

February 13, 2018

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Special Edition

# #SPECTATOR

THE UNFILTERED, UNCENSORED VOICE OF THE STUDENTS.

## The Health Edition

Waka Flocka Flame visits VSU

Eating disorders  
come in many  
disguises

The history of Black History  
Month at VSU

UPD catches bike thief



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# Housing hosts new furniture forum



A Southwest Contract representative talks with Maya Timmons and Sonte Davis about all the dorm room options South west offers.



Genisis Cruz (left) and Keyhrera Fluettlen (right) sit at a booth looking over the Sauder education furniture catalog.



Tyler Thomas and Laura Smith check out Sauder Education's convertible desk-chair.

# Eating disorders come in many disguises

**Savannah Oliver**  
STAFF WRITER  
snoliver@valdosta.edu

When college students return home for winter break, it is an opportunity for parents to notice changes in their children, and sometimes they're not always good changes. Those changes could include eating disorders.

The real signs of an eating disorder not only lie in appearance but also mood and habits.

The National Institute of Mental Health estimates that 25 percent of college students have eating disorders. The same percent of college women report managing weight by bingeing and purging, according to the National Association of Anorexia Nervosa and Associated Disorders.

The problem seems to be more widespread among women, but men are not excluded. The association says 10 to 15 percent of anorexics and bulimics are male.

According to the National Association of Anorexia Nervosa and Associated Disorder, although

it may seem that many cases of anorexia, bulimia or binge-eating disorder start in high school, the average age for the onset of these disorders is 18 to 20, just as teens enter college.

There are many factors that could contribute to the high amount students having an eating disorder in college, according to The Child Institute. There are physiological reasons such as low self esteem, feelings of inadequacy, depression, anxiety, anger, stress or loneliness that may cause someone to have an eating disorder. Someone could easily experience these feelings when attending a new school with new people and trying to balance a full time class load.

Social reasons, such as cultural pressures that glorify "thinness" or muscularity and place value on obtaining the "perfect body," could also cause an eating disorder, according to The Child Institute. There could also be interpersonal reasons such as troubled relationships or friendships.

Counselors describe many

signs of an eating disorder as :

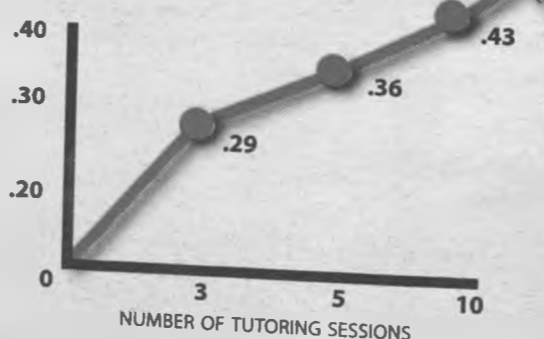
- Depression or anxiety
- Isolation
- Obsession with his/her appearance
- Avoiding eating with people
- Counting calories
- Favoring loose, baggy clothes
- Disappearing after meals
- Avoiding social activities

Parents should most likely discuss if they find any of these observations within their child, but they should approach it very delicately. Some students may be eager to share this burden with their parents, while others can be defensive. Even the most thought out questions can prompt denial or anger.

If you believe you or someone you know has or has had an eating disorder, consider visiting the VSU Counseling Center. The services are free and confidential for all VSU students. Eating disorders affect more people than you would think and can be serious. Don't be afraid to reach out to your friends and family.

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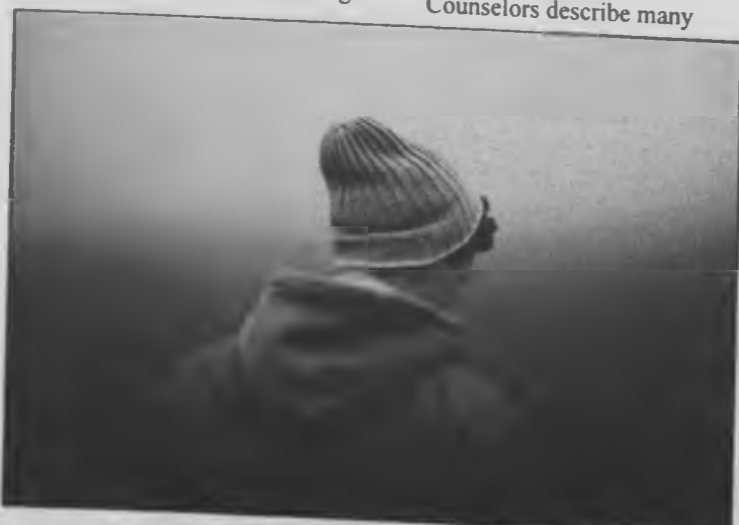


Photo courtesy of Andrew Neel on Unsplash Eating disorders can cause depression and the loss of faith in one's self.

# College Rep

**Bryce Ethridge**  
NEWS EDITOR  
bjethridge@valdosta.edu

In an effort to bring unity to VSU's campus, the College Republicans co-hosted a State of the Union Address viewing party with the Young Democrats on Jan. 30.

President of the College Republicans Joel Pollack, invited former Snellville City Councilman, Melvin Everson, to speak on his political experiences as a prelude for the president's address.

Everson began his time in the spotlight by telling the tales of his family's success to inspire the crowd, saying that they too can succeed. He then turned the subject to respect.

"I'm tired of the screaming, yelling and pointing fingers when issues are not being addressed," Everson said.

Everson said that even if people don't like what someone says, they should respect them. He said respect can go a long way in terms of debate, and events such as the viewing party would help unify Democrats and Republicans.

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# SGA promi

**John Preer**  
STAFF WRITER  
jhpreer@valdosta.edu

SGA opened the Feb. 5 meeting with a presentation from Colin Tucker promoting the return of The Great Debate. This event hasn't been held since February of 2016.

Tucker promised a scaled down version of the 2016 Great Debate with half as many debaters and moderators. The event is scheduled for March in the Bailey Science Center auditorium.

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# UPD catches bil

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On Wednesday, Feb. 7, the VSU Police Department arrested a Valdosta man who allegedly stole two bikes on campus earlier this week.

Ralph Donaldson, 58, is facing multiple charges including two counts of possession of tools during a commission of a crime, two counts of theft by taking and one count for criminal trespass with unlawful purpose. The total amount of property stolen came to \$320.

According to the police report, UPD observed a man dressed in a red baseball cap, a black and grey sweater, blue jeans and white shoes committing the crime on Sunday at 6:30 a.m. and 8:30 a.m. by Georgia Hall. He was also carrying red bolt-cutters.

Records Custodian Bill Postel said that the 6 a.m. shift UPD officers came in early on Wednesday in an attempt to catch the bicycle thief. In his report, Officer Jesus Arreola said that everyone had arrived at 5:30 and headed to different areas of main campus that have bicycle racks.

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# forum

## College Republicans co-host viewing party

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bethridge@valdosta.edu

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like-minded people, no matter what side of the aisle they're on, can come together and civilly disagree or agree on an issue," Everson said.

Pollack said he agreed with Everson in how respect and coming together can help unify the parties.

"This is a really great opportunity to have and foster a, hopefully, long-term relationship with both organizations," Pollack said.

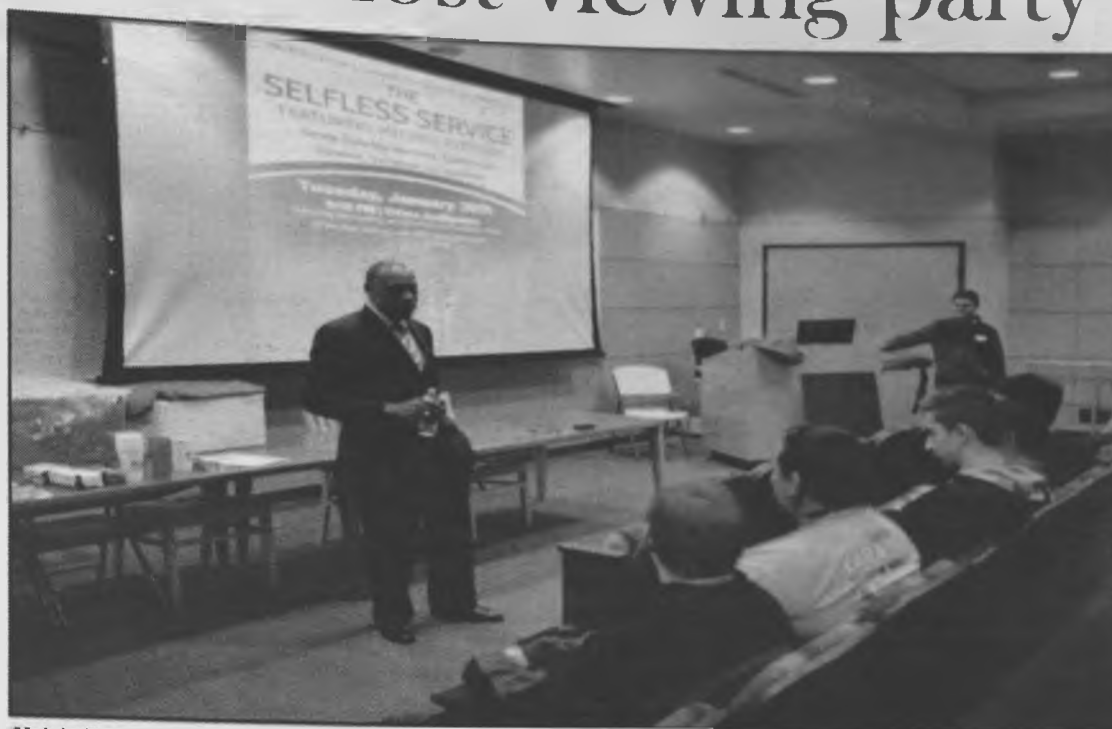
Pollack said that though both organizations want to foster unity, they want to do so without having to attack each other.

