Passing on inspiration
Speaker discusses challenges in honor of Black History month

Leslie Barnett
THE DAILY GAMECOCK

Generational barriers were smashed as motivational speaker Dennis Watson took the stage for the Office of Multicultural Student Affairs’ Black History Month celebration Thursday night.

The event was co-sponsored by OMSSA, Student Government and the TRIO program. Brandon Gates, a second-year broadcast journalism student, set the stage for Watson as he briefly introduced the speaker.

“Watson said it was an inspirational message, but the people who really needed to hear it were not in attendance. ‘In a sense, he was preaching to the choir,’” Gates said. “There were student leaders at the event, and they were already doing the things he talked about.”

Watson, president of the National Youth Leadership Council, began by having the audience participate in the presentation. He would make a statement and the audience would fill in the blank at the end of the sentence. For instance, he said he was kicked out of school seven times because he was a ‘knucklehead,’ and paused. The audience replied and said ‘head.’

He asked everyone to take out a pen and paper to take notes on the ABC’s of challenges facing students in the 21st century. Watson said “X” represented students having a positive attitude. Watson said “A” represented students taking notes on the ABC’s of challenges facing black youth.

“(Watson) by himself could probably have given an inspirational message, but the people who really needed to hear it were not in attendance,” Gates said. “There were student leaders at the event, and they were already doing the things he talked about.”

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Watson noted how Watson noted how important it was to participate both inside and outside the classroom and to be proactive. He mentioned how the civil rights movement was about being proactive and making things happen. No one was laid back then, so people were already doing the things he talked about.

“You must have an attitude of gratitude,” Watson said. “You should praise God for taking you up.”

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Correctional officer accused of burglary

Lexington man suspected of stealing auto generators faces $40,000 bail

In a strange twist of events, Lexington County correctional officer was arrested yesterday and charged with burglary and is now being held in the Lexington County Detention Center.

John Clayton Watts was arrested yesterday when he turned himself in to police WISTV reported.

Watts and Joseph Kaylin Murray have been arrested and charged with second-degree burglary, attempted grand larceny, and possession of burglary tools.

According to WISTV, Watts and Murray broke into Sadisco, an auto-sales business on Donovan Road near Lexington, at about 9 p.m. on Jan. 26.

Murray and Watts tried to steal two Honda engines, but apparently that wasn't going to work. They left the pick-up truck they drove over the side of the bar.

The No. 1 mistake people make is they are poor in spirit. Back then, "Y'all have everything, yet at the same time, you have nothing. Back then, they were bringing something to the table. They represented confidence, empowering attribute a man should have.sense of culture, caring for your family. People handled it differently. They be bringing something to the table. They be motivating each other. To "E." He described how people should be positive and enthusiastic about life. He said people should be creative in speaking and using words.

Watson pointed out that people need to have faith in themselves and each other. They need to be fair in their doings. He said people need to have faith in their neighbors. He pointed how 25 years ago, he was a student at Lexington High School, and he said people handled it differently. They had faith in Watson, and they believed in the future.

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Researchers will often hide which is given by how the know a question’s purpose, stated that it is important to abnormal findings. She also said that during the week.

Hogue said Madison while Hogue goes to supportive group of family during the week.

She noted that this is used in the wrong context,” invalid results mainly when measurements can provide it was designed.

“Just because you laying a child eating Bon Bons all day or that they have
decided the outside world on her life. She feels the opinions of

Hogue added, “I’ve never called in

Madison would have Madison again, if the great: “I don’t have any regrets,” Hogue said.

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Researcher continued from 1

That she didn’t know how

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That she didn’t know how

The presentation closed

with Mcclimans stating that the process of validity is dynamic and that there will need to be more understanding in general of the process of validity before any true solution to be found.

The meaning of their study so that they can make the findings for purposes other than what it was designed.

“Quality of life environments and invalid results mainly when used in the wrong context.

The presentation closed

LAW Continued from 1

Wednesday, February 7th

Tuesday, February 6th

7:00 PM, RH 305

7:00 PM, RH 305

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Two Florida A&M fraternity brothers were sentenced Monday to two-year prison terms after being convicted of beating a pledge with a wooden cane until he needed surgery. It's the state's first prosecution under the felony hazing law.

Every student at every college should be protected like he was at Florida A&M, but getting a job might be equivalent to hitting him with a wooden cane for the rest of his life.

If you know about a story that needs to be investigated, please turn your eyes to your student association to give you the help of our tuition dollars over? Instead of worrying about those other students, each dorm room to make sure they'll hire live-in moms for their children. They could devote that money to programs designed to help students, rather than to pay for the Smoking Police.

Doctors with the Student Health Services just won't function or even exist without a university that need to step on toes. It really is a true horse's life. There are numerous calls on campuses that do not exist, or chose to exist in such few students were robbed.

Physically abused racehorses deserve better. That fact alone reserves a precious human athlete.

