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3-26-2015

The Tiger Vol. 109 Issue 17 2015-03-26

Clemson University

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Recommended Citation

University, Clemson, "The Tiger Vol. 109 Issue 17 2015-03-26" (2015). *Tiger Newspapers 2015*. 8.
https://tigerprints.clemson.edu/tiger_newspaper2015/8

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The TIGER



Check out our next article in the TEN series on page B1

March 26, 2015

Established in 1907, South Carolina's oldest college newspaper roars for Clemson.

Volume 109 | Issue 17

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Clemson Snapchat captures attention

D.E. Lyles
Senior Staff Writer

According to Digital Marketing Ramblings (DMR), since Snapchat's launch in September 2011, Snapchat has over 100 million users and is valued at \$10 billion. While Snapchat may be a fun and quick way to send temporary pictures to friends, there are also some woes in using the app. Woes that have directly affected the Clemson student body.

There have been several Clemson Snapchat accounts that have been shut down since 2011, but there are still two active accounts. @snapCUtigers and @clemson_snaps allow Clemson students to take pictures anonymously via Snapchat and see them posted on Twitter.

While this would be a great way to share the experience of a sporting event or party, there are also dangerous images being submitted that could potentially land their owners in serious trouble.

While the assumed premise of Snapchat is that you can send and receive photos and videos that can only last up to 10 seconds and then will be deleted, that is not the case.

Not only are the images and videos not permanently deleted, they can be seized by law enforcement and forensic professionals, according to Slate Magazine.

Law firms in the greater Orem, Utah area have started charging people to have their Snapchats permanently deleted — if that is possible. Snapchat did not reply to The Tiger's attempt for an interview.

While these dangers exist, students both at Clemson and nationwide still use Snapchat and sources like @snapCUtigers to post their videos and pictures.

Students at Clemson have a firm grasp on the weight of the pros and cons while using such a medium.

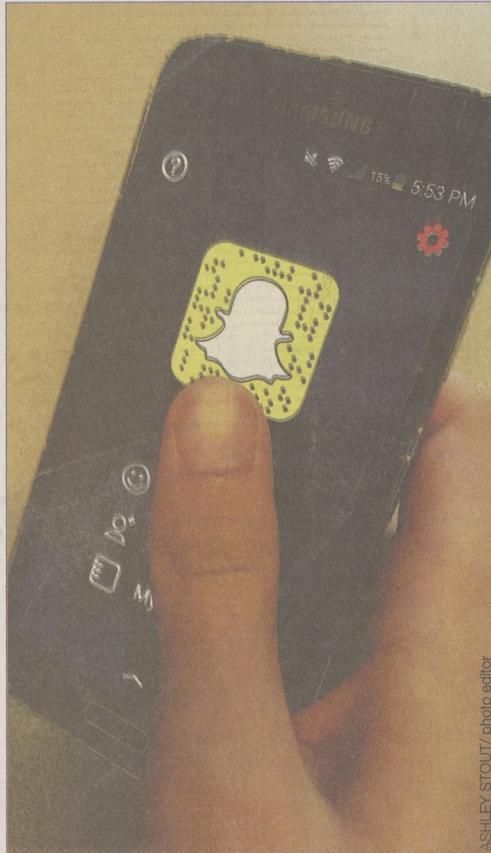
Jenna Dodenhoff, a sophomore early childhood education major said, "It's a really good way to see pictures of your friends."

When asked about should the University — or Snapchat itself — be able to disband Snapchat accounts, Dodenhoff said, "We should be able to do this. Just because you find pictures of drugs on Snapchat doesn't necessarily mean you're going to find out who has them or use drugs."

Dodenhoff also recalls having heard of someone getting in legal trouble due to pictures posted via "Clemson Snaps."

While this may seem like a fun way to anonymously post pictures, students at Clemson also understand that there is a great responsibility to respect self and others when using Snapchat, as well as any other social media site.

Samantha Connolly,



Snapchat photos are not permanently deleted and can be later retrieved.

a sophomore elementary education major said, "Sometimes, they make fun of people, and I really don't like that."

Dodenhoff also said that while it is fun, it can escalate in negativity at a rapid speed. Regardless of whether

the current Clemson Snapchat accounts are deleted or not, it is important to remember that even though it may seem that pictures or videos are temporary, with today's technology, everything can be retrieved.

University looks to the future with 2020Forward plan

Matthew Stapleton
Copy Editor

Provost Bob Jones and two of the co-chairs of the 2020Forward Project, Ellen Granberg and Brett Dalton, held a town hall meeting to address questions and comments about the 2020Forward program in Tillman Auditorium. The event was open to both students and faculty, although for the most part the main attendees were Clemson's faculty. Additionally, a live stream was available through ClemsonTV's website.

The discussion opened with a presentation by Provost Bob Jones about the progression of Phase I of the 2020Forward plan. This section of the program mainly involved analyzing the culture of a Top 20 university, and how Clemson is able to adapt and try to become even more of an international atmosphere.

Essentially, the theme of the discussion boiled down to a few specific points: Strengthen the culture and experience of attending

Clemson University, encourage education to the best of their ability and improve the quality of resources that the university has to offer to its students.

After laying the basic principles of the first phase of 2020Forward, the floor opened questions to the three individuals knowledgeable about the inner workings of the program. Questions came from both the audience and from emails for those unable to attend, and were for the most part from professors.

While some of these issues mainly concerned the faculty at Clemson, a few topics discussed concerned the current and future student body.

One concern brought up was Clemson's ability to sustain both an effective undergraduate program while attempting to increase both its research and graduate programs. Purdue University was mentioned as a school where this balance was possible. In addition to this concern, an undergraduate student in the audience brought up the prospect of

See 2020Forward page A2

CLEMSON and other noteworthy events

March 27, 28, 29:

Baseball game vs. Wake Forest

Doug Kingsmore Stadium

Friday, 6:30 p.m.
Saturday, 6:30 p.m.
Sunday, 6:30 p.m.

March 27:

Clemson Literary Festival: Open Mic Night

Blue Heron

Friday, 10:00 p.m.

March 27:

Mariah Carey, Fergie and Jessie J's Birthday

March 29:

National Mom and Pop Business Owner's Day

Updates to take Littlejohn into new era

Jordan Byrne
Asst. News Editor

Littlejohn Coliseum is set to close for renovations as the Athletic Department looks to upgrade the historic home court of Clemson's men's and women's basketball programs.

The \$63.5 million project will include a new center hung video board, ribbon boards, wider seats and aisles, handrails, cellphone service and WiFi. The court will even be rotated 90 degrees from its current North to South orientation to East and West, in order to capture more courtside seating. Athletic Department administration has described these additional amenities as "non-negotiables for a 2015 bowl."

Graham Neff, associate athletic director of Finances and Facilities said, "Those are the things that are the expectation these days and we want to be sure we're providing."

While these developments seem sudden, Neff points out

that these plans have been coming down the line for some time.

Neff said, "It's been an objective for many years now. The scope the project would entail has definitely changed and definitely become larger in scope, primarily to include the bowl itself. The prior focus was really on the operations and practice areas for both men's and women's basketball."

The changes will see overall capacity decrease from 9,800 to 9,000 available seats. The decrease is not intentional however, and is simply a byproduct of the expanded walkways and individual seats. Students will be glad to hear that the percentage of seats available to them will remain the same, and new courtside seating will also be available.

"From a student perspective, we're going to increase the student area seating, not by capacity but by area. Students are now going to be courtside, as well as behind both baskets. Both of our basketball

programs have been pushing for that and want students as close and surrounded as possible," Neff said.

As for next season while the upgrades are in progress, the men's basketball program is set to play their games in Greenville. The women's team will play in Jervy Gym, a setting that Athletic Director Dan Radakovich describes as an "intimate environment, and hopefully one that will give our women's program a great home court advantage."

Athletic Department officials are currently working with student organizations to provide transportation to "home" games in Greenville.