"It's all about finding that middle ground," Pollack said. "What we want in life and what we consider the American dream."

Though it may not seem the most feasible, Pollack said he sees no issues moving forward in unifying the two parties.

"We as the College Republicans and Young Democrats are the future," Pollack said. "I think that we can continue to work together and eventually won't see this hard divide that exists in American politics."

He also said he believes that



Melvin Everson served as the prelude to the State of the Union Address.

Bryce Ethridge/ THE SPECTATOR

both parties will eventually come together on topics that are important to the welfare of America.

The Young Democrats arrived shortly after Everson ended his lecture, but the political group took time to talk with him to

make up for the lost time.

Tucker revealed that both political groups have a huge event coming up in the future: a debate between both parties.

"It's going to raise awareness about the two parties on campus,

create political knowledge and encourage students to get involved more with the government process," Tucker said.

The debate will be held in March and will be open to all VSU students.

## SGA promises 'scaled down' Great Debate

**John Preer**  
Staff Writer  
jpreer@valdosta.edu

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Mainly geared towards community education, the Great Debate will focus on informing the audience about both the Demo-

cratic and Republican parties. The event's promoters ensured SGA that the event will not focus on partisan politics, rather the purpose of the debate will be to offer an objective and informative view of both parties. Following the presentation, SGA moved to sponsor the event and provide promotional support. Members of SGA are also expected to attend the event.

SGA President Maya Mapp followed the committee's vote with an inspirational video about seizing opportunities, maximizing efficiency and actualizing goals. After the video concluded, Mapp used that message to segue into the senator's opportunity to shape SGA and the student body.

SGA also discussed possible changes to the homecoming court criteria. Future homecoming kings and queens may be required to meet certain qualifications to run. Some of these qualifications may include a minimum GPA, sponsorship and possibly maintaining an active role in the VSU community. These roles could range from community service or being a current member of a VSU club. This move by SGA hopes to bring more substance to the role and elevate the position beyond that of a popularity contest.

Sen. Robert Greenbaum presented the third resolution of

the semester. This is the second resolution brought before SGA by Greenbaum. The resolution approved senate participation and support of the Relay for Life event. This year's Relay for Life will be on April 13 from 7 to 2 p.m. SGA plans to set up a booth and pass out bottled water during the event. The senate approved the resolution unanimously.

Senator Thompson reminded the committee of the Love Project Week when SGA partners with local hospices. This community outreach event will give members of SGA an opportunity to deliver floral arrangements and cake pops

to the hospice on Feb. 15 and 16.

Of the items mentioned in the officer report, only the bi-monthly Energizer Booths and the Waka Flocka concert are planned for the upcoming week. Other items on the report included the university build for Habitat for Humanity, a raffle sponsored by campus affairs and the Blaze the Trail Color Dash. Campus Affairs plans on having items such as portable battery chargers as potential raffle prizes. The Blaze the Trail event is popular in the VSU community, so to avoid capacity issues, early registration for the Color Dash ends Feb. 11.

## UPD catches bike thief

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Arreola headed to the southern entrance of Langdale Residence Hall where he noticed a man who

wore the same clothes as the thief from Sunday.

"I radioed my location to advise the squad and proceeded to turn around to make contact," Arreola said in his report. "As I approached the subject, he appeared to be picking up his pace as if he was about to run."

Upon approaching him, Arreola said that the gentleman stuttered in his responses. After asking him to chat, Arreola said that he grabbed the man's arm.

"Upon grabbing his arm area, I felt some sort of tool," Arreola said in his report. "I asked him to pull his hands out of his jacket, and he refused."

Being unsure if the tool was a gun, Arreola placed the man on a wall and removed his hand from his jacket, allowing the tool to fall. Arreola noticed that the tool was the same red bolt-cutters Sunday's thief carried.

According to the report, Arreola said he asked the man's name to which he said Ralph Donaldson. Arreola then read him his Miranda rights.

Officer Rebecca Leatherberry arrived on the scene and transported Donaldson to Lowndes County Jail. The report said that if Donaldson is seen back on VSU's campus, he will be arrested and charged accordingly.

2ND ANNUAL UNDERGRADUATE MAJORS AND MINORS FAIR

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WEDNESDAY FEBRUARY 21<sup>ST</sup> 2018 FROM 3:00PM TO 5:00PM

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## Disguises

If you believe you or someone you know has or has had an eating disorder, consider visiting the VSU Counseling Center. The services are free and confidential for all VSU students. Eating disorders affect more people than you would think and can be serious. Don't be afraid to reach out to your friends and family.

## IMPROVE YOUR GPA

## WEEKEND TUTORING



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TUTORING CENTER

SUNDAY 3 pm - 7 pm

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Located in Langdale Residence Hall

FOR SUCCESS





VSU's 2017 MLK march. Martin Luther King Jr. Day and Black History Month can be used as a catalyst for important discussions regarding race in the U.S. Seth Willard/THE SPECTATOR

### Our point of view...

#### Use Black History Month to kick-start important conversations

Black History Month is an annual observation in the United States, Canada, the United Kingdom and the Netherlands. The month, observed in February in the U.S., serves to supplement the under-representation of people of color in historical conversations and curriculums, outside of slave and colonial roles.

The tradition of Black History Month began at Kent State University in 1970. It was proposed by black educators as a celebration of important black figures and events.

In 1976, Black History Month was officially recognized by President Gerald Ford. By the late 1990s, the observation of Black History Month spread to Canada, the Netherlands and the United Kingdom.

There has been swirling debate over several decades on whether or not Black History Month should be an officially celebrated holiday. Some argue that there shouldn't be a month dedicated to the history of a single race of people. Others argue that black history shouldn't be confined to a single month but should be celebrated the entire year.

While it's true that the accomplishments of black historical figures should be acknowledged throughout the year, Black History Month helps shine a spotlight on an often-ignored category in American history.

Black history comprises the shortest chapters in American history books, with most emphasis being placed on slavery and the Civil Rights Movement. The tradition of black history, however, reaches far beyond slavery.

Black History Month provides the opportunity to celebrate black accomplishments from Nat Turner's Rebellion and the Civil Rights Movement, to the Harlem Renaissance and President Barack Obama's legacy.

Black History Month should also be used as an opportunity to learn about lesser known black historical figures, in addition to well-known leaders such as Malcolm X and Martin Luther King Jr.

We should celebrate Black History Month and use it to kick start a year-long conversation on the accomplishments of people of color. America wouldn't be the country it is without the contributions of ethnic minorities. Black history is American history, and it shouldn't be depreciated.

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

## Black History Month: How much do you know?

1) Interracial marriage was overturned in what year?

- A) 1967
- B) 1664
- C) 1988
- D) 1949

2) Who was the first African-American to win a Nobel Prize for Literature?

- A) Derek Walcott
- B) Wole Soyinka
- C) Nelson Mandela
- D) Toni Morrison

3) First African-American to set three world records in a single Olympic games?

- A) John Baxter Taylor
- B) George Poage
- C) Jordan Greenway
- D) Usain Bolt

4) What inventions were created by African-Americans?

- A) Hairbrush
- B) Lawn mower
- C) Cellphone
- D) All of the above

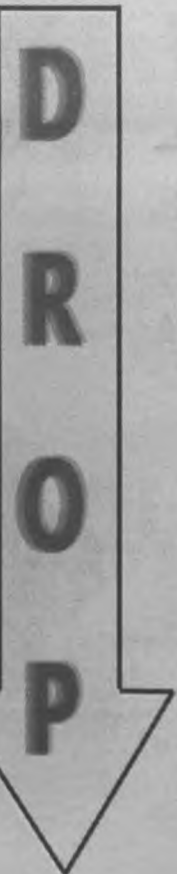
5) What is the first institution of higher education founded for African-Americans?

- A) Morehouse College
- B) Lincoln University
- C) Spelman College
- D) Tuskegee University

For answers, check page 14. For Black History Month coverage and photos check vsuspectator.com and add us on Twitter, Instagram and Snapchat @vsuspectator, @vsu\_spectator and @vsuthespectator

V.S.

## WITHDRAWAL



Students can **DROP** courses online during the first week of class.

After the drop-add period, you have until midterm to **WITHDRAW** from a course.

If you **DROP** classes, you will be eligible for a full refund.

