Madeline Collins

Twenty people gathered in the kitchen of the Discovery dorm Monday night for a class hosted by Columbia's Cooking! and Patricia Moore-Pastides. The class, which also included student volunteers, was organized to teach students how to eat healthy, but it's helped me focus on vegetables, fresh produce, buying in season," said Thomas Tafel, the head graduate assistant for Columbia's Cooking! "He continued to explain that "the meals that Columbia's Cooking! teaches people how to make are the result of research conducted in the School of Public Health." They ran a literature review of over 6,000 articles around the world on articles based on chronic inflammation in the body from food and diet," Tafel said. "They've accumulated these results and scored them. When they've got from these 6,000 articles is a list of foods that they think are anti-inflammatory." Beyond compiling a list of healthier foods to eat, they are in the process of creating a phone app that will tell users their dietary inflammatory index. Using the information on foods that the user eats, the app will tell users their dietary inflammatory index. This will help people how to eat healthy and living and eating.

President Donnie Iorio, the President Harris Pastides over coffee and speak with university leadership. Talk was relocated to the Gressette rain, the event was still on. The Coffee was worse with freezing temperatures and while the weather took a turn for the worse with freezing temperatures and while the weather took a turn for the.
Relocated indoors to the Gressette Room. “Let’s remember why there’s a university. The well-represented. I think the informality is the beauty of this connection. Other students used the Coffee Talk to make a professional connection with administrators. "We got to talk to Pastides about the weather and a photo with him. "It’s a great time to talk about the weather and just have a laid back and familiar conversation," Smart said. "It’s really cool to talk to the president because he is a very important person in the university.” Other students used the Coffee Talk to make a more professional conversation with administrators. Torgerson said that he stood next to a first-year who had just started his internship research. The student was able to meet with the Executive Vice President of Research, and make an important connection. "I think the informality is the beauty of this event. I know the decirators [sic] a lot better than the cabinet munbers [sic] so it was nice to meet a lot of them that I don’t normally get to see,” Pastides said. Pastides had an executive council meeting prior to the event and encouraged those in attendance to come to the table so administration was very well-represented. "Let’s remember why there’s a university. The purpose of it is not to employ. The university [exists] to educate our students and to provide them the power of education," Torgerson said. "That’s what these administrators are able to do.” meals were easy to cook and were an easy step towards a healthier lifestyle. “There are so many hidden oils and high fat foods and high sodium in prepared foods,” she said. “To me, [healthy living] is the whole package of not smoking, waking up in the morning and exercising, eating well during the day and enjoying any food. I really do mean it when I say it’s not a lifestyle of deprivation in any way.” Many of the women who attended the class already loved to cook, and were looking for a new type of dish for their families’ meals. For Katherine Patterson, a mother from Orangeburg, the class taught her several useful recipes. Her husband has dietary restrictions because of his age, which made making tasty meals difficult. "I’m really excited to have some new ways to add some variety because you get tired of the same three vegetables over and over again,” she said. Behind the scenes of Carolina Closet a reality ever since. Richardson said. She started the program as a senior last year and has been working to make Carolina Closet a reality even since. Richardson said Carolina Closet is set to open on March 16, but that depends on whether they can acquire enough clothes to meet the needs of every student. They plan to open when they reach 70 percent of their clothing capacity. "If you want to donate clothing that is awesome," Torgerson said. "We really appreciate it. You just have to bring it to the closet and we will process it and direct it to the needy." Torgerson is the former director of Walk Home Cocky and is currently directing Carolina Closet because she had knowledge and experience in directing programs. She will continue to head the program until the next student body president appoints a new director. Torgerson is confident Carolina Closet will be open by the end of March at the latest and hopes it will continue to grow once it is launched. "There are a lot of things that we still need to finalize but I think we’re making incredible progress," Torgerson said. "We’re definitely looking forward to opening in March." Columbia residents learn to cook healthier meals at Moore-Pastides’ class. Due to bad weather, Coffee Talk on the "Pheas" was relocated indoors to the Gressette Room.
SENIOR NIGHT
THURSDAY 7PM
Big Sean releases bold, deeply expressive tracks

This song has potential to hit the top charts. It appeals to both the hip-hop fans and R&B lovers by bringing in the soothing pop vocals. It may lack creativity, but Sean knew just what this album needed as the cherry on top of what appears to be a hugely successful previous albums.

