Coastal begins Sustainability Initiative

by Anne-Marie D’Onofrio
Editor-in-Chief

With the introduction of the Coastal Carolina University Campus and Community Sustainability Initiative, the university is striving to become a more environmentally friendly institution. The initiative was introduced to the public last year by university president Dr. Ron Ingle and Dr. Dan Abel, associate professor of marine science and director of the Initiative.

Abel defines sustainability as “using resources today at a pace that does not compromise the ability of future generations to use those resources. It very simply means an unselfish lifestyle.”

The Initiative has three main goals according to Abel.

- The first is to serve as a resource to all aspects of campus operations, from dining to landscaping, to construction, to purchasing.

- The second goal is to incorporate sustainability across the curriculum, as professors see fit. The third goal is to be a resource to the community on sustainability issues such as sustainable building practices that save energy and money. Such efforts would help Coastal become a more “green” campus.

“A green campus recognizes that resources are limited and so uses resources at a sustainable level,” explained Abel. “[It] means we practice energy conservation, will recycle, we’ll use fewer impact building materials and supplies, we won’t waste water, we’ll use paints that don’t give off emissions, we will value our biodiversity,” said Abel. “It means minimizing our waste and lowering our total environmental impact.”

Abel explained that all products start out as a natural resource, often thousands of miles away. He said that the Initiative would like to promote the use of more local resources and foods, as well as more renewable products.

“A green campus has to teach sustainability as part of its core curriculum and values,” stressed Abel.

These ideas have developed into the Initiative within the past year.

“IT went very quickly,” said Abel. “It was at the end of the spring semester last year. We were meeting to try to include sustainability into the long-term plan of this institution and I urged us to have a sustainability office.”

While the Initiative came about quickly, sustainability is something that Abel has been considering for quite some time. “[Sustainability] is something that I’ve been thinking about for 10 years now since when I was first introduced to the idea of sustainability, but the timing is just now right,” he said.

Abel has recognized many faculty and staff members as supporting or helping with the Initiative. Among those recognized, he said that Susan Libes, professor of marine science, has played a significant role. Others include Ingle, university provost, Dr. Peter Barr, vice president for administration, Dr. Richard Weldon, executive liaison, Sally Horner; and vice president of university relations, Dr. Eddie Dyer.

The Center for Marine and Wetland Studies, as well as the Jackson Family Center for Ethics and Values, has also been supportive of the Initiative.

“The entire Coastal community is supporting the Initiative, which is the way it should be, because this is an inclusive type of initiative and is not going to work unless every part of the campus community work together,” said Abel. “It’s starting slowly, but students are already interested. Paul Olsen’s graphics class is working on [designing posters for] a recycling campaign.

Abel feels that the Initiative is a program that will interest most people because it simply makes sense. “I think the buy-in is going to be easy on this campus because it makes sense on almost every single level—economic, environmental, education- al and social,” said Abel.

Abel is looking for student involvement with the Initiative, and urges any one interested to contact him. There is a budget allowing for students to be hired to work on campus and in the community.

“When word gets out, this will be a student-focused activity,” said Abel. “Anything we do on this campus should be focused on students, and for a good reason.”

Direct involvement with the Initiative is not required for members of the campus or community to help with sustainability. A more sustainable lifestyle requires intention to daily activities, many of which can be adjusted see SUSTAINABILITY.

Multi-use Campus Card is coming

by Michael O'Toole
For The Chanticleer

Coastal students and faculty will soon have a “Campus Card” to replace the current Wallace card. The desire to remove Social Security numbers from public view helped spawn the change, but there are plans for the card facilitating some financial transactions and student access to buildings. The expanded role of the card beyond meal identification explains the name of Campus Card, which is being developed by Regina Lee in University Receivables.

The current ID cards date back to arrival on campus of Aramark, the food services vendor. It needed a mechanism for managing student food services. A campus identification card was really an added benefit. As the university has grown, however, so have a variety of administrative needs, and these have given rise to the concept of a Campus Card.

The time frame for the conversion depends on the arrival of the software and the related computer equipment, which is expected within the next few weeks. Implementation and training will occur during November. Current plans, which are always subject to change, are for the new cards to be printed and distributed in late November or early December. Most will use existing photographs. The transition and testing phase should be completed during December, with the new system being operational for the new semester.