If you **WITHDRAW** from classes, you may be eligible for a partial refund under special circumstances, such as injury, illness, or financial hardship.



**DROPS** will not appear on your student record.

**WITHDRAWALS** will appear as a W on your student record. You can **WITHDRAW** from a maximum of 5 classes during your time at VSU.

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er than editorials are opinions of the ssarily those of the Spectator and its rmission of the editors. Views in this the Valdosta State University adminis-

# WHAT ARE THE ODDS?

# SAM

Be a little squirrely

More likely to fall off a cliff.



1 in 1,511

Being a victim of a violent crime on campus.

1 in 1458

Safety Awareness Mascot

@Vstate\_SAM

www.valdosta.edu/sam

# BE SMART. BE SAFE. BE SENSIBLE.

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



# Five DIY beauty products you can make at home

**Alex Dunn**  
CAMPUS LIFE EDITOR  
eadunn@valdosta.edu

## Egg White Face Mask

Recipe by Lindy Ng on YouTube

Egg whites have benefits that include shrinking pores and tightening the skin. It brightens skin by removing dead cells and can prevent wrinkles by firming the face.

### What you need:

1 egg  
Half a lemon (optional)  
Medium sized bowl  
Fork or whisk  
Flat make-up brush

### Directions:

Separate the yolk from the egg by cracking it in half over a bowl and slowly shifting the yolk from one egg shell half to the other. Make sure all the whites are in the bowl, and you only have the yolk left in the egg shell. Dispose of yolk and egg shells.

Next, take a fork or whisk and gently beat the egg whites until the texture is bubbly and thin. Make sure all the clumps are separated for easy application. Add lemon juice if desired.

When the egg whites and lemon juice are well mixed, dip your flat make-up brush into the mixture and brush over the face generously. Avoid the eyes and mouth area when you apply. When there is a thick layer on

your face, leave for 15-20 minutes or until dry. You will know when the mask is dry when your face becomes stiff.

Wash with warm water and pat dry with a towel. Your skin should feel more firm and your complexion brightened.

## Sugar Scrub

Recipe by Carina Stewart on YouTube

Sugar scrubs help with exfoliation. The nourishing oils added to your skin shed impurities while adding important nutrients back into the skin.

### What you need:

1 cup of sugar  
1 cup of olive or coconut oil  
Essential oils (optional)

### Directions:

Mix up olive or coconut oil with sugar into a jar and mix well until both ingredients are blended together. You may use brown or white sugar depending on your preference.

Add essential oils like lavender, avocado or witch hazel for your desired scent and nutrients. There is a plethora of essential oils you can choose from, depending on which scent and benefits you desire. Store in jar when all ingredients are blended.

Use one tablespoon in the shower as needed. Be cautious if you use it on your face because the scrub can be harsh on sensitive skin.

## Lip Balm

Recipe by Heidi on 'Happiness is Homemade'

### Ingredients:

Beeswax  
Shea Butter  
Coconut, Almond or Olive Oil  
Essential Oil

### Instructions:

Place beeswax, shea butter and the oil of your choice in a bowl. Melt ingredients in a microwave safe bowl and heat for 30 second intervals while stirring occasionally or until all ingredients are melted together.

Allow to cool for about 10 seconds, then stir in your choice of essential oil for added beauty benefits and scents.

Pour into a small portable container. Do not use until lip balm has cooled and set firmly. Have fun with different combinations until you have a variety of lip balms at your disposal.

## Beauty Blender

DIY by Emma Mathews on Bustle

### What you need:

Memory Foam  
Scissors  
Fabric Dye (optional)  
Rubber gloves  
Table salt  
Warm water

### Directions:

Start by cutting down your piece



Alex Dunn/THE SPECTATOR

From left to right: DIY beauty blender, lip balm, egg white face mask, make-up remover, essential oils, sugar scrub and cotton pads.

of memory foam to the size and shape you desire. Experiment with different sizes until you have the one you want to use.

Mix the fabric dye with warm water and salt until all is mixed well and dissolved.

With rubber gloves, soak your beauty blender in the fabric dye mixture. When you are done dunking your blender in the mixture, continuously squeeze the blender so no dye gets trapped.

Allow time for your blender to dry either overnight or with a hair dryer. After that, you are ready to use your new product. Apply make-up to your face as usual and test out your creation.

## Make-up Remover

DIY by Jessica Willingham on Bustle  
All you need are your favorite essential oils to create a make-up remover with your skin type in mind.

### Ingredients:

4 tablespoons of witch hazel  
2 tablespoons of olive oil  
2 tablespoons of jojoba oil  
3 tablespoons of water  
Cotton pads

### Directions:

In a small bowl, combine all ingredients and mix until blended. Pour into a small glass jar for storage. Shake well before each use. Dip cotton pads into the mixture and gently swipe across face until make-up is completely removed.

# Being vegan: an interview with Dr. Aiello

**Kelsey Dickerson**  
EDITOR-IN-CHIEF  
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Dr. Thomas Aiello is an associate professor of history and African American studies at VSU. Those who have had his class know about his penchant for pigs (he owns three) and his barefoot lectures. He's lived a wholly vegan lifestyle for seven years and is an advocate for veganism.

### Q: How old were you when you started looking in to veganism?

A: It was not too long ago. Probably like seven years ago, and then I went vegan immediately.

### Q: So you went vegan cold turkey?

A: Absolutely.

### Q: What made you do that?

A: The animals. When I went vegan I hadn't eaten a vegetable in 15 years. I still don't like vegetables, and I still rarely eat them. But after kind of realizing, after kind of

having the light switch on about what we do to animals, I couldn't be a part of it anymore. And so, I just stopped and I haven't gone back since and never would.

Vegans would tell you that what we do is very much not a diet, and there are plenty of vegans who are unhealthy and are proudly unhealthy. There's nothing that a non-vegan can eat that I can't eat too, just in a vegan version.

And, the idea that we would commit that kind of genocide every day, I mean for nothing, for things we don't need, is abhorrent and something that we can't be a part of. But, it's certainly more than a diet for us because along with not eating meat or dairy or eggs or honey or anything like that we also don't wear leather, or fur, or silk, or wool or anything that comes from an animal.

We won't buy regular mainstream products like that because we don't want any product that was used to harm an animal at some point. So it's, I think, for most of us, I think it's bigger than

a diet.

### Q: Do you believe that humans are naturally herbivores?

A: I believe that those labels are just a thing we made up. They're not real. We can survive on a lot of different things. We just created those labels, they don't actually mean anything. They make labels that say things like, "Cats are carnivores and have to eat meat." I mean, all of our cats are vegan. We just make this stuff up.

And, often times, when we think about the labels that we put on food choices or any kind of life choices we do, we forget that we're just making that up. I mean, it's just a label. It's not real. The only thing that's real is that we're just a bunch of animals walking around on the round ball in the sky and so are all those animals.

### Q: Did you experience any push-backs?

A: There is always a little bit of that. I haven't experienced it as much as others have but yes, there's a lot of that. There's a lot of push-back, and the reason there's push-back, of course, is because no one wants to assume they're the bad guy, and vegans, just by the way they live, essentially indict everyone else for being a part of the greatest genocide in the history of the world.

A lot of people immediately react and say, "Well if you're doing that, that must mean you think I'm doing something wrong, therefore I'm going to start doing things to tear you down and make you seem wrong and make fun of you," and that happens to a lot of vegans.

We get a lot of that kind of flack, and it's very hard for some people. We do get trashed a lot simply because people do realize that—simply the way we live makes those people feel very

guilty.

### Q: What happened in the moment you decided to become vegan?

A: I read a couple of books. For me, it was books. I mean we have a lot of those great videos and documentaries that are out there now, but I'm more of a book guy than a movie guy, and I read a couple of books.

Jonathon Safran-Foer's "Eating Animals" was a big one. I read "The Omnivore's Dilemma," which I thought was completely wrong, and I could prove that it was wrong. So, I moved on to other books like "Eating Animals." Everybody I think inherently knows that this is crazy, but it's always kept away from us, and we never have to see it so we never have to think about it. You know, we don't call the carcass of a cow that wanted to live a cow, we call it a steak, or a hamburger or something else, and we put it in different shapes so people don't think about it. And so, it makes it hard sometimes to have that light to click on.

### Q: Is veganism a viable option for people living in food deserts?

A: Society does very much set us up to participate in those (animal product) industries. That is very, very true, but it is still very viable.

We have tutorial videos on how to shop at Family Dollar, and Wal-mart and places like that. It's actually cheaper to eat a vegan diet, and while the options are more scarce at places like that in smaller town, it is very doable.

Valdosta, for example, is not the most vegan-friendly place in the world, but we have dozens of vegans in town. We can have anything that anyone else can have and we don't have to go far to get it.

Food deserts are a legitimate real problem in this country, but the notion that continuing to kill someone because of it is not a good solution. Food deserts, while they do need to be solved, need to be solved in the right way. Because if you're eating an animal, you aren't eating food. You're eating the body of someone that was tortured and killed. Food is something else.

### Q: Do you have any tips for people who are thinking about veganism but aren't sure if they can commit to the lifestyle? There's a bridge between thinking it's wrong and doing it.