"A number of student organizations mentioned that in the student senate meeting when I visited with them in January," Radakovich said. "We are planning on having transportation for students who would like to take us up on that for getting up to the men's games in Greenville."

Despite the possibility



Littlejohn will undergo major renovations continuing through the next academic year.

of transportation, students admit that getting to games in Greenville will not be easy.

"It will be tough because a lot of pivotal games during the season are played on Tuesday, Wednesday or Thursday nights, so many students will have conflicts with classes," said

Sanders Sullivan, a sophomore communications major.

Sullivan is quick to note that he believes the University is taking steps in the right direction, though.

"I for one am a fan of tradition, so I hate to see the old Littlejohn and all of its memories

go away, but this paves the way for new memories," Sullivan said, "I believe that these changes are necessary, but not overdue. In today's era where recruits want to play in front of big crowds in a unique arena, I believe Clemson is striving to move into the future with these renovations."



Steve Simpson addresses free speech

2020Forward from page A1

Galen Hamrick
Contributor

The Clemson Institute for the Study of Capitalism with Clemson College Republicans, Clemson Young Americans for Freedom and Clemson Young Americans for Liberty hosted traveling speaker Steve Simpson who delivered an address entitled "Free Speech Under Siege" to a large audience in Sistine Hall.

Currently the Director of Legal Studies at the Ayn Rand Institute, which is based out of Irvine, California, Simpson has an extensive professional history in constitutional law and the application of freedom of speech in the United States.

Simpson opened by discussing the prevalence of free speech in relation to current events. In particular, he drew on the controversy surrounding the terror attacks on the offices of Charlie Hebdo, a French satirical

magazine, when terrorists claimed to be wreaking holy vengeance for what they believed slanderous cartoons published by Charlie Hebdo shortly before the attacks.

Simpson said, "The urge to censor is not something that Islam as a culture has a monopoly on. There are always people willing to kill for what other people say."

This point illustrated the idea that human history is littered with examples of speech prompting anger and, often, violence. Simpson further demonstrates that fear of such reactions has prompted a "culture of sensitivity."

In other words, he states that people have become solely concerned with refraining from offensive speech,

thereby avoiding enraging a particular faction.

This has resulted in the idea of free speech no longer being fully protected and practiced under the law.

According to Simpson, "Free speech inherently includes the right to offend. If we aim simply to protect ourselves from offensive speech, then we cannot acknowledge that free speech exists at all."

Simpson promoted the acceptance and practice of truly free speech by telling the audience to "follow reason where it leads."

He said, "If we are taking thinking seriously, then we cannot hope but to offend people in our pursuit of knowledge."

This point encapsulated his argument against the dangers of a "culture of sensitivity," and he encouraged the audience to think freely and avoid placing emotion over reason when discussing personal beliefs with those who may disagree.

He concluded his seminar by reminding the viewers that each individual is the arbiter of his or her own consciousness, and no government, person or institution can fundamentally change the way that a person thinks.

However, he warns against allowing political correctness to overcome truth, as this leaves space that should be occupied by fact to be stolen by irrationality.

He closes by weaving in the words of Voltaire. He said, "Those who can make you believe absurdities can make you commit atrocities."

graduate students teaching classes instead of professors in order to save money.

Apparently, a situation happened at West Virginia where the enrollment of the University increased but not the faculty. In fact, the current President of Clemson University, Jim Clements, was the President of West Virginia University during this increase, leading to some concerns.

However, the presenters assured that West Virginia University provides a keen example of why the balance between enrollment and faculty needs to be maintained if Clemson is to succeed in a "Top 20 culture."

Another topic discussed was the increasing number of applicants seeking to enroll in Clemson University. Our impressive status as a Top 20 university appeals to a

wide number of students from around the country looking for a high-quality education, leading to a rise in interest from these prospective candidates.

In fact, this year Clemson had an acceptance rate under 50 percent for the first time, leading to concern about those prospective applicants hoping to maintain their family's sense of legacy, such as those fifth and sixth-generation students.

While legacy is certainly important to Clemson's environment, the panel explained that to lower the bar for those students without the proper qualifications but seeking a sense of family tradition, the bar would need to be lowered for all applicants, which could lead to a decline in the quality of Clemson's educational atmosphere.

"If we aim to simply protect ourselves from offensive speech, then we cannot acknowledge that free speech exists at all."
-Steve Simpson

Tigra scientifica: Too clothes for comfort



Courtesy of Wikimedia

Deanna Jenkins
Contributor

Do you ever wear compression clothing to the gym or for a run? Do you ever question if these extraordinarily tight clothes are actually benefiting you? A study published in *The International Journal of Sports Physiology and Performance* shows that there is no significant difference in an individual's athletic ability when wearing compression sportswear.

The tight fitting compression garments are believed to enhance performance by increasing blood flow to muscles, therefore delivering more oxygen, which quickens muscle recovery. Compression wear is thought to "massage"

your muscles during exercise and lead to less sore muscles.

Although the purpose of this type of clothing makes sense, Abigail Stickford, a postdoctoral researcher at the Institute for Exercise and Environmental Medicine at the University of Texas Southwestern Center, challenged this theory of compression clothing. In her study, 16 competitive distance runners were given calf compression sleeves. Each participant was required to run on a treadmill at increasing speeds while wearing and not wearing a compression sleeve.

The participants' gait, oxygen intake, and other variables were measured using monitors and masks to observe if there are benefits to wearing compression sleeves. Had the

compression sleeves functioned as anticipated, then the runner would have decreased oxygen intake and increased physical performance, but there was no significant difference in these parameters when wearing compression sleeves versus not wearing compression sleeves.

Dr. Stickford concluded that "... lower-leg compression sleeves are unlikely to improve endurance running performance." Other studies have corroborated this conclusion that compression sportswear does not benefit muscles. A study conducted by Sperlich, Born, Kaskinoro, Kalliokoski and Laaksonen in 2013 gathered that compression clothing doesn't increase blood flow but actually reduces circulation to the deep muscles.

In contrast, several studies show that compression shorts are beneficial to athletes that participate in basketball, track and field, and other sports that involve quick bursts of movement. Whether these clothes actually work is still up for debate. Sperlich et al., a professor of exercise science at the University of Würzburg in Germany thinks it could be a placebo effect.

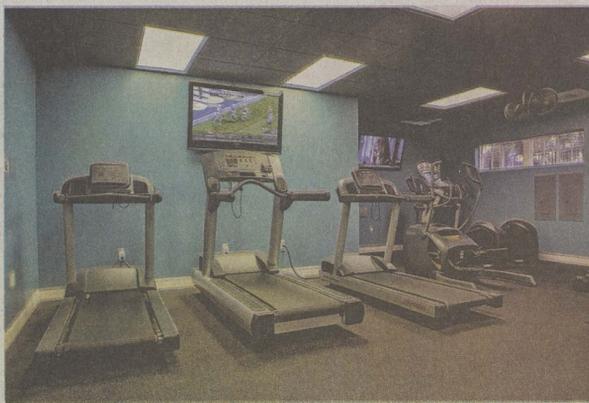
He states that "since beliefs are strong performance enhancers, I would recommend compression clothing to persons who believe in the performance-enhancing effect."

In any case, Dr. Stickford says that there are no harmful effects of compression clothing but to lose "\$40 or so."

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HURTING TO HEAL

PART FOUR OF TEN: A CONVERSATION ABOUT MENTAL HEALTH IN COLLEGE STUDENTS



Ashley Stout // photo editor

TEN

A conversation about mental health in college students

Kelsey Morgan
Columnist

My Achilles heel is that happy mediums are almost impossible for me. For years, I have fought between rejecting my past completely and allowing it to dictate who I am as a person. It was a challenge to accept that while I am my own person, I had to acknowledge my past in order to heal.

