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Thompson’s new study focuses on eating disorders

Losing weight, eating right and being fit are on nearly everyone’s New Year’s resolutions list. Finding the ultimate fitness workout with that high-energy instructor are usually considered keys to success. But is that instructor actually helping or hurting the situation?

A recently completed study by Sharon Thompson, associate professor of health promotion at Coastal, reveals that eating disorders are not confined to those who are inactive or overweight. In her study Facing Eating Disorders in the Fitness Community, Thompson looks at the incidence of weight-related disorders and body dissatisfaction among female group fitness instructors.

The results of the study, first published in IDEA: Health & Fitness Source, have appeared in SELF magazine and have been featured in articles in The Washington Post and Los Angeles Times.

Thompson’s study, conducted with Roger Sargent, professor of public health at the University of South Carolina, focused on 368 female group fitness instructors from across the country. Although 90 percent of all respondents were underweight or average weight, nearly 43 percent said they wanted to be thinner. Twenty-one percent of the instructors admitted that they suffer from or have overcome an eating disorder.

“Body image blues usually hit in January,” said Thompson, who was lead Continued on page 2

R. Cathcart Smith
1914 - 2001

Coastal founder, benefactor and trustee emeritus R. Cathcart Smith died Jan. 1.

Smith, a retired physician, was a leading figure in the development of higher education in South Carolina during the second half of the 20th century. In addition to more than 40 years of continuous volunteer service to Coastal Carolina University, he served as a member of the South Carolina Commission on Higher Education, which he chaired from 1972 to 1978. He was also vice chairman of the South Carolina Board of Education.

Dr. Smith was one of the members of the first committee that met in July 1954 to establish a junior college in Horry County. He was elected the first president of the Coastal Educational Foundation, Inc., later that month.

Born in Mullins in 1914, Dr. Smith earned a bachelor’s degree from The Citadel in 1935 and earned his medical degree from Duke University Medical School in 1939. He interned and conducted his residency at Baltimore City Hospitals from 1929 to 1941 and served as an officer in the U.S. Army Medical Corps during World War II. Dr. Smith served as chief of staff and was a member of the board of trustees of Conway Hospital where he was on staff from 1947 to 1985.

He established the Baskervill Medical Clinic, a free clinic serving the medically indigent of the Waccamaw Neck area, in 1985. He received the Order of the Palmetto in 1978.

In April 1998, Coastal’s science building was named in Dr. Smith’s honor. The building houses Coastal’s College of Natural and Applied Sciences, which includes the departments of biology, chemistry, computer science, marine science, mathematics, and psychology and sociology. A subsequent fundraising campaign raised more than $1 million to purchase equipment, upgrade laboratories and classrooms and to provide student scholarships and endowed professorships.

R. Cathcart Smith

Coastal Carolina University Newsletter is published biweekly on Monday by the Office of Marketing Communications. Items to be included should be submitted to the Office of Marketing Communications in SNGL 204 by noon the Monday before publication, unless otherwise listed.

Deadline to submit information for the next issue is Tuesday, Jan. 16 at noon.
Eating disorders focus of new study
...continued from page 1

investigator of the study. "Many of the instructors are battling poor body image and may be passing their unhealthy thinking along to their clients."

According to Thompson, the fitness industry itself is to blame for some of the problems facing the instructors. Performing in a room lined with mirrors, the instructors feel pressured to be and look thin and are looked upon as role models. Instructors often must counsel their clients about weight loss and appearance. Thompson says that with the instructors, health should be their main issue and not appearance.

The study showed that as a group, the instructors had been teaching fitness classes for an average of 15.4 years, taught an average of 4.68 classes a week and averaged an additional 4.25 hours of exercise each week outside of their fitness classes. Most instructors (56 percent) exercised an average of six to 10 hours per week.

"Our study indicates that females with previous experience of an eating disorder or a dysfunctional association with food and weight may be attracted to the fitness profession," said Thompson. "Teaching fitness classes may provide a culturally appropriate means to justify increased physical activity to maintain their own weight and appearance. It is imperative that fitness leaders and those responsible for staff development integrate education regarding moderate exercise, healthy eating patterns and the warning signs of compulsive exercise behaviors and eating disorders. In order to effectively help their clients, fitness instructors need to demonstrate a positive and realistic attitude toward their own body image."