A: Right. The thing I would get across the most is that it seems like a very extreme thing to do, but it is incredibly easy. Again, I hadn't eaten a vegetable in 15 years when I went vegan. It was super easy and it's never been difficult a day in my life.

Also, I would tell the students that we have a new vegan thing over in Palms. We have a whole new vegan little area that they're just now putting in new options for everybody.

Most of your favorite restaurants have vegan options. We have websites and apps devoted to what you can get at every restaurant there is. Tacobell has the most vegan stuff out of all the fast food restaurants, and that's every college kid's favorite place to go. It's easy to go out and be vegan, even in a town like Valdosta that doesn't have the same options as bigger places.

Any student can happily come see me, I will not only give them pamphlets but I will give them advice. It's easier now more than ever to be a vegan.

(This interview edited for clarity and conciseness. See the full interview online.)



Dr. Thomas Aiello at his office in Ashley Hall. Dr. Aiello leaves informational pamphlets and stickers about veganism on his desk for students' use.

# Social m

**Kaitlyn Baich**  
STAFF WRITER  
kebaich@valdosta.edu

In an age where media is the prime source of communication people spend more time logging on rather than hanging out. This can affect their happiness in the long run according to a recent study.

In an article by Jean Twenge on The Conversation, she discusses the importance of leisure time and how it can relate to happiness. In her studies, she found more teens who spent their time outside with friends or even just away from social media were happier than the teens who spent more of their time in the digital world. Twenge also found that people who do not use social media at all were less happy than people who only use social media occasionally.

It may seem that Valdosta does not offer a lot to do around the



Red wine has more antioxidants than its... Photo courtesy of Hunter Terrell

## VSU Centraliz



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# Make at home



Alex Dunn/THE SPECTATOR

ender, lip balm, egg white face mask, make-up scrub and cotton pads.

DIY by Jessica Willingham on Bustle  
All you need are your favorite essential oils to create a make-up remover with your skin type in mind.

**Ingredients:**

- 4 tablespoons of witch hazel
- 2 tablespoons of olive oil
- 2 tablespoons of jojoba oil
- 3 tablespoons of water
- Cotton pads

**Directions:**

In a small bowl, combine all ingredients and mix until blended. Pour into a small glass jar for storage. Shake well before each use. Dip cotton pads into the mixture and gently swipe across face until make-up is completely removed.

# Dr. Aiello

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# Social media hinders students' happiness

**Kaitlyn Baich**  
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It may seem that Valdosta does not offer a lot to do around the

*The front lawn is a great place to hang out with friends and get away from social media.*

city. However, VSU holds many events for students throughout the semester. VSU's Student Union offers a great place to hang out with friends, and there is also a game room area where students can play pool and ping pong. Also, the front lawn is a great place to hang out with friends and get away from social media.

There is no doubt that college is stressful, but happiness can be improved if people try and get away

from the work and the screens for even just an hour a day.

This fact that more social media means less happiness is also affecting people over the age of 30. They were also said to be less happy because they were using social media too much, while also having less interaction with their partners.

There is no need to give up social media and all that comes with it, this is the digital age after all. We should simply use it in moderation in hopes that we will become happier because of it.

VSU offers many opportunities to get out and away from screens. This means having more fun on campus where you can be face to face with your peers.

By getting away from the screen, you can make and experience the life long memories that everyone should have the opportunity to achieve.



Photo courtesy of pixabay

Using social media can have a negative impact on your health.

# Alcohol benefits the body

**Hunter Terrell**  
SOCIAL MEDIA EDITOR  
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An apple a day, will keep the doctor away...or even a glass of wine.

According to the National Library of Medicine (NLM), adults who drink light to moderate amounts of alcohol may be less likely to develop heart disease than those who do not drink at all or are heavy drinkers.

On a less serious note, moderate alcohol consumption also promotes reduction in stress and tension and studies have shown improvement in certain cognitive performance (NLM).

The key word here is moderate. The U.S.D.A. Dietary Guidelines recommend up to two drinks a day for men and up to one for women.

"A drink after work always

makes me feel calm." Said Heather Williams, junior business major.

However, people who do not already drink alcohol should not start just because they want to avoid developing heart disease.

Drinking is a game of chance. It can either help strengthen or weaken your overall health.

Too much alcohol can result in risk of fibrosis, high blood pressure, a weak immune system or even certain cancers (genetics also factor in this).

"I don't like to drink anyways, but it doesn't hurt to think I'm also protecting my body," said Charlotte Pirkle, freshman undecided major.

Here is how certain beverages affect your health:

**Red wine** is filled with antioxidants and natural polyphenols which both show research in lower chances of cardiovascular heart disease (NLM). Believers of

the Mediterranean diet and French Paradox also advocate for the benefits of red wine. If anything, wine has a smaller alcohol percentage compared to most liquor and beer.

**Beer** contains more protein and Vitamin B than other alcoholic beverages and has the equivalent of antioxidants as wine, but the specific antioxidants are different because the barley and hops used in the production of beer contain flavonoids different from those in the grapes used in wine.

**Water** is the best thing for you, though there is a thing such as too much. But remember that if you are going to drink, eat and hydrate before or after.

No studies have been done on any liquors because it has been concluded, there is little to no health related benefit for drinking a margarita with the girls, but it doesn't hurt too much to have a little fun.



Red wine has more antioxidants than its counterpart: white wine  
Photo courtesy of Hunter Terrell

# Marijuana has highs and lows

**Savannah Oliver**  
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According to drugabuse.gov, some women have used marijuana to treat severe nausea after pregnancy. While it hasn't been proven that this is an effective use for medicinal marijuana, there are studies that prove the use of Cannabidiol (CBD) is effective in treating epilepsy, especially in children.

However, medicinal marijuana refers to the whole unprocessed plant that treats certain illnesses or symptoms. A scientific study of two certain chemicals in marijuana, such as Tetrahydrocannabinol (THC) and CBD, has led to two FDA approved medications, Marinol and Syndros for therapeutic uses in the United States, including for the treatment of anorexia associated with weight loss in AIDS patients. Both drugs have dronabinol as the active ingredient which is a synthetic form of THC. THC is the mind altering part of the plant or the part that gets people "high." THC can also help to reduce nausea; however, there is growing interest in the chemical

in marijuana called CBD. CBD does not contain the psychoactive component THC and can be an alternative to those who do not want the "high" associated with marijuana. Studies have shown it can treat illnesses such as childhood epilepsy. CBD can be consumed in several forms such as CBD oils, candies and even CBD drinks.

There are several pros to consuming cannabis. It has many medicinal purposes including the treatment of epilepsy, Alzheimer's, cancer symptoms, chronic pain, etc. There is also no known physiological dependence or withdrawal symptom from cannabis. The main pro of cannabis, mainly CBD oil, is for helping with child seizures.

However, there are cons to consuming cannabis. Apathy, lost productivity, addictive disease, deterioration in intellectual function, motor vehicle accidents and psychosis are all among the negative outcomes. Another con of marijuana comes from the "stoned" feeling which is sometimes attributed to laziness.

Haley Garrett, a sophomore biology major, said "It seems to

have more negative effects than positive ones, so I do not think it should be legalized."

Overall, cannabis seems to have many pros and cons. It doesn't seem to have enough scientific evidence to prove one way or the other.

Personally, I believe the use of CBD can be very helpful for medicinal purposes. As someone with extreme anxiety, I think it could potentially help calm my nerves.

Maggie Harper, full time dual enrolled student, said "I think the legalization of marijuana is a good idea as long as it's regulated. People will get it regardless, so why wouldn't the government sell in order to tax it the same way they do with alcohol? It's naive to think people won't still access it if it's illegal, so it's better to have it all out in the open and regulated."

Although marijuana may not seem helpful to you, it could be helpful to others.

What do you think? Is cannabis an effective tool or just something to get you high? Let us know on Twitter @vsuspectator.

## VSU Centralized Advising



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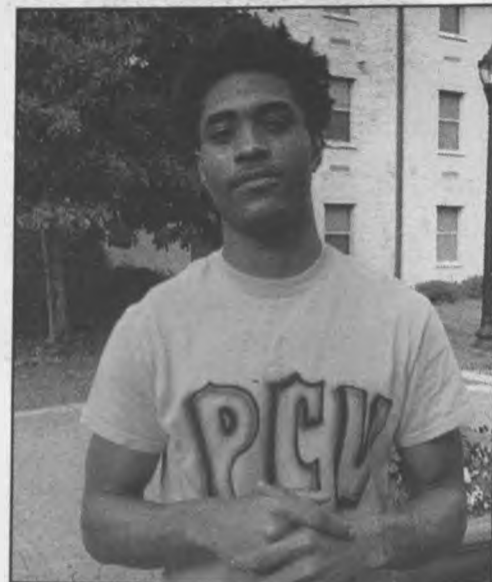


# Voice of the students

## How do you stay healthy in college?



*"As of lately, I've been on this diet called Whole30, and it changed my life. I cut out carbs and sugar ... that were addictive to me," Sera Gard, a literature master's student, said.*



*"I don't really do anything. I'm not a healthy person. I eat fast food all of the time," Kavious Thomlin, a mass media major, said.*



*"I lift weights with my friends, that's the main thing. And, I try not to buy junk food, because if it's in the house, I will eat it," Delanie Turner, a senior athletic training major, said.*



*"I wouldn't say I'm vegetarian, I'm more like a pescatarian and I drink like a gallon of water a day. I usually go to sleep early ... I start getting tired around 8:30 p.m. or 9 p.m. and I'll be asleep by usually 10 p.m.," Anthony Oliveira, a freshman computer science major, said.*



*"I go to Crossfit classes everyday, sometimes twice a day. I drink a lot of water and a lot of green tea... it flushes your system," Austin McCord, a sophomore exercise physiology major, said.*



*"I think it's not only important to stay healthy physically, but also to take care of your mental and emotional well-being. By being positive and optimistic," Samantha Mora, a junior international business major, said.*

Quotes and photos by Ladaezjah Warrens, Staff Writer.

