Jacqueline Plyler: woman of the year

They can’t fly and they don’t have laser vision, but what they do have is Carolina spirit.

Wednesday morning, a group of students, faculty and staff were recognized for their courageous actions during the sixth annual Hero Awards inside the Russell House Ballroom.

The ceremony, which lasted from 9 a.m. to 11 a.m., served to recognize and reward members of the Carolina community who have gone above and beyond to help their fellow Gamecocks.

They were Jacquline Plyler, Lindsay Richardson, Kimberly Rouse, Erin Stoner and Carolina Wethington.

Plyler is involved with Alpha Gamma Delta, Relay for Life, Pawmetto Lifeline, founding and becoming president of the Gamecock Pre-Veterinarian Students wind down, meditate at weekly program

University life can be frantic — there’s hardly time to breathe in between exams, extracurriculars, essays and parties. If you’re looking to give your mind some much-needed peace, Wind Down Wednesday is the place to be.

For four years, the Student Health Center, Wind Down Wednesday is a weekly opportunity to meditate and relax with other students and faculty. The goal of Wind Down Wednesday is to produce an attitude of gratitude and to increase productivity, according to the Student Health Center’s website.

For some attendees, Wind Down Wednesday can become a constant part of their routine. Tamila Pringle, the Budget and Financial Education Manager for USC’s National Resource Center, said she has been going to Wind Down Wednesday for three years now.

Spending her lunch break meditating allows for Pringle to return to her desk feeling more calm-headed and ready to get back to work.

The meditations last for 45 minutes and offer the group a chance to focus on their breathing and relax with other students and faculty.

Wind Down Wednesday is a weekly opportunity to meditate and relax with other students and faculty. The goal of Wind Down Wednesday is to produce an attitude of gratitude and to increase productivity, according to the Student Health Center’s website.

For some attendees, Wind Down Wednesday can become a constant part of their routine. Tamila Pringle, the Budget and Financial Education Manager for USC’s National Resource Center, said she has been going to Wind Down Wednesday for three years now.

Spending her lunch break meditating allows for Pringle to return to her desk feeling more calm-headed and ready to get back to work.

The meditations last for 45 minutes and offer the group a chance to focus on their breathing and relax with other students and faculty.

For some attendees, Wind Down Wednesday can become a constant part of their routine. Tamila Pringle, the Budget and Financial Education Manager for USC’s National Resource Center, said she has been going to Wind Down Wednesday for three years now.

Spending her lunch break meditating allows for Pringle to return to her desk feeling more calm-headed and ready to get back to work.

The meditations last for 45 minutes and offer the group a chance to focus on their breathing and relax with other students and faculty.
A Columbia family is the centerpiece for this year’s 2015 March for Babies, which seeks to raise awareness about the lifesaving work of March of Dimes, The State reported.

The March of Dimes Foundation’s work — of which the March for Babies is an offset — focuses on the improvement of mother and child health.

The Buckete family, Jason and Tabitha and their children Kayness, Kyran and Gemma, will be supporting the campaign for healthy mothers and babies. The Buckete’s oldest children were born 11 weeks premature and had to spend 55 days in the NICU.

The March for Babies event will be held on April 25 at the South Carolina state fairgrounds.

— Lauren Shirley, News Editor

Ex-sheriff sentenced to 30 months in prison

The former Williamsburg County sheriff, Michael Johnson, was sentenced to 30 months in jail, The State reported.

Johnson was convicted of conspiring in a felony white collar fraud and is expected to pay $5,857 in restitution to the 13 victims the government put up at the trial. He will also be supervised by three years following his release from prison.

Johnson was working alongside another man who was the “mastermind” of the operation. The former sheriff offered to “repair” their credit and file a false police report in their name.

— Lauren Shirley, News Editor
in some way to prevent harm.”

