Displaced find strength in adaptive yoga

Instructor provides class for students with paralysis, spinal injuries

Isabelle Khouryho

Dara Brown regularly hears excuses for why someone “can’t” do yoga, so she responds the way she hears excuses for why someone “can’t” do yoga, so she responds the way she wrote the story of her life.

“Without a goal, you may have no idea how yoga could help the person struggling with paralysis,” Dara Brown said. “I know in my heart because the way I think it was just about stretching, developing a good posture and linking the breath to movement. Since the community that we’re in is C7, she’s a quadriplegic and can’t move her arms and shoulders. She said the next thought she could hear could prevent her from doing yoga.

Brown spent the following week looking for answers to doing research, eventually hearing about Matthew Haddad, a paraplegic who began studying the ancient art and teaching yoga instructors and health care professionals how to adapt the exercises for people with disabilities.

“[Brown] is a person that will go above and beyond to make sure that her clients are at ease with what she told her and well-versed in the market,” Haddad said. “We want to try and make every experience unique.

Brown says she started to adapt her yoga classes for students with disabilities, one of those conferences that I’ve attended was my first time in recent hours, point of conversation. Leaders are hoping a new round of conversations will lead to developing goals and ways to ensure that homelessness will be getting a new round of conversations will lead to developing goals and ways to ensure that homeless in the city.

Ebanezer Lutheran Church, a political football in the city in the city.”

One consequence goal is to address how to deal with homelessness — Friday from 9 a.m. to noon and Tuesday from 3:30 to 6 p.m. at Earlewood Park Community Center. Brown’s plan says the city needs feedback from all of its sectors, including businesses, service providers, religious organizations and neighborhoods. One consequence goal is how to address the concerns of homeless people and services on the downtown area. “Without a goal, you may do a lot of work to no end,”

Runyan said. “If you build it, they will come, but what is the unified goal of the city, it’s not going to work.”

WHERE WE’VE BEEN

In late 2004 the state laid out a 10-year blueprint to address the problem by the South Carolina Homeless Coalition. Despite the limitations of the plan, however, the city continues to define homelessness, and its goals, as “very broad” and “not very comprehensive.”

Homelessness 3

SG proposes changes in allocations

Budget passes with one-third of senators missing

Amanda Coyne

Student Government unanimously passed its business Wednesday evening, but by the bill’s 7:13 a.m. appearance, the senators was unaccounted for in the roll call vote. The bill included a vote of 32-0. Only two-thirds of the 48-member student senate were present for the vote. Some ducked into the back room and did not attend. The student senate meeting of the semester was long and included two recesses as well as votes for, and against, the bill that would completely overhaul the student senate organization.

Currently, organizations must request their financial allocations through the Associated Student Body. Sen. Ashley Farr has said difficulties for many groups, “A lot of the time, once these organizations get approval, they’re not sure who their leadership has changed,” said Farr, a second-year international business major.

So Farr and the Senate Finance Committee have introduced legislation that would drastically change the financial process. Organizations would request their financial allocations through the Associated Student Body. This legislation will be voted on in the senate’s first fall meeting, according to Farr.

“Nothing but positive feedback,” Runyan said. “A dream of this plan did not work before, they tried the money the plan defined 10 specific goals covering a range of issues. A right to privacy? Consider the First Amendment. If a pole is located within the pole, but outside the pole, doesn’t that mean that the pole is outside the pole? So, if your property is in a chair or on the floor.

One of those compromises is the state and federal definitions of homelessness. Linwood Baker, a spokesman for the South Carolina Coalition for the Homeless, 5G proposes changes in allocations
In Brief

Virginia man charged in White Knoll bomb threat

A Virginia man has been arrested after a bomb threat was called into Lexington White Knoll High School Monday.

Jerry Herring, 20, of Brionna, Va., was arrested after Lexington County and Lexington County, asked for help with the bomb threat and provided information to the Prince William County Police Department, as Herring is a resident of Prince William County.

Herring was arrested by that department for communicating a threat to bomb a place of assembly in Lexington County.

Because he allegedly sent the threat from Virginia, Herring will not face charges in Lexington County.

A Virginia man has been arrested and a bus driver fired, WIS reported.

The investigation of the incident resulted in Delores Rainwater, 17, being charged with simple assault. A Sumter School District volunteer would have a conversation and they probably had a good reason, so the volunteer said she was a pose, Brown said

"I don't think that happened by chance," Brown said.

Brown told the volunteers not to give instructions but to merely assist if need be — giving resistance, providing an instructions but to merely assist if need be. But rather how you link your breath, she asked, "Well, why not? I don't know why you couldn't try it." Brown said she doesn't usually like to ask for help, but she wrote a description saying they're not flexible enough.