Thompson, who joined the Coastal faculty in 1993, earned her bachelor's degree from Clemson University and her master's degree and Ed.D from the University of South Carolina. She is a certified health education specialist and certified personal trainer. Thompson was named the South Carolina Health Education Professional of the Year in 1997.

Dance Marathon to be held Feb. 3

Coastal will hold its second annual Dance/Music Marathon on Saturday, Feb. 3 from noon to 8 p.m. at the Beach Place at Midtown (formerly Yesterday's Nightclub). The marathon is a fundraising event for the Children's Miracle Network benefiting McLeod Children's Hospital in Florence, S.C. The theme for this year's event is "McLeod's Island: The Eight-Hour Tour.

The event is open to the public and admission is a minimum donation of $20 at the door or $15 for those who pre-register. The event will include free food, live entertainment, contests and visits from children who have been patients at McLeod. Participants will receive a marathon T-shirt.

Instructors will be on hand to teach various dance techniques.

Funds raised by the marathon will be used to benefit children who suffer from muscular dystrophy, birth defects, burns, abuse, cystic fibrosis, AIDS and cancer.

To make a donation, register or for more information, contact Coastal's Office of Student Activities at 349-2311.

Birthdays

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<td>9   Nyoka Hucks</td>
<td>16  Daniel Ennis</td>
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<td>10  Brenda Sawyer</td>
<td>17  Linda Ford</td>
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<td>11  Sallie Clarkson</td>
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<td>12  Prashant Sangiry</td>
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<td>14  Sherrell Richardson</td>
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<td>16  William Troy</td>
<td>23  Carol Collins-Bunn</td>
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<td>17  Teresa Burns</td>
<td>24  Brian Vernon</td>
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<td>18  Perry Lee Walker</td>
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Elliott earns President's Award

Leslie Jordan Elliott received Coastal's President's Award for Academic Achievement. The award was presented to her during December Commencement ceremony, held at the Myrtle Beach Convention Center. The award is given to the graduating senior with the highest cumulative grade point average.

Elliott, a native of Nichols, earned a perfect 4.0 for all her collegiate work and graduated summa cum laude with a double major in mathematics and secondary education.

A graduate of Green Sea Floyds High School, Elliott has been an Horry County Higher Education Commission Scholar for four years. She is also the recipient of Coastal's College of Natural and Applied Science Dean's Performance Award, the College of Education Board of Visitors Distinguished Senior Award and the South Carolina Council of Teachers of Mathematics Scholarship.

During her collegiate career, Elliott was an active member of Pi Mu Epsilon, the national honors society for mathematics students and she did her teaching internship at Conway High School. She plans to teach mathematics in an area high school.

More than 300 graduates were recognized at the ceremony. Richard Koesterer, associate professor of biology at Coastal, gave the commencement address.
Marine Science faculty members publish new book

A new textbook co-written by Coastal marine science faculty members Daniel C. Abel and Eric Koepfler covers the environmental issues relating to the world's oceans. Published in November by Prentice Hall, Issues in Oceanography by Abel, Koepfler and Robert L. McConnell of Mary Washington College, assists readers in developing the mathematical and analytical skills necessary to think critically about, and gain insight into, important marine environmental issues.

The 50-page book, designed to be used at the senior high school through advanced college level, explores such topics as coastal population growth, coral reefs, global warming and rising sea level.

Abel, who joined the Coastal faculty in 1994, earned a Ph.D. in 1986 from the Scripps Institution of Oceanography in San Diego. He has published many scientific articles on sharks and tropical air-breathing fish and is conducting a long-term study of the sharks of Winyah Bay and nearby waters in Georgetown, S.C.

Koepfler, an associate professor, joined the Coastal faculty in 1990. He earned a Ph.D. from the College of William and Mary in 1989. He is director of The Loggerhead Sea Turtles Protection Program sponsored by the Center for Marine and Wetland Studies at Coastal.

The contents of the book are also included in the new edition of the textbook, Introductory Oceanography edited by Harold V. Thurman.

