

Winter 12-17-2013

## **Garnet & Black Winter 2013**

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# garnet&black

Student Magazine of the University of South Carolina

Winter 2013

THE  
**HOW TO**  
ISSUE

## MASTERING MODERN **DATING**

**&** FIND  
OUT  
WHAT DRINK  
YOU ARE



**BREAK** BAD HABITS

**CUT** CALORIES  
DURING THE HOLIDAYS

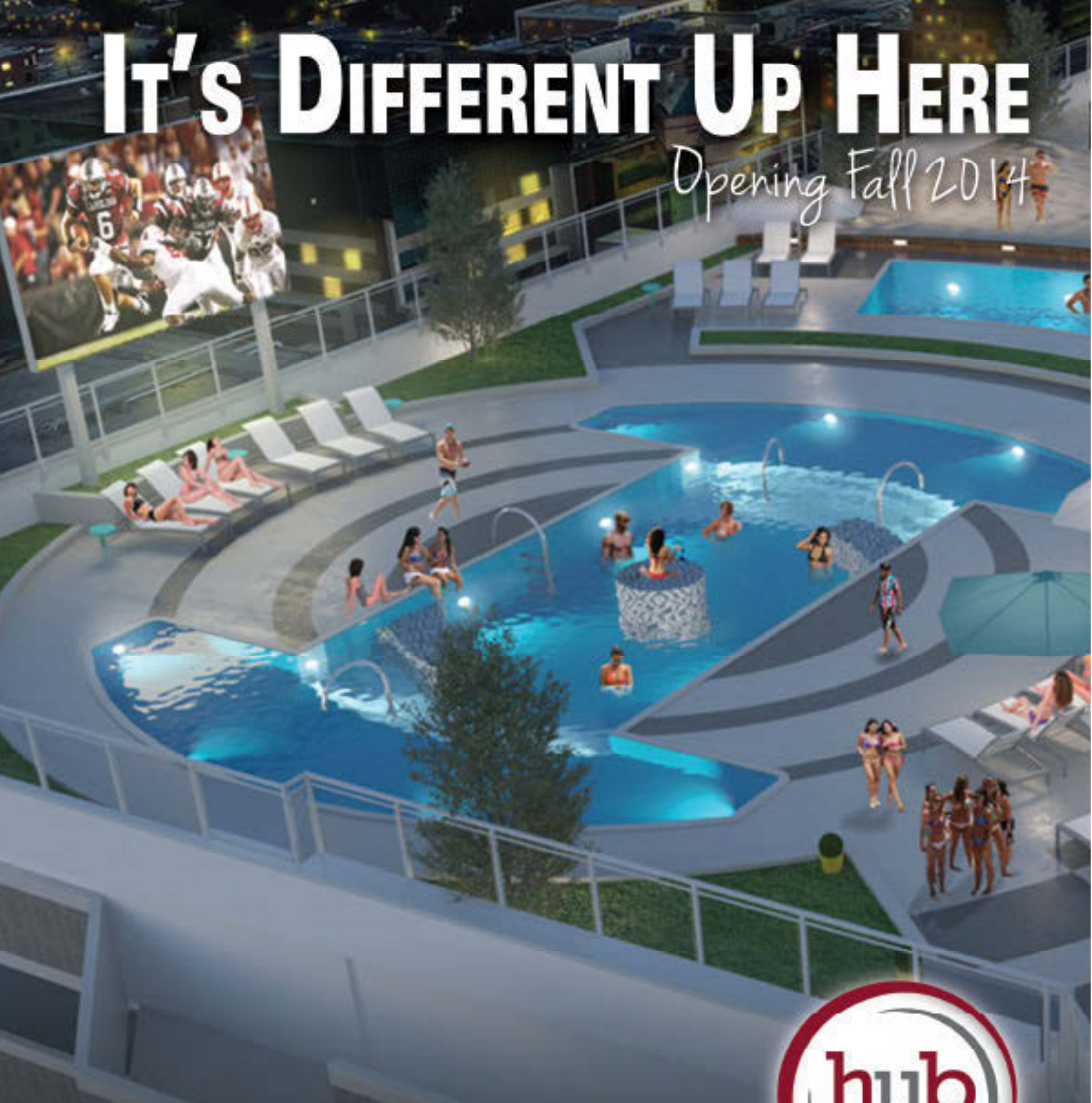
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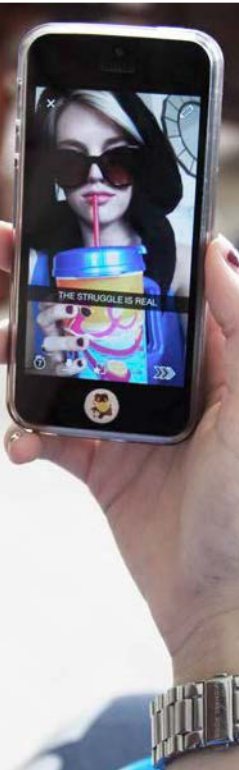
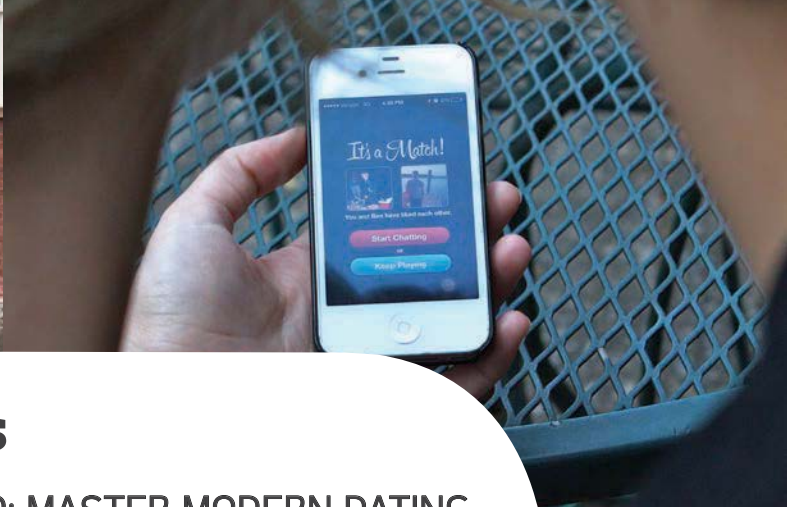
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# garnet & black

Winter 2013

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## ALANA FUSCARDO

Alana is a third year public relations major with a minor in fashion merchandising who is on the PR and Style team for G&B. Alana says she loves both the fashion and magazine industry. She was a style assistant for the "Back to Black & White" spread on pg. 34. She says "G&B is the best first-hand learning experience I could get to prepare myself for a career in such a demanding field."



## MORGAN MCMANUS

Freshman print journalism major Morgan McManus is a writer for G&B. Check out the feature she wrote How To: Give Back on p. 28. "It's interesting to see how people get involved in the community in ways you don't normally see," she says. She has won awards for writing and thinks it's something that she will enjoy doing in the future.



## RICHARD LIPKIN

Second-year print journalism major Richard Lipkin is an assistant copy desk chief for The Daily Gamecock and copy edits and blogs for G&B. He enjoys correcting sentences and playing video games in his spare time. "If I am not the master of the universe in 10 years then expect me to be an editor at a magazine," says Richard.



## ALDEN EARL

Alden is a third-year graphic design student. She designs for both G&B and the Daily Gamecock. "I love to design because it is a way to draw people to read an article, view a product, or experience an idea in a way that sticks with them," She says. See her design for the How To: Give Back on p. 28.



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# LETTER from the EDITOR

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Not going to lie, I've had a Tinder profile. Chances are some of you reading this have even seen me or gotten matched with me on it. One time, I 'yes'd' a boy I used to date because I thought it would be funny and another one because I thought he looked like Mac Miller (and if you know me, you know all about my Mac Miller obsession). At the end of the day, neither of them are my soul mates, but just because it didn't work out for me doesn't mean it hasn't worked out for other people. I know there are a lot of people out there who mock the app as a medium of search for a hookup, relationship or simple companionship, but I've heard so many success stories that it's hard to be completely negative. Granted, there's always that person anxiously awaiting a match so they can send a message saying "sex?" or a corny pickup line like the ones that students dished about (pg. 41). However, it was the inspiration behind our cover story, "How to Master Modern Dating," on pg. 24 that seems to relate to all of us during this day in age.

It didn't stop there though. Not only did it inspire that article, but it also inspired the entire theme of the magazine. We here at G&B know how much you all love BuzzFeed and the like, so we thought that a "how to" issue was only fitting. So whether you're trying to cut back on calories during the holiday season (pg. 18) or cure that never-ending hangover (pg. 31), we're here to help you.

My favorite part about this job is when we reach the point in the production process where things start to come together; when I finally begin to write this letter, when designs finally come in, when the selection of a typeface seems overly exciting. I think that is also a reason why I feel so connected with the "How to Break Bad Habits" article on page 17. Production week, as we call it, consists heavily of procrastination, binge eating, sleeping far too little and making playlists of songs that are ridiculous enough to keep us awake until 4 a.m. But during this time is also when we came up with the concept for the cover



of this issue, a modern rendition of the "V-J Day in Times Square" photo, more commonly known as "Sailor Kissing." But this time, social media brought the people together instead of Victory over Japan Day.

So, Carolina, I hope you enjoy this issue as much as I do. I can't believe it's already issue two, since the first one still seems so new and exciting to me. But I guess that's a good sign, right? The fact that I'm still excited about this job, that is. Sometimes I feel like I'm a middle schooler whose crush asked for her AIM screen name when I do things for Garnet & Black. But that's what keeps me so positive that this is the exact position I'm supposed to be in.