The Triple Crown is a huge feat because he must be mobile enough to feed on par with Air Jordans. The horse racing world.

It is published daily during university holidays and exam periods.

Needed to live a horse's life.

That is over $2.5 million. I ask that next week's, Broom's piece on seeing one of the other topics of grown-up, just like human athletes, horses are eitherBroome's piece on seeing one of the other topics of grown-up, just like human athletes, horses are either

He was euthanized after a senior seminar that involves watching a James Bond film in class each week and discussing the nuances of exactly how he was euthanized to get a good reaction from the film. The only way you can be wrong is if you say something like, "James Bond is not a man and/or a Bond likes my marathon, not shaken, not shaken.

So here are my goals for the semester. Ease up on Taco Bell food of this caliber.

Every student at every college should be protected like he was at Florida A&M, but getting a job might be equivalent to hitting him with a wooden cane for the rest of his life.

I'm taking a physical appreciation class this semester. PEDU 103, the class should consider this to be the only class taken in college since the other one (101) which was kicking ass and turning shag was more socially awkward than physically strenuous.

I'm only doing this so I can earn enough course hours to maintain eligibility for scholarships. I've always thought recreational sports were more meaningful, unwise, of course, a starring one-sport or a dying people-pure-eater was the Triple Crown a horse named Broom. He was too fast (he is such a horse to perform at these levels are pampered more than any human athlete could ever imagine. Not just any horse can compete in the Triple Crown. The three are brothers, just like human athletes, horses are either Speedy, long-stride speed. He was euthanized after a senior seminar that involves watching a James Bond film in class each week and discussing the nuances of exactly how he was euthanized to get a good reaction from the film. The only way you can be wrong is if you say something like, "James Bond is not a man and/or a Bond likes my marathon, not shaken, not shaken.

"I am in writing in response to Broom's piece on racehorses. Broom played for public stadium.

In Barbara's defense, he was an unatmospheric, unsigned.

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Seasonal changes cause winter weather blues

VOJO energy mints are popular among celebrities. They come in mint and citrus flavors in a mirrored tin. Everyone experiences hard times when they don’t feel like doing anything, but these hard times could as easily be a little more serious than winter blues. In fact, it could be something a little more serious called Seasonal Affective Disorder (SAD). Dr. Pamela Johnson, a Charleston psychologist, explains that “SAD is a subset of major depression in which the symptoms are seasonal, usually experienced during the onset of the winter season.”

Some of the common symptoms of SAD are anxiety, irritability, loss of interest in normal activities, increased need for sleep, and weight gain. More severe levels include isolation and possibly suicide. “SAD is associated with brain hormone alterations, sleep fluctuations, sleep overdeprivation with panic disorder, behavioral disturbances such as oversensitivity to environmental factors, and impaired mood,” said Dr. Johnson.

“Some people are more sensitive to environmental changes and may start feeling down when there are no longer any daylight hours,” said Janet Blythe, a licensed clinical psychologist from USC’s Counseling and Human Development Center. She said, however, that is should not be the same for every case. “In fact, the more that seasonal depression can have a prevalence of up to 15% of the population,” said Dr. Johnson. Statistics also show that women experience seasonal depression more than men, but Blair approaches these findings with caution, saying, “Women are socialized and may be more inclined to go through more than men.” Blythe is experiencing some of these negative changes in your performance and possibly your mood, and it’s the help of a professional, such as a licensed clinical psychologist, who may be able to help your symptoms require treatment.

“Seasonal depression can also cause a lack of energy, loss of interest in normal activities, and weight gain. The first thing to do is to make note of any symptoms you experience. “SAD is associated with environmental changes and may start feeling down when there is no longer any daylight hours,” said Janet Blythe, a licensed clinical psychologist from USC’s Counseling and Human Development Center. She said, however, it should not be the same for every case. In fact, the more seasonal depression can have a prevalence of up to 15% of the population, but a lack of energy, loss of interest in normal activities, and weight gain can be caused by seasonal depression. The first thing to do is to make note of any symptoms you experience. However, if you feel you just can’t function normally, it’s best to go to a SADNurse, don’t be afraid to seek help.

The Counseling and Human Development Center is located on the seventh floor in the Blythe building, and it offers 12 free sessions per year to full-time students.

CQ Comments on this story: E-mail: johnsonp@wclaw.sc.edu

VOJO energy mints are the newest “mint of the stars,” popular with such celebrities as cast members of “The O.C.” and “American Idol.” These mints, which look more like vitamins, are made with guarana, a berry native to the Amazon region. “This berry is a natural source of caffeine as it contains theobromine and theophylline, which are mild stimulants. These berry mints come in an eccentric mirrored tin and have a retail value of around $5. VOJO Energy Mints range from $1.99 to $2.99 and are sold in CVS, Walmart, and GNC stores.

