ball boys? A contract to play professional basketball for Prienai Vytautas, a pro team in Lithuania.

Gelo and Melo both signed to play with the team, and recently they played their first game

against Zalgiris.

The game ended 90-80 over Zalgiris in a crushing fashion. Melo added nine assists to go along with 10 points while Gelo added 19 points.

The best part about all the moving and shaking of this family is that they keep changing the culture. At 16 years of age, Melo became the youngest American basketball player to play overseas. Also, LaVar is continuing to build his family brand before our eyes.

With the move to Lithuania, Big Baller Brand has shifted from national to global. Moving the culture forward has always been essential to the Ball's from the release of Lonzo's signature shoe to having their own television show.

Yes, the world of sports is centered around what occurs on the hardwood or turf, but I believe the Ball family will overtake that buzz and maximize it for the next generation.

the sports world, outliers are very rare, and the Ball family certainly stood amongst everyone. LaVar Ball, the father of the prized rookie Lonzo Ball, pulled his young-son LaMelo out of the Hills High School in California.

His reason for withdrawing his son out of high school was because he did not agree with new Head Coach Dennis Lattimore's ideals of playing basketball. Lattimore reportedly told LaVar Ball that his son would not be shooting forty times a game.

LaVar was not on board with that, so in an interview with the Los Angeles Times LaVar said, "I'm going to make LaMelo the

best basketball player ever."

"It's good for Melo," LaVar said. "Less distractions. He just needs to focus."

Before the move, the 6-foot-2 point guard broke out a 92-point performance and became the youngest high school ball player ever to have his own signature

VALDOSTA STATE
BLAZER ATHLETICS
HALL OF FAME
CLASS OF '18

Hall of Fame Ceremony will commence on Jan. 20. Photo courtesy of VSU Athletics

Athletics 2018 Hall of Fame Class Announced

Juston Lewis
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The 2018 Athletic Hall of Fame ceremony will be held on January 20, 2018 at 10 a.m. in the Student Union Ballrooms. This will be the 22nd class that is inducted into the Athletics Hall of Fame.

The class will consist of: Terrell, Contributor, 1968-1970. He is a former employee who contributed to VSU for the better part of 50 years. He was not only the student body president, but also to the Valdosta community.

Softball National Championship Team. She used a 58-win season to secure VSU Softball's first national championship ever. They only lost five games in 63 games. Boberg, Golf, 1996-99

Boberg lead the team with averages of 75.9 or better in his three seasons with VSU Golf. He was awarded consecutive All-American honors in 1998 and 1999.

Christian Hansen, Men's Tennis, 2010-12. Hansen recorded a 17-3 doubles record and a 9-2 singles record to help guide VSU Tennis to a 17-1 season in 2011. Hansen was an essential piece to delivering the 2011 GSC Championship, South Regional Championship and the Division II National Championship. This was on the way to being selected ITA National Player of the Year in 2012.

Sonya Harper, Softball, 1995-98. Harper had a .325 batting average, with 50 doubles and nine homeruns in her career. She was the first Lady Blazer to earn All-American honors for Softball in 1999. Ramon Allen, Football, 1988-91

Allen was selected as the 1988 GSC Freshman of the Year and amassed 3,071 rushing yards during his four year career, which places him fourth all-time in VSU history.

Dennis Fike, Men's Basketball, 1962-66. Fike was a dual sport athlete that saw success on the field and court. Fike became the first position player to ever be selected for All-Gulf South honors for his effort on the baseball field.

Ivey Hubbard, Men's Basketball, 1979-83. Hubbard posted 1,783 career points through a four year career for the Blazers. He averaged 16.5 points over his career and is fourth all-time on Men's Basketball scoring list.

All guests are invited to come to the Men's and Women's basketball games later in the day against West Georgia. Women tip off at 2 p.m. and the men's game will follow at 4 p.m.

What's your take: Are refs taking it too far?

Gerald Thomas III
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LeBron James, Kevin Durant, Stephen Curry, James Harden, Demarcus Cousins, Draymond Green, Carmelo Anthony, and the list continues. You know what all these players have in common? They all have been ejected from games this NBA season, and it isn't even the halfway mark of the season.

Tension between the players and referees have been rising over the past few seasons. Star players feel like they have not been getting the favor of the whistle from the referees this season. This led to heated arguments between the players and the refs. As you know, the referee's word is law.

NBA referees have been aggressive this year, though. Not aggressive with calling fouls but physically aggressive with the players. Referee, Courtney Kirkland, headbutted Warriors' Guard, Shaun Livingston, after Livingston questioned a no-call made by Kirkland. Livingston was suspended for a game, while Kirkland was suspended for a week.

The NBA has gone to new heights to report missed calls in the final minutes of games with the Last Two Minute Report. For example, they announced that

Kevin Durant fouled LeBron James on a drive in the final minutes of the Warriors vs. Cavaliers Christmas day game days after the game.

Draymond Green of the Warriors spoke out against the post-game reports. Green said that he does not like it because it is not like they can go back out and replay the game.

Green stated that it makes it even more disappointing because a certain call could have swung the game and feels better off not knowing what the real call was. Draymond also was fined \$25,000 for saying the league should replace all referees because of personal vendettas against the players.

Carmelo Anthony said lack of communication is what is leading to the quick trigger of the referees giving technical fouls to players. Anthony felt that the fast-moving pace of the game is making it difficult for players and referees to forge relationships, which leads to tension in the heat of the moment.