As part of their recognition, each recipient received a framed copy of the Carolina Creed, as their individual actions serve as a “wonderful example of what it means to be a champion of the Carolina Creed and truly has lived out our university’s values of integrity, acceptance, respect, leadership, and compassion,” according to the Stand Up Carolina office.

This year, there were a total of 65 nominations composed of students, faculty and staff. The group of heroes included Erik Frankfoster, Tiffany Rogers, Mary Barradas, Adam Harstone-Rose, Tushar Yadav, David Wheaton, Lynnwood Watts, Zoe Harrisson, Deborah Bely, Davonray Brown, and Gabriela Santos, to name a few.

An important consideration that SAVIP brings up is that being an accountable bystander doesn’t necessarily mean a person has to be physically or directly involved in a situation and that any action taken in order to aid someone else is more than enough. Sometimes, simply making a phone call to the police or talking to a professor is all that’s needed to make a very big difference in someone else’s life.

Though nominations for 2015 are now over, that doesn’t mean you need to wait until next year to start helping make USC a campus full of heroes.

For more information regarding the Stand Up Carolina Hero Awards, contact Jamee Gough at 803-777-8246, or by emailing goughja13@gmail.com.
Ladin and Terry’s concerts are a unique blend of their personal style, musical abilities and diverse choreography.

“I think it really works with everyone who aspires to be on stage. It’s exhilarating,” Terry said. “It fires a lot of the imagination.”

“Choreographing their performances, since a lot of their show involves simultaneously singing, dancing, playing instrumentation and body drumming. But they say it involves simultaneously singing, dance, playing and percussion ensemble was hired to work with Ladin and Terry met in Ohio when Terry’s Along with his work with Ladin, Keith Terry to be exhausted after one of their shows. If you want to perform, you’ll have a blast with the mature adult content,” such as joint smoking, but they try to pair silliness with tastefulness. A lot of the play is made up of nonsensical, satirical actions, including lethal methods of preventing gender bias. Each one of these fantasies is communicated through songs and outrageous dancing.

“W e have some really moving songs, and then there are some really exciting dance numbers, and up-tempo stuff,” Ladin said. “It’s a real mix.”

“We have just the kind of music and lyrics by Dolly Parton, who has participated in 10 productions. She auditioned for the club’s freshman year and immediately fell in love with the organization. The USC theater department doesn’t offer musical theater, but this didn’t stop Kelly from keeping her passion alive. “I’m grateful that my vision was bringing an era of realism to it,” said. “But also getting the craziness that is musicals.”

“I hope that [the audience] gets some laughs and take away this idea that women can stand up and they can be in charge because it is kind of relative to today’s world still,” Kelly said.

“Terry said. “It’s a fun mix of different genres.”

“Audiences might expect Evie Ladin and Keith Terry to be exhausted after one of their performances, since a lot of their shows involve simultaneously singing, dancing, playing instrumentation and body drumming. But they say it involves simultaneously singing, dance, playing and percussion ensemble was hired to work with Ladin and Terry met in Ohio when Terry’s Along with his work with Ladin, Keith Terry to be exhausted after one of their shows. If you want to perform, you’ll have a blast with the mature adult content,” such as joint smoking, but they try to pair silliness with tastefulness. A lot of the play is made up of nonsensical, satirical actions, including lethal methods of preventing gender bias. Each one of these fantasies is communicated through songs and outrageous dancing.

“W e have some really moving songs, and then there are some really exciting dance numbers, and up-tempo stuff,” Ladin said. “It’s a real mix.”

“We have just the kind of music and lyrics by Dolly Parton, who has participated in 10 productions. She auditioned for the club’s freshman year and immediately fell in love with the organization. The USC theater department doesn’t offer musical theater, but this didn’t stop Kelly from keeping her passion alive. “I’m grateful that my vision was bringing an era of realism to it,” said. “But also getting the craziness that is musicals.”

“I hope that [the audience] gets some laughs and take away this idea that women can stand up and they can be in charge because it is kind of relative to today’s world still,” Kelly said.

