Student Spotlight: Nereo Legaspi

If you’ve ever seen him dance it’s hard not to be impressed or mesmerized. He knows how the body works which not only helps him with dance but will make achieving his career goals possible. He’s a talented teacher, something he employs in his spare time. (He did teach the PAs to Gangnam Style).

He’s from right here in Columbia, but that’s not the reason he came to USC. “I came to USC because I participated in a program called Carolina Master Scholars, where Academically talented students come to USC and participate in a one-week course. Courses range from computer game design to neurology. I took part in an Exercise Science course one year and fell in love with the program. I came to USC to study Exercise Science and to become a physical therapist.”

You might think that living in the same city as USC makes the transition easier, but for Nereo that wasn’t the case. “Coming to USC was a big change for me. I grew up in small private schools my whole life. All of my classes were no more than 25 people. My graduating class only consisted of 13 students. It had to have broken the record for fastest graduation ceremony ever. Going from such a small environment to a big institution has definitely taught me a lot about myself and has helped me mature.”

And his goals, while they’re not necessarily to join a dance company, aren’t far from dance at all. “Because I like to perform and I love the atmosphere, my dream job would be to become a physical therapist for a big production company like Cirque de Soleil.” What does it take to join the world renowned traveling acrobatic show? A degree in Exercise Science and a minor in Business, which is exactly what Nereo is working toward. And while he’s here, he’s getting as much experience as possible. “On campus, I volunteer at Moore Orthopedic Sports Rehab. I shadow and volunteer in order to gain experience in the Physical Therapy Environment.”

But let’s not forget about his awesome dance ability. In his spare time he is involved in Swype, a hip hop dance and breakdancing organization that strives to educate and spread the dance culture to all students. “We hold firm to the idea that everyone is teachable.” Anyone is welcome to join and learn in a no-judgment environment. As a senior instructor in Swype, I teach the basics to members who have little or no dance experience. It is definitely a rewarding seeing one of your students achieve something they never thought they would do. Although at times it is a slow process, the end result is fulfilling. In the future, Swype plans to host a competition where hip hop crews from other universities in the southeast can compete and showcase their talents.” He is also involved in the Vietnamese Student Association. “VSA is an on campus cultural organization that partakes in fundraisers, charity events, cultural shows and festivals, and even competes against other schools athletically in the VSA Olympics held annually.”

Dinner with Mrs. Pastides

Join USC’s first lady as she shares thoughts on the Mediterranean diet on Monday, March 25 at 6 PM! Dinner that evening will showcase recipes from her cookbook “Greek Revival: Cooking for Life” There will be door prizes!

Dinner Menu: Hummus with crudite and baked whole wheat pita chips, Greek Mac and Cheese, Spinach and Dill Pie – Spanakopita, Pasta with saganaki, Lemon and Oregano Roasted Potatoes, Roasted Cumin Carrots, Baklava

Preston Room Barter!
March 27th
6pm
Seminar Room
### Preston Dining!

**Monday**  
Dinner with Mrs. Pastides  
(See Page 1)

**Tuesday**  
Burger Bar  
Hot Dogs  
Chicken Tenders  
French Fries  
Steamed Cut Corn  
Baked Beans  
Garden or Black Bean Burgers  
Grilled Hamburgers

**Wednesday**  
Asian Bar  
Teriyaki Chicken  
Polynesian Roasted Vegetables  
Confetti Rice  
Fried Zucchini Sticks  
Steamed Snow Peas  
Vegetable Fried Rice

**Thursday**  
BBQ  
Marinated Flank Steak  
BBQ Pork Loin  
Sante Fe Rice  
Mesquite Roasted Potatoes  
Confetti Corn  
Roasted Pepper and Gouda Quesadilla

### Hot Off the Grill!

Grilled Hamburgers  
Lemon Pepper Honey Glazed Salmon  
Hibachi Chicken & Vegetables

### happy birthday Preston!

Kayla Cundiff 3/25  
Tara Labaton 3/25  
Logan McVey 3/25  
Breanna Smith 3/25  
Chao–Ting Lee 3/26  
James Dorothy 3/28  
Morgan Simpson 3/28  
Michael Wines 3/30

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<td>Preston Room Bar</td>
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**Weekend**

**April Fool's Day**
The University Libraries Award for Undergraduate Research recognizes students who make exemplary use of library resources and services. Any project by a USC Columbia undergraduate (for a class, independent study, thesis, or outside research) completed May 2012 is eligible. Please encourage students to apply.