Coastal students inducted into Wall Fellows program

Six Coastal business students have been inducted into the Wall Fellows program, an 18-month program designed to prepare top business students for high-level careers in major U.S. and international corporations and organizations.

Students chosen to begin the program in spring 2001 are:

- Michelle Brown, a junior accounting major from Conway;
- Ashley Elvington, a junior management major from Conway;
- Paige Landry, a junior marketing major from Ontario, Canada;
- Sarah Lockett, a junior finance major from Perth, Australia;
- Boris Menier, a junior management major from Myrtle Beach; and
- Brian Piercy, a junior finance major from Gainesville, Va.

The Wall Fellows program was initiated in 1995 by the late E. Craig Wall Jr. in response to the need, expressed by the leaders of top U.S. corporations, for graduates with stronger leadership, critical thinking and interpersonal skills, according to William V. Woodson, director of the program.

The primary focus of the program is a three credit-hour per semester course which covers specific non-traditional areas including interpersonal skills, personal health and appearance, business and social etiquette and ethics, foreign languages, and cultural skills.

The course prepares the students for the highlight of the program: a series of internships and international experiences during their senior year. Since the program was initiated, Wall Fellows have had internships at major companies in New York, Atlanta, London, Barcelona and Santiago, Chile, as well as other metropolitan cities.

Coastal to observe Martin Luther King Jr. Day

Martin Luther King Jr. Day will be observed at Coastal on Friday, Jan. 12 which will kick off Coastal's annual African-American Celebration, featuring a variety of events which examine the art, history, music and cultural achievement of African-Americans.

The public is invited to help form a "Peace Circle" at 12:30 p.m. in front of the Edward M. Singleton Building on Coastal's campus. Guest speakers include David Woodley, president of Coastal's Student Government Association, and Hodari Williams, president of Coastal's student chapter of the NAACP. The Coastal Carolina University Gospel Choir, under the direction of Brian Burroughs, will perform.

For more information, contact Coastal's Office of Multicultural Student Services at 349-2304.

Did You Know?

Coastal's endowment, under the oversight of the Coastal Educational Foundation, Inc., has increased 309 percent since 1993. As of June 30, 2000, the endowment value was $10,611,399; in 1993 when Coastal Carolina became an independent, public university, the endowment value was $3,432,423.

In Memoriam

Charlie Bryon, born at Conway Hospital on Feb. 24, 2000, died Jan. 1, 2001 of meningitis. He was the beloved son of Dave and Emma Bryon. The funeral will be held at St. Saviours Church, Branston, Burton in Trent, England on Thursday, Jan. 11. In lieu of flowers, donations may be made to the National Meningitis Trust, U.K.
The Lifelong Learning Society (LLS), a learning in retirement program of Coastal's Division of Extended Learning and Public Services, has a variety of courses available for the 2001 spring semester, which runs from Jan. 15 to April 1.

LLS is designed for adults who are interested in learning, exchanging ideas and becoming more socially and culturally interactive. Members are entitled to special features and benefits of the university, including use of the campus library and athletic facilities, free admission to athletic events, free or student rate admission to university cultural events in Wheelwright Auditorium, as well as special events such as one-day seminars and Lunch and Learn programs. The LLS was recognized nationally as a model program of its kind in 1999.

Most LLS classes are held in the Society House on Coastal's campus. Extension sites include locations in North Myrtle Beach, Little River, Murrells Inlet and Webster University in Myrtle Beach. There is a $25 annual membership fee ($15 for spring semester only) and only LLS members may register for classes.

Early registration is recommended since many courses have limited enrollment. For more information or to enroll, call 349-2665 or visit Coastal's Web site at www.coastal.edu/learn.