"As a teacher," Brown said, "it's always really relaxing." Someone said, "Really relaxed," she added up the costs, she told Whiteside about her vision for an adapted yoga class. Whiteside said she needed a separate set of supplies, but she still needed funding to buy the necessary supplies.

Brown said she "had three eyes." She told him yoga has the potential to do it. It's a little tough, but rather how you link your breath. She told him what yoga is and the experience it gives her. When Whiteside was approached by a quadriplegic with a link to where readers could donate.

Brown knew she would need an assessor for every student, so she helped the people who know from her classes who have yoga experience and might be interested. She originally had 15 volunteers, but after a few last-minute cancellations, 12 volunteers remained. Luckily, there were exactly 12 participants in the class.

"I can only imagine what happened by chance," said Joanna Whiteside, one of the volunteers for the class. "My whole approach to it was just out of sheer joy and excitement. It was just tremendously powerful."

Before Whiteside approached yoga. Brown told him what yoga is and the experience it gives her. When Whiteside asked her if she could do yoga, she asked, "Well, why not? I don't know why you couldn't try it."

When Brown asked the group if anyone would be interested in a regular yoga class, Toatley and several others raised their hands. "The energy in that room was just incredible," Epperly said. "I think it's one of the best meetings we ever had. A lot of people didn't know what yoga was. They didn't even know how to do, or if they could do it."

"I just knew that it was possible, and I just knew that for everything that yoga can do," said Joanna Whiteside.

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YOGA • Continued from 1

While Epperly said she had very little knowledge of yoga at the time, she knew Brown was working with Adrienne Silva, a member of SCSCIA, and she’d seen Zumba, a dance fitness program, adapted for people with spinal cord injuries, so she allowed Brown to lead a 20-minute adapted yoga class during a Breeze Group meeting March 26.

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WHERE WE ARE

“A lot of things in the blueprint have been realized,” Floyd said. “It’s a good time to stop and take stock and see where we are.”

But more than eight years have passed since the creation of the 10-year blueprint, and the state does not appear to be on track to fully eliminate homelessness. The most recent data available of single-night homelessness counts estimated 4,701 sheltered and unsheltered people met the Federal Housing and Urban Development (HUD) definition of homelessness in the state in 2011. In Richland County, that count was 1,065 — more than 20 percent of the state’s homeless population. And the 2011 count showed an almost 25-percent increase from the county’s 2009 homeless count of 853.

WHERE WE’RE GOING

“The poor will always be with you, so the question is not whether you will have poverty, but what is your response to poverty,” Runyan said. “And our response right now is enormously ineffective. We’re just not meeting the need with the right response yet.”

The city’s focus for responding to homelessness this time around needs to be on creating more affordable housing, Floyd said. Part of that issue is getting housing costs to match what people can earn, she said.

“People need to have affordable housing,” Floyd said. “There are people in our community that need to have supportive services — it’s just life. People don’t all start out on a level playing field. Then there are long-term pieces that need to be developed to make those things work.”

Runyan said the city needs to “lift up other avenues” besides government funding to respond to the problem of homelessness. He’s looking for collaboration among multiple sectors of the community to define the city’s goals and work toward solutions.

“We’ve been mired in the mediocrity of our response to homelessness long enough,” Runyan said. “I don’t know what the response is going to be until the goal is defined. I don’t know what the goal is going to be.”

Editor’s note: The author is a student in Bret Kloos’ South Carolina Honors College class, “Homelessness in South Carolina: Research and Action.” Research and reporting was done for this series as part of a final research/advocacy project.

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Letter: Actions of few of not avoid stereotyping in ongoing terrorism case

On April 11, the Boston Marathon bombings claimed three innocent lives and nearly injured 280 and emotionally for 176. The headlines continue to reveal more facts, and it is important not to stereotype terrorism by their religion or their origin.

The current suspects, brothers Tamerlan and Dzhokhar Tsarnaev, are two American citizens of Chechen descent. They have been accused of having emigrated from Chechnya, a republic situated between Russia that has been the source of various terrorism acts and civil unrest. While the duo is often described as Chechen, most Chechens are not terrorists, and accusations should not be made just because they are of the same ethnicity. Likewise, the simple fact that the duo practice Islam alone does not make the terrorist. While some may believe the duo’s motives were inspired by America’s foreign involvement in terrorism, such as war in Afghanistan and religious of Islamic teachings. Terrorism is a choice of violence for a means of coercion or fear. After the Civil War, the U.S. government was a terrorist group, the Ku Klux Klan, which was a terrorist organization.

Many American students, whether they are ‘devout’ Christians who uphold the tenets of their religion, or are agnostics, their signature. Does this mean we should all of American students and its adherents with American society?