There will be no charge for the first Campus Card. There will be a charge, however, for replacement cards. While the exact price has not been determined, the increase in sophistication and expense of producing the card will be factored into that replacement fee.

During this planning phase, opinions are being sought from faculty and staff, regarding what they would like the cards to do. Students’ opinions are also wanted, and they may be contacted by either Regina Lee in the Singleton building or Michael O’Toole in the ID Office in Antheneum Hall.
Pi Kappa Phi to dedicate bell tower

by Alisha Barnes

The Chanticleer Monday, Nov. 7, 2005

$75,000 each year. These upgrades were
designed by Ronald Gardner and
Thomas Mango, both of Facilities
Planning and Management. Trizzie
Harrington, of the same department,
has provided additional help.

Abel is excited about the Initiative
and the outcome of it, but also looks for­
ward to a time when the Initiative is no
longer needed.

"I would like to see such a culture
of sustainability on campus that we no
longer need an initiative—that sustain­
ability is incorporated into every activi­
ty that this university does."

Until that day comes, Abel will con­
tinue to work in conjunction with cam­
pus and community members to make
Coastal a more environmentally con­
cious institution.

"I care passionately about sustain­
ability," expressed Abel. "I wake up
every morning with a renewed commit­
tment to transforming wasteful practices
into sustainable ones."

For more information regarding
how to become involved with the
Coastal Carolina University Campus
and Community Sustainability Initiative,
contact Dr. Dan Abel at
dabel@coastal.edu.

The Eta Pi Chapter was founded in
November of 1995 at Coastal Carolina
University and has about 140 initiated
brothers. The Eta Pi Alumni Chapter
was founded in November of 2000 and
has about 25 members.

Thoughts of a gift that could be pre­
sented to Coastal in honor of the student
leader that was responsible for starting
the fraternity on campus began in 1999
by a member of the Pi Kappa Phi
Fraternity Alumni Chapter. By 2000, the
alumni group officially voted to pursue
the idea of building the bell tower. The
project was later named the "Chad M.
Beaty Bell Project" by the Alumni
Chapter.

Chad M. Beaty was Student Body Vice
President and Delegation Chair to the
South Carolina Student Legislature
before his untimely death in a car
accident in 1994. Beaty was initiated as
a Pi Kappa Phi at Clemson University
before he transferred to Coastal and
began an effort to start a chapter of Pi
Kappa Phi.

The bell that will be dedicated is a
bell that was found in West Columbia.
It was made in 1893 and was originally
owned by a church in Charleston. The
connection to the city in which the
national fraternity was founded was of
interest to the Pi Kappa Phi alumni.

In order to completely fund the project,
$30,000 must be raised.

In 2005, the CCU Board of Trustees
voted to accept this gift from the fra­
ternity. On Nov. 12 the alumni, along with
friends and other invited guests, will
project to dedicate the bell
that will be placed in
the Chad M. Beaty Bell
Tower. Construction is
planned to begin in the
summer of 2006.

"The 10th Year Celebration is a
very special event," said Dave
Myers, Pi Kappa Phi alumni. "We
have Brothers travel­
ing from as far as Las Vegas and
Michigan to join in the
celebration. This event not only
marks our 10 year
anniversary, but it is
celebration of accomplishment over
these 10 years. The Eta Pi Chapter is
known for producing great campus leaders
who go on to be very successful in
their chosen careers.

He added, "These guys are my
extended family. We went to school
together, built a friendship through the
fraternity and are now watching each
other move into good careers, get mar­
rried and have children. I look forward
to the years ahead with these guys and I
hope future brothers can build strong
friendships that last a lifetime."

Design idea of Pi Kappa Phi proposed
bell tower.
ATTENTION ALL STUDENTS MAJORING IN ONE OF THE FOLLOWING:

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- Sociology

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Coastal Carolina University Spadoni College of Education currently offers a nationally certified Master of Arts in Teaching program (M.A.T.) and Initial High School Teacher Certification in grades 9-12 for anyone majoring in the subjects above.

If you would like to learn more information about this program, come to:

Student Center, Rm. 208

Monday, November 14 at 1:00pm

or

Tuesday, November 15 at 3:30pm

You will be able to hear from current CCU M.A.T. students about the program and will be able ask any questions.