The courses offered for the 2001 spring semester include:

**CCU - MAIN CAMPUS**

**Mondays**
- The History of Russia Part II
- Painting with Watercolors
- Classic Film Festival
- Charleston: The "Holy City" With An Unholy Past
- U.S. History without the Boring Parts
- Introduction to Computers Part I
- Introduction to Computers Part II
- Exploring the Internet
- Computer Scanning
- Making Cards, Flyers and Banners

**Tuesdays**
- Out of Ireland – Mapping the Influence of the Irish in America
- Lowcountry History Excursion
- Classics I Wish I Had Read
- Birds of a Feather
- Hollywood's Golden Era of Movie Musicals
- Introduction to Computers Part I
- Introduction to Computers Part II
- Making Cards, Flyers and Banners
- Computer Scanning

**Wednesdays**
- Acrylics and Oils
- Financial Workshop for the Individual Investor
- Seminar of the Vietnam War
- Literature of Aging
- Introduction to Computers Part I
- Introduction to Computers Part II
- Cool Jazz

**Thursdays**
- Sketching I and II
- Lowcountry History Excursion
- American Constitutional Law
- The German Legacy in Music
- A Glimpse at Music's Major Eras
- The Art and Joy of Great Lyrics
- Creative Writing
- Introduction to Computers Part I
- Introduction to Computers Part II
- Exploring the Internet
- Web Page Building
- Should I Buy a Computer?

**Fridays**
- Introduction to Computers Part I
- Introduction to Computers Part II

**MYRTLE BEACH**

**Webster University**

**Tuesdays**
- Advanced Genealogy

**Wednesdays**
- British History by Royal Biography
- Introduction to Computers Part I
- Introduction to Computers Part II
- Microsoft “Works”
- Making Cards, Flyers and Banners
- Computer Scanning

**Thursdays**
- Introduction to Computers Part I
- Introduction to Computers Part II
- Exploring the Internet

**NORTH STRAND**

**Sleep Inn, Little River**

**Tuesdays**
- Stories of the Century
- What's so Funny? - Comedy in Literature
Business students recognized for credit awareness program

Coastal’s chapter of Students in Free Enterprise (SIFE) was recognized recently by Visa USA for its part in Responsible Use of Credit Special Competition. Coastal’s SIFE Chapter won an honorable mention for helping fellow college students gain an understanding of the responsible use of debit and credit cards. The competition was created by SIFE and Visa USA as part of Visa’s Responsible Use of Credit Week, designed to encourage college students to develop the money management skills they will need to succeed in life.

During the fall 2000 semester, SIFE students conducted a random survey of 100 Coastal undergraduates in order to gather basic data regarding student perceptions about credit issues. The survey indicated:

- 45 percent of the students surveyed had more than two credit cards
- 7 percent had no credit cards
- 48 percent did not know the current interest rate being charged on their cards
- 29 percent made only the minimum payments on their credit card balances each month
- 50 percent paid off their credit cards in full each month
- 41 percent used their credit cards to receive cash advances.

The SIFE students used data from the surveys to create “Student Feud,” a game show about credit reports, loans and money management skills for students in Coastal’s Freshman Success Seminar classes.

“I really think that finding out what is on the credit report was valuable. It helped me understand how credit really works,” said Lori Crume, a freshman management major of Conway.

“The need for financial literacy today is apparent,” says Darla Domke-Damonte, assistant professor of management at Coastal and SIFE’s faculty adviser.

According to a national survey by Visa USA, 77 percent of parents say personal money management is a subject that’s “very important” to their child’s life as an adult, second only to writing at 89 percent. Approximately two-thirds of all college students have at least one credit card, and 80 percent of them obtain a card by their first year of college. Twenty-five percent of those who have credit cards obtain a card while still in high school, according to the Institute for Higher Education Policy.

“The educational basics taught to today’s youth should be expanded to include life skills such as personal finance,” said Kelly Presta, vice president of Visa USA.

Responsible Use of Credit Week special competition encourages SIFE Teams to teach other college students smart money management skills to help them achieve financial security and independence.

Active on more than 800 college campuses in 49 states and 15 countries, SIFE is a non-profit organization that works in partnership with business and higher education to help students take what they are learning in the classroom and apply it in real working situations to better themselves, their communities and their countries.

“We learned as much in this as everyone else,” said Brian Piercy, co-chair of Coastal’s SIFE chapter.

“Having to research this information not only taught us about credit, but how to teach others.”

Founded in 1975, SIFE provides college students the opportunity to make a difference and to develop leadership, teamwork, and communication skills through learning, practicing and teaching the principles of free enterprise.