My dad was an adrenaline junkie turned Vietnam veteran turned well-respected and decorated police officer. My chance for an "average" or "normal" life was gone when I was two-months-old and my dad was nearly killed in a car wreck while on duty. The resulting damage to his neck and spine left him unable to even hold me for the first year of my life and got me used to not seeing him for weeks at a time, because he was in too much pain to get out of bed.

By the time I was nine, I realized my dad was hitting my mom. As I grew older, I lived in constant fear of what my father would do to my mom or himself. I grew to expect that he would eventually commit suicide. I grew up with worries that no child should ever have, and that made me grow up long before I should have. I harbored a lot of resentment for what I felt like was a lost childhood. Sometimes I still feel that sense of resentment.

I didn't know how to face the burdens I was under at such a young age. So I tried to fight the thoughts all together.

I ignored them. I buried them. I worked myself tirelessly in order to be perfect. I did everything I could to be the best at everything I did. That was who I had to be.

The past two years have done a lot to show me how fleeting being "the best" at anything really is. It has forced me to learn who I am when those temporary things I had always defined myself by are taken away.

It's been a year and two months since my dad and I reconciled, and, honestly, it's amazing how far we have come. In the past four years, my dad has come off of his morphine pump and all of his medications except for one when the pain flares up badly. He's been through therapy; he's remarried; he's the healthiest he's been in 20 years, and he has never been closer to the man he used to be. I must also say— and this thought used to absolutely scare me to death — I am my father's daughter. For years, I felt like I didn't fit in my own family because my mom and my sister are so similar, and I am so very different from them. I could never figure out where I got my starkly different personality — this was because I didn't know my dad.

The best way I know to describe my healing process is this: I let myself feel it. I let myself feel the hurt, the anger, the resentment, the confusion — all of it. I cried about it, I wrote about it, I went on long walks by myself, and I let myself hurt. I embraced every bit of it because I knew that was how I had to deal with it. I had to face it head on and let it knock me down a time or two.

I will say, though, it still hurts sometimes. I still get angry about what I missed out on. I still have nights where I cry myself to sleep because of it. I used to get frustrated at myself for not moving on faster, for letting negativity control my life. My mom taught me that you can wish a wound away all you want, but it's going to heal on its own time.

My healing process will be different than yours. What I can say with certainty is that it's going to hurt. There's no way around that. Don't let that hurt stop you from healing. Don't try to force it, and don't try to rush it. Whatever you do, though, do not ignore it. A wound needs care and attention. A wound that goes ignored and uncared for will only fester and rot, and you'll be left with an arm you no longer have use of. Let yourself hurt, and soon you will heal.

“ I AM MY FATHER'S DAUGHTER. ”

WHAT "TOP GEAR" REALLY WAS

Matt Spadaro
Columnist

There are two events that have taken place during my lifetime for which I remember where I was when I received news of them. The first is the Sept. 11 terrorist attacks, which hit particularly close to home because not only were they actually close to my home in Brooklyn, New York, but also because my father, Victor, is a New York City firefighter. I was sitting with my friend Charlie in our first grade classroom, and both of our mothers arrived with tears in their eyes to pick us up.

The second is the death of Michael Jackson, which is ironic because I'm not a fan and never was, even while he was alive. It isn't about the allegations of child abuse at his hands, I just never loved his music; despite that fact, I remember the news story breaking on 1010 WINS while I was stuck in traffic with my parents on the way home from my middle school graduation.

A third event will now round out this trio: the moment I was sitting on my couch in my apartment in Clemson and learned that the BBC had officially fired Jeremy Clarkson and, by logical extension, ended "Top Gear" (for the moment).

I don't condone bad behavior. I don't ever condone someone raising his or her hands to another person. What Jeremy did wasn't right, and he clearly has had behavior faux pas in recent years. So,

with all of that considered, I want to leave the controversies out of this and talk about what Jeremy, Richard and James did for me growing up. I want to talk about the TV show I stumbled upon at 11-years-old on YouTube. I want to talk about how three self-proclaimed "morons" are actually the three people who have inspired me to pursue my ambitions for a career in the car world.

I am an only child possessing a severe obsession for automobiles and have been since I was old enough to talk. While other people may have differing opinions, I know in my heart that Jeremy is a good man. When Jeremy made his more serious films, the beauty and gravity of his words could rip a hole in space and time.

Richard and James are no different; they cared about what they did, and for all their self-deprecating banter, they made "Top Gear" special for that very reason.

It isn't a show about cars; it's a show about why they matter and why people who love them understand each other. Ask any of us, and we will tell you that we're just a different breed. Jeremy, Richard and James weren't just the best automotive journalists in the world. They didn't just teach me about cars; they taught me what true friendship looked like. I hope with every fiber of my being that this isn't the end for "Top Gear;" however, if it is, I want to sincerely thank Jeremy, Richard and James for giving a young kid from Brooklyn three heroes to look up to.

CUT THE WORD SLUT

NEW SOCIAL MEDIA CATFIGHT PROMPTS CALL TO END SLUT SHAMING

Remy Barnwell

I live on Twitter and Instagram. Keeping up with the lives of celebrities is my guilty pleasure, and I was all over the Amber Rose-Khloe Kardashian feud. One trend that seems to be growing in popularity both on social media and in the "real world" is slut shaming. Slut shaming is the degrading, bashing and attacking of a woman based on how she chooses to live her life — whether it be the clothes she wears, the sexual activity she engages in or even pictures she takes. One insult that Khloe Kardashian hurled at Amber Rose was

something equivalent to her being a slut, if a girl posts pictures on Instagram in a revealing outfit — scroll through the comments and someone probably called her a slut.

The first insult girls hurl at other girls is "she's such a slut," and nobody even thinks twice about it. Let's think about this for a second. Let's assume (and hope) that you consider yourself a feminist, meaning you believe in the equality of men and women. A man is given all the sexual freedom he wants. He can sleep with as many women as he wants and it doesn't change his social status, except maybe making him cooler. If a girl sleeps

with two guys who happen to know each other, then she is a slut and sleeps with "everyone." If a guy does the same thing, then he is a stud.

A lot of women who fight for equality and consider themselves are the same women that are calling other women sluts. Part of the equality of the sexes is sexual freedom — that means the freedom to sleep with or not sleep with whoever you want and wear whatever fits your fancy. In the word of the great Tina Fey, "You have got to stop calling each other sluts and whores. It only makes it okay for guys to call you sluts and whores." Mind your own vagina and cut the word slut out of your vocabulary.



Courtesy of Send Me Adrift // flickr

Tiger Rants

Can we talk about why they took the Papa John's out of Hendrix?
This has been a week.

Tried to adult last night, but I accidentally left the oven on when I went to the library.

If you're not gonna teach your own damn class, at least get a GA that knows the information.

S/O to the nasty motherf*cker who was dipping in the library.

The future of "Top Gear" is in jeopardy!

Had a great Tiger Rant and I forgot it.

I don't even know what \$100 looks like in \$1 bills.

Let's make Library Bridge smaller than it already is.

Zayn :(

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Baseball dominates Western Carolina in 19-2 victory

Elaine Day
Sports Editor

Following an exciting series win on the road at Virginia Tech this past weekend, the baseball team travelled to Cullowhee, North Carolina on Tuesday afternoon to face the Western Carolina Catamounts in the first of a home-and-home series. The strong offensive production from the weekend continued into Tuesday's game, as the Tigers compiled 17 hits in a 19-2 blowout of the Catamounts. The win brought Clemson above .500 on the season with a 12-11 record, and Western Carolina fell to 9-12 overall.

The scoring started in the first inning with an RBI off the bat of sophomore Chris Okey to score junior Steven Duggar. Duggar led off the inning with a double, a good start for the new and improved Clemson lineup that featured Duggar batting leadoff, junior designated hitter Tyler Krieger batting second, redshirt freshman Reed Rohlman batting third and Okey batting cleanup. The Tigers' regular leadoff batter, senior Tyler Slaton, was dropped to eighth in the order after a slow start at the plate.