Whether you are a Freshmen, Sophomore, Junior, or Senior, come to this informative session and learn about how you can start working on your Master’s degree NOW by enrolling in two undergraduate education classes that will transfer to the M.A.T. Program.

If you have any further questions or can not make the event but would like more information, please contact the Spadoni College of Education M.A.T. Program Coordinator Dr. Emory C. Helms: (843) 349-2810.
College Park issues discussed at forum

by Lauren Brajer

On Wednesday, Oct. 19 a panel representing students, police, faculty and administration answered questions and offered insights about the issues that have arisen concerning the College Park neighborhood. The students, residents and faculty that attended were searching for possible solutions to the various problems that have been building over the years, and were finally discussed at the forum.

The Leadership Development Council in conjunction with the Student Government Association thought that an event like this was necessary and discussed at the forum. Council planned to facilitate a discussion with "College Park" faculty and administration answered College Park issues discussed by Lauren Brajer.

Overall, the students: it would involve a reason-

able end of "party time" and include a friendly police presence, though there is currently no mechanism through which this can be arranged. Mike Jurasewicz, a student panelist, also suggested post-

ning rules, regulations and consequences for illegal action at the specified College Park areas.

Additionally, a College Park Clean-Up was suggested. The Clean-Up was planned and took place on Sunday, Oct. 30. The Clean-Up had a positive turn-

out and was a way to show residents that Coastal students are responsible adults that are not just here to party.

Student Body Vice President Janet Shokal added that, "This Forum and the clean up that followed were steps in the right direction. We can grow as a University community with an atmos-

phere of respect if we all remember that we have a similar vision: to live in an area that satisfies our need to feel safe and welcomed."

Residents would like for the stu-

dents to take responsibility for the prop-

ty they own and the areas surrounding the University. If you have any other solutions and/or suggestions pertaining to the events in College Park please, voice your opinions at either SGA meet-

ings on Mondays at 3:30 p.m. in Wall 309 or in the Leadership Development Council on Thursdays at 5:30 p.m. in Student center room 208. In order to create a positive image for this University, it is important for all stu-

dents to take responsibility for their actions and become more involved and aware in community life.

Job Talk

by Mollie Font

for The Chanticleer

What are the best jobs to pursue for the next five years? According to "Foot Company, a business magazine website dedicated to helping busi-

nesses work smart (www.fastcompany.com) the four areas to consider are high demand, salary range, investment in education and room to be innovative or creative.

Consider these job titles: Personal finance adviser, medical scientist, com-

puter software engineer, chiropractor, environmental engineer, biochemist and biophysicist, sales manager, epidemiolog-

ist, computer system analyst, profes-

sional athlete, business agent/manager for artists, performers and athletes, mar-

keting manager, producer and director, actor, lawyer, advertising and promo-

tions manager, management analyst, post secondary education administrator, financial manager, actuary, airline pilot, geoscientist, market research analyst, securities sales agent, medical and health services manager.

To learn more about these jobs visit the Career Services website at www.coastal.edu/career and elect interviews are now closed.

To participate, graduating seniors need to update their profile in MonsterTRAK. Participating Employers: AFLAC, Blue Cross & Blue Shield, Wells Fargo, Specialty Capital, Fairfield Resorts, Walgreens, Enterprise Rent-A-Car, LURHIQ, Roanoke City Schools, Molkey Engineers & Consultants.

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Andrea Rudder - "My grandma’s macaroni and cheese"

Deeene Pulice - "Stuffing"

Felecia Mebane - "Macaroni and cheese and sweet potato pie"

Garret Gibbins - "TURKEY!"

Shannon Mulvaney - "Stuffing"

Ryan Sparrow - "Black olives"

Coastal students ‘raced for the cure’ in Charleston

by Amanda Fanean

Staff Writer

The sun was barely up, but hundreds of people were already gathered to participate in the 12th annual 5K Race for the Cure. In the dark, early hours of the morning on Oct. 22, sponsors and volunteers from all over South Carolina gathered in preparation for the event. Individuals, families, and group teams came in their pink and white, all with stories to tell. Wearing memorial shirts and signs in support of those who have survived, passed away or are living with cancer, families and friends registered to walk or run the 3.1 miles in Charleston. Students from Coastal Carolina University represented the Chanticleers at the race. Decked out in black and teal, members of the organization S.T.A.R. and Pi Kappa Phi fraternity were up with the sun to show their support. "S.T.A.R. and Greek Life combined for a great turnout," said Suemi Stewart, S.T.A.R. co-coordinator. "We had at least 70 people. We traveled so far to do it, so next year we’re going to try to spend the night, maybe at College of Charleston. Thea weather was awesome and we all had a blast.”