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# Superlatives

DESIGN BY BLEAK CHANDLER



## Caleb Coker

**MOST LIKELY TO BE ON RUPAUL'S DRAG RACE**

BY JOSEPH SEWELL // PHOTO BY RILEY CARITHERS

Caleb Coker is just one of the tens of thousands of students that attend the University of South Carolina. In that regard, he is very common. However, he is also something not many students here can say they are, a drag queen. Drag is a performance art in which a man impersonates a woman or a woman impersonates a man. But Caleb's drag persona, Ebony Would, is not just an impersonation or a character. "Ebony is a part of me. I simply exaggerate Caleb's personality and put on a giant wig and prance around ... " says the fourth-year viola student.

Drag has been around for a long time but has enjoyed mainstream success recently via "RuPaul's Drag Race", a show on LOGO TV which has been hailed as the "America's Next Top Model" for drag queens. Caleb's style of drag is a more classic style known as "campy", which focuses less on being a real bona fide woman, and more on being a man dressed up as a woman. "I sat down every night for a few weeks and studied drag history and culture. I

watched movies, studied who our great divas are (Liza, Joan Crawford, Madonna, etc.) and really learned about why drag is important and where we've been." He cites the drag queen, Divine, as being a big source of inspiration. "Divine became famous in the 1970's when many drag queens were trying to look like the supermodels and movie stars of the time. Divine drew her eyebrows on much higher than most other queens and really made us question what drag is and what standards we have in regards to beauty."

When explaining how Ebony Would came to be, he says, "When I was a teenager, I would watch "RuPaul's Drag Race" and I was mesmerized by the lip synching. I had been lip synching like a "campy" queen for years and not even known it. I snuck out of the house three times in drag in my teen years and when I moved away for college I was set free."

As he likes to say, "If anyone would, Ebony Would." If anyone would win "RuPaul's Drag Race", Ebony Would.



BY MARIA VALERIO // PHOTO BY STEPHANIE ORR

"I believe that everyone should push one another in a positive way to be the best," Will Fortanbary, a fourth-year media arts student says. "A lot of that happens in person to person interactions. People and the conversations we have with them are the most important things in life."

Will has always had two passions — to create and to inspire. His time at USC began with an impressive start. He completed a total of 60 media arts projects outside of the university as a freshman, and his passion to create and design has continued well into his college career. Normally, a media arts student completes around 50 projects over four years, but it is safe to say that he has well exceeded this standard.

Will has had experience with various endeavors that range from shooting short films to creating graphic designs for various

organizations such as Sodexo and USC Student Government. One of his most commendable jobs is his involvement with The Greatest Champion, which is an organization that partners with high schools, universities and professional athletic teams across the nation to inspire all levels of athletes to perform their best via a strong Christian platform.

As an animator, Will has the extraordinary opportunity to shape peoples' realities through his inspiring creations.

The sky is the limit for Will as he continues to perfect his craft. He has an incredible drive to inspire others through his work. Will believes that by doing his absolute best with every opportunity he accepts as an animator, he will ultimately inspire others to do the same and to accomplish their wildest dreams.

# Will Fortanbary

**MOST LIKELY TO BE THE NEXT WALT DISNEY**

BY REBECCA MAURER // PHOTO BY STEPHANIE ORR

Fourth-year broadcast journalism student, Paul Critzman III, seems to be doing it all. In addition to managing SGTV, Paul co-hosts a talk show on WUSC called "Pauly C and Awoww" and produces XTOX with SGTV. XTOX, a live video game talk show, involves students being interviewed while playing video games. "It's difficult to keep the conversation going while interviewing," Paul says. "It's not a video game focused show. The important part is to keep on talking."

SGTV, is still a relatively young 24/7 TV station. When Critzman took over the station in December of 2012, he envisioned friendly relations between all the student media groups. "I wanted to create an atmosphere that people can latch on to. I've made friends

with many of the leaders of the student media groups." SGTV station managers have their title for a year (December to December). Paul's responsibilities include managing staff, maintaining overall organization, balancing the budget and filling the program with new people. SGTV is welcoming to all majors and provides invaluable skills and experiences.

So what is the next step for the campus' current media man? "I have no idea!" laughs Paul. "All I know is I'm tired of class. Ideally, I would like to be a director of photography, which is someone that directs a camera crew with their own ideas. I would have to work my way up to get there though. I also like news journalism, especially live video productions."



# Paul Critzman III

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# A Day in the Life of **DAWN STALEY**

WRITTEN & DESIGNED BY KIANTE CHAPMAN  
PHOTOGRAPHY BY MAKENA CUMMINGS

The Women's Basketball coach  
shares her schedule: **10** gold  
medals, **3** hours of practice,  
**5** years as USC's coach

**6:00 A.M.** I wake up and watch the news while I return emails and texts from the night before. **7:00 A.M.** Work out for about an hour and a half: one hour on the treadmill walking on incline, 30 minutes on the elliptical and then some push-ups and sit-ups. **8:30 A.M.** Get dressed for the day and head to the office. **9:30 A.M.** Arrive at my office in the Colonial Life Arena. **10:00 A.M.** Have a meeting with the coaches where we write up the practice schedule and review film. **11:30 A.M.** Visit with students on Greene Street to promote Tip-Off Tailgate and the upcoming season. I take pictures with students and my medals, hang out with Cocky and pass out t-shirts and rally towels. **1:30 P.M.** Team practice. **5:00 P.M.** Interview Balling with Brett at Colonial Life Arena. We discuss the Hall of Fame, my playing career, and the upcoming season. I was inducted into the Women's Basketball Hall of Fame as part of the Class of 2012. **5:30 P.M.** Attend a Donor Appreciation Event at the Colonial Life Arena. There is food like lobster macaroni and veggies that I get to enjoy but I wish I could eat some of the fried cheesecake! I don't eat any fried food during the season. **7:00 P.M.** I arrive at my home and call and text recruits. I'm always working hard to get the best high school players to become Gamecocks! **9:00 P.M.** Before I go to bed, I shower and catch up on some TV shows. My favorites are Good Wife, Homeland and Ray Donovan.





# CAROLINA FOR DUMMIES:

# HOW

# HAVE A WEEKEND AWAY FROM COLUMBIA

BY KYLE EDWARDS // DESIGN BY DANIEL SHELLEY & ANNIE DROWNE

During the fall semester, most weekends are consumed by the hype of football games. This season, however, there have been a number of away games, and two bye-weeks in the schedule. There are those who will continue the classic game day ritual in their living room or sports bar, patiently awaiting the next home game. For others, the call for a new adventure is on their minds. Thankfully, Columbia is surrounded by endless opportunities for a unique and inexpensive weekend. Here are a few places calling your name, urging you to break from the beaten path.

## SAVANNAH

**TRAVEL:** 2.5 hours

**WHAT TO DO:** "America's Most Haunted City" trolley tour takes you through the haunted streets of Savannah for \$23. Want something more outdoorsy? You can kayak along the Georgia coast for anywhere from 3 to 10 hours for \$30 - \$50.

**WHERE TO STAY:** The Inn at Ellis Square, which is located in the heart of the town, gives you history, comfort and convenience for as little as \$90 per night.

**WHERE TO EAT, DRINK & PLAY:** Habersham Street, Broughton Street and Congress Street all offer a number of fun places to eat, drink and dance the night away. Molly Macpherson's Scottish Pub and Grill on Congress Street is a popular spot with live music and perfectly chilled beer for under \$20.



## ASHVILLE

**TRAVEL:** 2.5 hours

**WHAT TO DO:** Participate in the Brews Cruise tour of the local microbreweries. Tickets cost \$50 to \$55 and tours last about three hours. Another option is the Asheville Treetop Adventure Park where you can free-climb walls, traverse obstacles or even kayak zip-line. Tickets are \$44.

**WHERE TO STAY:** Sweet Peas Hostel on Rankin Avenue which offers dorms, private pods and rooms with free Wi-Fi and linens. Prices start at \$28 per night.

**WHERE TO EAT, DRINK & PLAY:** Broadway Street, Biltmore Avenue and College Street offer trendy and inexpensive eateries.

## COLUMBIA

## CHARLESTON

**TRAVEL:** 2 hours

**WHAT TO DO:** Charleston Cooks! is a cooking class where you learn the ins and outs of making a meal. Classes vary by what cuisine is being made and tickets cost between \$25 and \$60. There are also tours that are lead by pirates of the pubs on the Charles-Towne Pub Stroll. This walking tour lasts about three hours and costs \$20.

**WHERE TO STAY:** The NotSo Hostel, located on Spring Street, offers dorm and private rooms, a bagel in the morning, and free Wi-Fi and linens for \$26 a night.

**WHERE TO EAT, DRINK & PLAY:** The famous King Street is lined from end to end with every type of cuisine for just the right price. Check out the happy hour specials at places like The Macintosh, Fish Restaurant and Rue De Jean, where drink deals are constantly flowing and entrees are no more than \$20.



# HOW TO BREAK BAD HABITS

BY RILEY CARITHERS // PHOTO & DESIGN BY DANIEL SHELLEY

Habits are automatic behaviors. They are neurological shortcuts ingrained into our brain pathways. Functionally, they allow the brain to perform more efficiently by avoiding the decision-making process. Habits like biting your nails or chewing your lip are considered nasty vices, but not all habits are bad. Good habits allow us to multitask and essentially make our lives easier.