### Opinion:

# Reasons to consider the keto diet

**Savannah Oliver**  
STAFF WRITER  
snoliver@valdosta.edu

According to the Cleveland Clinic, the ketogenic diet has successfully been used since the '90s to treat epilepsy, but over the years more people are using the low carb diet to lose weight. Ketosis is a process that helps us to survive when food intake is low and during this, we produce ketones. These are produced from the breakdown of fats from the liver. The end goal of the keto diet is to force your body into ketosis. There are many benefits to the keto diet. The first is weight loss.

This diet uses your body fat as an energy source and has better results when compared to low-fat and high-carb diets. Another benefit is the controlling of blood sugar. The keto diet naturally lowers blood sugar due to the types of food you eat. If you're pre-diabetic or have type 2 diabetes then you should consider the keto diet. People also use the keto diet for improved mental performance. Ketones are basically fuel for the brain. According to the National Center for Biotechnology Information, studies show that an increased intake of fatty acids can impact your brain in a positive way.

The keto diet has been proven to improve cholesterol levels associated with arterial buildup. This helps to lower blood pressure. A large amount of research has also shown the keto diet can also lower insulin ranges to healthy levels. This can be a great help especially if you are athletic. One last odd benefit of the keto diet has to do with acne. Although there are no reliable studies to back this, switching to a low-carb diet could possibly reduce skin irritation. Many students here at VSU agree that the keto diet is a great idea. Kali Fussell, a freshman nursing

major, said, "I think the keto diet is positive and could be used to lose weight or for epilepsy. I think any natural way to solve health problems should be used rather than chemicals." Full-time dual enrolled psychology major, Maggie Harper, said, "I think as long as you are being careful and not denying your body of the things it needs to function properly and it isn't hazardous to your health, then it's completely okay." However, the ketogenic diet isn't all sunshine and rainbows. There is an adaptation period that can last for up to two weeks, and this can be very uncomfortable. Also, this diet can be extremely

difficult and requires serious restraint. Social gatherings especially will be hard on some. Lastly, most likely athletes will not be able to get the necessary energy they need from the keto diet. Personally, I think the keto diet is a great idea if you can stick to it. It has several health benefits that do not all pertain to weight loss. If the keto diet seems like a tool that could work for you, try it out. There are plenty of ways to lose weight, but it is even better when it is all natural and has so many other health benefits as well. Consult a dietician before you change your diet.

# Students r

**Hunter Terrell**  
SOCIAL MEDIA EDITOR  
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When do you actually go to bed? Do you give yourself enough time to have quality sleep? Probably not. According to a Harvard medical study, the amount of sleep that an individual needs is based off two factors: age and genetics. The CDC recommends at least seven and a half hours of sleep for people between the ages of 18-60. "After going to class, doing schoolwork and coming home from my part time job, I'm lucky to get five hours of good sleep," Garrett Briggs, a freshman nursing major, said. Genetics play a role in both the amount of sleep a person needs, as well as the preference for waking up early or staying up late. Our internal clock is set to approximately 24 hours. If your clock runs faster than 24 hours, you tend to be a "lark" and wake up early. If your clock runs slower, you tend to be an "owl" and go to bed later. As college students, it's important to get a full night of sleep. One poor night of sleep can make you unmotivated, cranky and insufficient in healthy habits. "I try my best to go to bed at

Sleeping is necessary for a decent time," B... junior mass media... "When I don't, I... ful of what I eat... if I go to the gym... Sufficient sleep... promote good bra... health and even h... don't cut it, either... Napping during

# Binge watch

**Destini Jones**  
SPECIAL PROJECTS MANAGER  
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People binge watch their favorite television shows or movies for a variety of different reasons, but according to psychologists, binge watching has negative effects on sleep and eating habits. Binge watching has increased as technology and the number of digital platforms has increased. The invention of sites such as Netflix, Hulu, Amazon Prime and others allow people to watch shows in bulk. Digital Video Recorders are also a factor into why it is so easy to binge watch. Binge watching is defined as watching two or more episodes of a television program in rapid succession, typically by means of DVDs or digital streaming. "I like to let the shows pile up on DVR, so I don't have to wait a whole week between episodes," Amari Johnson, a sophomore childhood education major, said. "I use Netflix mostly," Suhayla Walker, a sophomore biology ma-

...or, said. "I binge... some episodes lea... cliffhanger, and I... happens next." According to a s... by Deloitte that wa... March 2016, about... U.S. consumers are... watching shows. Generation Z and... millennials make u... than half of U.S. b... watchers and are a... main account hold... prescriptions to tw... streaming sites. Students recogn... negative effects of... watching, yet they... to partake in it. "I don't think th... sarily bad for you... think it does have... of leading to binge... if someone wants... episodes in a row... "It's bad for you... at a screen for mul... and you can lose sl... yourself to stay up... According to res

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otos by Ladaezjah Warrens, Staff Writer.

# keto diet

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# Students need better quality sleep

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The CDC recommends at least seven and a half hours of sleep for people between the ages of 18-60.

"After going to class, doing schoolwork and coming home from my part time job, I'm lucky to get five hours of good sleep," Garrett Briggs, a freshman nursing major, said.

Genetics play a role in both the amount of sleep a person needs, as well as the preference for waking up early or staying up late. Our internal clock is set to approximately 24 hours. If your clock runs faster than 24 hours, you tend to be a "lark" and wake up early. If your clock runs slower, you tend to be an "owl" and go to bed later.

As college students, it's important to get a full night of sleep. One poor night of sleep can make you unmotivated, cranky and insufficient in healthy habits.

"I try my best to go to bed at



Photo courtesy of Vladislav Musiakov on Unsplash

Sleeping is necessary in order to stay on track throughout the day and helps you become more productive.

a decent time," Bryce Lawson, junior mass media major, said. "When I don't, I seem less mindful of what I eat for breakfast and if I go to the gym or not."

Sufficient sleep is needed to promote good brain health, heart health and even lung health. Naps don't cut it, either.

Napping during the day, espe-

cially longer than 30 minutes, is not quality sleep and can do more harm than good, according to the Journal of Sleep Research of 2015.

Naps can cause sleep inertia. You might even feel groggy and disoriented after waking up from a nap.

Taking naps also won't make

sleep problems at night go away. It'll probably make them worse. If you just can't fall asleep try these remedies:

**Melatonin:** Before you resort to prescribed sleeping medications, try the natural vitamin, Melatonin. Melatonin is a hormone secreted by the brain's pineal gland. It helps control

when you fall asleep and wake up. One dose of three milligrams or five milligrams will help you fall asleep quicker

**Turn off your phone and TV:** A National Sleep Foundation (NSF) survey found that nearly all participants used some type of electronics within the last hour before going to bed. That's a bad idea. Light from these devices stimulates the brain, making it harder to wind down. Put your gadgets away an hour before bedtime to fall asleep more quickly and sleep more soundly.

**Warm milk and honey:** The thought is that milk can help people fall asleep because it contains two substances that are known to be related to sleep and relaxation: melatonin and the amino acid tryptophan.

"Tryptophan is an essential amino acid that is not produced by humans, but needs to be ingested in foods," said Naomi Rogers, a sleep expert and professor at the University of Sydney, in an interview with The Huffington Post.

Sleep is a beautiful thing. If you feel you're not getting enough quality sleep, simple adjustments can help contribute to a more restful night.

# Binge watching TV can harm the body

Destini Jones  
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People binge watch their favorite television shows or movies for a variety of different reasons, but according to psychologists, binge watching has negative effects on sleep and eating habits.

Binge watching has increased as technology and the number of digital platforms has increased. The invention of sites such as Netflix, Hulu, Amazon Prime and others allow people to watch shows in bulk. Digital Video Recorders are also a factor into why it is so easy to binge watch.

Binge watching is defined as watching two or more episodes of a television program in rapid succession, typically by means of DVDs or digital streaming.

"I like to let the shows pile up on DVR, so I don't have to wait a whole week between episodes," Amari Johnson, a sophomore childhood education major, said.

"I use Netflix mostly," Suhayla Walker, a sophomore biology ma-

ior, said. "I binge watch because some episodes leave off on a cliffhanger, and I have to see what happens next."