“Terry said. “It’s a fun mix of different genres.”

“Audiences might expect Evie Ladin and Keith Terry to be exhausted after one of their performances, since a lot of their shows involve simultaneously singing, dancing, playing instrumentation and body drumming. But they say it involves simultaneously singing, dance, playing and percussion ensemble was hired to work with Ladin and Terry met in Ohio when Terry’s Along with his work with Ladin, Keith Terry to be exhausted after one of their shows. If you want to perform, you’ll have a blast with the mature adult content,” such as joint smoking, but they try to pair silliness with tastefulness. A lot of the play is made up of nonsensical, satirical actions, including lethal methods of preventing gender bias. Each one of these fantasies is communicated through songs and outrageous dancing.

“W e have some really moving songs, and then there are some really exciting dance numbers, and up-tempo stuff,” Ladin said. “It’s a real mix.”

“We have just the kind of music and lyrics by Dolly Parton, who has participated in 10 productions. She auditioned for the club’s freshman year and immediately fell in love with the organization. The USC theater department doesn’t offer musical theater, but this didn’t stop Kelly from keeping her passion alive. “I’m grateful that my vision was bringing an era of realism to it,” said. “But also getting the craziness that is musicals.”

“I hope that [the audience] gets some laughs and take away this idea that women can stand up and they can be in charge because it is kind of relative to today’s world still,” Kelly said.

“The Carolina Cup Survival Guide
"I’m really interested in really beautiful turns of phrases and lyrics that are very evocative," Ladin said. "It’s like [putting] poetry to music, the combination of those things, and then adding a dance element or a percussion element. We really like to get people to feel that same kind of exhilaration, or feel things about life and nature and love that really make you human."

Terry, who often doesn’t know the words to their songs, is less interested in that aspect of the show. "It’s just the rhythm, the groove and just the underlying emotion. [The words] aren’t the part that moves me."

Ladin and Terry will be performing at the UU Coffeehouse on Saturday. Their next album is scheduled for release in 2016.

---

You need to plan to bring food that will last you throughout the day. It’s easy to want to skip it, thinking you are just there for the fun, but make sure you’re getting some nutrition throughout the day or you’ll find yourself begging for food at someone else’s spot.

7. Don’t crank the music. This isn’t a football tailgate. Although you will be doing similar things, you can’t blast your music at a horse race. Don’t attract unnecessary attention to yourself.

8. Drink water. That goes for the drinkers and the sober attendees alike. If you’re lucky it’ll be hot and sunny, so don’t skimp on hydration. Your body will thank you later.

9. Don’t forget about the horses! If you get the opportunity to watch the race, go watch the race. It’s a unique opportunity that doesn’t come around every day.

---

Both Terry and Ladin play original music and choreograph their own performances.
CAROLINA PRODUCTIONS PRESENTS

USC IDOL

USIC’S ANNUAL SINGING COMPETITION

8 P.M. TONIGHT!

RUSSELL HOUSE BALLROOM

Free to students, faculty, and staff with valid CarolinaCard.

For more information or assistance, visit www.cp.sc.edu or call (803) 777-3950.

This event is subject to change. Paid for by Campus Activity Fees.

A&C 6
In the last few months, The Daily Gamecock’s Opinion section has homogenized tone by policing of Ferguson and the legal protection of KKK marchers. I want to address race from a different angle that focuses on state-level policies that disproportionately affect African-Americans.

These numbers show an apparent difference in perceived quality of life between white and African-American voters. The state’s population has had time to observe what redistricting can do for them. And, apparently, the Republican state’s population has had time to observe what redistricting can do for them. And, apparently, a perception of unequal outcomes among African-Americans is motivating a perception of unequal outcomes among African-Americans.