This year's submission deadline is 10:00 AM on April 22, 2013. Applicants must submit their final project, a short essay on the information-seeking process, and a supporting letter from a faculty member.

More information about the award, including the application procedures, is available at http://library.sc.edu/award.
Retreats and Effective Transitions
Tuesday, March 26 at 5:00 PM in Russell House 305
The workshop will be presented by Kevin Clarke, Program Coordinator for Faculty Development and Assessment for University 101!
Skill Builders are monthly leadership workshops sponsored by Student Organizations & Leadership Programs to assist student leaders in enhancing their leadership skills and developing the essential skills necessary to work and lead effectively with others. We hope to offer advice and tools necessary to keep members motivated as well as set up potential future leaders in the organization.

Free depression and mental health screening March 26
(For students)
All students are welcome to stop by the Russell House 2nd floor Tuesday, March 26 between 10:30 a.m. – 2 p.m. for a quick, free, confidential screening for depression and other mental health issues. Students complete a paper-based quiz which is evaluated by a staff member of the Counseling & Human Development Center. The counselor then goes over the results privately with the student and makes recommendations as warranted. This service is free and open to all USC students. For questions, call 803-777-5223.

Keep Calm and…manage stress effectively with Pet Therapy, free Zumba and more!
(For students)
Stress affects us mentally, physically and emotionally—and can seriously undermine academic performance! This is why Campus Wellness has launched Keep Calm, a new program that brings stress management services to students at times and locations convenient to them.
Spring 2013 Keep Calm activities include:
— FREE Group X Classes:
  30/20/10: April 4 at 12:30 p.m. in the Strom, room 127
For Group X class descriptions, visit http://campusrec.sc.edu/fitness/group.
— Guided Imagery and Progressive Muscle Relaxation—taking place during finals: May 2, 11 a.m. – 1 p.m. in Green Quad Learning Center building D
— Biofeedback Sessions and One-On-One Consultations with a Health Educator—schedule appointments for these two great resources by calling 803-576-9393.

For more information about Keep Calm, visit www.sa.sc.edu/sh/cw/students/keepcalm.

Let’s Talk: Mental health counselors available throughout campus all semester
(For students)
Staff from the Counseling & Human Development Center are working “outside the building” and are available for students to speak one-on-one with in a variety of locations around the USC campus each semester. This service, called “Let’s Talk,” exists to help students find solutions to their concerns and get information about available resources. All students are welcome to stop by these locations for free, informal, friendly, confidential Let’s Talk consultations during spring semester 2013:
USC School of Law Library Conference Room 103a, 701 Main Street, every Tuesday 1 – 3 p.m.
USC School of Medicine Student Library Conference Room, Building 101, 6439 Garners Ferry Rd., every Wednesday 3 – 5 p.m.
Harper College on the Horseshoe, room 124, 902 Sumter St., every Thursday noon – 2 p.m.
Staff is available to all USC students at all locations. No appointment is necessary.
For more information call 803-777-5223 or visit www.sa.sc.edu/sh/chdc/let-talk.

On-campus AA Meetings Begin March 25
(For students, faculty, staff and surrounding community)
The Student Health Services Collegiate Recovery Community will offer Alcoholic Anonymous meetings Mondays and Wednesdays year-round on campus beginning March 25. Monday meetings will take place 5:30 – 6:30 p.m., and Wednesday meetings will take place from noon – 1 p.m. Both will take place in the Byrnes Building in room 705. Meetings have an open format and are open to all students, faculty, staff and community members.
For more information, call 803-777-5223.
Columbia International Festival 2013
Saturday, April 13 – 10AM– 7PM
Sunday, April 14 – 12– 6PM
Cantey Building, SC State Fairgrounds

The Columbia International Festival showcases the music, culture, food and performing arts of the various cultures, nationalities, races and language groups represented in South Carolina. The event brings all of the area’s international communities together to build better community/race relations between various ethnic/cultural/language groups and with the South Carolina community at large.

