Former president promotes Hillary’s inclusive campaign

Muschamp’s big haul

Take care of your brain: Mental health on campus

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As I stand here tonight breathing a big sigh of relief—Thank you, Iowa—I want you to know I will keep doing what I have done my entire life,”

— Democratic presidential candidate Hillary Clinton on the night of her narrow victory over Bernie Sanders in the 2016 Iowa Caucus

“The class is a good, deep class.”

— University of South Carolina head football coach Will Muschamp on his first Gamecock recruiting class at the National Signing Day press conference

“Tonight is a victory for every American ... To the revolutionary understanding that all men and all women are created equal. That our rights do not come from the Democratic Party or the Republican Party or even the Tea Party. Our rights come from our creator.”

— Republican presidential candidate Ted Cruz on his win in the 2016 Iowa Caucus over national front-runner Donald Trump

“You are not Muslim or American. You are Muslim and American.”

— President Barack Obama speaking to the Islamic Society of Baltimore in his first address from a U.S. mosque as president
Former President Clinton champions Hillary’s campaign

Emily Barber
@EMILYRISA

South Carolina’s presidential primary is rapidly approaching. Candidates are wooing voters all over the state. Democratic hopeful Hillary Clinton sent her husband, former President Bill Clinton, to woo on her behalf at Allen University’s “Fighting for Us” rally on Wednesday evening.

After a warm welcome, the former president first highlighted the recent successes of the United States, focusing largely on how the U.S. ranks against the rest of the world.

“We are younger and more diverse than any other big economy,” Clinton said. “We have the best system of science and technology anywhere on the verge of new breakthroughs, which will create millions of jobs and lift life expectancy to unimaginable heights. And we rank first or second in the world in every single scientific survey about who can generate the most electrical power from the sun and the wind and other clean sources.”

He praised the current administration for its progress in lowering the unemployment rate and raising the rate of people covered by health insurance to over 90 percent.

Clinton also addressed challenges facing the country. He cited the frequency of tensions between the police force and black communities and the dramatic spike in prescription drug abuse from 2002 to 2014.

Many of the struggles of the American people and the increased political partisanship he attributed to the 2008 economic crisis, from which the country is still trying to recover.

“The most important thing that has happened to heal America in a long time was what happened when the parishioners of that church in Charleston showed their true Christian faith and extended forgiveness,” he said, in reference to the Emmanuel Nine shooting.

Clinton used this as a springboard to launch into praise of his wife’s plans and ideals.

“So Hillary should be president, I think, because she’s the best change-maker I’ve ever known, and everything she ever touched she made better,” he said.

According to the former president, the U.S. used to have one of the top 10 rates of women in the workforce, despite lower pay and less paid leave, but now have fallen out of the top 20.

“So the next time you hear her say we’ve got to have paid leave and equal pay and affordable childcare, don’t say that’s a woman’s issue,” Clinton said. “That’s a family’s issue. That’s a child’s issue. That’s an American issue.”

He focused particularly on her inclusiveness, whether in regards to economics, social issues or national security policies. He outlined several of her accomplishments throughout her life, of which a recurring theme was empowering the downtrodden.

Earlier in her career, she was active in helping provide quality legal services to the poor and lessen the number of undeserving young people who had been put in prison. She worked closely with survivors and emergency respondents of the 9/11 attacks. She helped formulate a bill that provided tax credits to adoptive parents of disabled children, thereby increasing the adoption rate by 65 percent.

Hillary Clinton’s empowering message is significant in making her attractive to voters. Chris McCurry, a volunteer leader for her campaign, believes in that message and has supported her for a large portion of her career.

“I believe that when you build up women and children, you build up communities,” McCurry said. “When you build up communities, you build up the nation.”

Despite standing for ideas that ring true with many college-aged voters, Clinton has struggled in her campaign to win their trust. McCurry attributes this to a negative portrayal of her from the media, and he believes in Clinton’s ability to win the nomination and the presidency.

“If [younger voters] really study and learn who she is, they really see the true Hillary and the Hillary that is a fighter for all of us,” he said.

At the end of his speech, former President Clinton returned to emphasizing his wife’s belief in inclusive policies. He believes her to be a strong force that has the ability to effect real change in the U.S.

“She knows how to stand her ground, but never closes the door on common ground,” he said. “This election is pretty simple, from your point of view. If you’re a college student, if you’re a senior citizen, if you’re somebody in between. Who’s the best change-maker?”

Throughout his speech, Clinton affirmed his belief that she had not only pledged to take action but also kept that promise to the American people, liberal or conservative.