According to a study conducted by Deloitte that was released in March 2016, about 70 percent of U.S. consumers are now binge-watching shows.

Generation Z and millennials make up more than half of U.S. binge watchers and are also the main account holders for prescriptions to two or more streaming sites.

Students recognize the negative effects of binge watching, yet they continue to partake in it.

"I don't think that it is necessarily bad for you," Johnson. "I think it does have a high chance of leading to binge eating, but if someone wants to watch 26 episodes in a row, let them."

"It's bad for your eyes to stare at a screen for multiple hours, and you can lose sleep by forcing yourself to stay up," Walker said.

According to researchers at

Brigham and Women's Hospital, sitting in front of a fluorescent light for four hours or more prevents sleeping. The reason for this is because the light that TVs emit inhibits the release of melatonin, which is the hormone that helps people fall asleep.

*Television seems to outweigh the potential harm done to the human body.*

Lilian Cheung, director of health promotion and communication at Harvard School of Public Health, explains how prolonged viewing can contribute to a sedentary lifestyle and have effects on weight. She believes that watching TV while eating is detrimental to health because people stop paying attention to the food in front of them, which prevents them from catching the satiety cues that

tell the body that it is full.

But some students don't seem to think that these potential health risks are reason enough to refrain from binge watching.

"I don't take the risks as seriously as I probably should," Johnson said. "Mostly because I'm not thinking about my health risks, while I'm engulfed in the latest episode of 'Grey's Anatomy'."

Television seems to outweigh the potential harm done to the human body. According to a survey conducted by Deloitte, groups between the ages of 14 and 33 binge-watch for an average of five hours in one sitting.

A good way to combat the negatives of excessive TV consumption is to find ways to be as healthy as possible while doing it.

Dr. Bonny Rockette-Wagner, an expert on sedentary behavior and diabetes prevention suggests dividing the binge into chunks. She urges watchers to pause and move around after each show to

get active.

People could even stay active while watching by incorporating a simple workout routine into their TV watching time.

"Standing is better than sitting, and moving is better than standing," Rockette-Wagner said. "Do something to get up and moving." People tend to exhibit a couch-potato lifestyle when binge watching TV, and this lifestyle includes junk food.

To keep from expanding waistlines, while immersing oneself in the next season of Stranger Things, one should opt for portion-controlled single serving snack. Try not to bring big bags of food for snacking.

It would be impossible to get people to stop binge watching, especially considering it is the main way people consume television nowadays, but there are ways to do it smarter.

Being aware of simple behaviors while binge watching can be a small step towards a healthier lifestyle.

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Waka Flocka Flame performs at VSU spring concert on Friday, Feb. 9.

Kelsey Dickerson / THE SPECTATOR

## Waka Flocka performs at VSU spring concert

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**Darla Dunning**  
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**The Spectator:** I know this is really weird, but I did not think you would be as tall as you were

**Waka Flocka:** Yeah, a lot of people be thinking that. It's crazy.

**The Spectator:** Have you been to Valdosta before?

**Waka Flocka:** Yeah, definitely.

**The Spectator:** When?

**Waka Flocka:** Before I was famous. I went to Valdosta for spring breaks and shit like that.

**The Spectator:** So you just put out your first album in a while. What kind of inspired that?

**Waka Flocka:** Mixtapes and remastered. What inspired it is because people from this era never—I never ever streamed music ever, like in my whole entire career. Streaming is actually something new. Like Elvis Presley never streamed until they put him on stream, so it's like this new generation doesn't know exactly what Waka did, so when I put comments up like "Yo, Lil Pump's like an albino Waka." They think I'm hatin'. I'm flattered because that's somebody that came from the birth of something that was created, because I want the voice of the youth to stand taller than the main stream of hip hop. So, just to see a Lil Pump—they say Lil Pump is Chief Keef and Chief Keef is Waka Flocka—so just to see that shit go through generations, I was flattered. So to see headlines say, "Hey, that was hatin" is wrong because I always talk from a flattering position. I'm just blessed. I'm just fuckin' blessed.

**The Spectator:** What advice would you give young people right now trying to start out?

**Waka Flocka:** Don't be afraid to make a mistake. That's the most I can tell you because me trying to give you advice, it's going to be past a new persons education. You won't even be able to fathom it. It's impossible for you to learn music business in your first week of rapping or first year. It's fucking impossible.



Kelsey Dickerson / THE SPECTATOR



Taylor Sutherland / THE SPECTATOR

Makinsey Rosser and Lang Amaru perform as two of the opening acts at the VSU spring concert on Friday, Feb. 9.

**The Spectator:** So it takes a while?

**Waka Flocka:** Oh yeah. It takes education. Education is the mistakes and efforts.

**The Spectator:** How long did it take you?

**Waka Flocka:** About 10 years in music. Literally, because music changes. My whole course of being in music, I came from CD era. I came from CD era to ringtones to CDs, from CDs to downloads, from downloads and now I'm in streaming. I came from four different phases of music. People compare me to people from streaming. I came from CDs. How the fuck are you still talking about me in streaming? So just to hear somebody saying "Oh Waka, I'm gonna compare you x, y, z." That's all kinds of disrespectful. It's like somebody comparing me to fuckin' Wayne or DMX. You can't, that's disrespectful. I can never be as good as them. It shouldn't be competing. So I feel blessed.

**The Spectator:** How do you think people starting out now are different from when you started out?

**Waka Flocka:** The only difference is the new artists have more power than they had before. Before you would just, you was just confused—you never had examples. You never had a lot of artists that made mistakes that popped. Yeah, it wasn't a lot of younger artists. Back in the days, the youngest artist was like 27, 32.

**The Spectator:** And now you have a lot more young people like teenagers.

**Waka Flocka:** Yeah, it started with Lil' Bow Wow's though. Lil Bow Wow actually opened the door for that. Soulja Boy opened the door for that. They opened the door for the people to be young again. So yeah, kudos to that.

**The Spectator:** You have a couple of businesses, and you're also a family man and you also rap. How do you balance all of that?

**Waka Flocka:** It's hard. I don't sleep a lot. You only get four to five hours of sleep a day. That's the only way it works. I don't got the luxury of sleeping all of the time. That is something that I wish I could do. I don't got the luxury to cry. I don't have the luxury to be depressed. I don't have the luxury to say "I don't wanna do it." I don't. And to me that's a good luxury. I'd rather that than not knowing what the fuck to do. So to balance it all out, I think you don't think about it. I think its gotta be genuine because I'm actually doing so much that I have to be genuine cause you feel it. That's what it is.

**The Spectator:** Are you excited for tonight?

**Waka Flocka:** Fuck yes. Of course. Like me now, I think I'm more excited to be rapping the last two years now than ever. Like, I feel good. Now I'm not rapping like I'm not blinded. I used to be with a blindfold. Every time I heard a noise, I use to just run it. And now I don't have a blindfold on. Its like its weird. Its like oh shit I'm not making all the money now. So before, I use to just rap and be like "ah my shit will be lit" and "Oh something good happened." Now, I know its gonna happen. So its kinda like boring. Its like playing a video game and you know all the cheat codes. It ain't fun no more. You know what I'm saying? Like I know how to press the buttons to get infinity lines and infinity ammo. Its not fun, but its fun as fuck cause I'm winning. So its like its weird. So right now, I'm just blessed. I'm blessed.

**The Spectator:** So you said its kinda boring. Is there a way you break out of that?

**Waka Flocka:** When I say boring I mean not music is boring. I mean myself to challenge myself is boring.

**The Spectator:** Is there a way to challenge yourself?

**Waka Flocka:** Yeah, its gotta be some new shit. I don't even shave my face. I ain't get my hair done in like fuckin' five months.

**The Spectator:** So how do you like performing at colleges? How is it different?

**Waka Flocka:** Man colleges is fun because you're in an environment of people who want to have fun because they working hard as fuck. Vice versa of going to club or not going to certain clubs. I don't know it's different. College kids party. They party. They not worrying about what they got on, what they look like, or what they drinking. It's not about that. Its back to like the house party mode. So to me, college parties remind me of house parties. That's why I like doing the shows because it's like a house party. So if I want a house party vibe I just do college shows. If I want like an extravaganza, take pictures and look good vibe. fuck it I'll do festivals. If I want be with celebrities and look even cooler and richer like Waka Flocka should look then I'll go to the club. But what I prefer is the colleges. I used to like festivals too. EDM got turned into like pop music. That shits like not even like hard no more.

**The Spectator:** EDM is kinda more mainstream now.

**Waka Flocka:** Yeah, its ugh. Got to many rules in it now. It use to have no rules.

This interview was edited for clarity and conciseness.

## Republicans

**Grant Palmer**  
STAFF WRITER  
gpalmer@valdosta.edu

A new texting-while-driving law is being pushed by a Republican state representative to more severely punish those who use their cellphones behind the wheel. The new law, if passed, would not only increase penalties for drivers who are caught, but would also cost drivers points on their driving record.

In addition, the penalties would increase by a large margin, ranging anywhere from \$150 to up to \$900 for those who are repeat offenders.