The first and most important thing to know about breaking a habit is that, well, you can't actually break them. Simply, that's just not the way habits work. According to author Charles Duhigg in "The Power of Habit", a habit is made up of three parts: a cue, a routine and a reward. Your cue is what prompts the routine (or action of the habit), and will always make your brain search for an activity that fulfills the reward. So, if you can't change the constraints, you have to change the only flexible variable: the routine.

To start the process of changing a habit, it's essential to identify your cue. As pointed out by Ben Gardner Sood in a post on UCL's (University College London) health center blog, habits are formed through "context-dependent repetition." Begin tracking every time you catch yourself succumbing to your old ways. For example, if you consistently find yourself eating in-between meals or snacking unnecessarily, analyze the situation:

- What time of day is it?
- What were you doing before?
- What mood were you in?
- Where were you?
- Try to distinguish a pattern of what makes the routine occur.

Before you can attempt to change the routine, the next step is to define the reward, it's figuring out the 'why' behind the habit. What about the routine is so satisfying? Identifying what neutralizes the craving caused by the trigger will help you find an acceptable routine to substitute. Is it an emotional fulfillment or a physical one? Maybe it eases the

anxiety of a deadline or takes the edge off a long day. How do you feel when you try to stop the routine versus when it is being completed?

Finding a new routine definitely falls into the easier said than done category. You may not find the perfect resolution on the first try, so develop a list of possibilities and see which one fits best. Focus on substituting an action that is realistic and aims to deliver a similar reward. Experiment and write down your results for comparison. Let's say you find that your extracurricular snacking is caused by anxiety so you go on a short walk outside to avoid a trip to the pantry but are still craving something when you return. Try a different angle. Test a routine that focuses on a mental exercise instead of a physical activity.

While the long-quoted theory that it takes 21-days to break a habit isn't a hard and true fact, changing a habit does take time. Don't beat on yourself when you slip up. Creating new patterns for your neurology to follow isn't an overnight job. When working to change a bad habit or begin a good one, a key element to consider is willpower. An intangible characteristic, your willpower can actually be thought of and treated as a muscle—something that is strengthened and weakened over time. In situations where you know you might be tempted more than usual, plan ahead. Decide what you are going to do before you encounter the cue. This will make your decisions much easier later on. If you are going out with friends and aren't confident you'll be able to resist a fourth-meal, decide if you are going to eat ahead of time and seek a compromise. Go for a small side of fries instead of a full number four.

Habits are more complex than just an annoying vice, and changing them won't be an overnight miracle. But once you decide to take control of your habits and begin to think of ways you can use them as an advantage in your daily life, it's possible to quickly see tangible and positive benefits. Remember, it's never too late to change a habit. This is one trick any old dog can learn.



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# HOW OUT CALORIES

It's that time of year again. You've broken out your favorite scarves and the annual string of holiday parties are just around the corner. Between all of the shopping, dinners and parties, it can be hard to stay healthy. These are some quick tips to keep your holidays jolly—in a good way—and cut some calories. Here's what's making the **NAUGHTY** and **NICE** list this season.

## STEER CLEAR OF SAUCES

We don't tend to think twice when we load up on gravy for our mashed potatoes and turkey... And cranberry sauce is healthy, right? Not always – oftentimes, cranberry sauce has a lot of added sugar.

**NAUGHTY** Fatty gravy & sweetened cranberry sauce  
**NICE** Stick to one or two spoonfuls of homemade, unsweetened sauces

## SKIP THE BAKING

If you're like most budget-strapped college students, baking often becomes an easy and economical way to give gifts. And if you're like most of us that means you probably eat many of your gifts too.

**NAUGHTY** Munching on gifts

**NICE** If this is a go-to for you, try making gifts where you compile the baking ingredients instead. Plus, if you're Pinterest savvy, you can adorn your mason jar with festive bows to dress up your gift.

BY ERIN SPENCER  
PHOTOGRAPHY BY RILEY CARITHERS  
DESIGN BY ANDREW SZAKOVITS

## BEWARE OF SNEAKY LIQUID CALORIES

Alcoholic drinks and the mysterious mixture in the punch bowl tends to pack more calories than you would think, so take them in moderation. It's a good idea to start with a non-alcoholic or less sugary beverage to quench your thirst before you have your celebratory drink.

**NAUGHTY** Eggnog  
**NICE** SHot chocolate or apple cider



## BRING A HEALTHY APPETIZER

Chances are there won't be many healthy options at parties, so bringing your own appetizer ensures there is at least one healthy alternative to all the gingerbread cookies and Christmas tree zebra cakes we love so much. Plus, that makes you an awesome guest and guarantees future invites.

**NAUGHTY** Chips and dip  
**NICE** Vegetable platter or shrimp cocktail. Still looking for something salt? Try a handful of nuts.



## LIMIT YOUR TRIPS TO THE FOOD TABLE

Gazing at the food table is inevitable at a holiday party, especially with all the goodies calling your name. Instead of hovering and munching too much throughout the evening, try filling a small snack plate and go mingle. Parties are for being social, after all!

**NAUGHTY** Piling up your plate  
**NICE** Smaller plates and portions



## NOT-SO DELICIOUS DESSERTS

When it comes to counting calories during the holidays, desserts are most people's downfalls. Oftentimes desserts like pastries and cookies come in small sizes, which makes it easier to pile on without noticing. Don't let their cute exterior fool you though. Remember, if it tastes good, it's probably not good for you... so choose sparingly.

**NAUGHTY** Pumpking pie or cheesecake  
**NICE** Candy canes, cake pops or fruit salad



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*An exploration of inspiration, process, and products*

BY XAVIER EDWARDS // DESIGNED BY KRISTMAR MULDROW

In many cases, the first step to mastery is having an uncanny understudying of the way something works. The methods may be unorthodox, but the resulting creation is an honest, gripping and beautiful testament to one's ability. When it comes to creativity, this is easier said than done. Everyone dreams of the day when their best, most creative ideas come instantaneously instead of popping in and out of reach right before bed or during a long drive on the highway. To that end, it might help to start from the beginning before delving into ways to improve your artistic acumen. So, where exactly does creativity come from?

Unfortunately, no one really knows. Creativity can exist in many forms and be applied to an infinite number of disparate processes, so it's difficult to designate an exact point of origin. But this hasn't stopped Kenneth M. Heilman, a distinguished professor at the University of Florida, and his team from delving deeper into the issue. Heilman writes that creativity comes from a connection, not separation, of the brain's hemispheres. "Thus, creative innovation might require the co-activation and communication between regions of the brain that ordinarily are not strongly connected," he writes in a 2003 "Neurocase" article. The idea that there are distinctive characteristics exclusive to the brain's left and right hemispheres is becoming more and more archaic with time. A section of your brain doesn't just shut off when you're drawing a picture or analyzing complex information.

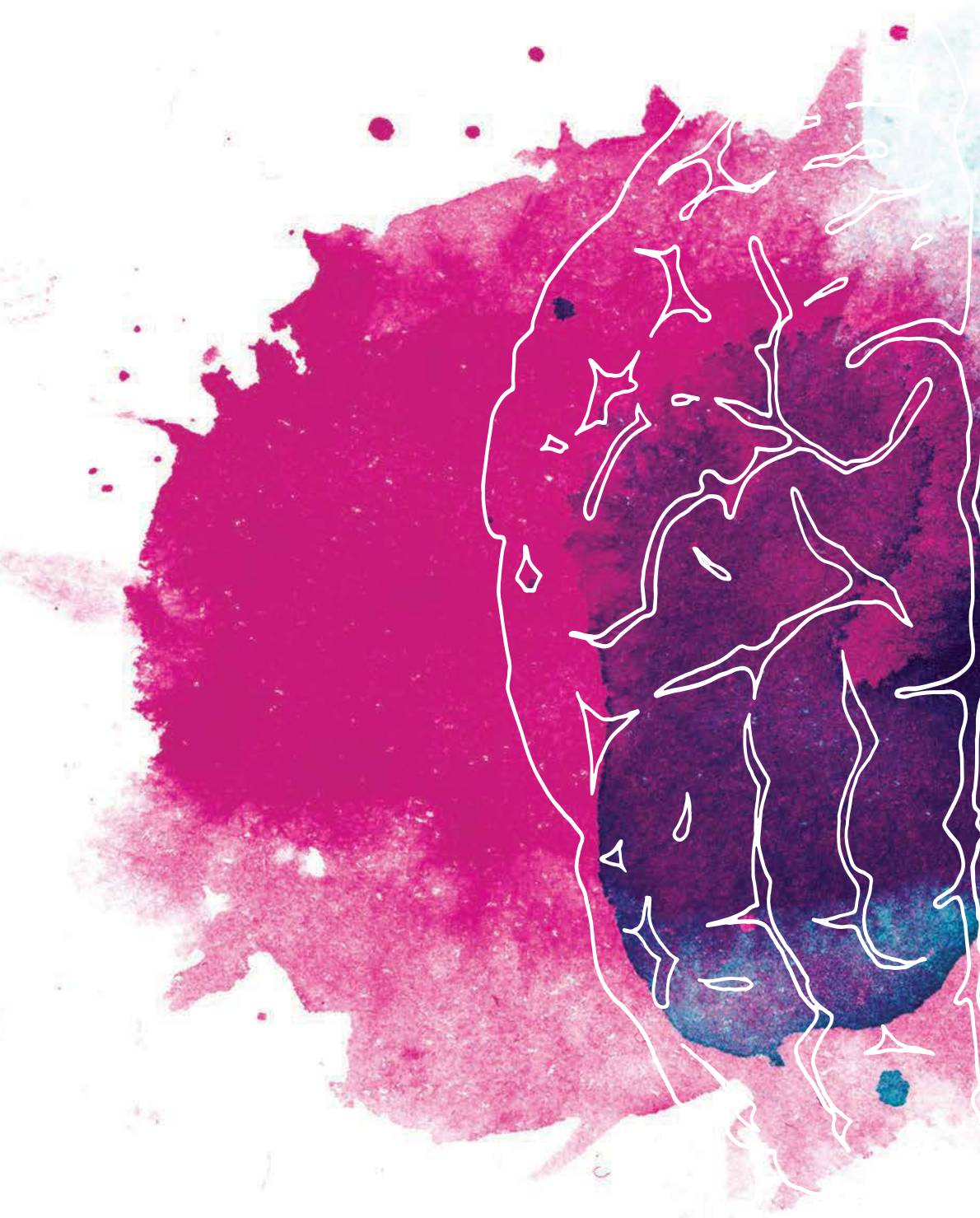
This means that everyone has the ability to be creative despite analytical or logical inclinations. The first step is to stop limiting the scale and scope of your own creativity. Just be-