The race first began in 1983 by Nancy Brinker in Dallas, Texas with only 800 participants. Today, the Susan G. Komen Race for the Cure is the largest 5K walk in the nation with over 1.4 million people involved in more than 100 races. In addition, the Komen Foundation just celebrated its 20th anniversary in support of breast cancer awareness and education, raising money for patients, survivors and those who have unfortunately lost their battles. For more information about the foundation or upcoming events, visit www.komen.org.

Don’t let depression get you down

by Emily Padgett

Although for The Chanticleer “depression” is sometimes a scary word, it is a reality for many college students. At the school year becomes routine and freshmen are settling into their new lives and new schedules, some may find it hard adjusting to college life.

Students can feel isolated and homesick. For many, their friends are studies. Many new college students, it is the first time they are living away from home and like many of Coastal’s other students, home is often somewhere far from Conway.

According to Web MD Health, many times depression cannot be alleviated without proper therapy or counseling. Sometimes anxiety about an upcoming test, or stress from too many assignments can mask what is depression. For the average college freshman, finding proper therapy or counseling is out of the question. Financial limitations present some problems, and distance from home and family presents other problems. Luckily, tuition helps to pay for Student Counseling Services, which is available to help students’ mental health and developmental issues.

Vonna Gengo, a counselor at CCU said that freshman year is a huge adjustment time for most students.

“Although freshman year is supposed to be the time of their life, it’s also one of the scarniest times of a young person’s life,” Gengo said. “Many of them have never had to think about what they are going to be doing.”

Usually the students that have the hardest time adjusting are students that were athletes in high school.

“For many of them, this is the first time they are not competing on a regular basis and most of all they have free time for the first time in their lives,” Gengo said. “This free time is what seems to get them on a path to nowhere, unless they seek help.”

The center also helps students with disabilities and students that everyone has equal access. One of the services offered by the center is for those special needs students that is disability coaching, which is a weekly session with a counselor that helps students work on any area that the student feels might be getting in the way of his or her success.

In addition to disability coaching, Counseling Services offers students help by providing the following services:

- Personal Counseling
- Career Intervention
- Drug and Alcohol Education
- Stress and Test Anxiety Management
- Study Skills
- Time Management

All counseling sessions are private and do not become a permanent part of the student’s college records. The staff at Counseling Services is trained and concerned about students’ health and wellbeing. It may help just to have someone to talk to early in the semester and different events that are going on in an individual’s life. Counseling Services is free and confidential for any student who cares to use it.

For more information, contact Student Counseling Services at (843) 349-2305 or visit www.coastal.edu/counseling. Counseling Services is located on campus at 204 University Boulevard.

See related story on B5.
Get involved with the Celebration! Call for Proposals.
DEADLINE FOR PROPOSALS IS MONDAY, NOVEMBER 7, 2005.

To learn more about the conference, visit www.coastal.edu/inquiry.
Please visit the Proposal Forum for proposal ideas at
www.coastal.edu/inquiry/2006/proposals_forum.html

For more information contact Prof. Carol Osborne (Education),
osborne@coastal.edu or Prof. Crystal Edge (Computer Science)
cedge@coastal.edu or Charmaine Tomezyk charmain@coastal.edu
**Club Corner: Why Aren’t You Involved?**

Ten reasons to be active in campus activities

by Caroline Smith  
With the Staff Writer drop date deadline and half a semester under your belt, you might be thinking that it is too late to join a campus organization or club.

Exams are looming before you, and stress is mounting. Relaxation is the best medicine for students right before a stressful week of exams, so there is no better time than now to try and catch up on some fun and relaxation with fellow students. Here are 10 incentives as to why you should join a club or organization, even if it is close to the end of the semester.

1. There are over 50 active clubs and organizations on campus, so there is sure to be one that you are interested in and would enjoy being a part of. (If you don’t find something that appeals to you, you can easily start your own club.)