This pop/rock/rap/hip-hop album is incredibly similar to his previous albums. As a typical country rock artist, he tends to use his southern accent. You will probably only hear this track “First Kiss” fairly well. This song’s rock vibe is very like “roll my windows down” from Bon Iver, Buddy Miles, Eddie Hazel and Kid Rock. The Kiss. “These soft rock slow jams have shown the more mature side of Kid Rock and will hopefully help propel him to a new level. The addition of female backup vocals was perfect for this album. As a typical country rock artist, it reminds him of his “first kiss.” You will probably only hear this track “First Kiss” fairly well. This song’s rock vibe is very like “roll my windows down” from Bon Iver, Buddy Miles, Eddie Hazel and Kid Rock.

Kid Rock mixed it up half of a nudge with his new country rock album “First Kiss.” It’s especially distinctive because it still appeals to both the hip-hop fans and the R&B lovers by bringing in the soothing pop vocals. It may lack creativity, but Sean knew just what this album needed as the cherry on top of what appears to be a hugely successful previous albums.

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Founder of The Body Is Not An Apology, Sonya Renee Taylor will speak about body empowerment in the Russell House Ballroom at 8 p.m. Wednesday, Feb. 5.
3 CHEFS 3 TASTES 1 WINNER

CHEF SHOWDOWN

Chef Steffan vs Chef Marcelo vs Chef Corey

WEDNESDAY

FEB 25 | 6:30PM

MEAL SWIPE

OR $9.35 AT THE DOOR

FISH TACO BATTLE

Whose fish will fly and whose will fry?

YOU VOTE! YOU DECIDE!
issue

Carolina Closet program meeting launch

Carolina Closet: Program an example of the way SGA should work

Carolina Closet, a Student Government initiative, is now a campus issue law election cycle, known as SGA's first official election. The program, which is led by Dr. Student President Lindsey Richardson to complete this project. Although many politicians promise ideas in their campaign, this program has made this difficult to finish, it appears that her goal of creating Carolina Closet is now complete. However, not all the work has been completed. They urged Richardson to follow through as promised, committing time and effort after hours to ensure the program's success.

LETTER TO THE EDITOR

Carolina Closet is an example of good Student Government...
Check out The Newsroom
We’ll be there!

Aries
A solution to an old problem is becoming obvious. Tell friends about it and see if that heals them too. Get into studies. Allow for miracles. Don’t waste money on fantasies. Understanding arrives. You learn to move it over the next few days.

Taurus
There’s money coming your way today and tomorrow. Something you try doesn’t work. Don’t gamble or risk an unwise investment. Try again and take it slow. Take care to save resources. You and a loved one communicate wordlessly.

Gemini
Discuss practical aspects of a personal project. Prepare for a launch. Work may take precedence over party planning. Relax. People may be more talented to get involved. Have fun without knowing how. Throw your hat over the wall.

Cancer
Write down your dreams. Conserve resources, without worrying over money. It’s not a good time to squander it. It’s a great time to sell, and create space for meaningful dialogue.

Leo
Today and tomorrow are good party days. It could get expensive if you don’t watch the budget. Avoid risks. You’re inspired by words of love. Connect and share ideas and support. Work together to take fierce competition.

Virgo
Look at taking on a responsibility over the next few days. Challenge yourself. Your holdings are growing and you support your partner through a breakdown. Talk to others. Consider consequences. Trust emotion over rationality. Stand for love.

Libra
Have a place to land and set up a conference. You’re better than others at spotting the best deal. Get tickets ahead of time. Spending now. Do the saving is better than spending now. Do the spending now! Get into a party plan. Relax. Take precedence over a launch. Work may take up your attention.

Sagittarius
Resolve a breakdown in a partnership before it has time to grow. It’s a good time to get your message across. Don’t rely on logic alone, while presenting clear data. Dreams provide symbolic answers. This phase is a good one for your persuasion.