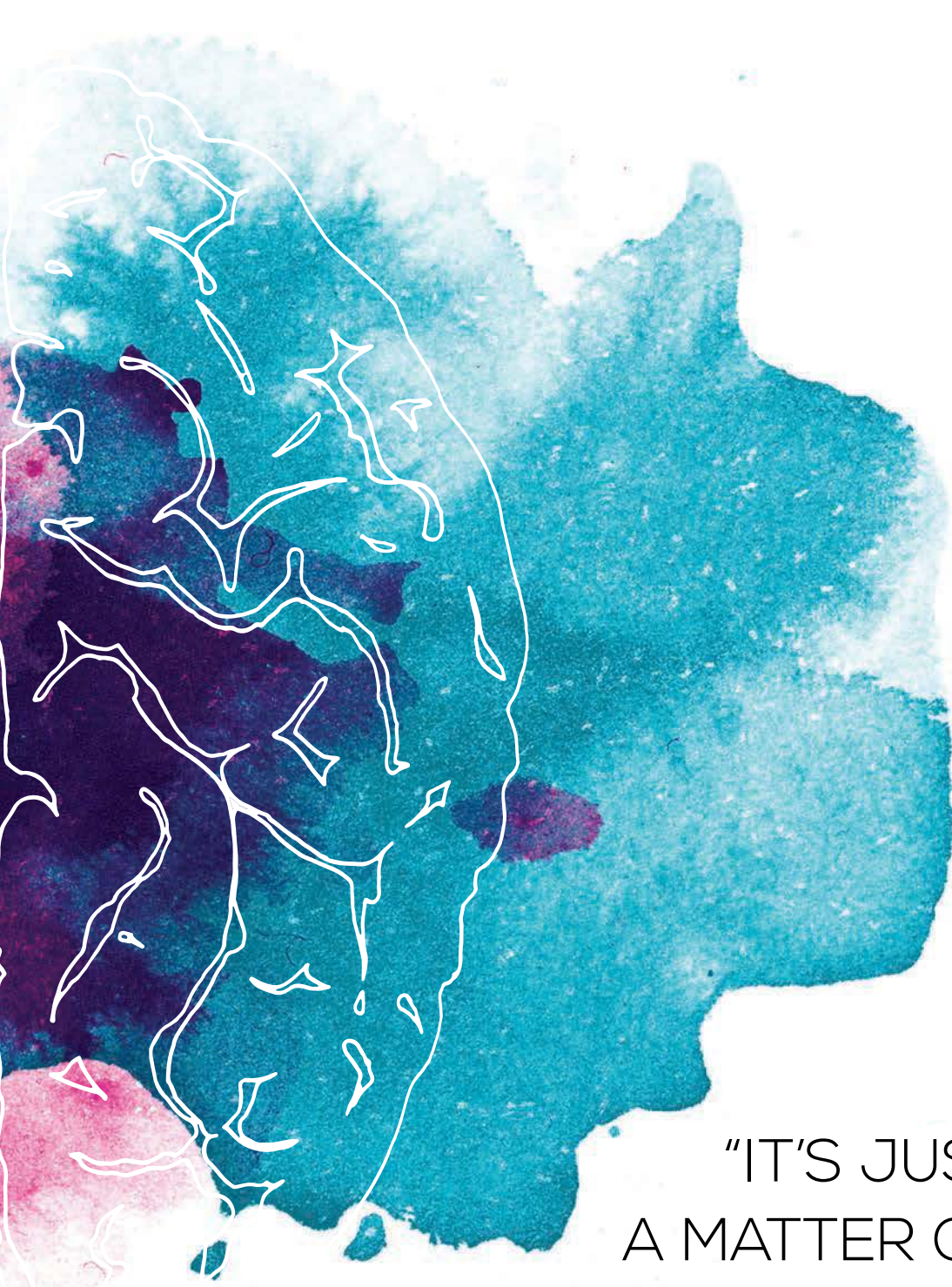
cause you enjoy solving algebra equations and prefer to keep your DVD collection organized by the director's last name, doesn't mean you aren't a creative person. Imaginative opportunities exist all around you whether you realize it or not. Instead of following an overly complicated formula provided by your instructor, find an alternate path to success. This is a huge part of being a more cre-

ative person. Nick Rypkema, a fourth-year graphic design student and owner of MANIK Custom Designs says that exploring different avenues is crucial. "If someone told me to draw every day but told me exactly what to draw and how to draw it, that's going to stunt creativity." He goes on to say that following a set path will certainly improve your skill, but, in the end, will make overcoming cre-

ative roadblocks much more difficult. "I think what teaches creativity the most is inspiration. Whenever I'm inspired my eyes open up to something new. I feel like anyone can get that experience. It's just a matter of keeping an open mind."

Curiously, your most creative ideas usually come when you aren't even thinking about the problem. Rest assured, this is nothing new. Bestselling author





# "IT'S JUST A MATTER OF KEEPING AN OPEN MIND."

NICK RYPKEMA

and journalist Malcolm Gladwell writes that "creativity always comes as a surprise to us; therefore we can never count on it and we dare not believe in it until it has happened." That spark of inspiration can seem fleeting, eluding your conscious mind as you desperately try to commit it to paper or practice, but this muse doesn't always have to get the better of you.

Popularized by Steven Press-

field in his book, "The War of Art", a seemingly tedious way of bringing out your creativity is to simply sit down and get to work. Writers, start writing. Designers, start drawing. Entrepreneurs, start drafting your new business model. You aren't going to produce your best creations at the outset, and that's OK, that's part of the process. But in order to get your creative juices flowing, so to

speak, you need to take action. When speaking about British novelist and playwright William Maugham, Pressfield writes that "Maugham reckoned another deeper truth: That by performing the mundane acts of sitting down and starting to work, he set in motion a mysterious but infallible sequence of events that would produce inspiration ... " Of course there will be times when you sit down to

work and your mind goes completely blank. What's more, the next deadline seems far away, and you still haven't caught up with your favorite television show. The tendency to procrastinate is powerful and infectious, made stronger through friends, food or the allure of fun. Rypkema says this issue was called "breaking the power of the white" when he was younger. "The more you draw, the more you can just jump right into something. The same is true for coming up with ideas. A lot of times you just sketch out or thumbnail something to see if you really like it. It's very important to realize that it's all about the process." If you want to get something done, take the time and, at the very least, attempt to do it. Worst case is that you start to dislike the idea and begin on a path towards something better.

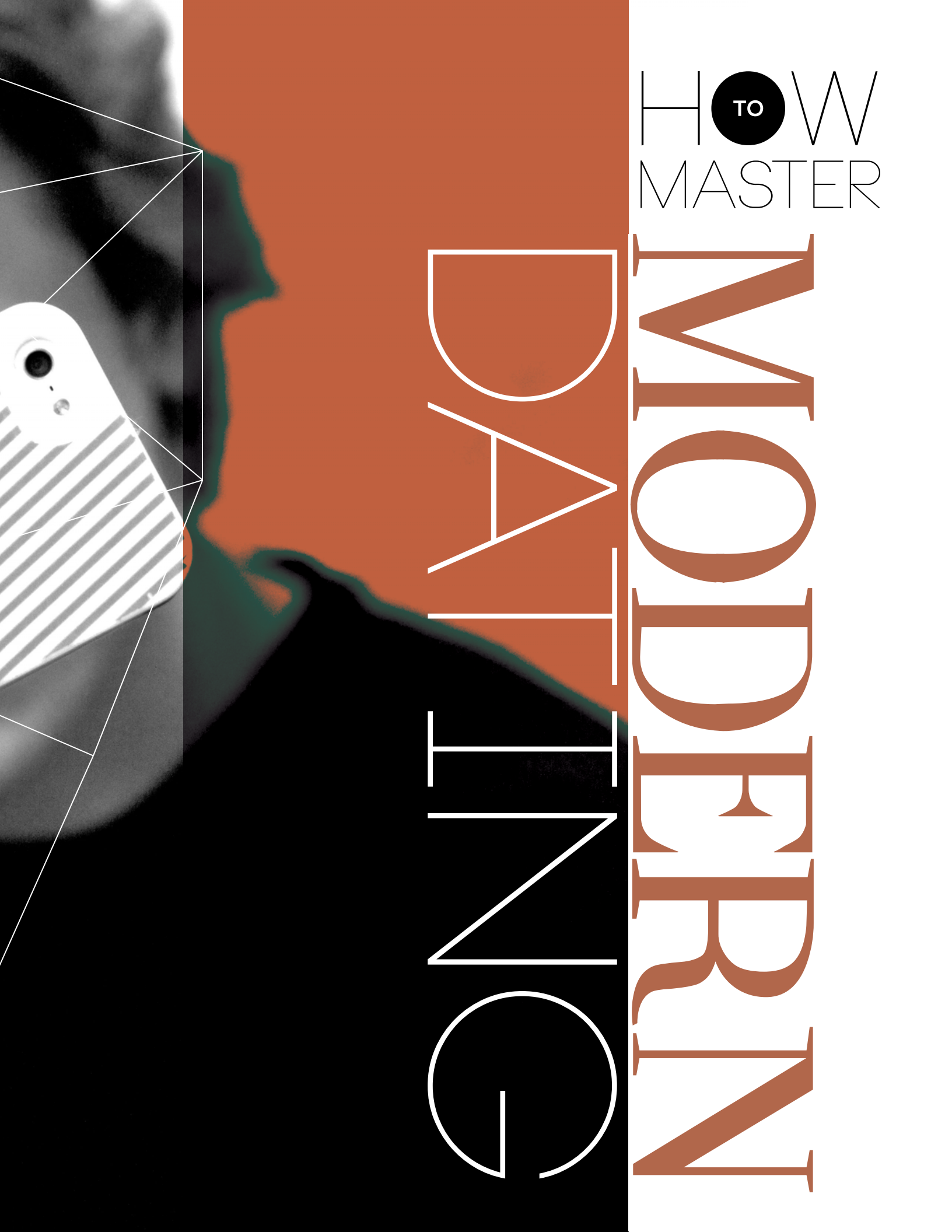
But maybe you're a busy person and can't devote a lot of time to building your creative instinct. You can still cultivate a creative mindset by allowing yourself to engage in new experiences, both big and small. Yusef Ibreak, a university ambassador and third-year finance and economics student says that experience and environment plays a huge role in the creative process. "By switching your environment and opening up to new experiences, you'll be able to see things from a new perspective. Speaking to people from different backgrounds and industries creates different thought processes that can be applied to a specific scenario." Maybe the person next to you seems a little weird or eccentric, but understanding their experiences could be the key to unlocking something new and exciting within you.