“She hasn’t been elected to anything,” he said, “but she sure has made good things happen.”
Carolina Day addresses funding

Students, alumni and faculty met with South Carolina representatives at the Statehouse to discuss a controversial bill that would cut state funding to all public universities in the state at the 12th annual Carolina Day on Wednesday.

USC President Harris Pastides is one of many who are against this bill, which would essentially turn USC into a private university.

“We are the university for South Carolina,” Pastides said in his speech. “The funding we get, although diminished, is vitally important. We will never walk away from the state, ever ... You could take more money away from us, and that’s something we never hope to see, but we would still never walk away from the University of South Carolina.”

Conversion from a public institution to a private institution could have monumental implications for the future of USC.

USC’s pillars, or guiding principles, highlight how important the relationship between the school and the state is. “The fourth pillar [is] to work ceaselessly to be part of South Carolina’s economic, cultural and future well-being,” Pastides said. The first three pillars are world-class education, world-class scholarship and access for the student.

Lee Goble, USC student body presidential candidate, expressed his concern that losing focus on higher education would lessen the number of highly qualified teachers and ultimately cause a lower quality of primary and secondary education.

“It’s not K-12 or higher education. It’s K-12 and higher education,” Goble said. He hopes that policymakers will change their perspective when it comes to funding.

The event, coordinated by the My Carolina Alumni Association, took place at the Statehouse and at the Alumni Association building on Lincoln Street. Alumni Association President Paula Harper Bethea believes that a united movement will help the cause of those who do not support the bill.

“Sometimes it isn’t so much that you talk to someone one-on-one as it is that statement that so many people who are dressed in garnet and black, who wear Carolina Changes Everything buttons, says to people,” she said. “It shows our pride and our commitment and our resolve, and I think it makes a palpable difference.”

Jack Claypoole, alumni association executive director, enjoyed the day as a celebration of what USC means to the state.

“It’s a day for all of us to come together and to show policymakers how much we love the University of South Carolina — across the state — and also how important we believe higher education is to the economy, the health care and the well-being of South Carolina,” Claypoole said.
The mountains and the beach are both common destinations for road trips from Columbia, but there are plenty of other vacation options within driving distance. One of these fabulous destinations is Savannah, Georgia. This cultural hub of the southeastern United States — and industrial hub of the Atlantic — is just a short two-and-a-half hour drive from Columbia.

Reminiscent of Charleston and New Orleans, Savannah is the perfect weekend getaway. Like the other two cities, Savannah is well known for its historic attractions, beautiful architecture and tasty dining locations. The city, the oldest in Georgia, is the home of many landmarks of all sorts, including the Gothic-revival Cathedral of Saint John the Baptist. Originally built in the late 1700s, the majestic cathedral has gone through renovation and relocation and is still popular with both tourists and local Catholics, many of whom attend the church’s Mass weekly.

Katie Rosen @TDG_ARTS

The Savannah Historic District goes...
Column: Gamecocks not for faint of heart

Abe Danaher
@TDG_SPORTS

We don’t win pretty. We don’t play pretty. In fact, sometimes it’s plain ugly. Tuesday’s discouraging loss against Georgia certainly speaks to the maddening inconsistency of this team.

This isn’t the land of the 2-3 zone — the “we won’t cover you until we have to” style seen in the ACC. This isn’t the land of pretty Big 12 basketball, where often it’s more of a track meet than a basketball game. No, this is 40 minutes of hell. This is up-in-your-shorts, man-to-man defense. This is not just trying to prevent you from getting a good shot. This is trying to prevent you from even getting a shot up. This, my friends, is South Carolina basketball. Let’s stop comparing their brand of basketball to something it’s not.

As Gamecock fans, sure, we get excited from a dunk here and a three-pointer there. But what do we appreciate the most? What is it that will get Colonial Life Arena at its loudest? Good old-fashioned hustle and energy, that’s what. Nothing exemplifies this better than Michael Carrera’s dive into the stands late in the game this past Saturday against the Alabama Crimson Tide. On this play, the ball was deflected by a South Carolina defender, and heading straight into the bench out of bounds. Everyone, players in red and players in white, seemed content to let the inevitable occur and have the ball bounce into the stands. Everyone except Michael Carrera, that is, who acted upon impulse and took two large steps, sending his body airborne into his own bench after the loose ball.

This hustle was greatly appreciated by all Gamecock supporters in the arena. Upon helping him up, Frank Martin met Carrera with a hug. A “Michael Carrera” chant rained down from the stands above. To someone just listening, they would have thought Carrera had just hit the game-winning shot.