The mastermind behind the bill

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## The history of

**Jacorey Moon**  
STAFF WRITER  
jxmoon@valdosta.edu

February is of course Black History Month, and Americans use this month to recognize the achievements and contributions that African-Americans have left on the United States.

Black History Month came about through a "Negro History Week." According to History.com, Carter G. Woodson and Jesse E. Moorland founded the Association for the Study of Negro Life and History. The ANSLH was dedicated to researching and promoting the achievements made by black Americans and other people of African descent.

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## WELCOME BACK

## GEORGIA

## A HAPPY

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# Republicans push texting while driving law

**Grant Palmer**  
STAFF WRITER  
gpalmer@valdosta.edu

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In addition, the penalties would increase by a large margin, ranging anywhere from \$150 to up to \$900 for those who are repeat offenders.

The mastermind behind the bill

is John Carson, who represents Marietta. Carson said that Georgia's current law for hand-held usage while driving just doesn't cut it. He called it the "DUI issue of our generation," and that this particular issue is responsible for more and more crashes and fatalities, according to WABE in Atlanta.

Statistics compiled by a House Study Committee on Dec. 31, 2017, definitely support Carson's claim. According to the committee's findings, traffic crashes in Georgia are up 36 percent from the 2014-2016 period, while fatalities resulting from traffic crashes increased by 34 percent over the same time frame.

Not only did these figures increase over that period, but Georgia roadway deaths also hit a high in the year 2016, with over 1,500 fatalities, according to the Georgia Department of Transportation. The DOT also reported that distracted driving was a huge contributing factor to these roadway fatalities.

Carson and other officials are hopeful that the new law will discourage drivers from being on their hand-held devices, as the 13 out of 15 states that enacted "hands free" laws regarding the issue saw a 17.5 percent decrease in traffic fatalities.

While this all sounds well and does have good intentions, statis-

tics show it could mitigate traffic fatalities. This issue still faces a unique challenge: effectively enforcing the law.

According to WABE, police officers have complained that it is incredibly frustrating and tough to determine whether a driver is texting or on the Internet, or if they are simply just dialing to make a phone call, which is permitted.

In addition, under this proposed bill, answering a phone call, hanging up or using your phone for GPS directions is still permitted. Some police officers have made it clear to lawmakers that the texting law is not effective because there were more Georgia traffic fatalities per Vehicle Miles of Travel in

2016 than before the texting law went into effect in 2010.

On campus at VSU, students had mixed opinions about the proposed new law.

"Yes, I don't text and drive to begin with, but I think it would help a lot of people because there really has been a lot of accidents because of it," Kailley Bowden, a biology major, said.

Daniel Murphy, a psychology major, said the bill wouldn't have the desired effect, at least on him.

"It really wouldn't stop me," he said. "I have tinted windows, so how would they even be able to tell?"

# The history of Black History Month at VSU

**Jacorey Moon**  
STAFF WRITER  
jmoon@valdosta.edu

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Black History Month came about through a "Negro History Week." According to History.com, Carter G. Woodson and Jesse E. Moorland founded the Association for the Study of Negro Life and History. The ANSLH was dedicated to researching and promoting the achievements made by black Americans and other people of African descent.

They coined the term "Negro History Week" in 1926, and it didn't become Black History Month until 1976. The month of February was chosen to coordinate with the birthdays of Fredrick Douglass and Abraham Lincoln.

VSU celebrates Black History Month in educational, exemplary and artistic ways.

In the past and present, VSU's Archives Department, stationed in Odum Library, have held art exhibits and special collections in order to commemorate Black History Month.

According to the archives department in February of 2017, they held a special exhibit that showed a collection of images and items that are housed in the Smithsonian Institution's National

Museum of African American History and Culture. Features included child-size slave shackles, the clothing worn by Carlotta Walls on her first day at Little Rock Central High School, Chuck Berry's Gibson guitar and the track shoes worn by Olympian Carl Lewis.

The VSU student body has been very vocal about their participation in Black History Month Celebrations. This past week the VSU organization, #WeNeedToTalk, discussed Black History Month regarding the purpose and progress of the historical month. Student Organizations have held cookouts on campus as well as had a "Melanin March" last Thursday.

This year, there has been a

special collection donated to the VSU Archives Department by the Langdale School of Business at VSU. This collection features Martin Luther King Jr. funeral program, a signed check from Alex Haley for the TV series "Roots," a book composed of paper doll versions of Martin Luther King Jr. and his family and other artifacts that contribute to the importance of Black History Month.

In addition, the VSU Archives has accepted a donated exhibit that chronologizes the horrific lynching of Mary Turner. According to History.com, in 1918, Mary Turner, a wife and mother of two, was a black woman who spoke out in protest against a white mob who killed her husband. It was

horrific because she was pregnant at the time, and the white mob lynched her upside down and burned her alive. The mob then cut her open and burned her baby as well. It is said that same night the mob rampaged and lynched 12 people in total. The Turners were murdered following the murder of a white plantation owner by one of his black workers. Apparently, Hazel "Hayes" Turner played a part in the killing. This story is told on wood templates covered in ink. It's located on the fourth floor of the Odum Library in the archives room.

Black History Month is an important month and vital to the identity of America. The meaning behind Black History Month should not be overlooked.

## WELCOME BACK VSU STUDENTS, FACULTY, AND STAFF!



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## ing concert

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Kelsey Dickerson / THE SPECTATOR



# Helping Hands: Helfer's experience extends beyond the court

**Prince Robinson Jr.**  
STAFF WRITER  
parobinson@valdosta.edu

Mike Helfer's fiery passion and cool confidence make him one of the most respected coaches in the country but his success never came overnight.

Helfer was born in Newark, Ohio, where he attended Newark Catholic High School.

During his teenage years, Helfer was heavily involved with athletics. He was a tri-sport star, receiving All-State honors in basketball and football, while making the state championship in track.

Upon graduation, the three-time letter-winner decided to attend Capital University in Columbus, Ohio, where he decided to continue his athletic skills on the hardwood.

While playing for the Crusaders, Helfer developed a lasting bond with then-head coach Dave Cecutti.

"It was a great experience," Helfer said. "The best part about my experience there was that I had a great relationship with my head coach that still exists to this day."

Even now, he enjoys hanging out with his former head coach.

"We get together in the summer and play golf or do something," Helfer said. "We stay in touch."

For his first two years out of college Helfer was a volunteer assistant for his alma mater. Cecutti's tutelage was a key to Helfer getting his first official assistant coaching job at Kent State University in 1991.

Helfer worked with the school through the 1994-1995 season.

After his stint with the Golden Flashes, he took a position at Grand Valley State University, where he helped the Lakers to a 26-6 season and a ticket to the NCAA Division II tournament.

"I think what you learn as an assistant, you see the coach that you are working for and you are going to take some of the things that he did and use them," Helfer said. "You will also take things that he did and not use them because you don't agree with it, which is fine."

Helfer also said that there is a distinct difference between head coach and assistant coach.

"It's the head coach's job to



Justin Lewis/THESPECTATOR

With 11 years of experience, Coach Mike Helfer continues to take the VSU men's basketball team to new heights after the 2009-2010 season.

make the decisions," Helfer said. "It's the assistant coach's job to make suggestions."

The knowledge he learned as the right hand to the head coach ultimately led Helfer to running his own program at Southern Polytechnic State University.

As the head coach for the Running Hornets for eight years, Helfer amassed 186 victories and 83 losses. His total record at SPSU averages to about 23 wins a year.

His first two seasons at SPSU were his only two non-winning seasons, as he went 16-16 in 1997-1998 and 14-18 in 1998-1999.

The following season, Helfer changed the dynamic, as he wheeled the team to a 28-7 record while capturing his first SSAC regular season and tournament championships.

Helfer's last season as the Running Hornets head coach was highly successful, as he orchestrated a 32-4 record and won both regular season and tournament titles for the SSAC.

Under his leadership, SPSU earned its first ever No. 1 national ranking.

After holding the clipboard and drawing up plays for the Running Hornets, Helfer reflected on how his first ever head coaching posi-

tion helps him now.

"I learned how to get a program to the national level and how to keep it there," Helfer said, who was also named SSAC Coach of the Year, said.

Adding to his Coach of the Year award from the SSAC, Helfer was named the Atlanta Tip-off's Coach of the Year for both the 2000-2001 and 2001-2002 seasons.

The Ohio-native was offered a head coaching position at VSU following his departure from SPSU and he did not hesitate to accept it.

The rest is history, as Helfer is currently in his twelfth season at VSU.

Helfer has cemented himself as one of the top head coaches in the nation, compiling a total of 201 wins to 119 losses in his first 11 years.

In the time since becoming head coach, Helfer has nine winning seasons, while making the Blazers a huge attraction in the Gulf South Conference

His first season at the helm for the Blazers was in 2005-2006, as he inherited a squad that averaged 68 points per contest in the previous season.

Helfer rewrote the narrative by leading the team to a 17-11 record

while averaging about 83 points per game.

Statistically, Helfer's best year at VSU was during the 2009-2010 season, as he led his team further than any other team in school history for men's basketball.

Helfer facilitated a school record 28 wins to five losses, reaching the national quarterfinals.