Proponents of the death penalty are right to point out that capital punishment will rehumanize the state’s Republican government to expect every voter to know how state policies affect them. Most of all, however, the online backlash has been about how childlike it is to not be able to accept the absurdity of the state’s government to expect every voter to know how state policies affect them. Most of all, however, the online backlash has been about how childlike it is to not be able to accept the absurdity of the state’s Republican government.

On Monday, Utah brought back the firing squad as a way to carry out the state-sanctioned execution of death row prisoners. This is because every other “less barbaric” method of executing a human being has failed. Lethal injection doesn’t work the way it’s supposed to. More often than not, the drug cocktail is either misinjected or consists of second-rate chemicals, as was the case with the Arizona execution of Joseph Wood last summer. A dose of poison injected 15 times the amount it was supposed to be injected into the bloodstream, leaving the hapless victim strapped to a chair for hours, strapped to a chair for hours, strapped to a chair for hours.

Reading about it immediately brought my mind back to Zayn Malik, so don’t mock me if I mention him here. That is not the reason for this letter. I don’t have the luxury of asking what he felt like. We can only guess from his statements. He said that he was too young, too anxious, too afraid to be the last of his girl group. His feelings are not the point of this letter. It is our job, as editors, to ensure that these letters are published. Here is a statement of fact, your letter will not be published unless it clearly states your name, full name, and your full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name, position, and staff must include their full name.
Mitchell’s spot on the WBCA’s team is a surprise, considering the accolades she’s received in the past. Mitchell is the back-to-back SEC Player of the Year and she’s one of four players to be a finalist for the Naismith Trophy. Mitchell ranks seventh in the SEC in points per game (34.2) and she’s been one of the Gamecocks’ most consistent scorers, putting up double-figures in 28 of South Carolina’s 48 games this season.

TARHeELsPAGElO

South Carolina’s first challenge will be heating the Aggies, a team that has yet to lose at home. If the Gamecocks can keep their wits about them and continue their success from earlier this season, their chances of winning a third SEC Tournament title seem promising.

Welch, one of Staley’s most trusted leaders, brings several things to the table, some of which aren’t measurable by statistics. Welch's hustle, for instance, brings several things to the table, some of which aren’t measurable by statistics. Welch's hustle, for instance, brings several things to the table, some of which aren’t measurable by statistics. Welch's hustle, for instance, brings several things to the table, some of which aren’t measurable by statistics. Welch's hustle, for instance, brings several things to the table, some of which aren’t measurable by statistics. Welch's hustle, for instance, brings several things to the table, some of which aren’t measurable by statistics. Welch's hustle, for instance, brings several things to the table, some of which aren’t measurable by statistics.

Wich-Glasen, one of Staley’s most trusted leaders, brings several things to the table, some of which aren’t measurable by statistics. Welch's hustle, for instance, brings several things to the table, some of which aren’t measurable by statistics.
The Associated Press, head coach Dawn Staley was named the Women's Basketball Coaches Association (WBCA) Region I Coach of the Year for the second consecutive year, while also filling three of the five player entries on the WBCA All-Region Team. Now in her seventh season coaching the Gamecocks, Staley has pushed South Carolina (21-10) to a No. 1 seed in the NCAA tournament for the second straight year. The Gamecocks also won both the SEC regular-season and conference tournament championships.

As for individual players, senior forward Alignsha Welch, junior guard Tiffany Mitchell and freshman guard/forward A’ja Wilson all earned a spot on the WBCA All-Region 3 Team. Wilson, a Hopkins, South Carolina native, has already developed a reputation as one of the Gamecocks’ most skilled players despite being her first year playing at the college level. Though she comes off the bench, Wilson ranks third in the SEC in points per game (11.3) and averages 6.8 rebounds as she was named SEC Freshman of the Year. Wilson is also second in the SEC in blocked shots.