That play right there summarizes South Carolina basketball this season and the appreciation that the fans have for it. On nights when the energy isn’t there, it’s apparent. As shown by the contrast between the two Alabama games this year, hustle and energy seems to make all the difference. At the Georgia game in particular, the team lacked its usual spark. This team can’t slide by teams based on skill and pretty play. That’s not who they are. That’s not how they play. And as all South Carolina fans will probably agree, that’s not what we want to watch anyways.

So when South Carolina takes on more graceful teams like Texas A&M, Kentucky and LSU next week, don’t count them out. This team is different, and not necessarily in a bad way.

Madison MacDonald | Weekender
In the current landscape of college football, recruiting classes get shaped over multiple years. This 2016 class still has the fingerprints of former coach Steve Spurrier, but Will Muschamp had just two months to build his inaugural class in the wake of Spurrier’s departure.

On National Signing Day, Muschamp welcomed what he called a “good, deep class” of 26 new Gamecocks to South Carolina.

Muschamp’s first two visits for recruitment were to linebacker TJ Brunson and wide receiver Bryan Edwards. “I think they’re both really good football players,” Muschamp said. “I think that they’ll contribute in a huge way here at the University of South Carolina.”

His strategy of pinpointing them early on paid off because both South Carolina natives will be taking their talents to Columbia.

Muschamp also discussed the signing of Louisiana native Stephon Taylor at the press conference. “Stephon Taylor was a big get for us today out of New Orleans,” Muschamp said. “I’ve been recruiting Stephon for about three years in really three different shirts. But he’s a guy that I really feel good about... He’s got good feet and change of direction, he’s got good length in his arms... A guy that’s got that length and that girth are hard to find.”

Muschamp called new offensive linemen Will Putnam and Akeem Cooperwood “massive human beings.” That size will be paramount in protecting the prize of this year’s class, quarterback Brandon McIlwain out of Pennsylvania.

When introducing McIlwain, Muschamp said, “That was huge for us. We needed to sign a quarterback in this class. [He’s] an athlete that can run the ball and throw it extremely well. We are really excited about him.”

Muschamp was also fired up about landing running back Rico Dowdle: “He scored 50-something touchdowns this year, and that’s pretty impressive. He is very explosive... but he also played quarterback (in high school), which I have always had very good success with high school quarterbacks that come play a different position for you because at the end of the day they gotta communicate.”

Muschamp offered some final words of wisdom when he stated, “Winning on signing day is not real important to me. It’s about two years down the line, three years... How productive were they as players for South Carolina?”

Muschamp and the players seem eager to start spring training and earn their playing time. There is a new fire lit and it seems to be burning with more strength and passion.
2016 FOOTBALL RECRUITS

*Stars based on 2016 ESPN rankings

WEEK ENDER 9
2016 ADDITIONAL RECRUITS

Chavis Dawkins
WR #143 ★★★
Duncan, SC

Dennis Wonnum
TE-H #121 ★★★
Stone Mountain, GA

Kiel Pollard
TE-H #148 ★★★
Moultrie, GA

Chavis Dawkins
WR #143 ★★★
Duncan, SC

Dennis Wonnum
TE-H #121 ★★★
Stone Mountain, GA

Kiel Pollard
WR #148 ★★★
Moultrie, GA

Evan Hinson
TE-H #19 ★★★
Deltona, FL

Pete Leota
OG #78 ★★★
Deltona, FL

Robert Tucker
ILB #48 ★★★
Stone Mountain, GA

Griffin Gentry
DT #71 ★★★
Birmingham, AL

Will Putnam
OT #132 ★★★
Birmingham, AL

Sadarius Hutcherson
DE #105 ★★★
Huntingdon, TN

Stephon Taylor
DT #23 ★★★
New Orleans, LA

Rico Dowdle
RB #72 ★★★
Asheville, NC

Akeem Cooperwood
OT #12 ★★★
Lawrenceville, GA

Randrecous Davis
WR #83 ★★★
Atlanta, GA

Kobe Smith
OT #40 ★★★
Asheville, NC

JaMarcus King
CB #1 ★★★
Eight Mile, AL

Darius Whitfield
OC #6 ★★★
Mobile, AL

Korey Banks
WR #93 ★★★
Tyrone, GA

Keir Thomas
DE #26 ★★★
Miami, FL

C.J. Freeman
RB #53 ★★★
Greensboro, NC

Chris Smith
CB #46 ★★★
Rock Hill, SC

Bryan Edwards
WR #43 ★★★
Conway, SC

Javon Kinlaw
OT #29 ★★★
North Charleston, SC

Diondre Champaigne
WR #127 ★★★
North Charleston, SC

Sadarius Hutcherson
DE #105 ★★★
Ogden, TN

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beyond the cathedral, though. Tourists will see an abundance of historical architecture and beautiful buildings. In the historic district, cultural events, such as the upcoming Savannah Music Festival and Savannah St. Patrick’s Day Parade, take place throughout the year. The city is also Southern Gothic writer Flannery O’Connor’s childhood home and is a pilgrimage site for many fans of contemporary fiction.