Regardless of your current situation, creativity can manifest itself; you just need to help it along.





BY SHELBY SIPPERLY  
PHOTOS BY JOHN RIGHTENBERRY  
DESIGN BY CASEY KSAU



HOW  
TO  
MASTER

ATTENTION  
MOODERN

**H**ave you been home from college and had your parents heckle you about not having a boyfriend or girlfriend? I know I have, and it has put some unnecessary pressure on me to dive into the deep end of the dating pool. But it doesn't have to be like that; in fact, it shouldn't be. While some people may be dating in college to find their soul mate, a lot of us are just looking for a good time. Casual dating, "talking" and "just hanging out" are the most common forms of dating in the world of higher education. You don't have to be hubby-hunting or looking for a wife by the time you graduate in order to have a little fun and meet some swell people. Between campus wide activities, hitting the bars downtown, social media and a plethora of other social situations, there are plenty of ways to connect with cool people who you may have a potential connection with. Dating in college doesn't have to be more daunting than that 10 page paper you haven't started yet.

Social applications like Tinder have taken over college campuses around the nation. They may have started as a joke for some of us, but recently these apps have had more common use. Here's how it works: You anonymously swipe someone's picture to the right to "like" them, and if they do the same to you, you're a match! While it may seem like the shallowest form of profiling, in truth, it's the most efficient. After all, physical attraction is one of the main factors in the hunt for a mate.

I myself have a Tinder profile and use it more actively than I might like to admit (mostly when I'm bored in class). But I have to say that while I have met some creeps, I have also met a good number of upstanding, interesting guys with decent conversational skills. And since it's full of people aged 18-23 that live in your area, Tinder isn't quite as sketchy as you might imagine, and it weeds out the awkward 'I-think-you're-cute-but-don't-know-how-to-talk-to-you' situation that most of us hate. On the app, if you don't end up actually liking the person you've swiped and started talking to, it's not the end of the world. Just move on to someone else. The Huffington Post's "Unwritten Rules of using Tinder" article has some helpful tips for all you neophytes looking to try it out.

- **Don't be too persistent. Wait for someone you message to actually message you back before double-messaging them.**
- **NEVER drink and Tinder. You will end up with a hangover and a bunch of messages from people you would never actually talk to sober.**
- **Swipe right people you know out of politeness, and hope that they recognize you and don't try to hit on you.**

But we can't forget about the ever-popular Facebook either— a portal for interacting with anyone you may or may not actually know in real life. Since it's so easy to type in a name and view a ton of information on a person's profile, Facebook gives us immediate access to discover things about someone we may be curious about. Whether you're adding new friends or actually planning to meet a person in real life, Facebook can be a great tool for both casual chatting and covert stalking. Just try not to add people

you've never actually met, especially if you have no mutual friends. Nobody wants to get Catfished.

Speaking of Catfish, the show's host and executive producer, Nev Schulman, says that the internet can be extremely valuable despite his own experiences.

"I think there is a great resource in the internet for dating just for the sheer exposure to people that you wouldn't have otherwise met. Presuming everyone uses it honestly and with the best intentions, I think it's a terrific way to find love," he says.

But when you're not instant messaging a potential lover, bars in 5 Points and the Vista can be some of the most exciting places to mingle. It is true that most people go downtown to party with friends, but that doesn't mean you can't brush elbows with someone new and different. Sure, the occasional drunken make-out session is always fun (see @gamecockmakeouts), but plenty of steady relationships have developed out of that one night of fun. When I venture to 5 Points, it's easy to be someone I'm not, especially with a little liquid courage. Here are some helpful hints for maximizing your party experience:

- **Be aware. Alcohol makes us do dumb things, and may cause you not to notice when you're annoying whoever you're talking to. If it doesn't seem like the person is into it, they probably aren't, so move on.**
- **Do what you want. Don't stand around like a stick in the mud if you really want to be dancing on the bar. Let your hair down and don't let people judging you stop you from having a good time. Chances are that everyone else is doing something equally embarrassing.**

- **Be outgoing. If you've been flirting with someone all night and can't bear to see them go at last call, march over there and get his or her number. If you've been interested in each other all night, give it a try sober you never know what might happen.**

Getting involved on campus is also one of the best ways to find a potential partner. Chances are the club or organization you are joining will have a myriad of other people with your same interests in mind, eliminating the hardship of having to make small talk about what each of you likes to do. From workout classes and intramural sports at Strom, trips with Outdoor Recreation, or community service with Serve Carolina, you never know who you might meet if you open up a little bit. If you're sizing someone up in a club or group, start a conversation with the entire group and see what kind of input that specific person provides. This is a sneaky way to check for compatibility. If you like what you're hearing, continue the conversation one-on-one and let it flow from there.

It's hard for most of us to go up to someone we may find interesting and strike up a conversation. So if you're like me and you essentially blush on command, your best bet may be something on the internet or social media side of things. But if you're feeling bold, downtown is also a great place to meet a plethora of new people. Dating in college is supposed to be fun, not stressful. So put yourself out there and don't be afraid to send that cute guy or girl in your economics class a friend request.

## HOW

## GIVE

BY Morgan McManus  
PHOTO BY MAKENNA CUMMINGS  
DESIGN BY ALDEN EARL

**A**dmit it: since July, you've been counting down the days. With zero homework, mom's cooking, and the highly anticipated .07% chance of Christmas snow lingering ahead, winter break likely embodies the light at the end of your semester tunnel. Yet not everyone regards the holidays with celebration. According to Spotlight on Poverty and Opportunity, an organization created for combating poverty around the world, 18.3% of Columbia residents live in a state of poverty and 10.5% are unemployed; consequently, the Yuletide season can often represent a time of difficulty, a reminder of loss.

On campus, these are the things and people the eye does not see. Some students, however, dare to bring these matters to light.

Spending their Tuesdays and Thursdays in local clinics, members of the service club Amigos del Buen Samaritano witness destitution on a weekly basis. "It can be very hard," states president Allie Turgeon. "People come in and they'll tell us 'we don't have a social security number, we live in a trailer, we don't have access to this, that, or the other.'" Serving the Hispanic population of Columbia and West Columbia, Amigos possesses a unique and tangible opportunity to provide free care to individuals in need. Members perform duties that range from taking vital signs and recording patient information to interpreting Spanish

and giving health presentations, and in doing so, many observe hardships unnoticed by others. "It's...a transforming experience," Turgeon affirms. "[People] tell us 'I have this problem, it's very serious, and it has been going for weeks, for months.'" Upon confronting patients about why they don't visit her sooner, Turgeon usually hears one of two answers: "My boss said I can't miss work," or, "I have kids and I can't leave them." With that in mind, Turgeon admits that clinic-goers may be unable to seek or afford further assistance—a notion that largely bothers her and other members. Even still, she asserts that the benefits of working with those in need significantly outweigh the setbacks. "Getting to see the impact on people is great... it has changed my life."

Admittedly, Amigos del Buen Samaritano raises the bar high. They aren't, however, the only ones pushing the metaphorical envelope.