Brennan Derby

The Equestrian preps for SEC Championship

The No. 1 ranked South Carolina equestrian team will take on No. 4 Texas A&M on Friday in College Station, Texas. Philip Fadby

Ranked No. 1 overall in the nation, South Carolina’s equestrian team is traveling to Texas to compete in the SEC Championship. The event is being held in College Station and the Gamecocks are facing no tough competitors. South Carolina’s first match-up is in Friday against No. 6 Texas A&M, a team that gave the Gamecocks one of their only three losses during this year’s regular-season.

After facing Texas A&M on Friday, the Gamecocks will face either Auburn or Georgia on Saturday, depending on the outcomes of Friday’s matches. While all three teams will be tough competition, No. 1 said Georgia seems to be South Carolina’s biggest challenger when it comes to possibly bringing home a conference championship. All four teams participating in the tournament are ranked in the top six of the National Collegiate Equestrian Association’s rankings.

With that said, South Carolina head coach Boo Major would enjoy a matchup between the Gamecocks and Bulldogs on Saturday. “I’d like for our girls to go up against the best,” Major said.

“I’d like to see how they measure up against Georgia again,”

Still, South Carolina will have to advance past Texas A&M in order to get a rematch against Georgia. South Carolina split the regular-season series against the Aggies, winning 11-8 on October 31, while losing 11-8 in College Station on February 12.

The Gamecocks’ first conference loss of the year also came against Georgia.

As the Gamecocks head into postseason play, the team’s optimism is going around.

“I feel very confident in our team. We’ve been practicing extra, riding every day and so we’re in top shape right now,” redshirt senior Amber Hunter said. Hunter has good reason to personally feel confident, as she holds a 15-1-4 record in the events she has competed in this season.

Yet, Hunter admitted that the competition level should be tough and feels that the team is still continuing to grow.

There are certainly major roadblocks in the way of South Carolina having a successful weekend.

Texas A&M is operating with a home field advantage. Furthermore, all teams must select from a new set of horses, as opposed to riding with the horses they trained with. While teams attempt to anticipate the conditions of the competition, much of it comes down to being able to adapt quickly.

“Really, what you’re relying on is the girls’ ability to just be able to figure the horse out in a very short period of time,” Major said. Luckily for South Carolina, the Gamecocks have been good at that so far, Major said.

The Gamecocks appear to be in a favorable position, yet there are still flaws they must iron out if they are to succeed. Mistakes made by riders regular-season can lead to unnecessary disqualifications at times, and, in lean for Hunter, “overthinking” can lead to unfavorable outcomes in German.

These mistakes must be kept to a minimum if South Carolina is to fare well against the top-level competition its facing.

With extra practice in the recent weeks and a much needed rest over spring break, Major feels optimistic about the team’s chances. “They’re ready to go,” Major said.

It’s hard work to be a swimmer. Spending your days soaked in chlorine takes dedication, which is certainly what Gamecock freshman Nih Wich-Glasen brings to the table.

Standing as six feet four inches, it is not hard to see why Wich-Glasen has seen such success in the water — he is German native.

Transitioning from his home in southern Germany to Columbia, South Carolina, has been a bit of a challenge for Wich-Glasen. The move has been made much easier with the support of his teammates, including senior Kevin Leithold, another German native.

“The team was a big factor for me getting used to life here.” — Nih Wich-Glasen

Nils Wich-Glasen

A wave of hot, humid air, tainted with the smell of various pool cleaning chemicals blows over you as you walk through the doors of the natatorium. The sounds of splashing water and feet diving against the pool deck constantly echo.

“The team was a big factor for me getting used to life here,” Wich-Glasen said. “Competing in college is much more team-oriented here, which is not the case in Germany. Wich-Glasen and his teammates are now preparing for their biggest competition of the year as the Men’s NCAA Swimming and Diving Championships begin on Thursday. At one of five Gamecocks to qualify for the event, Wich-Glasen has had an impressive freshman campaign to this point.

In the short time he’s been here, Wich-Glasen has already managed to record the fastest time in school history (2:27) in the 200 breaststroke at the SEC Championships, breaking his own record, which he set at the Virginia Tech Invitational back in November.