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Some students may have noticed the beer belly, the freshwater bloom or the left over holiday pounds that have managed to accumulate around as long as USC has been around. According to the Strom Thurmond Wellness and Fitness Center, over 70% of the student population is the “winter weight gain” that has been described as “the winter blues.”

Students take advantage of a yoga class taught at the Blatt. Various exercise classes are taught for a low cost.

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Welcome to Falling Rock National Park

The Rubberboy performs during the halftime of the men’s basketball game against Auburn Wednesday night. He displayed his talent at the organizational fair earlier.

Inside the Box • By Marline Leverette / The Daily Gamecock

UNIVERSITY OF SOUTH CAROLINA STATE UNIVERSITY
The scene at USC

TONIGHT
BECAUSE OF THIS, FAIR STREET, THE BLOOD LIBEL, RESTLESS OBLIVION New Brookland Tavern 122 State St. 5 p.m. $3 over 21, $8 under 21
Passafire w/ Stealing From Bandits Headliners 700 Gervais St. 9 p.m. $7

UPCOMING
THE HOMECOMING KINGS, HANNA MILLER 1530 Main St. 9 p.m. $10
“POCAHONTAS” COLUMBIA CITY BALLET Koger Center for the Arts 1051 Greene St. 9 p.m. $10

HOROSCOPES
Aries Your success is due to more than good luck and meticulous planning. Also listen to the angel who’s riding on your shoulder.
Taurus Keep asking questions — your intellect and technical friends come in very handy now. They can solve a puzzle that’s had you stumped.
Gemini For the next few weeks, the people who outrank you are apt to make mistakes. Work with them to fix things and you’ll make a lot of points.
Cancer There’s quite a bit of money involved. The trick is to hold on to it. You have an enormous temptation to go out and buy expensive toys.
Leo It’s harder to get your point across with words alone. Put up the money to show others you really mean what you say.
Virgo You’re solving the problem by figuring out whom you need to ask to help. This is not something you’ll be able to do all by yourself.
Libra There’s plenty of work, no doubt about that. The problem is scheduling. How can you do it all in one lifetime?
Scorpio Somebody up there likes you, and is being quite generous.
Sagittarius The trouble with working is that you’d rather be playing.
Capricorn The way you do well in business this time is by searching out the best deal. A little fixing up could lead to an enormous profit.
Aquarius You have plenty now, but you could go through it in short order. Keep close eye on the spending patterns of people you hire.
Pisces Continue to figure out ways to produce more in less time, and with less effort.

Crossword Brought to you by
Does housing have you puzzled?
Call (803) 256-4700. We can stop by the leasing office next to Strom Thurmond.

ACROSS

DOWN

Solutions to Thursday’s Sudoku

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Road warriors seek victory

Gamecocks hope to turn Tide against No. 19 Alabama

Austin Collins
THE DAILY GAMECOCK

South Carolina will travel to Tuscaloosa, Ala., Saturday to take on No. 19 Alabama Crimson Tide in a key road SEC matchup.

South Carolina (12-2, 2-3) won consecutive conference games against Arkansas and Mississippi State before falling to Auburn 80-75 Wednesday night at the Colonial Center. The game against Alabama will be South Carolina's fourth consecutive contest against an SEC West team.

Alabama (16-5, 3-4) enters the game having lost three of their last five after starting the season 14-2 and being ranked as high as No. 4 in the nation on only 14 December.

Saturday's game will be an intersecting matchup between the preseason first team ALL-SEC point guard (Ronald Steele of Alabama) and the preseason second team ALL-SEC point guard (Trey Kelley of South Carolina).

Steel enters the game struggling of late, scoring only three points and dishing out just four assists in the past two games combined. Kelley, on the other hand, has had the hot hand for the Gamecocks, averaging 18.3 points and six assists per game over the last four games. Both players have been fighting injuries this season. Steele has been bothered by both a sprained knee and ankle, causing him to miss three games. Kelley has been battling a knee sprain as well and has missed one game due to the injury.

Last year, the two faced a Steele finished with 13 points and six assists while Kelley had 12 points and eight assists. It was Kelley's game, however, that came out on top as South Carolina defeated Alabama 67-66 in Columbia.

Another key player for South Carolina will be Evaldas "Ezka" Banavicius, a 6-foot-7-inch freshman forward from Lithuania who has shined since being inserted into the starting lineup a few weeks ago. Wednesday, against Auburn, Banavicius carried the Gamecocks, scoring 21 points (7-of-12 from the field) and grabbing 10 rebounds (three of which included dribbling free of 6-3-point attempts. Despite the loss to the Tigers, Banavicius knows there is still plenty of basketball to be played.

"It's hard, but we have a long season to go and we're not going to lose our confidence because of it," Banavicius said. "We still have that same mindset left and we're going to work hard and try to get better."
Meet us in VIP house, very nice, remodeled, 5 min to USC, new has PT position. House total electric needs sitter for 2.

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The Daily Gamecock

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