Western Carolina went on to score two runs in the bottom of the first, but that proved to be their only offensive production of the day. The Clemson bullpen tossed eight shutout

innings, a welcome sight. Freshman reliever Alex Schnell (2-0) returned to his early season form and earned the win, pitching 2.0 hitless innings with four strikeouts.

The offensive fireworks really got going in the second, fifth and sixth innings, in which Clemson scored a total of 16 runs. The scoring was highlighted by an eight-run fifth inning, marking the most runs the Tigers have scored in one inning since May 6, 2012, when they plated eight runs in the seventh inning of a matchup with College of Charleston. The 19 total runs scored, after Clemson added two more in the ninth courtesy of RBIs from redshirt sophomore Glenn Batson and freshman Drew Wharton, were the most runs in a single game since May 17, 2011, when they also scored 19 against Davidson.

While every Clemson starter scored at least one run in the game, there were a few players whose bats were on fire. Okey went 3-for-6 with three RBIs and two runs scored; he even got a little playing time at first base instead of his usual spot behind the plate.

"Any time we come up here and get a W, it's always really tough," Okey said. "They always play us tough here and it was huge getting a win here. For the weekend, it is big time; we have some momentum going

in against a good Wake Forest team coming this weekend, so it should be fun."

"I'm just playing the game," Okey said when asked about his recent offensive success. "Just coming out here every day and just keep swinging no matter what happens. Just keeping it going; it feels good to get back in a rhythm, and hopefully we can stay in this the whole year."

Krieger went 1-for-4 with two runs scored, extending his hitting streak to 11 games; this is his second double-digit game hitting streak of the 2015 season. Sophomore Eli White also had a strong game at the plate, going 3-for-3 with two RBIs.

"It's been tough coming up here and playing; they always play tough," White said. "It was good, we got off to a good start, and pitchers settled in and we had a good game. I just felt comfortable [at the plate]. It's just one of those nights where I felt like I could just go 6-for-6. I was just seeing the ball, and it was just a great night."

After playing 14 of their first 23 games on the road, Clemson begins a 10-game homestand tomorrow, starting with a series against the Wake Forest Demon Deacons. The series features games on Friday and Saturday at 6:30 p.m. and Sunday at 1:00 p.m. The games can be viewed on ESPN3 for those who can't make it out to Doug Kingsmore Stadium.



JOSHUA S. KELLY/staff

Junior designated hitter Tyler Krieger (No. 3) extended his hitting streak to 11 games.

NEW FACES, SAME PLACE: SPRING BRINGS NEW LIFE TO DEATH VALLEY

Stephen Krupka
Columnist

As the April 11th Orange and White Spring Football Game approaches, Tiger fans are anxiously awaiting the debut of Clemson's 2015 talented roster. With a hoard of elite seniors headed on to the next chapters of their lives, it is time for the young guns to show their stuff. This includes a group of 10 mid-year enrollees who make up Clemson's No. 4 ranked 2015 recruiting class. These freshmen will look to make an immediate impact, especially on the nation's No. 1 defense, where the Tigers lost a good handful of war-worn starters.

On offense, a youthful triad is on the rise, led by quarterback Deshaun Watson. Wide receiver Artavis Scott and running back Wayne Gallman join him as the early favorites to carry the load under new offensive co-coordinators Jeff Scott and Tony Elliott.

Unfortunately, Watson will not be participating in spring drills as he recovers from his late 2014 ACL surgery. Competing to back up the prodigy will be red shirt junior Nick Schuessler, and mid-year signees Kelly Bryant and Tucker Israel. Schuessler, who filled in for Cole Stoudt against Georgia Tech last season, has shown

true potential during his time at Clemson. He has a cannon for an arm, and he could develop into a reliable offensive threat if he can fine-tune his skills. Bryant, a 4-star recruit, and Israel, a 3-star, will make for interesting challengers to Schuessler's second-string throne. Both were standout quarterbacks at the high school level, and they will look to become consistent contributors as Division I athletes.

Bryant, who Head Coach Dabo Swinney says "reminds you of Cam Newton," has the speed and throwing ability to dumbfound opposing defenses. Cousin to former Clemson player and current Pittsburgh Steelers wide receiver Martavis Bryant, Kelly certainly has the Clemson Tiger pedigree to be successful.

Similarly, Tucker Israel has the makings of a true gunslinger, earning comparisons to Drew Brees from none other than Dabo himself. In fact, Israel broke Tim Tebow's passing yardage record set in Florida, and he now has the passing touchdown record as well. Commended for his football IQ, Israel is a good bet to make things interesting at No. 2 on the QB depth chart.

At running back, things are equally as interesting. While Gallman certainly

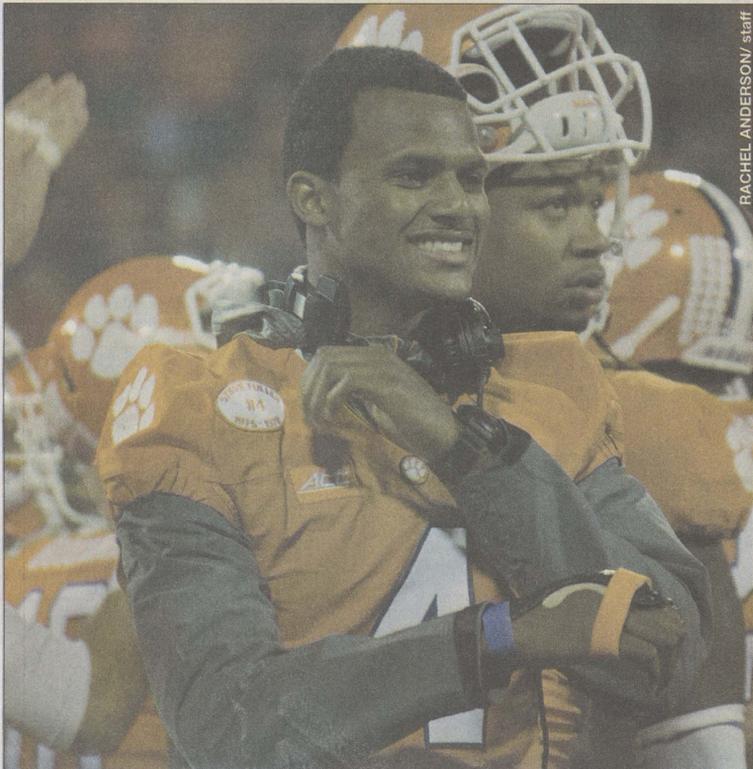
showed drastic improvement throughout the 2014 season, he faces a plethora of fellow Tigers on the prowl for the coveted starting running back job. Among these players are sophomores Adam Choice and Tyshon Dye, junior Zac Brooks and senior C.J. Davidson. All talented running backs, it's a given that the five will receive fair and considerable evaluation from offensive co-coordinator Tony Elliott, who was formerly Clemson's running backs coach.

It seems as if the stars are aligned for a star studded backfield, as three of these backs, Choice, Brooks and Dye, are at last healthy after each being sidelined for an extended portion of the 2014 football season. Each shows elite potential and has the ability to be the feature back in our explosive offense.