When the Georgia weather permits, Savannah’s Beach on Tybee Island is a gorgeous public access beach where you can relax or participate in water activities, and it is only 30 minutes from central Savannah. Another one of Savannah’s tourist scenes is River Street. If you’re looking for hip, unique nightspots, this is your best bet. You can also visit Ghosts & Gravestones, one of Savannah’s most popular night excursions.

The city is also known for its classic Southern cuisine and is home to some of the country’s oldest restaurants, including The Olde Pink House and 45 Bistro.
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Healthy lifestyle necessitates mental wellness

Emily Barber
@EMILYRISA

The word “stress” is all too familiar to most college students. Even in the slow weeks, there are plenty of things to worry about, so stress and anxiety management should be a regular priority in students’ routines.

A 2008 Associated Press study found that 80 percent of college students experience frequent daily stress, and 34 percent reported feeling depressed in recent months.

At the University of South Carolina, Student Health Services has several departments dedicated to students’ mental well-being, such as Campus Wellness and the offices of counseling and psychiatry.

Counseling services, which relocated to the fifth floor of the Close-Hipp Building at the end of the fall semester, offers a variety of options for students, including individual and group therapy, stress management and mental health assessments.

Tobin Lovell, assistant director of community-based services, has worked at USC for about 10 years. As well as working to make the counseling and psychiatric services more prevalent on campus, Lovell meets with clients regularly. At this time of year, Lovell said he meets with around seven clients per day.

“Our top presenting concerns (sic) is anxiety,” he said in an email. “Anxiety symptoms can vary widely, and can take the form of social phobia, panic attacks [and] generalized anxiety, just to name a few.”

An American Psychological Association study showed that about half of the students surveyed had felt overwhelmed by anxiety in the past year. About 13 percent had been diagnosed with a mental health condition, such as anxiety or depression.

Psychiatric services differ from counseling in that psychiatrists are licensed doctors who provide psychiatric evaluations, diagnoses and treatment plans, including medicine prescriptions.

“Students need to continuously make wellness a priority in their lives,” Lovell said, referring to basic elements such as sleep, exercise, nutrition and stress management. “Students should seek [counseling and psychiatric] services preventatively ... before mental health symptoms impair daily functioning.”

USC professor and practicing psychologist Rhea Merck has over 30 years of experience, many of them spent in Columbia, in the mental health field. In an email, Merck confirmed Lovell’s assessment that anxiety is the most prominent mental health issue on campus. She said depression, stress and eating disorders are typically next in line. A study done by National Association of Anorexia Nervosa and Associated Disorders showed that around 25 percent of college-aged women dieted with such extreme measures as bingeing and purging.

Merck recommends that students seek help and treatment if they think they are battling a mental health problem. She said students often come to her with problems, and while she cannot counsel them personally, she connects them with the resources they need.

“You don’t have to suffer. Treatment works,” Merck said in an email. “Use the wellness center and the fitness classes. Take yoga. Go to the counseling center ... Go to class. Get to know your professors — you’d be surprised how people increase their stress levels by not going to class.”

One of the more active health initiatives at USC is Campus Wellness, located on the bottom level of Strom Thurmond Wellness and Fitness Center. The department is dedicated to helping students establish lifestyles that are physically and mentally healthy.

Fourth-year public health student Hannah Doelling works with Campus Wellness as a Changing Carolina peer leader. She has worked with Student Health Services for two years and currently works with Jennifer Myers, assistant director of campus mental health initiatives, as well as with Campus Wellness.

Doelling recognizes that many students on campus don’t use the resources available to them in dealing with stress and anxiety.

“If they’re struggling, I think some students have no idea where to go,” she said. “If it’s something like anxiety, depression, anything like that, people just don’t know where to take the first step.”

One of the issues Doelling is passionate about and sees as a particular challenge on USC’s campus is eating disorders. She said that treatment for eating disorders is lacking in South Carolina, with only one large treatment facility in Columbia, The Hearth, and the next closest center in Charleston.