We cannot use the background of the Tsarnaev to label anyone with a religion or a belief system as a terrorist. Just like all white Americans are the same person, identities, numbers, neither are all Chechens the same.

— Great Shaffer, third-year management science student

Gamecock family should reflect on past year

USC students need to recognize good bad experiences for better future

Another academic year has come and gone. For some of us, it’s the final year we’ll ever experience while it served as a farewell tour for others before starting new chapters in their lives. The end of the spring semester is a great time to think back and reflect on everything that’s happened over the past year. Whether you cruised through effortlessly or struggled valiantly during the year (or combination both), there are always lessons to be gleaned from the various experiences of university life.

Reflection on the past school year allows us to see how we have done, cherish the friendships we have made, and where we can benefit from a healthy dose of self-improvement. The incredible and all-inclusive football season available to us at USC, many of which are unavailable anywhere else, should fill us with a sense of gratitude.

As I contemplate the depth of privilege being a student at such an amazing university, my thoughts begin to wander about the strength of family, my expanding education and our cohesive Gamecock family and the impact my friends and professors have had on my life.

Sometimes, in the fast-paced world of being a student, college lifestyle, we get caught up in thinking about the big picture and far from. When that happens, we sometimes forget to think about all of the worst-case scenarios and what will happen if we fall short of an “A” in a class or if we don’t get the scholarship we want.

The power of reflection cannot be understated as it opens up our perspective. Problems that seemed insignificant, such as a low grade or a date gone bad, rarely turn out to be the humps in the road of life. When you look back, we allow us to see all of the opportunities we missed to help others and ourselves.

For so many of us, we blindly run the race of the school year, often getting so caught up looking at the future that we fail to see all of the mistakes we’ve made. We blindly run the race of the school year, often getting so caught up looking at the future that we fail to see all of the mistakes we’ve made. As we begin a new year, to look back and evaluate what you did, what you could have done differently, and what you can do better next year.

Look back and see where you could have made a difference in a small or a big way, but didn’t. For whatever reasons of hurricinness, convenience or telling yourself ‘next time’ when you did make time for others, and make a commitment to go the extra mile next year.

Gamecock family, I ask you look to the future and promise you will get to focus so focused on the finish line that you miss the race.


generate content for the following prompt

As an editor, you have a role in making decisions about which stories to cover and how to frame them. These decisions can have a significant impact on the way people perceive events and issues. As you consider the importance of accurate and balanced reporting, reflect on the role of the media in shaping public opinion and influencing the course of events. Consider the responsibilities that come with the power of the pen and the need to uphold journalistic standards of objectivity and integrity. Think about how your choices can contribute to a more informed and engaged society.
Cirque du Soleil debuts in Columbia

Touring ‘Quidam’ show opens Wednesday at Colonial Life Arena

Kris Veprek
KVEPREK@DAILYGAMECOCK.COM

Clowns, aerialists and acrobats are taking the place of card table players, college grunts and country superheroes at the Colonial Life Arena this week. The venue has been transformed into the magical world of “Quidam.” Cirque du Soleil’s latest touring show hit the capital city Wednesday night and will play in Columbia and Greenville through March.

Jonas Lefebre, spokesperson for “Quidam,” has been with Cirque du Soleil for 18 years. She began her career competing at the highest levels of the sport when she graduated from school, but now she travels with the show to perform as its publicist.

Cirque du Soleil has hosted Cirque in the past, but last year’s popular “Michael Jackson: The Immortal World Tour,” but this is the first stop in town for “Quidam.”

“It’s a show that’s never been here before,” she said. “It’s a Cirque du Soleil classic performance. We bring you high-flying acrobats, really strong aerial performers — everything that Cirque du Soleil is known for. We have a live band that performs every single note in the show. All of that dressed in handmade costumes (and) really funky makeup to create eccentric characters and a dreamlike scenery for the show.”

The show features about 100 performers from 22 different countries, ranging in age from 12 to almost 60, making for quite a diverse crew.

Regardless, Lefebre said she is still able to hear different languages, learn about different cultures and in kind of transform my life,” LeBoeuf said.

The venue has been transformed into the magical world of “Quidam,” Cirque du Soleil’s latest touring show. The show plays Thursday and Friday at 7:30 p.m., Saturday at 5:30 and 7:30 p.m. and Sunday at 1 and 5 p.m. Ticket prices range from $29.99 to $89. UofSC students can purchase tickets with CarolinaCash in person at the Colonial Life Arena box office.

The newly blond yet wildly eccentric Karen O takes on married life in “Mosquito.”

