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The Daily Gamecock, THURSDAY, DECEMBER 6, 2012

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SG decides against additional survey of student opinion

Amanda Coyne
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Student Government won’t conduct a survey of student opinion regarding a potential campuswide tobacco ban, Morgan Smith, chairman of the Tobacco Free Carolina Study Board, announced Wednesday.

The second-year political science student cited another survey sent to 4,000 randomly selected USC students earlier in the year by Healthy Tobacco Free Carolina Study Board, announced today.

Tobacco Free Carolina Study Board, announced today.

Smith said that both Healthy Carolina and Tobacco Free Carolina Study Board argued that a second survey wasn’t necessary, she said.

“Our immediate response was ‘Should we do another survey? We want student opinion,’” she said.

“We went to two different statisticians and looked at the wording of the questions to make sure they weren’t biased,” Smith said. “They both told us that the wording wasn’t leading or biased.

SG decided conducting a second survey, but did not think that it could reach a significantly larger group of students, Student Body President Kenny Tracy said.

“For the students of Carver Lyon Elementary School, every toy matters,” he said.

Student Body Vice President Chase Mizzell said “But we realized that we had valid data from the Healthy Carolina Study Board, Smith said that both Healthy Carolina and Tobacco Free Carolina Study Board announced today.

SG-sponsored forum to take place the following month, on Feb. 4.

However, even if these forums produce a negative response from students, it wouldn’t slow down the tobacco-free policy whatsoever, Smith said.

“The people who would come out are more motivated to learn about this area that isn’t being used,” Hubbard said. “People have no reason to stay after they buy a drink. We’re trying to revamp the entire bar. I don’t want to ruin it, but some of stuff we’re adding is leg dispensers, cellphone bar, darts and other fun things.

Hubbard added that they plan to use any capacity by adding more tables and benches large enough to fit six people. The bar will also review its menu to see what other resources to find out what other resources to find out what other resources to find out what other resources to find out what other resources to find out what other resources to find out what other resources.

“We’re going to use our resources to find out what other resources to find out what other resources.

Hubbard said that he felt the bag, which he hopes will respond to the working group’s requests.

With a capacity of 375 people, “We’re the largest in Five Points,” Hubbard said, and the bar’s management plans to use that to its advantage.

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“The upstairs has this huge dance floor that people live, but downtown’s haven’t made a significant change,” he said.

“We’re going to make this a place that people want to stay at and also a place where people can spend happy hour. We will be the new go-to spot.

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Healthy habits reduce students’ exam stress

Less caffeine, more sleep helpful during last week
Pritanka Jayege
studentaffairs@dailygamecock.com

With the last week of classes and finals coming up, students are frantically trying to get last-minute assignments and last-minute studying for their exams. Stress levels are high, “So I think Thomas Cooper Library is packed and the last thing one must remember is their health,” Johnston said. According to the National College Health Assessment 2012 for USC, stress is the No. 1 impediment to academic success, followed by anxiety and lack of sleep. Director of Health Carolina Jessie Johnston said that students can reduce their stress levels with a few simple steps.

“Don’t start something new,” Johnston said. “If you now know what works for you and stick to it. Also, be realistic. Don’t expect perfection, if you can’t get an A, try for the B.”

Coordinator of Academic Coaching and Engagement Jamie Shook said that one of the most important things students can do is properly structure their study time.

“Creating study goals is important,” Shook said. “When you sit down and break your study goal into smaller goals of things you’re going to accomplish over the next study period. You will be more productive.”

Taking a break away from studying is crucial. “A coffee or a TV show might also be a good idea,” she also recommended as relaxing stress, Johnston said. “Keep laughing,” she said. “Laughter reduces stress. During your study breaks try watching a funny movie.”

With long hours of studying ahead of most students, allowing time to rest your eyes is crucial.

“It’s important to give your eyes periodic breaks,” Johnston said. “You whole body can feel exhausted just because your eyes are tired.”

With the stress of exams, students tend to consume large quantities of caffeine through coffee and energy drinks. While the caffeine will keep students up for the extra hours they need to cram, it may have adverse effects on their minds and bodies.

“Energy drinks and coffee with high amounts of caffeine and sugar stay in your system longer than you think and will keep you from getting much-needed sleep,” she said. “If over-consumed, they can cause stress and anxiety symptoms. Rethink your drink and hydrate with water.”