Records continued to be broken that year as the team set the school mark for points in a season with 2,666 to top the previous mark of 2,591 set in 1967.

Helfer ended that season sharing the GSC East Division Coach of the Year award, which he had earned the year before as well.

Winning and racking up accolades are very rewarding for any coach, but Helfer's greatest accomplishments at VSU has come from the men that lace their shoes up and play for him.

"The best part of my job at VSU has been all the players," Helfer said. "The relationships that I have developed with all of the players. That's going to continue for the rest of our lives."

Blake Justice, former VSU men's basketball player and current assistant coach, chimed in on what he has realized from being both a player and an assistant coach for Helfer.

"As a player, you learn kind of what he likes and what he wants out of his players," Justice said. "Then you get to the coaching side and it's a whole different

aspect."

Justice also said that the knowledge he has gained from Helfer could potentially help with running a program of his own.

"Yes, I think obviously [coaching] comes with experience," Justice said. "Playing for him and learning from him has sort of put me over the curve."

Junior guard Beau Justice, Blake's younger brother, also expressed his relationship with Helfer during his time at VSU.

"I have full trust with him," the younger Justice said. "Even if he takes me out and I am feeling good, so I trust him."

Besides coaching the Justice brothers, Helfer has been a huge friend of the family away from the hardwood.

"He actually went to the same college that my dad went to, so there is a little connection there," Beau Justice said. "That was the connection that got me and Blake to come down here, so obviously he has been really good to us."

Just like both the brothers, Helfer wants to ultimately bring a championship to a school and town that has yet to witness one from the basketball program.

"I think any time you are in charge of a program that has tremendous history, and this one has tremendous history, you want to win a championship," Helfer said. "If you are a head coach, you want to win one and I want to win one here for Blazer Nation."



Justin Lewis/THESPECTATOR

Even before VSU, Coach Helfer led his previous school, Southern Polytechnic State University, to a No. 1 ranking.

# From player to

**Tylaise Christopher**  
STAFF WRITER  
tchristopher@valdosta.edu

In the two seasons that she has been at coaching at VSU, Carley Kuhns has been a firecracker of success and shows no signs of burning out.

Women's Basketball Head Coach Carley Kuhns produced VSU's first 20-plus win season since 2011 and the first NCAA South Regional Tournament appearance since 2010 in her first season with the team.

This season she brought in a recruiting class with an array of players and skillsets that can help add to the early success.

Kuhns is from Atlanta, Georgia where she attended Parkview High School.

She played basketball growing up and played on the VSU Women's Basketball team for four seasons.

She is a member of the 1,000 Point Club and Blazer Hall of Fame as a player.

She graduated from VSU with a bachelor's in health and physical education and master's in higher leadership.

Kuhns saw herself as a high school coach, but later grew to love the college atmosphere.

She served as an assistant coach in Nashville, Tennessee at

Coach Carl

Belmont U

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## Greetings,

**The Student Activity Fee Allocation applications for next fiscal year.** A new process and use of activity fees has taken changes and decreases in fee revenue. Different ways – described below. Current from those departments and organizations or more per year in current and prior Activity Fee Allocation Committee work of activity fees, and application information. **Deadline to apply is March 9, 2018. Large allocation awards.**

### Student Activity Fees at VSU are reviewed

**1. Student Activity Fee Allocation (Fee Funded Departmental Allocation)** That are funded by a set fee amount and provide evidence of efficient and proposed increase, decrease, or reduction discussed, and voted in favor by the University President and Board of Regents.

**2. Student Activity Fee Allocation (Large Allocation)** The SAFAC meeting departments and organizations that \$1,000 total for the year. Each department budget for review by the Committee responsible use of student fees. Funding future years and the amount requested by the Committee. If any organization, they are eligible to request funding.

**3. Student Government Blazer Allocation (Small Allocation)** At the Spring meeting provided to the Student Government Fall and Spring semester to any student the requirements of the Blazer Allocation than \$1,000 total for the year to any making more funds available through

### Student Activity Fee

<http://www.valdosta.edu>

Deadline to submit for

Invited Presentation

Vincent A. Miller, Ed.D.  
Vice President for Student Affairs

## BHM quiz answers

- 1) 1967
- 2) Wole Soyinka
- 3) Usain Bolt
- 4) All of the above
- 5) Lincoln University

For Black History Month coverage and photos check [vsuspectator.com](http://www.vsuspectator.com) and add us on Twitter, Instagram and Snapchat @vsuspectator, @vsu\_spectator and @vsuthespectator





Juston Lewis/ THE SPECTATOR  
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## Jiz answers

For Black  
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@vsu\_spectator and  
@vsuthespectator

# From player to coach, Kuhns remains a team player

**Tylaise Christopher**  
STAFF WRITER  
tchristopher@valdosta.edu

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She served as an assistant  
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Photo courtesy of VSU

Coach Carley Kuhns is just getting to her second year at VSU and has already delivered the team their first conference championship since 1997.

Belmont University.

“It’s kind of home, because I  
graduated from here, and I love  
the community,” Kuhns said.

Kuhns said she has already  
made up her mind about staying  
at VSU, and she wants to coach as  
long as she can.

She feels like this job is for her  
because she grew up around the  
sport and education since both her  
parents were teachers.

She was also already familiar  
with it and knew she would get  
a lot of support from the Blazer  
community.

“I plan on staying until they tell  
me I can’t anymore, or I feel like  
it’s something I’m not good at  
anymore,” Kuhns said.

Being a coach, Kuhns has also  
learned a few things and faced a  
few challenges in her career.

Learning to set boundaries and  
establishing relationships is some-  
thing that’s important to Kuhns.

“Being a young head coach,  
I learned how to set boundar-  
ies while also remembering it’s  
a game, and it’s supposed to be  
fun,” Kuhns said.

Kuhns has already made her  
mark at VSU by setting records in  
just her second year of coaching.

She plans on continuing to set  
goals for the team.

“I just want to continue to see  
them improve every year,” Kuhns  
said.

“I want to get to championships

every year. We kind of developed  
this thing of winning at home, so  
staying undefeated at home would  
be really cool.”

Kuhns set impressions on not  
just her team, but others around  
her.

Many people look up to her as a  
good role model.

“She is very patient, which a lot  
of coaches don’t have. One thing I  
admire about her is that she’s not  
afraid to admit when she’s wrong  
and owns up to her mistakes,”  
Chandler Merckson, assistant  
coach, said.

Kuhns has many more years  
under her belt at VSU.

She plans to continue helping  
the girls grow and also future  
players that plan to play at VSU.

Her motivation comes from  
watching the girls grow and con-  
tinually building relationships.

## NOTICE

Greetings,

**The Student Activity Fee Allocation Committee is now accepting funding request applications for next fiscal year.** A number of changes to the committee allocation process and use of activity fees has taken place as a result of Board of Regents policy changes and decreases in fee revenue. Student Activity fees are now allocated in three different ways – described below. Currently the committee is accepting applications from those departments and organizations that traditionally have been awarded \$1,000 or more per year in current and prior fiscal years. Please carefully review the Student Activity Fee Allocation Committee website and links associated with allocations, use of activity fees, and application information for important details regarding this process. **Deadline to apply is March 9, 2018; no late submissions will be considered for large allocation awards.**

**Student Activity Fees at VSU are reviewed and allocated in three different ways:**

1. **Student Activity Fee Allocation Committee - Fall Meeting**  
(Fee Funded Departmental Allocation) University Departments and building projects that are funded by a set fee amount must present their budget each year to the SAFAC and provide evidence of efficient and responsible use of student fees. At this time, any proposed increase, decrease, or repurpose of a student fee amount must be presented, discussed, and voted in favor by the committee to recommend any changes to the University President and Board of Regents.

2. **Student Activity Fee Allocation Committee - Spring Meeting**  
(Large Allocation) The SAFAC meets each Spring to hear proposals to fund eligible departments and organizations that historically receive large allocations greater than \$1,000 total for the year. Each department or organization invited must present a detailed budget for review by the Committee and provide evidence of efficient and responsible use of student fees. Funding for a prior year does not guarantee funding for future years and the amount requested may be more or less than what is actually allocated by the Committee. If any organization is not funded through this one-time process, they are eligible to request funds from the Student Government Association.

3. **Student Government Blazer Allocation Committee - Fall and Spring semester**  
(Small Allocation) At the Spring meeting of the SAFAC a large allocation of funds is provided to the Student Government Association to allocate throughout the upcoming Fall and Spring semester to any student organization and individual student that meets the requirements of the Blazer Allocation Committee process. These awards are less than \$1,000 total for the year to any one organization or individual with the intent of making more funds available throughout the year to a greater number of students.

**Student Activity Fee Allocation Committee Website:**  
<http://www.valdosta.edu/student/safac/>  
**Deadline to submit for Large Allocation: March 9, 2018**  
**Invited Presentation to Committee: March 26, 2018**

Vincent A. Miller, Ed.D.  
Vice President for Student Affairs



Photo Courtesy of VSU

Coach Kuhns continues to set higher goals for her team.



# VSU BASKETBALL

COACH

MIKE HELEER

March 6, 2018

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