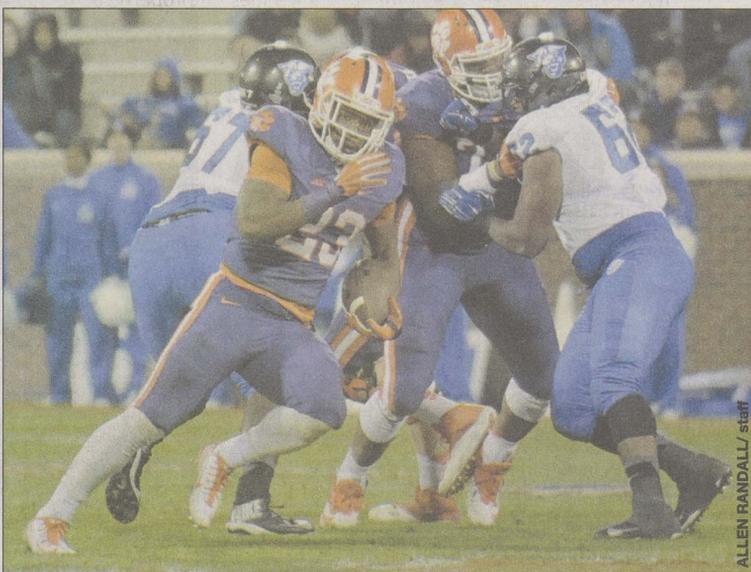
As the hype builds for the 2015 spring game, things are comfortably up in the air. New leaders will emerge, returning stars will undoubtedly improve, and fresh youngsters will make their names known across the nation. There is life in Death Valley, so make sure to catch a glimpse before the summer college football drought approaches. The Orange and White Spring Game will take place on Saturday, April 11 at 2:30 p.m. Go Tigers!



ASHLEY STOUT/photo editor



RACHEL ANDERSON/staff



ALLEN RANDALL/staff

March Madness: Mid-majoring in upsets

Henry Hutton
Columnist

In 2010, the Butler Bulldogs were one point away from beating the Duke Blue Devils, a program that would win its fourth title that year, in the NCAA Championship Game. Though they were a No. 5 seed going into the tournament, no one gave the mid-major program from the lowly Horizon League any chance largely because with an attendance around 4,500, Butler is the smallest school to ever play for a national championship. The run was viewed as a once-in-a-lifetime tournament run that would have been one of the best underdog stories in NCAA history.

However, the very next year, Butler would replicate their success as league runner-up, beginning as an even lower seed, shocking the nation with another campaign that would see them fall one game short to another traditional powerhouse in Connecticut. How could a team with less funding, inferior facilities, a smaller fan base and hailing from a conference that casual sports fan have never heard of come so close in back-to-back years?

Since the tournament expanded to 64 teams in 1985, the national championship has been won by many teams that were given very little chance by analysts to compete for the crown. Just last year, the title game came down to No. 7 seed Connecticut and No. 8 seed Kentucky in a battle of schools that made improbable runs and defeated numerous highly ranked squads.

Despite this, no one was incredibly shocked by the matchup because the two schools, which had won a combined 11 championships before that season, were



A member of Villanova's band plays through tears after her team was upset by NC State.

perennial powers and came from some the league's best conferences. Even though they had had disappointing seasons, Kentucky and UConn were never discounted entering the tournament in nearly the same way the defending national runner-up Butler was in the 2011 postseason.

Teams from mid-major conferences, no matter how good or consistent they are, have never received the respect they deserve despite their rapidly increasing success in the NCAA tournament. Every year, including this one, a slew of teams that surely could not lose are defeated by no-name teams that surprise us with poise and talent.

Since 2010, teams ranked as a No. 5 seed or better have lost 22 games in their opening round of the tournament, including several upsets featuring No. 15 seeds over No. 2 seeds. While this is still an incredible feat from the underdog and should be viewed as such, there has to come a point where mid-major tournament teams are given the respect they deserve and are treated less like a feel good novelty and more like the hard working, talented teams they are.

Plenty of teams other than Butler have made impacts in the tournament past its first weekend. In their

second runner-up campaign, the Bulldogs knocked off fellow Cinderella story VCU in the Final Four, a No. 11 seed from the A-10. In 2006, George Mason, another No. 11 seed, advanced all the way to the Final Four by beating dynastic programs such as Michigan State, North Carolina and Connecticut. Similarly, Davidson, a school with less than 2,000 undergrad students, fought all the way to the Elite Eight in 2008 before losing to Kansas by only two points. Runs such as these are becoming more and more common and should be becoming less and less shocking.

There has never been more parity in NCAA Basketball throughout the league, and this is on full display during the month of March. Games featuring the No. 3 through No. 5 seeds in the first full round, which are those seen as most vulnerable to mid-major defeats, were decided by an average of just over five points (and this number would have been much smaller had UNI not won their game by 17). This margin is incredibly close and is very different from the state of the underdog 30 years ago when the NCAA first expanded the field, and the average margin of victory for these seeds was nearly

12. Only ten years ago, the number was still significantly higher at almost a 10 point average margin of victory, almost double what it is today.

There is still a long way to go for mid-majors to go and many steps still to be accomplished before they can expect to be given the respect their "Major" peers receive. No smaller school has won the national championship in the modern era of the NCAA Tournament, and one must go way back to find the last nontraditional champion when UTEP won the title almost 50 years ago in 1966.

One step that has yet to happen, but many believe soon will, is the first ever defeat of top seed in their first game. Only a few years ago, UNC Asheville pushed Syracuse to the brink and just last year Coastal Carolina led Virginia at the half before being overwhelmed as the game progressed. However, the day seems eminent when this upset will occur and change the nature of the upset forever. Schools such as Butler, VCU, Wichita State, and Gonzaga have long battled to change the image of the mid-major basketball culture. Luckily for them, more and more teams find ways each year to chip away at the air of superiority held by the NCAA's power conferences.

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CLEMSON ATHLETICS UPDATE

FRIDAY MARCH 27TH

MEN'S TENNIS vs #6 DUKE
2:30PM // HOKE SLOAN TENNIS CENTER

BASBALL vs WAKE FOREST
6:30PM // DOUG KINGSMORE STADIUM
FRIDAY FAMILY FIREWORKS!

SATURDAY MARCH 28TH

BASEBALL vs WAKE FOREST
6:30PM // DOUG KINGSMORE STADIUM
COACH LEGGETT BOBBLEHEAD GIVEAWAY!

SUNDAY MARCH 29TH

MEN'S TENNIS vs LOUISVILLE
1:00PM // HOKE SLOAN TENNIS CENTER
FREE T-SHIRTS FOR FIRST 150 FANS

BASEBALL vs WAKE FOREST
1:00PM // DOUG KINGSMORE STADIUM

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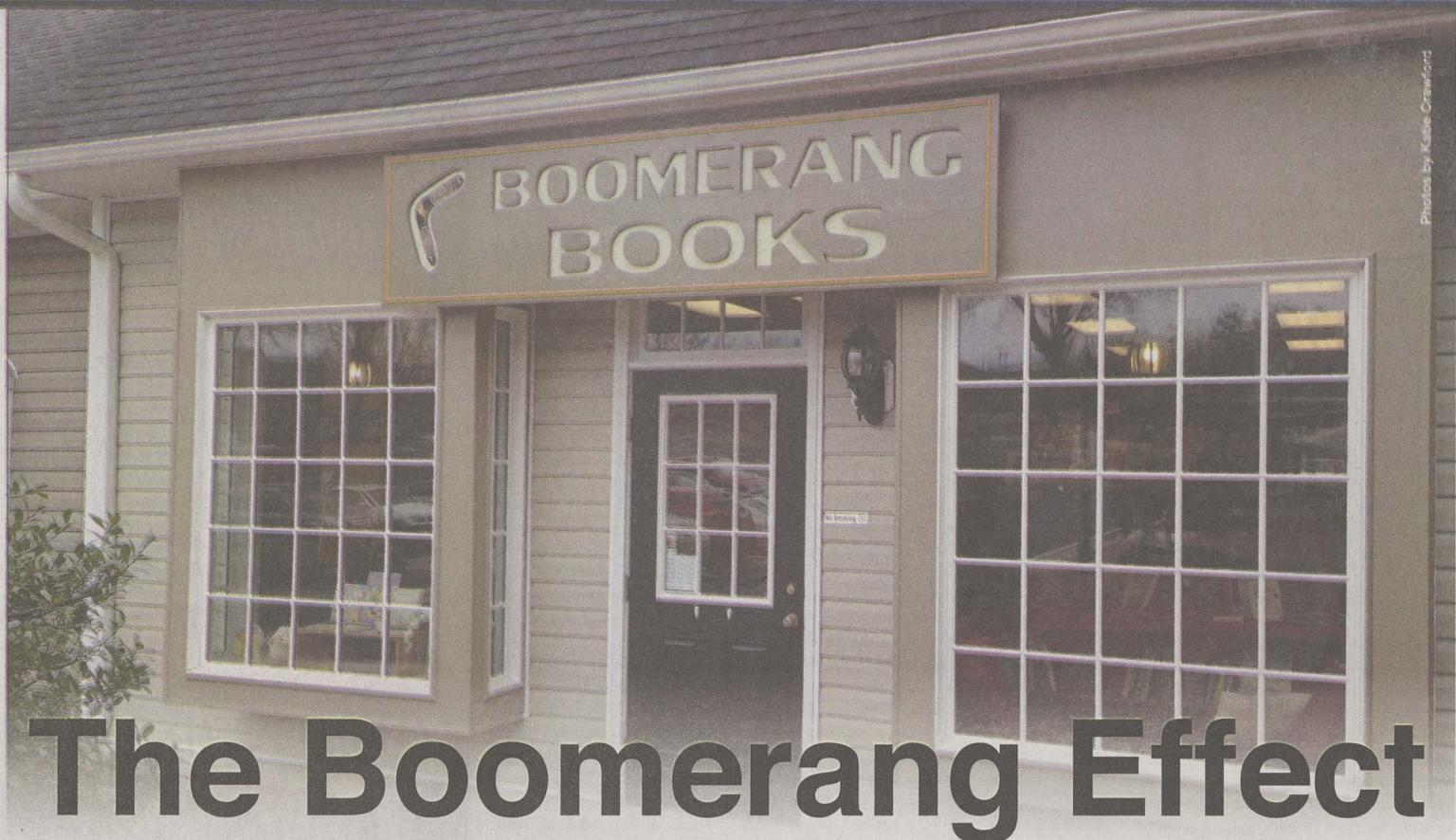
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Photos by Katie Crawford