For more information, contact Darla Domke-Damonte at 349-2129.
Women soccer players earn national recognition

Marissa Kovacs, a freshman defender on Coastal's women's soccer team, has been honored by Soccer Buzz Magazine as the National Player of the Year and National Freshman of the Year for First Year Programs.

Kovacs, who was named the Big South Conference Rookie of the Year and to the All-Conference squad, scored five goals and posted one assist from her defensive position. She helped the Chanticleers to a 5-7-1 overall record and a #2 ranking among first year programs behind Murray State. Coastal also finished in a tie for third place in the Big South race.

Joining Kovacs on the All-National Team for First Year Programs were teammates Kristin Wisse and Tiffany Turner.

Lambert named Academic All-American

Jeanne Lambert, a junior on Coastal's volleyball team, has been named to the 2000 Verizon Academic All-America University Division Women's Volleyball Team, which is selected by the College Sports Information Directors of America (CoSIDA).

Lambert, a native of Burnsville, Minn., is a proven leader at Coastal both on the court and in the classroom. As a double major in biology and business management, Lambert carries a perfect 4.00 grade point average. She has been named to the Verizon All-America All-District Team each of the past two seasons and is a two-time member of the Big South Conference Presidential Honor Roll and Coastal's Presidential Honor Roll. She was also selected as the Big South's Scholar-Athlete of the Year in volleyball.

On the court, Lambert led the Chanticleers to an 18-14 overall record and a second place conference finish. She led the team in kills (389) and digs (433). She led the Big South in digs for the third consecutive season, and already ranks first all-time in Coastal history for digs (1,319) and third in kills (1,040).

Coastal to host Small Business Seminar for Women

Coastal's Small Business Development Center is sponsoring a small business seminar designed specifically for women on Tuesday, Jan. 16 from 11 a.m. to 3 p.m. in The Commons Dining Room located between Waccamaw and Santee residence halls on Coastal's campus. The seminar is free but registration is required by Friday, Jan. 12.

The seminar, co-sponsored by Wachovia Bank, will provide insight into small business management, financing and legal issues for women in small business.

Guest speakers include Margaret Evans, a local business attorney; Carol Lawlor, a CPA; Tracie Lawrence, Wachovia small business banker; SCORE representative Cathy Lowery; and Nancy Niles, director of Coastal's Small Business Development Center.

Master class to be led by clarinetist Todd Palmer

Coastal will host a master class with clarinetist Todd Palmer on Friday, January 12 at 12:30 p.m. in Coastal's Wall Auditorium. The class, which will offer performance and technical help to clarinet students of all ages, is free and open to the public.

Palmer, winner of the 1990 Young Concert Artists International Auditions, has appeared with the Houston Symphony and the New York Chamber Symphony. He has also performed extensively abroad, giving concerts in Germany, France, Italy, Japan and Brazil. As a chamber player he has performed with the Chamber Music Society of Lincoln Center in New York at Alice Tully Hall. During the 1996-1997 season, he served as guest principal clarinetist for the Minnesota Orchestra. He has also played at the Spoleto Festival U.S.A. in Charleston.

Palmer earned his bachelor's and master's degrees from the Mannes College of Music under the tutelage of renowned clarinetist Gervase de Peyer.

For more information, call Coastal's Department of Music at 349-2523.
Campus Notes

Bookstore update
Coastal's bookstore will continue operating out of its current location in the Law Enforcement/Bookstore Building for the beginning of 2001 spring semester. The new bookstore/welcome center is expected to be ready in late spring. Please help to inform all students of this change.

Tour of Italy offered
A nine-day tour of Italy is being offered to all Coastal students, faculty and staff. Destinations include Venice, Florence and Rome, with optional cruise extensions to Sicily, Greece and Turkey. Major art landmarks on the itinerary include St. Mark's Square, the Sistine Chapel and the Colosseum. For more information, contact Bobbie Lawson in Coastal's art department at 349-2710.