Capricorn
There’s plenty of work today and tomorrow. A communication would get garbled if delayed. Get assistance from an expert. Cite your sources. Self-esteem obstacles keep you from your eyes peeled. Lose your weighty moral mantle.

Aquarius
You may need to choose between making money and having fun. You’re attractive, and attracted, today. Spend more on fantasies. Turn an expensive evening into a party plan. Spend more time on fantasies.

Pisces
Home is where your heart is today and tomorrow. You may find yourself cleaning someone else’s mess. Don’t overlook a loved one’s needs. Let the kids do their share. A bubble bath soothes weary bones.

For solutions to today’s puzzle, go to dailygamecock.com or download our app!
BASKETBALL

Tuesday's loss drops the Gamecocks under .500 for the first time this season.

As soon as the first half began, senior guard Tyrone Johnson quickly put up two consecutive three-pointers and South Carolina led 6-0.

By halftime, the two teams were evened up at 22-22 in a low scoring affair.

But as the second half went on, the scoring increased, with Alabama outrebounding the Crimson Tide theme this season.

Basket, which has been a recurring but just couldn't put the ball in the net.

Carolina certainly had its chances of a throat infection which caused Marcus Stroman. Stroman had missed four straight games because of a competitive kid and he had up for in Storrs not having the game she had to face against Connecticut will help A’ja Wilson.

She said, “You know a moment when she brought the ball out to reach those kids. I remember distinctly, the game, her ability with her command of the court and I was there several hours before getting to the Olympic team point guard. The first time I watched Dawn Staley practice, I remember all the way back then — it would have been in her first or second year at Temple — how impressed I was with her command of the game, her ability to reach those kids. I remember distinctly, there was a moment at the end of practice when she brought the group together and she was unhappy with the level of intensity and two, that there seemed to be some dissatisfaction with the rosters and she referenced a moment when she was the Olympic team point guard. She said, “You know what, I didn’t always agree that I wasn’t the starting point guard on the Olympics team, but I can tell you that I still did my job to the best of my ability.” It’s cache in that kind of message with history and experience that naturally I think players would gravitate to.

So, if you’ve earned credits toward a program but didn’t finish, those credits may qualify to transfer for specific nursing programs.

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866.215.8886

Thursday, February 25, 2015}

The Daily Gamecock

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Thornwell, who entered the game with only 23.3 percent of his shots from the field and sophomore guard Duane Thorpe was the return of freshman guard [Staley] was using La'Velle's gym for some reason. She was the head coach at Temple, and I was there several hours before getting ready for my men's game, but watched Temple practice. I remember all the way back then — it would have been in her first or second year at Temple — how impressed I was with her command of the game, her ability to reach those kids. I remember distinctly, there was a moment at the end of practice when she brought the group together and she was unhappy with the level of intensity and two, that there seemed to be some dissatisfaction with the rosters and she referenced a moment when she was the Olympic team point guard. She said, “You know what, I didn’t always agree that I wasn’t the starting point guard on the Olympics team, but I can tell you that I still did my job to the best of my ability.” It’s cache in that kind of message with history and experience that naturally I think players would gravitate to.

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Cherchesov led South Carolina with 14 points, making 8.1 percent of his shots from the field and sophomore guard Brianna Notice added 16 points. However, outside of those two, no other Gamecock scored more than seven points.

Sophomore guard Sinadius Thornwell, who started the game, averaging a team-best 11.4 points per game, was held to only four points as he made just two of 16 field goal attempts, including an 0-8 mark from three-point range.

As a team, the Gamecocks made only 23.3 percent of their three-pointers (7-30).

One positive for South Carolina was the return of freshman guard Marcus Stroman. Stroman had missed four straight games because of a competitive kid and he had up for in Storrs not having the game she had to face against Connecticut will help A’ja Wilson in the long term.

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You can tell she’s competitive kid and she had up for in Storrs not having the game she had to face against Connecticut will help A’ja Wilson in the long term.
South Carolina faces Clemson for a three-game series starting on Feb. 27.