The Boomerang Effect

Katie Crawford
Business Manager

Nestled in the Victoria Square Plaza near Osaka right off of College Avenue, Boomerang Books is exactly the quaint store you would expect it to be. With a cushioned window seat and a climbing vine, as well as a children's corner, the bookstore is inviting and feels personable. The bookstore offers thousands of gently used and new books, with their constantly changing stock and a fresh variety of content is always available.

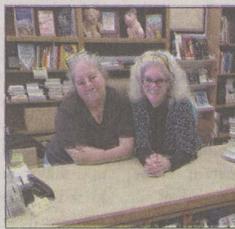
After working together at a bookstore during the 90s and with the recent closing of McClure's bookstore, co-owners Sam Ramsey and Laura Garren decided Clemson was in

desperate need of another local bookstore. Both having attended Clemson University and worked in bookstores in the south, they felt that the town needed a replacement, so Boomerang Books was born. "We had said one day we're going to open a bookstore together, but someday came a lot sooner than we thought," Garren said.

"The Clemson community has been extremely supportive that we have opened the store. People were upset McClure's closed. There has been continuously a bookstore in Clemson for 75 years. If we had not opened the store, there wouldn't be one. People like the idea of having a community bookstore," Ramsey said of the store.

The name of the bookstore, as well as the services it delivers all ties back together to bring the boomerang effect. Keeping even the naming of the store hyper-local, the owners posted different names suggestions on Facebook and got the community involved in voting on which name they liked best. "It brings people back. It is new and used; you buy a book and boomerang it back. We want the people and the books back. It's a double entendre," Garren and Ramsey said of the store's unique name.

The buyback program the store offers gives customers the option of selling their previously owned books for store credit or cash, which is how the shop is supplied. The women also purchase the used books through estate sales, library sales and even yard sales.



The boomerang effect further extends to its customer base. "There is a boomerang of people we knew 10, 20 years ago coming back to Clemson and bringing their families into the store," Ramsey said. Because the store is privately

owned and community based, Garren and Ramsey say that they get to know their customers on a deeper level: "You know the person; you know what they like to read; so, you can hand-sell them the book because you actually know them."

Genre wise, the store has a wide assortment — but the pair still likes to include a variety of regional authors. They enjoy selling nature books, and have a large selection solely related to local nature spots, waterfalls and hiking areas.

The passion they have for their store is contagious, and we talked for a while just about what books we love to read. Laura showed me a book she'd recently read called "Birds of Pandemonium" by Michelle

Raffin. Their love for books is evident in their customer service; if Boomerang doesn't have the book you're looking for, Sam will order it right in the store for you and call you when it is ready to be picked up.

"We have a bookstore because we love to read. That's why we do it. I can't imagine not doing it because I love it; I've always loved it," Ramsey said of opening the bookstore.

Garren repeated this sentiment: "We love it. That's the most important thing."

The pair will be selling books at the Clemson University's 8th Annual Literary Festival today and Friday, March 26 and 27 on Library Bridge from 9 a.m. to 3 p.m.



Courtesy of Eva Rinaldi Flickr

Zayn goes another direction

Stu Pennebaker
Asst. TimeOut Editor

If Kim Kardashian broke the Internet then Zayn Malik annihilated it. Yesterday afternoon, One Direction released a statement breaking the news that Zayn would no longer be a member of the band.

According to One Direction's official Facebook page, Zayn said, "My life with One Direction has been more than I could ever have imagined. But, after five years, I feel like it is now the right time for me to leave the band. I'd like to apologise to the fans if I've let anyone down, but I have to do what feels right in my heart. I am leaving because I want to be a normal 22-year-old who is able to relax and have some private time out of the spotlight. I know I have four friends for life in Louis, Liam, Harry and Niall. I know they will continue to be the best band in the world."

One Direction is one of the most well-known boy bands with fans on almost every continent, so it's not surprising that they feel lots of stress as they are constantly under public scrutiny. However, it did come as a shock to most of the band's fans and many "One Directioners" responding sadly to the news on social media.

In One Direction's public statement, the band said, "We're really sad to see Zayn go, but we totally respect his decision and send him all our love for the future. The past five years have been beyond amazing, we've gone through so much together, so we will always be friends. The four of us will now continue. We're looking forward to recording the new album and seeing all the fans on the next stage of the world tour."

So far, it doesn't appear that any of the remaining band members have made

individual band statements but Simon Cowell was included in the official statement: "I would like to say thank you to Zayn for everything he has done for One Direction. Since I first met Zayn in 2010, I have grown very, very fond — and immensely proud — of him. I have seen him grow in confidence and I am truly sorry to see him leave. As for One Direction, fans can rest assured that Niall, Liam, Harry and Louis are hugely excited about the future of the band."

Only time will tell if the band's fan base will remain strong through this huge change in the band's dynamic. The last album, "Four," sold over one million copies in its first week of release — will the band still be able to achieve record breaking sales with only four members? Does Zayn's departure indicate the beginning of this boy band's end? One Direction may never be the same.

The "Girls" grow up

Amanda Hoefler
Senior Staff Writer

Lena Dunham's "Girls" has been both praised and criticized for its realistic and sometimes depressing perspective on 20-something life in Manhattan, New York. The main cast of characters—Hannah, Marnie, Jessa and Shoshanna—are often unlikable and self-destructive, from quitting jobs and dumping great boyfriends to taking drugs and getting arrested — "Sex and the City" this isn't. However, the tagline and theme of the show's fourth season has been "Nowhere to Grow but Up," with each girl spending the season searching for some sort of fulfillment. (Warning: spoiler alert from here on out.)

The season finale finds such fulfillment artistically for Marnie, romantically for Hannah, professionally for Shoshanna and spiritually for Jessa, with each of the girls striking out on their own in some way.