Applications for Who's Who Among Students in American Universities and Colleges being excepted
Letters of invitation and application forms have been sent to more than 600 juniors and seniors who are academically eligible for election to Who's Who Among Students in American Universities and Colleges. Election to Who's Who is an indication of undergraduate achievement. To be eligible, a student must be of junior or senior status with a 3.0 GPA or better. He or she must have attended Coastal for a minimum of two semesters, and must be, or have been, involved in co-curricular activities on campus. Students who have not received a mailing and who consider themselves eligible should contact the Office of the Vice President for Student Affairs at 349-2300. Deadline for the application is Friday, Jan. 12.

Coastal Carolina People
Faculty and staff are encouraged to submit information to be included in the "Coastal Carolina People" section of this newsletter. Information will be published following the presentation or activity.

- Sharon Thompson was coauthor of "Factors associated with dietary and dieting behaviors in elementary school children," which was recently published in The Journal of Child Nutrition & Management.

- Dennis Wiseman has been named chair of the external review team assigned to Marion School District #3 by the State Department of Education. The review is a component of the South Carolina Education Accountability Act (EAA) and consists of delineating the support, services and technical assistance needed by the district as a part of its greatest need classification.

Campus Calendar
Thursday, Jan. 11
- Classes begin for Regular Spring
Friday, Jan. 12
- Martin Luther King Jr. Day/Peace Circle, 12:30 p.m., in front of the Singleton Building
- Clarinet master class, 12:30 p.m. in Wall Auditorium
Monday, Jan. 15
- Martin Luther King Jr. holiday - no classes; administrative offices closed
Tuesday, Jan. 16
- Classes begin for Spring I

CHANTICLEER ATHLETIC EVENTS
Monday, Jan. 8
- Women's Basketball: at Liberty, 7 p.m.
Saturday, Jan. 13
- Women's Basketball: Elon at Coastal, 7 p.m.
- Men's Basketball: at Radford, 4 p.m.
Monday, Jan. 15
- Women's Basketball: High Point at Coastal, 7 p.m.
- Men's Basketball: at Liberty, 7:30 p.m.
Saturday, Jan. 20
- Women's Basketball: Winthrop at Coastal, 5 p.m.
- Men's Basketball: Elon at Coastal, 7:35 p.m.
Monday, Jan. 22
- Men's Basketball: High Point at Coastal, 7:35 p.m.
- Women's Basketball: at Wake Forest, 7 p.m.

Campus Dining at Coastal
The CINO Grille, located in the Student Center, is open Monday through Thursday from 7 a.m. to 10 p.m.; Friday from 7 a.m. to 9 p.m.; and Saturday and Sunday from 3 to 8 p.m. Selections are available from the Grille, the Deli or Pizza Hut menu items. The Commons, featuring an all-you-can-eat menu, is located adjacent to the residence halls. Meal costs and the hours of operation are as follows:

Monday through Friday:
- Breakfast: $3.50; served from 7 to 9:30 a.m.
- Continental Breakfast: 9:30 to 10 a.m.
- Lunch: $4.50; served from 11 a.m. to 2 p.m.
- Dinner: $5; served from 5 to 7:30 p.m.

Saturday and Sunday:
- Brunch Buffet: $5.50; served from 10:30 a.m. to 1:30 p.m.
- Dinner: $5; served from 4:30 to 6:30 p.m.

For more information, contact Denise Elliott at 349-2365.

Note: Menus are subject to change due to product availability.
Food Services offers a 10 percent discount to all Coastal faculty and staff.
This Issue:

- R. Cathcart Smith
- Study focuses on eating disorders
- Faculty members publish new book
- Lifelong Learning Society courses available

Premier art.music.theater.dance

Cultural Arts Series 2001

African-American Celebration's Peace Circle and Martin Luther King, Jr. Observance
January 12, 12:30 p.m.

Coastal Carolina University Theater's Medea
January 26 & 27, 7:30 p.m.
January 28, 3 p.m.

Lois Dawson, Jazz/Blues Singer
February 3, 7:30 p.m.

African-American Celebration's Greater Gospel Sing Out
February 11, 4:30 p.m.

Giannini Brass
February 18, 3 p.m.

Coastal Carolina University Theater's Nunsense
March 2 & 3, 7:30 p.m.
March 4, 3 p.m.

Smaller Treasures: Long Bay Chamber Orchestra
March 25, 3 p.m.

For information, contact the Wheelwright Box Office at 349.2502.