Brennan Doherty

You wouldn’t know it by the cold and precipitation-filled weather most of the country is still experiencing, but college baseball season is now in full swing. With Vanderbilt winning the College World Series last June, an SEC team has been crowned the sport’s best in four out of the last six seasons and the conference once again appears to be loaded in 2015.

Eight different SEC schools are ranked in Division I baseball’s latest Top 25 rankings with the Commodores and Florida holding the No. 1 and No. 2 spots.

Clemson head to head to Clemson

After losing its season-opener to College of Charleston, No. 5 South Carolina has since rattled off six straight wins and are now preparing for its upcoming weekend series with rival Clemson after Tuesday’s game versus Davidson was canceled due to inclement weather.

The Gamecocks are 3-2 against the Tigers over the course of the past three seasons and will travel to Clemson’s Doug Kingsmore Stadium for game one on Friday. The series will then move to Fluor Field in Greenville for a neutral site game before the series finale is played at Carolina Stadium on Sunday.

Clemson is 4-2 as the Tigers went 1-2 in its opening series sweeping Maine in a three-game series last weekend.

Defending champions still on top

One year removed from its first national championship, Vanderbilt still finds itself as the SEC’s best. The Commodores were picked to win the conference in 2014 by ESPN coaches and still possess a lot of talent from last year’s club.

Despite having a lot of an underachieving start to the season with a pair of losses to Santa Clara and Indiana State, Vanderbilt (4-2) is still expected to be among the nation’s best and placed five players on the 2015 SEC baseball coaches preseason all-SEC first and second teams. Vanderbilt junior pitcher Walker Buckler has yet to pitch in 2015 due to arm issues after posting a 1.10 ERA in 2014, but the right-hander’s return should boost the Commodores’ pitching rotation.

Vanderbilt visits Carolina Stadium for a three-game series from April 16 through April 18.

Missouri off to surprising start

Missouri, a program that has yet to have a winning record in its first two seasons as a member of the SEC, is off to a surprisingly good start in 2015. The Tigers were picked to finish last in the SEC East, but have started off the year strong. Missouri is 7-1, about against a weak non-conference schedule, but its fast start has caught some by surprise. Missouri head coach Tim Berling’s program has not made the NCAA tournament since 2012, when the Tigers won the conference title in its final year as a Big 12 member.

Alabama outfielder tearing it up

Brennan Doherty, Alabama’s sophomore outfielder/outfielder Casey Schrier is tearing it up near the top in most major hitting categories. A Mobile, Alabama native, Schrier leads the SEC in batting average (.465), runs (15), doubles (6) and total bases (46). Schrier is also second in slugging percentage (.631), runs scored (15) and is third in RBIs (11).

Q&A with ESPN analyst Doris Burke

Gamecock great Kip Bouknight enshrined

Former South Carolina pitcher Kip Bouknight was announced as a 2015 inductee to the South Carolina Athletic Hall of Fame. Bouknight was a pitcher for the Gamecocks from 1998-2001. His 482 innings pitched, 457 strikeouts and 57 decisions are all school records. Bouknight is tied for the all-time SEC wins record as the SEC’s best. The Cayce native is the only Gamecock to win both the Rotary Smith Award and the Golden Spikes Award. In 2000, Bouknight went 17-1 with a 2.81 ERA, making him a consensus All-American and leading South Carolina to an SEC Championship for the first time in school history.

South Carolina’s coaching staff still worry about Kip Bouknight Award each year to the university’s best freshman pitcher. His play days now over, Bouknight is a sales executive at Hall International. He lives in the Columbia area with his wife and two children. Bouknight still keeps up with his alma mater and frequents local radio stations to talk about Gamecock baseball.

“I am truly honored to be named to the SCHOF,” Bouknight said. “The first thing I think of when people think of my career is as a pitcher with my style and as an ace.” Bouknight is one of seven players, coaches and awesome teammates I had. I have to congratulate my teammates and coaches as well as they are a huge part of this honor.”

Bouknight is one of seven players, coaches and journalists being inducted this year. Others on the list include former Gamecock running back Terry Allen and former U.S. soccer player Bruce Murray.

—Compiled by Will Helms