Hannah's arc included a stint at the University of Iowa's acclaimed creative writing MFA program, in which she found herself at odds with her classmates, and for the first time, not the most talented person in the room. After fleeing back to New York and finding Adam's new girlfriend, Mimi-Rose, in their shared apartment, Hannah decides that she needs a more fulfilling career — teaching. Hannah is improbably successful, despite an early issue setting boundaries between teacher and student and flubbing a date with another teacher, Fran ("Obvious Child's" Jake Lacy). She also dealt with her breakup and her father's coming out of the closet,

with surprising maturity, by maintaining a relationship with both parents and finally moving on from Adam.

Marnie spends the beginning of the season pining for her unattainable jerk of a songwriter partner, Desi, who won't leave his girlfriend Clementine. After Clementine basically dumps Desi, he comes crawling to Marnie, who takes him in with open arms. The two ascend the indie music ranks, scoring meetings with label owners and getting progressively prestigious gigs, which all lead up to the finale showcase for their new record label and many prominent New York music and lifestyle blogs. After getting told off by Ray for being unkind to Marnie and annoying in general, Desi bails, leaving Marnie to perform by herself. Spoiler — she kills it, finding a confidence in her music that she hasn't had since the two met.

Shoshanna comes into the season epically bombing a job interview, where she disparages the company, and her employer. The rest of the job search does not fare much better. She does find confidence in helping Ray, her ex, run for local government and scores a new boyfriend, Scott, (Jason Ritter) in yet another failed interview. She's found more stability in New York than she has in the whole run of the show until she gets a fantastic job offer in Tokyo. After her new boyfriend begs her to stay as a kept woman, Ray's boss offers Shoshanna some advice from my girl, Sheryl Sandberg: "Be the walker, not the dog." He tells her not to turn down an amazing opportunity just to please her boyfriend — if Scott really loves her,

he'll wait for her, so she just needs to lean in. And lean in she does, taking the job and finally starting the career of her dreams.

Jessa grows close to Adam while Hannah is in Iowa, as the two former addicts commiserate over sponsors and AA meetings. Jessa sets Adam up with Mimi-Rose, officially garnering her the "Worst Friend Ever (Including Judas)" award, in order to get with Mimi-Rose's psychotic ex Ace (Zachary Quinto). Keep in mind that Ace repeatedly tells Adam that he will break him and Mimi-Rose up and that he inexplicably chews on a toothbrush for an entire episode. Ace does succeed in breaking them up by bringing Jessa along to "stop by" at Mimi-Rose's apartment to make her jealous. Mimi-Rose, who vacillates between being clinical and cold and warm and fuzzy, ends it with both Adam and Ace and chooses herself. Adam finds himself still pining after Hannah and Jessa just moves along. Jessa helps deliver Adam's sister's baby in the season finale, and finally realizes what her life goal is: to be a therapist.

Hands down the most heart-breaking moment of the season finale was Hannah turning down Adam for the last time. After a long, winding relationship, she decides that she can't put herself through the wringer again, telling Adam that she's truly done. However, our girl bounces back in a "Six Month's Later" flash-forward, where she and dreamy Fran are walking hand in hand. While it is odd seeing Hannah and Adam apart on her terms, not his, it's pretty nice to see our protagonist happy — and maybe even all grown up.

North VS. South

By: Kaelyn Harris-Vincent,
Layout Editor

Having lived in the north for the majority of my life, I knew I wanted a change of scenery when I went off to college. In the last two years, I noticed some huge differences between life in the north and life in the south. Although there are many of them, here are a few that have stood out to me the most.

Courtesy of geography.about.com

Sports

I will just come out and say it: when I applied to Clemson, I didn't have a clue we were a sports school. I applied to be in the Professional Golf Management major and knew the academics were above average. When I came for the visit and saw the stadium, coliseum and baseball stadium, I knew there would be a lot of change coming. If 200 people attended a football game at my high school, that was considered a good turnout.

That's not to say sports aren't big in the north — they are just more focused on the pros. That's primarily because the only competitive sports schools are Boston College, Maryland and Syracuse, none of which compare much to schools such as Alabama, LSU, Duke and, of course, Clemson. Becoming a college football and sports fan in general was non-negotiable.



Courtesy of Humblicious.blogspot.com

Fashion

Once I came to the south, I noticed a slight change in the way people dressed. But it wasn't just the way people dressed — it was also the brands. Never in my life had I heard of "Costa" or "Southern Fried Cotton." Can you even fry cotton? But it goes both ways — many of my southern friends had never heard of Burton, Analog, and other winter sport companies that are predominant in the North.

I also have never witnessed people becoming so immersed, and obsessed with a handful of brands. Chubbies, Bean Boots, Vineyard Vines and Patagonia pullovers are a part of peoples' lives in a way I've never witnessed before.

One of my biggest pet peeves about southern style are those hideous moccasin looking shoes called "wallabies." I cannot, for the life of me, understand how a shoe that looks like a dead animal was skinned and put on top of a sole of gum can be stylish. It could also be the fact that the people who wear them wear khakis that are two sizes too small.



Courtesy of Wikipedia.org

Food

I quickly learned that BBQ is not a grill with hot dogs and hamburgers, and I never forgot it. Ever since I went to the Smoking Pig during my first week of school, southern BBQ has become my favorite food. I don't quite understand the vinegar versus dry rub rivalry; in my mind, BBQ is BBQ, and as long as there is brisket and ribs on my plate, I'll be happy.

On the other hand, there are two food combinations that I have never understood and probably never will: chicken and waffles and shrimp and grits. I love breakfast-food as much as the next person, but I can't bring myself to eat two completely different food groups in one meal. Same goes for shrimp and grits. I don't like grits in general, but what I do know is that grits take on the flavor of whatever you put in them.

It seems there is a pattern with breakfast foods being mixed with dinner foods. To each their own, but I don't think I'll ever become accustomed to that style of food. One food I wish there was more of down south is seafood. Being from Boston originally, I am always in the mood for a big bowl of clam chowdah.



Courtesy of pointshoot/ Flickr

On The Prowl

Featuring Mona Wild

R-E-S-P-E-C-T

I'm coming to you pretty fired up today, so prepare yourself. This is an intervention for anyone in any kind of relationship who is treating their partner like crap. And there are more of you out there than you might think. I can't tell you the number of times I've seen otherwise good people treating their significant other badly.

Somehow their partner doesn't seem to notice, or they put up with it for some unknown reason. What's worse is that the person who's doing the mistreatment often doesn't seem to realize they're doing it. Granted, this is my outsider perspective. Since I'm not in any of these

relationships, I could, of course, be missing certain aspects that account for what seems to be a blatant lack of respect. But for the most part, there seems to be an epidemic of people who aren't quite mature enough to be in lasting, loving relationships, yet continue to string their significant other along.

Let me explain a bit more. Our age group is notoriously known for being selfish, for good reasons. On some level this is the best, most appropriate time in our lives to be self-centered and to be concerned primarily with our own interests. We're trying to figure who we want to be for the rest of our lives, what jobs we want, where

we want to live and what we want our futures to look like. And that's all well and good if you're single. I hate to break it to you, but if you're part of a committed relationship, then you don't get to make a decision that only affects you anymore. Any decision you make about your life and your future now affects your significant other and the future of your relationship. This means that if you aren't willing to consider how your actions will affect your partner or if you won't put your dreams on hold in favor of making a joint decision that works for your significant other too, then you probably shouldn't be in a relationship. Relationships

only last long-term if both participants compromise, which often means making sacrifices.

The epidemic I've seen is one of selfish people (and again, at our age there isn't anything inherently wrong with focusing on yourself) in relationships who refuse to take into account their partner's dreams, goals and wishes. They stay with their partner because he or she is willing to go along with whatever they want, acting as a security blanket while they figure out what they want. Relationships won't work if there is no healthy balance of give and take. Don't be that girl downtown or at a frat party who's dancing

on a million guys but has a boyfriend, or that guy who sends a ton of flirty texts or snaps to girls other than his girlfriend. Not to get too high on my soap box here, but this is the type of self-centered behavior I'm talking about — doing things that make you happy at the expense of your partner.