Even though there are ways to reduce stress, Johnston emphasized the importance of recognizing true test anxiety and the need to contact a physician if symptoms persist.

“If your heartbeat is unusually faster, your racing a bit or you feel nauseous, then you might need to seek help from a physician in the counseling center,” she said.

Shook explained that it is important for students to know the wealth of resources available to them on campus.

“ACE has coaching appointments available until finals week,” she said. “A lot of people will procrastinate so our coaches can meet with you and start the last minute-prep for your exams.”

On Monday, Changing Carolina will partner with the Russell House for Carolina After Dark Finals Frenzy from 10 p.m. to 2 a.m.

“There will be healthy snacks, music, massages, a dance, a chance for students to release stress,” Johnston said. “There will be lots of ways for students to de-stress.”

Do’s:
- Get adequate sleep.
- Eat healthy.
- Watch your caffeine intake.
- Move.
- Try out relaxation exercises or a guided meditation.
- Laugh.
- Let your eyes rest.
- Be realistic.

Don’ts:
- Keep irregular hours.
- Pull all-nighters — short and regular study periods are more productive.
- Eat irregularly or eat junk food.
- Use drugs or drink alcohol.
- Start using new learning or studying strategies. Use what has already worked for you.
“It’s been a little stressful trying to get everything together,” he said. “One of the problems is that we have so many good ideas and we can only use a few.”

One of the ideas they’re struggling with may be the biggest: the name change. Bar Hubbard said that no matter what the name, “it will still be the spirit of Red Hot’s.”
The problem America faces today regarding the Christmas season is a time to reflect on the blessings in life. However, this season also presents an opportunity to understand and appreciate the true meaning of Christmas.

First, it is important to recognize that the Christmas season is a time of reflection and celebration. It is a time to remember the birth of Jesus Christ and the values of love, compassion, and hope that he brought to the world. This season is also a time to reflect on the blessings that we have in our lives.

Second, it is important to understand that the Christmas season is a time of tradition and family. It is a time to come together with loved ones and share in the joy of the season. This is a time to celebrate the bonds of family and the values of community.

Finally, it is important to recognize that the Christmas season is a time to give to those in need. It is a time to remember that the true meaning of Christmas is to give to others and to show kindness and compassion to those who are less fortunate.

In conclusion, the Christmas season is a time to reflect on the blessings in life and to remember the true meaning of Christmas. It is a time to celebrate the values of love, compassion, and hope, and to give to those in need. This season is a time to come together with loved ones and to celebrate the bonds of family and the values of community.

About The Daily Gamecock

The Daily Gamecock is a student-run newspaper, the official daily newspaper of The University of South Carolina. We are an independent voice for students, alumni, faculty, and staff. The Daily Gamecock is a non-profit, student-led organization that is committed to providing quality journalism and promoting diversity. We believe in free speech, open debate, and the importance of public service. We cover news, sports, entertainment, and culture on campus and in the greater Columbia community.

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Holiday season brings redone releases of old films

Blu-ray editions make great gifts for movie lovers

Jonathan Wincheil
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Looking for a gift for your movie-loving family member or friend? Here are ten films or box sets available on Blu-ray discs recently that might be the perfect stocking stuffer or major purchase.

1. Alfred Hitchcock: The Masterpiece Collection features fifteen films directed by the Master of Suspense, eighteen of which have never been released on Blu-ray before. The set includes “Shadow of a Doubt,” “Vertigo,” and “Rear Window,” among others. Hitchcock was known for his ability to create suspense and tension. The set is a must-have for any fan of the iconic director.


3. The Ultimate Buster Keaton Collection is a 14-disc Blu-ray box set featuring some of the finest films ever made by Buster Keaton, who is known as one of the greatest comic performers in the history of cinema. The set contains 19 silent shorts including “One Week,” “Cops” and many others.

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“Lawrence of Arabia” was restored from its original version and released on Blu-ray in a 50th anniversary collector’s edition.

**FILMS ● Continued from 5**

“The Play House,” 11 silent feature films including “Our Hospitality,” “The General” and “Steamboat Bill, Jr.,” and 16 of his rarely seen talking shorts from the 1930s.