Roughly twenty-five members strong and a year old, USC's Rotaract Club is the new kid on campus. Yet in spite of its size and age, the organization has accomplished extraordinary goals both locally and around the globe. Rotaract has spanned the gamut of volunteer work since its beginning in November of 2012, doing everything from assisting children with life-threatening diseases to serving Columbia's homeless at Transitions Soup Kitchen. For club members, this experience has proven nothing less than eye-opening, and according to founder and pres-

ident Nicole Newsom, volunteering with Rotaract has placed her life into perspective. "Until we started [working at Transitions], my interaction with poverty had been very limited, and never up close." The need, she explains, lives within the university's backyard. Yet in spite of this proximity, students often find themselves blinded by other concerns. According to Newsom, the average 18 to 21-year-old worries about grades, time management, and relationships; as a result, many inadvertently overlook local problems, and thus fail to get involved. Fighting to break this mold, Newsom strives to bring such matters to the forefront of everyday life. "It isn't some far away issue to be discussed in class," she stresses. "These people have dreams and responsibilities just like us, but unlike us, they have to worry on a day to day basis whether their most basic needs will be met... [They] have a true concern for being able to feed their children, or have a roof over their head for the night." With this in mind, Newsom urges others to get involved.

Including Amigos del Buen Samaritano and Rotaract, the University of South Carolina recognizes 33 service organizations and fraternities on campus. While some clubs are broader in their interests, others focus on more specific issues—handicaps, cancer research and homelessness, to list a few. That stated, you can easily find an organization to suit your interests at USC.

As it has been said time and time

# BACK

## 5 Easy Ways to Get Involved

again, it only takes one person to make a difference. Thus, it doesn't matter how you involve yourself, but that you involve yourself. Need exists in big cities and little villages, across the country and over oceans. It sees neither male or female, young or old. It feels nothing, but can take everything. So while you're curled up by the fireside and cramming that extra cookie into your mouth this holiday season, ask yourself—

### WHAT AM I DOING TO HELP?

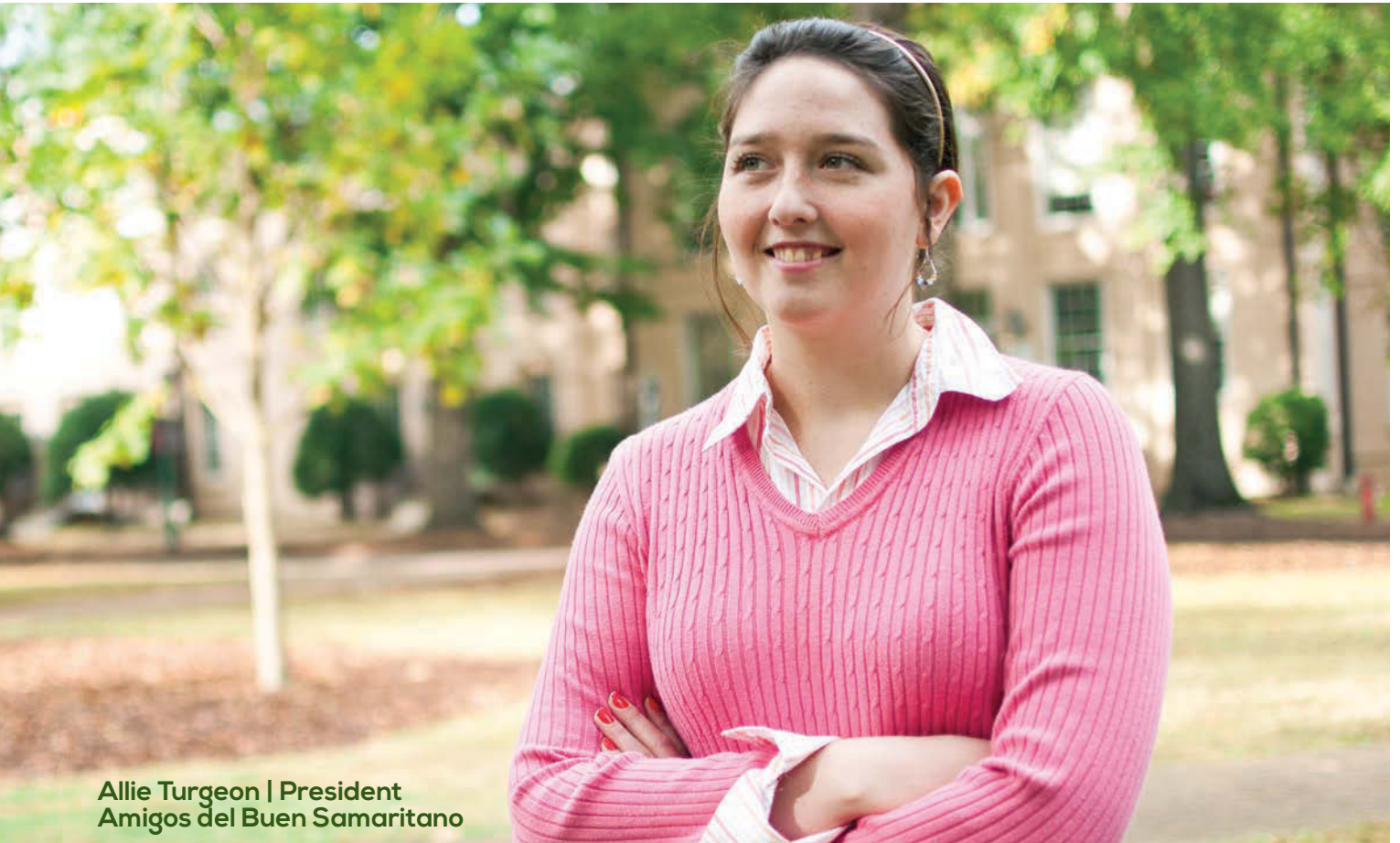
Donate your clothes. By removing the neglected items from your closet, you help someone else extend theirs.

If you have a favorite organization but can't set aside a few hours, donate online.

Take part in a Service Saturday. It's as simple as finding a time and jotting down your name.

Volunteer at a local food pantry. They are always seeking help, particularly around the holiday season.

Sign up for a 5K. You get good workout, and proceeds often benefit a charity.

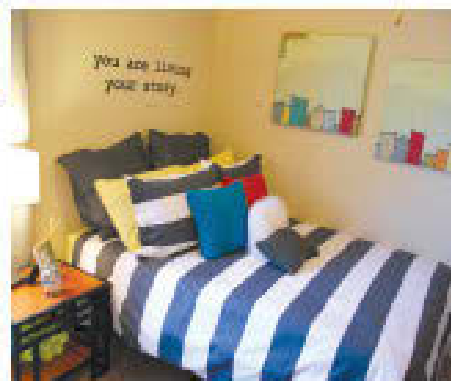


Allie Turgeon | President  
Amigos del Buen Samaritano

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FAR FROM ORDINARY  
AT UNIVERSITY OAKS



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private bedrooms & bathrooms + individual leases  
private shuttle to campus + fitness center  
computer center + swimming pool & hot tub

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HOW

TO

CURE  
YOUR

HANG  
OVER

BY SARAH FERRARO  
PHOTO BY MORGAN EPPERSON  
DESIGN BY LINA LEGARE

It's happened to everyone. You open your eyes in the morning (is it even morning?) and your head is pounding. Have the lights in your room gotten brighter? Why does it sound like someone is doing yard work right outside your window? More importantly, why did you pick up a shift at work this afternoon? You need a quick fix, and all of a sudden, your roommates have a degree in hangover cures. One swears by a trick that has been in their family since the Civil War, one begins putting all the contents of your fridge into a blender and the nursing major offers to give you an IV. Who do you trust? According to a study published by the "British Medical Journal" in 2005, there is no cure-all method to get rid of a hangover, but we refuse to stand idly by and wait for our splitting headaches to pass. Your friends at Garnet & Black have put together a fool-proof chart rating each myth (with an ideal score of 5 drinks) to take the guesswork out of recuperation. It's a tough job, but someone's gotta do it.



# PRAIRIE OYSTER COCKTAIL

## MYTH

According to "Travel & Leisure" magazine, this concoction of a whole, raw egg yolk, Worcestershire sauce, Tabasco and salt and pepper kicks your metabolism into high gear so it can break down all the toxins produced by your epic beer-pong run. Apparently, it only works if you drink it in one gulp without breaking the yolk.

## TRUTH

Although the Prairie Oyster Cocktail may sound disgusting. Okay, it really is as unappetizing as it sounds. It's no miracle cure, either. The egg may give you some protein to wake you up and get your day started, but you might as well just put the ingredients in an omelet and actually enjoy it. No hangover is worth this torture on your taste buds.

Rating: 

# COCONUT WATER

## MYTH

Drink it before bed or when you wake up to replenish the liquids and nutrients that last margarita sucked up. You can buy it at any grocery store (especially the really trendy, expensive ones like Whole Foods). It also comes in different flavors like pineapple or berry.

## TRUTH

Not everyone is crazy about the taste of coconut, but it is lower in sugar and higher in potassium than most sports drinks. This option is great for those trying to lose weight, or fit in with the health freaks in your yoga class. Coconut water will definitely help you stay hydrated, but is not as good as water.

Rating: 

# VITAMIN B-COMPLEX

## MYTH

This is not what your mother had in mind when she told you to take your Flintstones Vitamins every morning. This over-the-counter supplement supposedly replaces the nutrients you've lost after a night in Five Points. You know how Gatorade re-energizes athletes? Same principle here except the one who takes a drink might be a little more wasted.

## TRUTH

It's easy to carry on the go, quick and better tasting than the prairie oyster cocktail. This method is definitely convenient, but is also lacking when it comes to results. Hey, it's never gonna hurt to take your vitamins, but it won't make you feel ready to take on the world either.

Rating: 

# ALKA-SELTZER

## MYTH

This hangover remedy is a maximum strength painkiller that has caffeine in it and, when added to water, turns into a citrus drink. So when your hangover is kicking into full gear, dissolve the two tablets into water... and then take again every four hours if necessary.

