Garrison Gist is a sophomore here at USC and majoring in graphic design. He is originally from Rock Hill, South Carolina. Everybody who knows him here in Preston knows he is a big, strong guy, and put his strength to great use in the charitable Summer Heat VIII weightlifting competition held in Rock Hill on September eighth. This was the eighth year it was held, and all the proceeds from the event went to the Special Olympics.

“This is my third sanctioned weightlifting competition,” Garrison said. “The first one I did was in June 2011, so I’ve only been weightlifting competively for about a year.”

With his previous two competitions, Garrison had already set seven national records and eight state records in his age and weight class. After completing in the Summer Heat competition, he now has 11 national records and 12 state records. He broke the national records in bench press, squat, deadlift and overall total.

Competitors competed in the squat, bench press and deadlift categories, with each competitor having three attempts in each category. Garrison broke the squat record by squatting 551 lbs. in his second attempt and 600 lbs. in his third attempt, despite missing the first attempt by not waiting for the squat command. In the bench category, he made all his attempts with 350 lbs. the first attempt, 385 lbs. the second and 400 lbs. the third attempt. On deadlift, he lifted 465 lbs. the first attempt, 500 lbs. the second attempt and 551 lbs. the third attempt.
### Preston Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Justin Epperson</td>
<td>(9/16)</td>
</tr>
<tr>
<td>Charlie Lake</td>
<td>(9/17)</td>
</tr>
<tr>
<td>Dominick Donaldson</td>
<td>(9/17)</td>
</tr>
<tr>
<td>Raina Gable</td>
<td>(9/17)</td>
</tr>
<tr>
<td>Dylan Grigsby</td>
<td>(9/22)</td>
</tr>
</tbody>
</table>

### Parents Weekend 2012

**Friday, September 21 to Sunday, September 23**

For those that registered for Parents Weekend, you should have received an email with detailed information by Wednesday, September 12th. If not, please visit [http://www.sa.sc.edu/parents/parents-weekend/](http://www.sa.sc.edu/parents/parents-weekend/) for more information on event details.

### P-Dining September 17th to 20th

<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Ziti Casserole</td>
<td>Taco Meat</td>
<td>BBQ Beef Brisket</td>
<td>Algerian Beef</td>
</tr>
<tr>
<td>Spaghetti w/ Meatballs</td>
<td>Taco Chicken</td>
<td>Vegetable Quiche</td>
<td>Chicken Milanese</td>
</tr>
<tr>
<td>Pepperoni &amp; Cheese Pizza</td>
<td>Cilantro Infused rice</td>
<td>Garlic Mashed Potatoes</td>
<td>Baked Pasta Torte w/ Broccoli and Fontina</td>
</tr>
<tr>
<td>Alfredo &amp; Marinara Sauce</td>
<td>Herb Seasoned Black Beans</td>
<td>Brown Gravy</td>
<td>Sweet Potato Hash Browns w/ Bacon &amp; Onions</td>
</tr>
<tr>
<td>Grilled Italian Chicken Breast</td>
<td>Vegetarian Enchiladas</td>
<td>Green Beans</td>
<td>Steamed Spinach w/ Limes and Chillies</td>
</tr>
<tr>
<td></td>
<td>Chips &amp; Salsa</td>
<td>Honey Glazed Carrots</td>
<td>Lemon Pepper Honey Glazed Salmon</td>
</tr>
<tr>
<td></td>
<td>Sour Cream/ Shredded Lettuce</td>
<td>Grilled Ham &amp; Cheese Sandwich</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grilled Cheese Quesadilla</td>
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</tr>
</tbody>
</table>

### Menu

- **Monday:**
  - Baked Ziti Casserole
  - Spaghetti w/ Meatballs
  - Pepperoni & Cheese Pizza
  - Alfredo & Marinara Sauce
  - Grilled Italian Chicken Breast

- **Tuesday:**
  - Taco Meat
  - Taco Chicken
  - Cilantro Infused rice
  - Herb Seasoned Black Beans
  - Vegetarian Enchiladas
  - Chips & Salsa
  - Sour Cream/ Shredded Lettuce
  - Grilled Cheese Quesadilla

- **Wednesday:**
  - BBQ Beef Brisket
  - Vegetable Quiche
  - Garlic Mashed Potatoes
  - Brown Gravy
  - Green Beans
  - Honey Glazed Carrots
  - Grilled Ham & Cheese Sandwich

- **Thursday:**
  - Algerian Beef
  - Chicken Milanese
  - Baked Pasta Torte w/ Broccoli and Fontina
  - Sweet Potato Hash Browns w/ Bacon & Onions
  - Steamed Spinach w/ Limes and Chillies
  - Lemon Pepper Honey Glazed Salmon
You might want to attend:

**The R.E.A.L. Talk Series**

*Monday, September 17 at 6 PM in the Russell House Ballroom*

Come be part of a re-imagined initiative through the Office of Multicultural Affairs. The R.E.A.L. (Relations, Ethnicity, Activism, Leadership) Talk Series brings in local and national leaders to share their stories and create a dialogue on campus. On Monday, Tanya Rodriguez-Hodges of Latino Communications CDC will be here to share her unique story on how she is making positive strides toward access and equality in our community.