Volunteers needed to be responsible for service areas during the festival.
- Volunteers must be 16 yrs. old
- Greater need is for a 1–day commitment
- Volunteer Training Provided
- Free international meal of your choice
- Free parking

If interested, email Suzanne Santana at cnueane.santana@gmail.com or call 319.6884

Community Service Ambassador Interest Meetings
http://www.sa.sc.edu/communityservice/community-service-ambassadors/
Tuesday, March 26 at 1pm

Alternative Break Council and Trip Leader Interest Meetings
http://www.sa.sc.edu/communityservice/alternative-break-trips/
Wednesday, March 27 at 1pm

Please print out and sign. Return to the Campus Life Center (CLC) by Friday, March 29, 2013.
http://www.sa.sc.edu/communityservice/file/2010/05/BBB-council-application.doc

Alternative Break Trip Leader for 2013–2014
Please print out and sign. Return to the Campus Life Center (CLC) by Friday, March 29, 2013.
http://www.sa.sc.edu/communityservice/file/2010/05/BBB-Trip-Leader-description.docx

National Science Foundation (NSF) Graduate Research Fellowship with NDSEG Fellowships, DOE CSGF, and EPA STAR
Wednesday, March 27, 3:30 p.m.
ODK Room, R1HUU 315

An estimated $121,000 for three years of graduate study and research for students committed to a research career in the mathematical, physical, biological, engineering, behavioral and social sciences, or in the history and philosophy of sciences. Application Deadlines are in early November 2013 and vary according to discipline.

National Defense Science and Engineering Graduate Fellowships: An estimated $100,000 for graduate study for individuals who have demonstrated ability and special aptitude in science and engineering.
Application Deadline: December 2013

Department of Energy Computational Science Graduate Fellowships: An estimated $250,000 for full-time study toward a Ph.D. in the physical, engineering, computer, mathematical, or life sciences.
Application Deadline: January 2014

EPA STAR: Up to $42,000 to masters’ and doctoral candidates in environmental studies.
Application Deadline: December 2013
**WHO?** This effort is a city-wide grassroots effort, not sponsored by any particular organization but championed by everyone who wants to make Columbia a better city. A list of steering committee members shows that leaders from every sector of our community are contributing to this project.

**WHAT?** CityServe is an intensive week of service designed to involve thousands of Columbia citizens across all city domains (business, education, government, faith community, military, social sector, arts) working together to improve our city.

**WHEN?** April 20-28, 2013

**WHY?** A city-wide effort of this magnitude will release hundreds of thousands of volunteer hours into city improvement, uncover previously unserved or underserved needs, create synergy for ongoing community engagement, and raise the pride and investment level of Columbians in our home. Bottom line, we will have a better city, thanks to US!

**How do I get involved?** Every person who either lives, works, or goes to school in Columbia will be asked to do some special act of service during this week. These service projects can range from community beautification to school involvement to housing construction and repair to volunteering at existing community service programs. Every person or group will make their own decisions about what to do based on their available time, talent, and interest. The city will identify some city-wide initiatives that will require coordinated effort, but most activity will be self-selected and self-directed by individuals and groups.

For more information, please visit [http://www.cityservecolumbia.com/](http://www.cityservecolumbia.com/)
University of South Carolina

Tunnel of Awareness

Turn on the Light: move through different exhibits that focus on specific social awareness topics, including suicide awareness, HIV/AIDS, gender and more.

MONDAY
March 25

WEDNESDAY
March 27

12 p.m. - 9 p.m. (March 25 - 26)
12 p.m. - 4 p.m. (March 27)

Patterson Hall, first floor
Check-in outside of classrooms

Sign-Up for a tour time at www.housing.sc.edu or stop by for first-come, first-served availability.

Sponsored by: Office of Multicultural Student Affairs, Residence Hall Association and University Housing

Tunnel of Awareness -
University of South Carolina

@USCTunnel2013
#turnonthelight