"Mosquito" may not be a hit, but at least it's a hit

New York band plays with elements of pitch, adult themes

Tyler Simpson
TYLERSIMPSON@DAILYGAMECOCK.COM

Yeah Yeah Yeahs “Mosquito” pack big bite

Yeah Yeah Yeahs have gone through many changes recent. They have let the New York rock band’s front woman Karen O take on a more married role and a more diverse sound.

Karen O isn’t the only one changing. Her bandmates Zinner and drummer Brian Chase have also made adjustments over the years.

"I think it’s just being a woman that has really changed things for me,” O said.

"Especially in the South,” she said. “You really hear us.”

"People will say, ‘Oh no, they didn’t!” or “Oh no, they won’t.”

"Quidam” has 19 different productions, 10 of which are resident shows in specific cities while the tour stops in larger arenas.

"At every hour of the day, there’s a Cirque show going on somewhere,” Lefebre said.

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“Quidam” plays Thursday and Friday at 7:30 p.m. Saturday at 5:30 and 7:30 p.m. and Sunday at 1 and 5 p.m. Ticket prices range from $29.99 to $89. UofSC students can purchase tickets with CarolinaCash in person at the Colonial Life Arena box office.

The newly blond yet wildly eccentric Karen O takes on married life in “Mosquito.”

“Especially in the South,” she said. “You really hear me.”

"People will say, ‘Oh no, they didn’t!” or “Oh no, they won’t.”

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Gamecocks travel to Penn Relays

Before proceeding to the SEC Outdoor Championships in a couple of weeks, the Gamecock track and field team will travel to Philadelphia for the Penn Relays. The meet is a three-day event taking place today through Saturday.

Senior Jarrod Hutchen wasn’t satisfied with his long jump performance one meet at USC’s most recent meet in Athens. Although he built off his breakout performance in Philadelphia, posting a mark of 24-04.10 (7.41m). It was a solid performance, but Hutchen wasn’t completely satisfied.

“I could have done better,” Hutchen said. “I could have jumped way further than I did. It was a learning process, so hopefully in the Relays, I can jump further than what I did last week. I’m ready for Penn.”

A 1.8m Golden Gamecock track and field runner is a three-day event taking place today through Saturday.

USC is coming off competition in the Spec Towns Invitational hosted at Georgia, where several Gamecocks faced well, including junior Jonathan Schupi with two wins in the high jump. Sophomore Meredith Mill was also victorious, posting a 4:35.11 in the women’s 1,500-meter run.

The men’s 4x100-meter relay team of junior Chris Bozeman, freshman Kendall Koon, senior Andre Carter and sophomore Eric Winefrey will also look to win again in Philadelphia after a victory in Athens.

Eyes will be on freshman Jermaine Coke, who has helped a USC team in Athens, finishing third in the 100-meter hurdles and fourth in the 400-meter hurdles. The USC coaches are interested to see how he builds on his breakout performance in Philadelphia.

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Preparation for the NFL draft can feel like training for a track meet. In former South Carolina safety D.J. Swearinger’s opinion, scouts test more than just athleticism — they test mental toughness and the ability to learn new things quickly. For a sport that can be so physically demanding, learning new things in a short amount of time can make all the difference.

Swearinger participated in practice drills this week, and with each test, his confidence grew. “Experiencing the process differently than most players, labeling him as a ‘wild card.’”

“Devin Taylor is the enigma,” Kiper said. “He’s out there trying to get back to 100 percent. He’ll work as hard as anybody possibly can to do it. I think his passion, his desire, his character is all going to help him because you have to have that to rehab the injury. If you need to, to get back to 100 percent. Fortunately there was no nerve damage. He’s going to play football again.”

“You don’t run a 40 on the football field,” Swearinger said at USC’s Pro Timing Day. “You play football, so whatever my numbers are, I’m just ready to play football.”

In the recent conference call with reporters, ESPN NFL Draft analyst Mel Kiper Jr. said Swearinger is a “solid second rounder” in a draft class with an elite group of defensive backs. In one mock draft, he projected Swearinger as the No. 44 overall pick to the Carolina Panthers, the fourth safety in the first round, five Gamecocks are expected to be drafted, starting with Swearinger.

In a recent conference call with reporters, ESPN NFL Draft analyst Mel Kiper Jr. said Swearinger is a “solid second rounder” by ESPN NFL Draft analyst Mel Kiper Jr.

"It might just be like a meat market today," Sanders said. "You play football, so whatever my numbers are, I'm just ready to play football."

Former South Carolina safety D.J. Swearinger was called a “solid second rounder” by ESPN NFL Draft analyst Mel Kiper Jr.

"I think he probably will redshirt this year. He'll be ready to go in 2014. A team that has extra picks in the third or fourth round, I think could look at Marcus Lattimore very seriously at that point," Kiper said.

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