## TRUTH

Alka-Seltzer made a product literally called "Hangover Alka-Seltzer Morning Relief". It's fast acting, has a maximum strength pain reliever and is made to cure a: pounding headache, sour stomach, nausea, drowsiness and fatigue, and other symptoms associated with hangovers. Basically it's everything a college student could ask for and more.

Rating: 

# GRILLED CHEESE & O.J.

## MYTH

Who knows where this random combination got started, but the myth of this magical pairing has been floating around college campuses for years. The greasy sandwich is said to soak up the alcohol in your stomach while the orange juice wakes you up. This might be the only time in your life where you make such good use of an orange.

## TRUTH

As long as you can get someone to drive you to Sonic (and you're not too nauseous to get in a moving vehicle), this technique is not a bad idea. It's always important to eat solid food, and even if it might not clear your head very well, who doesn't love a good grilled cheese?

Rating: 

# JUST KEEP ON DRINKIN'

## MYTH

We all have that one friend who refuses to return to the real world on Sunday morning and just picks up his half-empty beer can from the night before. Others go for a more refined approach by drinking a Bloody Mary at 11a.m. Either way, the idea is that a little "hair of the dog" will cure any of your hangover woes.

## TRUTH

On TV, it looks super glamorous when characters wake up in a haze after a night of drinking, pour themselves a shot of whiskey and are out the door ready to take on the world. Unfortunately, reality is not so pretty. Sure, if you keep it up you'll postpone the hangover, but it will find you eventually.

Rating: 



BACK TO

BLACK

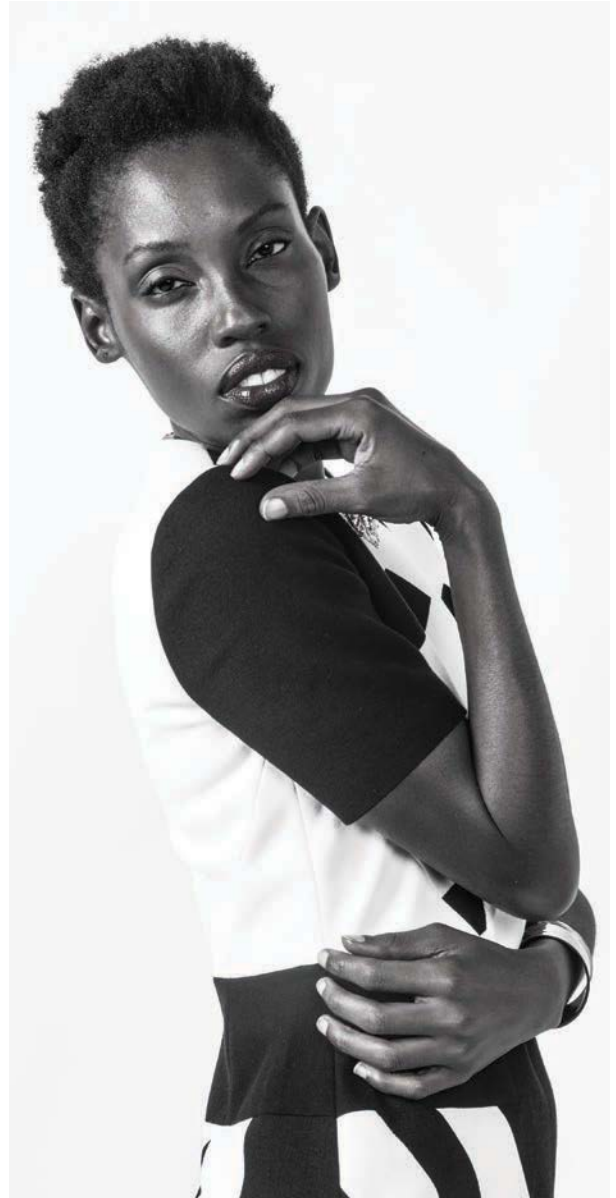
& WHITE

STAY ON TREND THIS SEASON BY ROCKING A MONOCHROMATIC ENSEMBLE AND BEATING THE ORDINARY BY MIXING PATTERNS AND TEXTURES.



STYLE BY JULIA NICHOLSON  
STYLE ASSISTANTS ALANA FUSCARDO  
& SYDNEY PRIORE  
PHOTOGRAPHY BY MAKENA CUMMINGS  
DESIGN BY ANNIE DROWNE  
MODELS JULIA HEINZ  
& J ROCHELLE LOWERY





(OPPOSING PAGE) ON J ROCHELLE: JACKET AND DRESS FROM VAN JEAN. SHOES ARE STYLIST'S OWN. NECLAKCE FROM JUST THE THING. ON JULIA: TOP AND SKIRT FROM BOHEMIAN. SHOES FROM VAN JEAN. (ABOVE) ON JULIA: TOP AND PANTS FROM VAN JEAN. VEST FROM VAN JEAN. NECKLACE FROM JUST THE THING. SHOES ARE STYLIST'S OWN. ON J ROCHELLE: DRESS FROM VAN JEAN. NECKLACE FROM IVY & LEO. CUFF FROM JUST THE THING.



(ABOVE) ON J ROCHELLE: TOP, SKIRT AND SHOES FROM VAN JEAN. NECKLACE FROM JUST THE THING.  
(OPPOSING PAGE) ON JULIA: TOP FROM IVY & LEO. PANTS FROM VAN JEAN. SHOES ARE STYLIST'S OWN. PURSE FROM VAN JEAN. NECKLACE FROM JUST THE THING. ON J ROCHELLE: TOP, BLAZER AND PANTS FROM VAN JEAN. NECKLACE FROM JUST THE THING.







ON J ROCHELLE: TOP FROM BOHEMIAN. PANTS, SHOES AND NECKLACE FROM VAN JEAN.  
ON JULIA: SWEATER AND PANTS FROM BOHEMIAN. VEST FROM IVY & LEO. EARRINGS FROM JUST THE THING. SHOES ARE STYLIST'S OWN.

# DISH:

## the worst pick up lines you've ever heard

DESIGN BY G&B STAFF

“

IS THAT A MIRROR IN YOUR PANTS? BECAUSE I CAN SEE MYSELF IN THEM.

DO YOU WANT TO GO TO MY COOKOUT? BECAUSE I WANT TO PUT MY MEAT IN YOUR GRILL.

SO HOW ARE YOU GOING TO TELL OUR KIDS HOW WE MET?

THERE'S A 50/50 CHANCE I WILL EITHER GREATLY IMPROVE OR RUIN YOUR LIFE. WOULD YOU LIKE TO TAKE THE GAMBLE?

ONE TIME THIS BOY FELL IN FRONT OF ME AND THEN SAID "YOU ARE DROP DEAD GORGEOUS"

DO YOUR FEET HURT? BECAUSE YOU'VE BEEN RUNNING THROUGH MY MIND ALL DAY,

IF I WERE TO ASK YOU ON A DATE, WOULD YOUR ANSWER BE THE SAME AS THE ANSWER TO THIS QUESTION?

IS YOUR NAME HOMEWORK? BECAUSE I SHOULD BE DOING YOU RIGHT NOW.

IS THE REASON WHY SOLOMON HAD SO MANY WIVES BECAUSE HE HADN'T MET YOU YET?

”

DISH MORE TO US AT [GANDBMAGAZINE.COM/SECTIONS/DISH](http://GANDBMAGAZINE.COM/SECTIONS/DISH)

# ADJUST TO *Southern* LIVING

as told by Samantha Benson

I knew I was taking a big step when I packed up my car in New Jersey last August and headed for USC. 750 miles is a long way, but I was excited about the warm weather and lack of snow. I had had enough knee-high snow to last for a lifetime and was ready for a change. I knew an entirely different part of the country was in store for me, but I still couldn't have imagined exactly how different the two cultures could be. It didn't take too long for me to see just how stark of a contrast there was and I know there are many other people at USC who are experiencing the same thing. It is my hope that these suggestions can help others who are adjusting to this new life.

1

Don't be afraid of unfamiliar words. They really aren't as confusing as you think and only take some time to get used to. During my freshman year I was placed in the all-girls dorm, Patterson. Upon meeting most of the girls on my hall, I quickly found there was a whole new vocabulary that I was completely unaccustomed to. They threw out designer names like Lily Pulitzer, Jack Rogers and others that I'm still unfamiliar with. Everyone said "y'all", wore croakies on their sunglasses and ate grits for breakfast. My head began to spin at this onslaught of names and fashions I was sure I would never remember. But it only took a short period of time before I got used to all of this new vocabulary.

2

Take advantage of the football games. This seems like a given for most, but for those who don't find interest in the sport I would suggest to still go. If you want to fully experience the south, this is a must. College football is an enormous part of southern culture. It becomes a way of life for some people. I had never experienced such a love for college football as back home where it seemed like most people only followed the pro's with an occasional interest in college. But in the south, people take SEC football very seriously. Tailgating at these games is a great way to experience the richness of southern culture. As you walk through you can hear country music blasting, as people share good food and drinks.

3

Get used to people saying "Ma'am" and "Sir." One of the most striking things to me was how my friends used the phrases "Yes, ma'am" or "No, sir." They told me that this was just something they learned in school and was second nature now. In the north, if I were to say, "yes, ma'am" to a teacher they would most likely retort with something similar to, "Don't be a smart alec!" or "I'm not an old lady!" This was something that took a while to get used to. I worried that my teachers or future employers would think I was rude if I forgot to address them without using the phrase, so I try to be more conscious now.