And you might be saying, "Well, who cares if one person is using their partner, because if their significant other wasn't happy in the relationship, they would just end it." Which is a fair point.

But it's easy to stay together because it's comfortable, and change is hard. A bird in the hand is worth two in the bush, that

sort of thing. Sure, it's not a great relationship, but it sure beats being alone.

At the end of the day, I think everyone out there deserves to be with someone who treats them with respect and who is willing to give as much as they take. So if you're with someone who doesn't want to make decisions with you in mind, then maybe it's time to brave the single life. If you aren't at a point in your life where you're ready to make decisions around another person, then maybe you should really commit to focusing on yourself and end things. We accept the love we think we deserve, and I think you lovely Tigers deserve only the best.

CAMPUS CATWALK :

Photos and Content by Sana Azami, Senior Staff Writer

It's finally spring, both calendar and temperature-wise! We found Asha Simpson, a senior psychology major from Massachusetts, enjoying the sunset at the bus stop and looking particularly fabulous.

Her outfit centers on floral printed leggings from Forever 21 with a dusty color palate that keeps them wearable. The leggings are paired with a neutral knit top, also from Forever 21 and comfy black ballet flats from Old Navy. Both items are neutrals and have the added benefit of matching colors of the printed leggings, making for a comfortable and seamless outfit. Asha kept her jewelry simple to keep the focus on her perfectly executed cat-eyes.

What's an outfit without spirit? Asha threw on her line jacket before heading out the door, a final item to combat any lingering wisps of cold! Perfect for a school day that might end up with a trip to the mall.



Forever 21: leggings and v-neck
line jacket
Old Navy: black flats

FIERCE IN FLORAL

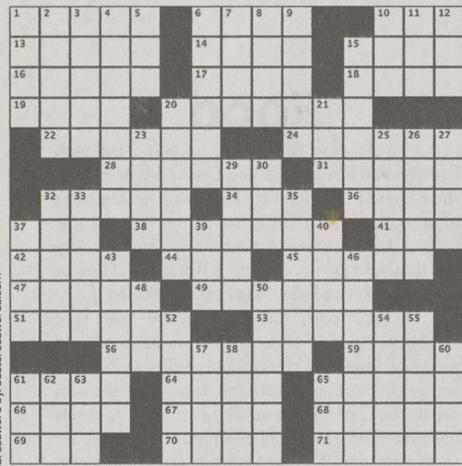
Name: Asha Simpson
Year: Senior
Major: Psychology
From: Massachusetts



Do you know someone whose style deserves to be featured in campus catwalk?
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Pasatiempos

CROSSWORD



Across

- 1- Bishop's headdress;
- 6- Back talk;
- 10- Chatter;
- 13- Accustom;
- 14- Inter ___;
- 15- Periodic movement of the sea;
- 16- Bell-shaped flower;
- 17- Tooth;
- 18- Mild oath;
- 19- Mgr.'s helper;
- 42- Negotiate;
- 22- Breadwinner;
- 24- Scoffs;
- 28- Effortlessly;
- 31- Swagger;
- 32- Springs;
- 34- CIA forerunner;
- 36- Unspecified in number;
- 37- Help;
- 38- Phantom;
- 41- Dip in liquid;
- 42- Insult;
- 44- Nav. officer;
- 45- "See ya!";
- 47- Be silent, musically;
- 49- Add fizz;
- 51- Refrigerator;
- 53- Representative;

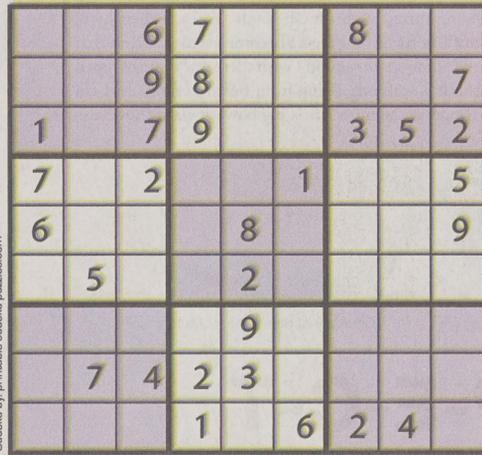
Down

- 1- Intro to physics?;
- 2- Busy;
- 3- Oklahoma city;
- 4- Asmara is its capital;
- 5- Agent, briefly;
- 6- Adventurous expedition;
- 7- Banned apple spray;
- 8- Vocalize melodically;
- 9- Long stories;
- 10- Rocker's show;
- 11- Nabokov novel;
- 12- Night spot;
- 15- Principles;
- 20- Blues great Smith;
- 21- Connections;
- 23- Neck part;
- 25- Uneven;

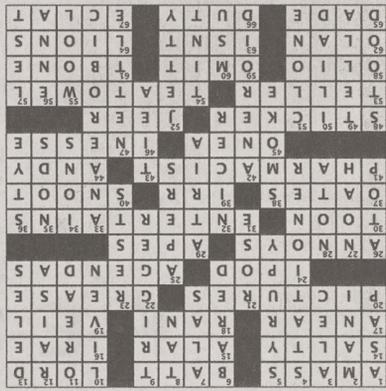
26- Gossip;

- 27- Word that can succeed dance, foot and door;
- 29- Unfettered;
- 30- Fashion monogram;
- 32- Pale purple;
- 33- Elicit;
- 35- Comfort in misfortune;
- 37- Italian wine city;
- 39- Kind of fingerprint;
- 40- Defense grp. since 1949;
- 43- Allow as a discount;
- 46- Lease holders;
- 48- Imperial unit of weight;
- 50- Having a rim;
- 52- Treegun;
- 54- Singer Chris;
- 55- Menu;
- 57- Air-filled rubber hoop, become fatigued;
- 58- Must've been something ___;
- 60- Answered a charge;
- 61- Soviet secret police;
- 62- Listening device;
- 63- Mom-and-pop org.;
- 65- Govt. property overseer;

SUDOKU Skill Level: ◆◆◆◆◆



ANSWERS from last week



HOROSCOPES



AQUARIUS
Jan. 20 – Feb. 19

Saturn's rings are close together this week, meaning good luck is in your near future. Saturday at 8:43 pm is a good time to take a romantic risk.



PISCES
Feb. 20 – March 20

Your moons are out of retrograde, meaning you'll have lots of confidence this week. Take advantage of this by asserting your independence in tricky situations.



ARIES
March 21 – April 20

If you are feeling down this week, try wearing your astrological color, yellow. This will guarantee you some inner balance.



TAURUS
April 21 – May 20

The sun is moving into your constellation which could lead to chaos in your social circle. Keep an eye out for potential discord in your friendships.



GEMINI
May 21 – June 21

An excess of stars in your solar ring will make you feel intelligent this week. Use your energies productively while you can.



CANCER
June 22 – July 22

A new romantic fling will leave you feeling happy but flustered. Rebalance your chakras by taking a quiet moment.



LEO
July 23 – Aug. 23

The slow revolution of Jupiter is bringing luck to your financial sphere. Except to be able to treat yourself in the next week.



VRIGO
Aug. 24 – Sept. 22

A recent excess of self indulgence is making you feel under the weather. Meditation and a healthy smoothie will do wonders for your inner alignment.



LIBRA
Sept. 23 – Oct. 23

Mars is out of orbit, making everyone around you seem extra energetic. Take advantage of this contagious energy and tackle a project you've been putting off.



SCORPIO
Oct. 24 – Nov. 21

Your stars are parallax, making you feel creative. If you've ever wanted to attempt a new artistic skill, this is your week.



SAGITTARIUS
Nov. 22 – Dec. 21

You are probably feeling overworked this week which is leading to inner chaos. Don't let it bring discord to your social circle.



CAPRICORN
Dec. 22 – Jan. 19

Venus's zig zag path could be affecting your self esteem in the next 78 hours. Be aware of this when beginning new relationships this week.

Written by: TimeOut Staff

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