“Not a lot of people know about it, but we do have an eating disorder program where people can get referred,” she said. “They meet with a dietitian, and the dietitian kind of works with them alongside a counselor.”

Doelling worries that students are hesitant to take advantage of the resources available because a stigma that alienates people who admit to needing counseling or treatment for mental health.

“People are so concerned with what people are thinking, and of course, if you say you’re going to a counselor ... they just assume the worst,” she said. “I wish going to a counselor was seen as going for your yearly physical ... because mental health is just as important as physical health, I think.”

There has been some progress toward more open conversation about various mental health challenges, but any initiative implemented by the university would be spread out over several years, Doelling said.

Students are often more willing to discuss their fears or concerns with their close friends. Doelling believes that this openness depends on trust. Sometimes people prefer to keep their problems private, but she hopes students will be willing to get professional help if the problem is potentially dangerous to a person’s safety.

In cases of impending or immediate danger, there are hotlines available where students can get help. Students should resort first to calling 911 or the USC Police Department at 803-777-4215.
**LETTER TO THE EDITOR**

This letter is a response to the column “Perception of Israel unfair” that ran Feb. 3.

Have you waded through waste and litter along the separation barrier in East Jerusalem? The mistreatment of Palestinians is far more than a perception: It is a reality I had the opportunity to witness firsthand.

With that being said, Zionism is a movement, not an entity. The Christian and Arab-Israelis would beg to differ that they are members of a Zionist nation, since Zionism is an essence that lives within you. Ask anyone who lives in Israel about their history, whether they are immigrants or natives, and you will quickly realize that it is a fallacy to relegate the history of Israel and its peoples to a single narrative.

Words such as “alleged displacement” are misguided but are even more so when compared to black imprisonment in the United States. One cannot deny the existence of not only Israeli settlements but the obvious loss of Palestinian land to the Israeli government and number of refugees that fled into the Jordan and Lebanon as a result of force.

The column, “Perception of Israel unfair,” is a despicable narrative that fails to give credit to the Jewish people and a history much richer and more complex than the 68 years noted allows for explaining. The writer is disconnected from the narratives of not only Jews but the Arab and Christian populations that regrettably go unmentioned as natives of the land of Palestine, starting from biblical times to present day.

Stifling the Jewish population to mere victims of the situation is as disheartening as is the apparent claim that Palestinian action is akin to HAMAS.

What about modern efforts within encouraging Palestinian-Israeli acceptance and growth? There is violence and radicalization on the Palestinian side, and there is destruction and a discrimination on the Israeli side. There is also a lot of growth and much beauty. Before you write, I encourage you to go see the situation for yourself.

— Alexandria Caputo, fourth-year political science student

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**Facebook policy is surprisingly sexist**

Facebook has long perpetuated an unabashed tirade against world-famous art, including Gustave Courbet’s “Origin of the World” and Édvard Eriksen’s “The Little Mermaid.” Artist Peter Kaaden posted a picture of a nude statue at the Louvre, which was taken down within minutes.

Facebook has transformed statues at the Louvre from pinnacles of artistry into smut. The most preposterous element to their obscene censorship, is that it contradicts the very simply stated community policy which claims Facebook will “allow photographs of paintings, sculptures, and other art that depicts nude figures.”

Despite this claim, Facebook has repeatedly taken down material of established and amateur artists alike. However, the censorship doesn’t stop with art pieces. On numerous occasions, Facebook has deleted images of nipples, which were posted to raise awareness of the symptoms of breast cancer. Moreover, it’s not only that Facebook is censoring images, but the site is also disabling users’ accounts.

As the world’s most popular social media platform, where many artist network and sell pieces, Facebook should be more sensitive to the distinction between pornography and art. There is an inherent sexism in the underpinnings of much of the censorship. A female nipple is always censored but never a male one. Also, despite these incredibly strict actions against artists, breast cancer survivors and breastfeeding mothers, Facebook continues to permit the circulation of images promoting rape and domestic violence, such as the image of a battered women with comments such as “women are like grass, they need to be beaten/cut regularly.” A Facebook spokesperson referred to the perpetuation of rape culture as “crude attempts at humor,” adding that “distasteful content on its own does not violate our policies.”

The very community policies that Facebook cites as the sole justification for their actions are inherently wrong. The glorification of rape and abuse is treated as a joke, while a breastfeeding mother is compared to photographic obscenity. Facebook needs to rewrite its policies so it respects art and femininity instead of promoting chauvinism and inciting illegal activities.

— Olivia Morris, second-year international studies student
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