4

Try new food. I was stubborn with my food at first and it took me a long time to adjust to this. The basics were all there, but a lot of it was very different. I had never seen grits before and hadn't even known they had really existed. I was craving my New Jersey bagels and the abundance of sweet tea didn't really do anything for me. But then I came across one of my favorite things: Chick-fil-A. I loved it so much and during my freshman year I ate much more of it than I should have.

Coming back to school as a sophomore I knew what I was getting into. This made the transition so much smoother. It could be hard to navigate my way through some of the conversations at times, but it really is a wonderful experience that I wouldn't trade for anything. I still have yet to say "y'all", but people have told me that it's only a matter of time.

DESIGN BY SHELLEY PUCKETT



# What Drink Defines You?

## ARE YOU: open minded & outgoing?

YES

NO

impulsive & a risk taker?

YES

NO

mature & professional?

YES

NO

laid back & easy going?

YES

NO

realistic & positive?

YES

NO

confident & poised?

YES

NO



## Beer

You are grounded and like things to be practical in life. You are very laid back but outgoing at the same time.



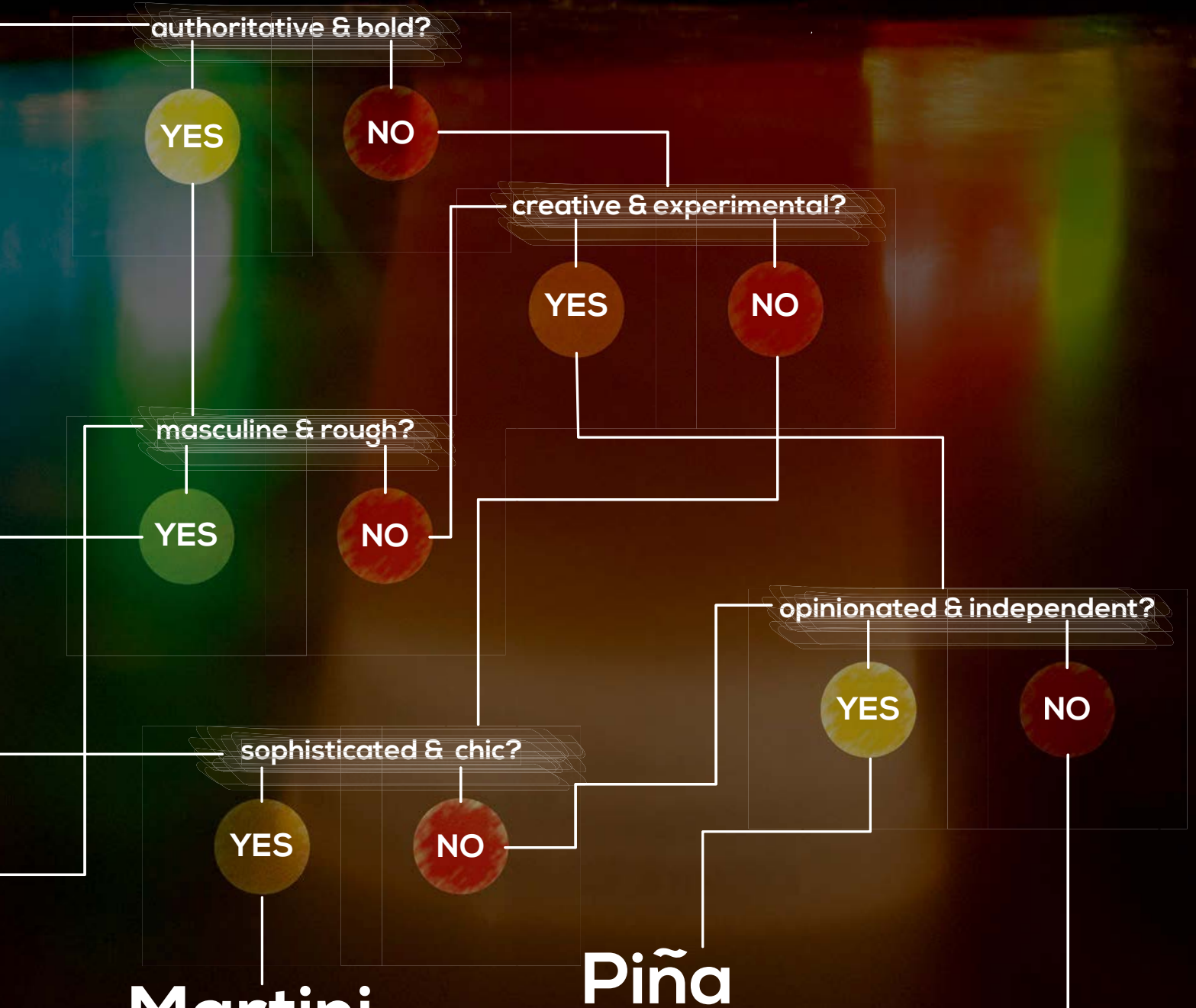
## Wine

You are confident but not a big risk taker in life. You are mature and professional with an open minded personality.

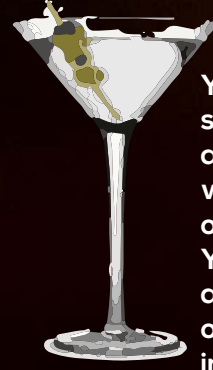


## Whiskey

You like to have authority over situations and have a strong image of masculinity. You are not bothered by the little things in life.



# Martini



You are sophisticated and professional with a realistic outlook on life. You take advantage of opportunities to impress others.

# Piña Colada



You know what you like and don't care what others think. You are creative and like things to be eccentric in life.

# Vodka



You are independent and like to be in charge for situations. You are less willing to take risks and care about what others think.

# EVENTS

## **'LAUGH IT UP BLUE' - AUTISM SPEAKS BENEFIT**

*Wednesday, Nov 20, 2013*

The Charlotte Comedy Zone will support the Autism Speaks Organization by having a night full of comedic performances, silent auctions and raffles.

"Laugh it up Blue" tickets are \$20, and proceeds will help fund autism research and services.

## **'VISTA LIGHTS'**

*Thursday, Nov. 21, 2013*

Need a little something to get you in the Christmas spirit? Columbia is hosting its 28th annual street party right over in the Vista. There will be a tree-lighting ceremony and for the first time ever, a community caroling session. The fun starts at 5 p.m. Visit [vistalightssc.com](http://vistalightssc.com) for more information.

## **'TRANS-SIBERIAN ORCHESTRA'**

*November 22, 2013*

This operatic rock ensemble is having one of its last performances of "The Lost Christmas Eve" right here in Columbia. Complete with guitarists, pianists and violists, the band is sure to deliver an interesting, sonically diverse performance. If you're unsure, their website has links to both audio and video recordings.

## **'RUNWAY RUN'**

*November 23, 2013*

As mentioned in our "Master Modern Dating" feature, participating in a 5k can be a great way to meet people, but it's also good for burning a few calories before the holidays. This race is taking place at Columbia's Metropolitan Airport and will include an option for children so your brothers and sisters can also participate. Register at [runwayrun.com](http://runwayrun.com).

## **CAROLINA BALLET'S 'THE NUTCRACKER BALLET'**

*November 27, 2013 - December 01, 2013*

In coordination with the Columbia Music Festival Association, the Carolina Ballet is performing "The Nutcracker" beginning Thanksgiving weekend and leading into the holidays. Tickets start at \$12.50

## **'5TH ANNUAL HOLIDAY PUB CRAWL'**

*11/26/2013 - 01/10/2013*

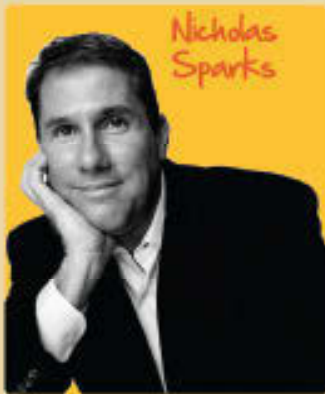
Charleston is a beautiful city. Why not enjoy some appetizers and ale as you take a tour of some of its oldest and most historic taverns and pubs? Group size is limited in order to make the stories of pirates and presidents more enjoyable for everyone. Group discounts are also available, so be sure to bring your friends.

DESIGN BY CARLYE CREEL

[www.twitter.com/usccp](http://www.twitter.com/usccp)

[www.cp.sc.edu](http://www.cp.sc.edu)

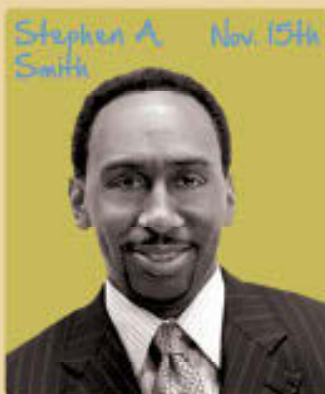
[www.facebook.com/usccp](http://www.facebook.com/usccp)



# Carolina Productions

Interested in getting involved with Carolina Productions (CP)? Visit us on the 3rd floor of Russell House in Room 318 or check us out online [www.cp.sc.edu](http://www.cp.sc.edu).

Watch for these upcoming events...



Carolina **Productions**  
University of South Carolina Student Life

Carolina Productions Office (RH 318)  
803.777.3950








# Snapshot of **CAMPUS** RECREATION



## Campus Recreation

University of South Carolina Student Life

-  Strom Thurmond Wellness & Fitness Center  
Solomon Blatt Physical Education Center
-  803.876.6376  
803.777.5261
-  [campusrec.sc.edu](http://campusrec.sc.edu)
-  University of South Carolina Campus Recreation
-  @USC\_CampusRec