As the All-Star break approaches, we will see if the referees or the players let up on the other but for now, it is war between the two.

Check out our website at <http://www.vsuspectator.com/category/sports/>



Seth Willard/ Photographer

MLK Day

ture every year, but we always incorporate the march, a keynote speaker, a prayer and candle light vigil, song selection, and we sing our fraternity hymn." Kanya Lewis, Alpha, said.

However, the National Association for the Advancement of Colored People typically marches then sings the Negro National Anthem. Lift Ev'ry Voice and Sing.

This year a singer and choir will perform two different selections for the event.

The event is a momentous occasion every year and draws a very diverse crowd as time progresses.

Both organizations are looking forward to the turn out and are excited for the next MLK March.

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Administration Planning or using the link below.

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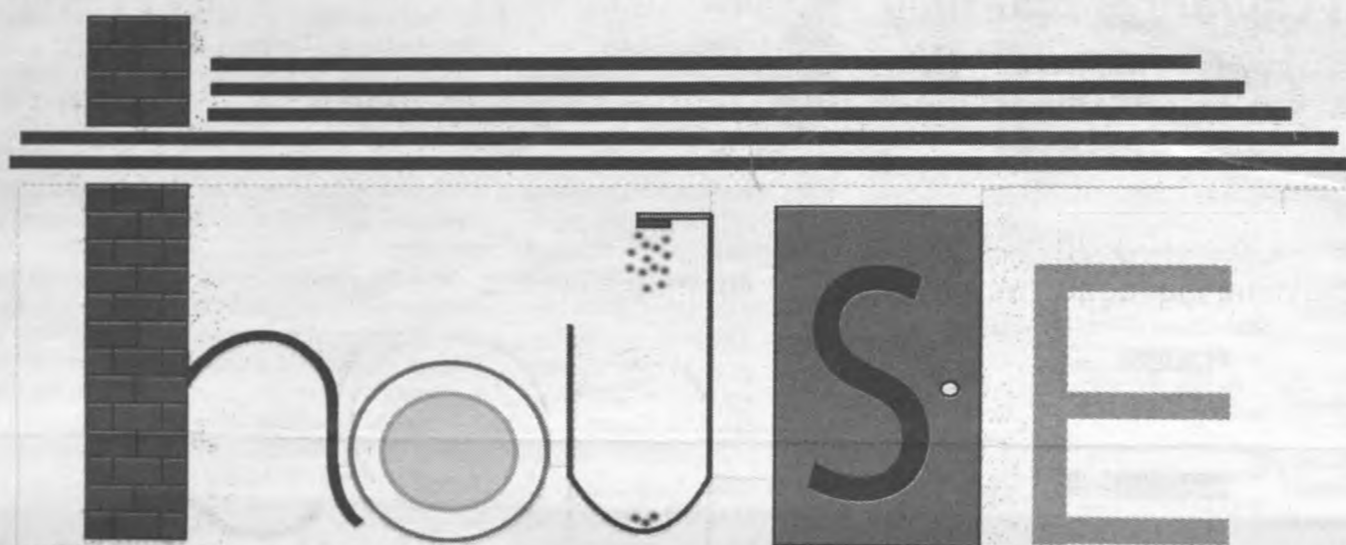
news and stories, visit [vsuspectator.com](http://www.vsuspectator.com)

Where should you live?



Unless you already live in Valdosta, you probably spent your first year in a residence hall. If you decide that living on campus is not a bad fit, you might decide to stay there another year. These spaces are often shared with at least one other student and may include a suite-style bathroom or may involve communal bathrooms for a portion of the floor. Because most of VSU dorms don't have kitchens, most students are required to have a meal plan alongside their housing plan. Residence halls also have numerous resources nearby to help students transition, including academic advising centers, resident adviser offices and computer areas. You might be assigned a random roommate, but VSU does provide the option for you to list a roommate you might already have in mind. Living on campus is convenient, could be included in your financial aid, and it's an easy lifestyle where you can focus on your studies.

Places on-campus for upper classmen: Georgia Hall, Hopper Hall and Centennial Hall



Given that most students are living on a budget, living off-campus is an option, but an expensive one. Privacy can be very important, especially after sharing a dorm during the first year, but comes as a luxury. You are held responsible for all household duties such as cleaning and paying bills rather than splitting it with someone else. Another thing to think about is maintenance. If there is a problem with the home you're renting, you'll have to take it up with the home owner: your landlord. The landlord will take care of your problem how they see fit, or how your contract stipulates. Your bills will more than likely be split between different companies as well, instead of just paying one sum of money at a time like a housing fee. Overall, if you are very focused on your studies or need quiet time away from the hustle and bustle, living alone can be a very attractive option. Students and their parents should consider all options before taking the plunge.

Realty in Valdosta: Herndon Group, Diamond Realty and Lincoln Realty



Getting a place off-campus with friends can be a great first step into adulthood. While there will be more factors to consider than when living in a residence hall: paying bills, garbage pickup, grocery responsibility and being considerate of the common area, it is a safe space to learn responsibility and enjoy living with friends who have similar interests. It could also be cheaper than living on campus or renting alone. So if you are extremely laid back, then sure, get a hand full of your friends and split rent.

Places to look into: Blanton Commons, The Gates, The Grove, Student Quarters and Brookstone

Guide designed by Hunter Terrell and Bethany Davis



THE UNFILTERED

The

Waka Flock

Eating disorders
come in many
disguises

The history
Month at VSU

UPD catches