**Pollution: What Can We Do About It? By John Adams Hodge**

*Monday, September 17 at 7 PM in Green Quad Learning Center Room 103*

John Adams will present “An Introduction to Light Pollution and What You Can Do About It and Inspiration from the Universe.” The first half of the program will discuss the issue of light pollution and the ladder half of the program will consist of a show of gorgeous photos taken through Adams’ telescope at Bethune. Adams is an adjunct professor in the Environment and Sustainability Program at USC, and was named one of the “Best Lawyers in America” in the field of environmental law.

**Career Fest**

*Wednesday, September 19 from 12-4 PM at the Columbia Convention Center*

Meet potential employers about co-op, internships and full-time job opportunities. This event is coordinated by the Career Center. For more information on how this fair can benefit you and how to prepare, please visit http://www.sc.edu/career/Fairs/CF/student.htm

**The Politics of Passion, a Public Lecture by Dr. Diana Taylor**

*Wednesday, September 19 at 4 PM in WMBB (Nursing) 231*

What options for political and economic justice do people have when the electoral process has been violated or corrupted, the media sequestered in the hands of power-brokers, and official institutions cannot adjudicate in a way that is seen as transparent and legitimate?

**The Diversity Dialogue**

*Thursday, September 20 at 7 PM in the South Quad Lounge*

This is a dialogue sponsored by the Office of Multicultural Affairs that provides an open environment for students to discuss identity.

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**F.Y.I.**

...for your information...

**Calling All Students!**

We could use your assistance during our Tailgate Recycling Program! 30 Volunteers are needed at each game to hand out plastic recycling bags to tailgaters as they enter the main tailgating lots. Volunteers are needed beginning 5-6 hours before kick-off. (For 12 PM games, we will need you around 8 AM.) Each volunteer will be asked to commit to a 2-3 hour shift and should be done well before kick-off. You get a free t-shirt for helping! If interested, contact Malte Weiland at weiland@fmc.sc.edu.
Alpha Gamma Delta is the newest sorority on campus! Alpha Gam is looking for women that are excited to get involved on campus and leave a Greek Life legacy.

For more information about Alpha Gamma Delta, please visit www.goalphagam.com. Information sessions will be held in the Russell House Theater on Monday, September 17th and Wednesday, September 19th. On Thursday, September 20th there will be an information session held in the Business School. Follow Alpha Gam on Twitter @AlphaGamUSC and on Facebook at facebook.com/AlphaGamUSC.

Sea Island Habitat is the third oldest affiliate of Habitat for Humanity International. The mission of Sea Island Habitat for Humanity is to eliminate poverty housing and homelessness west of the Ashley River and the surrounding sea islands, and to make decent housing a matter of conscience in their community. No construction experience is necessary! Projects may include: establishing a foundation, framing walls, gardening, painting, roofing, and etc. The application is available at https://sawebdev.wufoo.com/forms/alternative-fall-break-application/.

Apply yourself!

2nd Annual Catalyst Program: Applications due November 1st

Catalyst is a one-day leadership experience designed by LeaderShape to maximize student, organization and campus potential. The program will be held on Sunday, November 18 from 1–8 PM in the Russell House Ballroom. To apply for Catalyst, you can submit an application online at www.sa.sc.edu/leaders/catalyst/.

Extended Orientation Mentor: Applications due September 28th

PILLARS for Carolina is an extended orientation program for incoming first-year students. The purpose of PILLARS is to connect current and future leaders in the spirit of the University of South Carolina's history and traditions while developing friendships in a fun environment. Applications are available online at www.sa.sc.edu/OFFsg/pillars/xmapplication/

PARENTS WEEKEND TEA

Friday, September 21 at 4 PM in the Preston JCR

Join the Preston Ambassadors as they throw a Tea for Parents Weekend in the Preston Junior Common Room. Come enjoy light refreshments and great conversation!
**Word of the Week**

**Mercurial**

*mer-KYUR-ee-ul*  
*Adjective*

**Definition:** characterized by rapid and unpredictable changeableness of mood; of, relating to, containing, or caused by mercury

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**Have a Student Spotlight Recommendation?**

_Please nominate a Preston resident you believe models great leadership and is a strong representation of Preston Residential College’s mission and values._

_Do you know a student with a cool story or unique talents? Do you know a Prestonite that accomplished something great and could use some more recognition?_

_Nominate a Prestonite for the Student Spotlight at [http://preston.sc.edu/spotnom.php](http://preston.sc.edu/spotnom.php)._