4. The Quentin Tarantino XX Blu-ray Collection features the eight films directed by Tarantino over the last 20 years (“Reservoir Dogs,” “Pulp Fiction,” “Jackie Brown,” “Kill Bill Vol. 1 and 2,” “Death Proof,” “Inglourious Basterds”), along with one he scripted (“True Romance”).

5. “The Postman Always Rings Twice,” the 1946 film based on the novel by James M. Cain, is one of the best films of all time. It stars John Garfield and the stunning Lana Turner. If you want a black-and-white classic about love, deceit and murder, pick up this crime flick.

6. “Sunset Boulevard,” one of the many gems by Billy Wilder, is arguably the best film ever made about Hollywood. It’s a dark, cynical tale about a struggling screenwriter (William Holden) who falls into the grip of faded silent screen actress Norma Desmond (Gloria Swanson). The final shot of the film will send shivers down your spine.

7. “Lawrence of Arabia” has been released on Blu-ray with a gorgeous restoration. The timelines especially brilliantly balance grand spectacle and intimate character development. Most films these days could learn from this masterpiece.

8. Delicious black comedy “What Ever Happened to Baby Jane?” starring Hollywood giants Bette Davis and Joan Crawford was released on Blu-ray in October to celebrate its 50th anniversary. This film is a twisted treat for those with a taste for the macabre.

9. “Brazil,” Terry Gilliam’s Orwellian sci-fi satire, has been released by the Criterion Collection. It features Gilliam’s cut of the film with loads of special features including interviews with the director discussing the difficulties he had getting his cut of the film released.

10. “Little Shop of Horrors,” the 1986 film based on the off-Broadway musical, which itself was based on the Roger Corman cult classic film, has been released on Blu-ray. Seymour (Rick Moranis) is a run down flower shop clerk who finds a fast-growing plant that brings droves of customers to the store and boosts business. The only problem is that the plant feeds on human blood. This is a hilarious comedy with a cast to die for (Steve Martin, Bill Murray, John Candy, Christopher Guest). It’s also one of the best film musicals of the last forty years. Seriously. Both the theatrical cut and the director’s cut are featured on the disc.

“Brazil” is a black comedy that is both hilarious and thought provoking. It is a must-see for anyone interested in satire and political commentary.

**Mingle & Jingle**

First Thursdays on Main is taking a turn for the holly and jolly this week with its Mingle and Jingle. The event will have all the makings of the monthly First Thursday, but with an added touch of cheer — more vendors, a tree, sweet treats and an ice skating rink.

Carmen Stone, from Car Toys Auto Spa, has created Main Street’s Christmas tree from metal, and Paradise Ice will introduce holiday flavors like eggnog, peppermint and gingerbread.

Frame of Mind will host Columbia artist Kirkland Smith and his post-consumer materials work in the shop, and outside, they will have Columbia DJ Deft Key with a set full of dubbed-up and holiday-themed tracks.

The Anastasia & Friends gallery will sell affordable holiday gifts from Columbia artists Boshemla Augustinova, Leslie Bennett and Jerid Lyle Brown, just to name a few.

And, of course, the ice skating rink at the corner of Main and Hampton will be open 9 p.m. Skating fees are $10 for adults and $6 for children.

Mingle and Jingle will run from 5 to 8 p.m. on and around Main Street.

— Compiled by Chloe Gould, Mix Editor

Comments on this story? Visit dailygamecock.com/mix.
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Jadeveon Clowney was named the SEC Defensive Player of the Year by the SEC coaches.

Amber, a sophomore from South Carolina, is the first sophomore team captain for the USC equestrian team in 15 years. She had a 12-8 record last season.

Sophomore Amber Henter is the first sophomore team captain for the USC equestrian team in 15 years. She had a 12-8 record last season.

36x236

Jadeveon Clowney, South Carolina

Johnny Manziel, Texas A&M

Equestrian captain seeks to

The sophomore added two more
to his long list on Wednesday,

Senior center T.J. Johnson and safety

FENCES rider is only the second

Amber was highly recruited

Amber's family and knew she

last season, Amber had to

After her visit to Columbus, Amber

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Amber, a sophomore from South Carolina, is the first sophomore team captain for the USC equestrian team in 15 years. She had a 12-8 record last season.

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