2. Clubs are always looking for more members, so you will be warmly welcomed into the club, no matter when you join.

3. There is no better way to meet new people in a college environment who share similar interests as you do, and you can’t go wrong with a new face or two.

4. Don’t worry about spending an arm or a leg signing up—most clubs on campus only have a small membership fee, and some of the trips and/or events they plan are funded by the budget received from the Student Government Association. Fundraisers are usually tons of fun, whether they are a car wash or a bake sale.

5. A good amount of organizations offer free food and/or drinks at their meetings or events, and they meet at times that are generally convenient for students.

6. A few clubs travel around the Grand Strand to participate in community events and others travel throughout South Carolina to Columbia or Greenville. Certain clubs even travel out-of-state for both educational and leisure trips.

7. Club membership and participation looks impressive on internship or job resumes.

8. Joining a club or organization provides students with chances to climb up to a leadership position—a feature that is also resume-friendly.

9. Some clubs venture out into the community to help those in need, make a difference and touch lives which is an extraordinary experience for all those involved.

10. Probably the most obvious reason to join a club—to have fun. Spending time with other students is a perfect way to have fun in a relaxing environment outside the realm of studying and exams.

Go online at www.coastal.edu/students to find out what clubs and organizations you would be interested in joining and for those clubs’ contact information. Your college campus has a lot to offer—take advantage of it.

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**Ipods popular items at Coastal**

by Raytevia Evans  
Ipods have quickly become very popular on Coastal Carolina’s campus. While walking to and from classes, anyone can easily notice that many students are owners of different versions of the iPod. The iPod’s symbolic white earbud are apparent all over the campus because the small devices allow students to tune in to top hit music all through the day.

Despite the prices of iPods, many students can be seen from day to day tuning in to their favorite genres of music.

Ever the innovator, Apple has made accessories that complement the different iPods. The list includes in-ear headphones, docks (iPod base), armbands, tubes that gives your iPod a color of your choice, and many other accessories that make having an iPod a bundle of fun.

So why switch from a portable CD player to an iPod despite the price differences? Besides having new updates in technology in their possession, students make the switch because the iPod is just more convenient.

Lindsay Renold, a sophomore on campus and an owner of an iPod nano said, “I wanted to listen to more than just 20 songs at a time. With an iPod, I can listen to dance or anything else that I want.”

Some students were just tired of carrying around a huge CD case. They said that it was just too much of a hassle.

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**Don’t You Deserve To Look your Absolute Best?**

Get a great tan from Myrtle Rays Tanning Studio

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Career Services Center presents

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Visit the Career Services website at www.coastal.edu/career <http://www.coastal.edu/career> and click on the Senior Recruitment Days ad for instructions about how to participate.
by Meghan Goldfarb  

A recent survey of 24 Coastal Carolina freshmen was taken on the topic of loneliness - the reasons for the emotions, and the possible consequences that loneliness had caused them. The survey showed that more female than male students have feelings of loneliness. Out of the students that struggle with loneliness, both male and female, the number one reason for their loneliness was being away from their friends in their hometowns. The number two reason was being away from their families. The number three reason was trouble with academics. The survey found that very few male or female students have sought help in the form of counseling for their loneliness, but the majority of the students feel that they have a support system away from home. The majority of both male and female students feel their grades have not been affected in any way because of loneliness.

An interview with Vonna Gengo, counselor for CUC's Student Counseling Services, revealed that all freshmen students feel some degree of loneliness at some time or another.

"Students do not always recognize that they are lonely. Many times they come in my office and say things such as "I don't like it here, I can't live with another person, I am not smart enough to be in college,"" Gengo said. According to Gengo, freshmen students become lonely as a result of the many adjustments that they are faced with in their first year of college. She outlined the adjustments as follows:

Coming right out of a high school schedule, freshmen students are not prepared for the large gaps of time between classes; therefore, they struggle with what to do during that time. College can be a cultural shock for many students, especially minority students. They have been pulled from their friendship circles, which are comfortable and safe, and are sometimes hesitant to make new friends. The lack of parental guidance is an adjustment for students, even though the sudden freedom can be exciting. Students must become responsible for making decisions on what to do, how much to study, how long to stay out and whether to attend classes; making these decisions can become overwhelming.

"Even though every freshman student may feel lonely at times, some students are more apt to be lonely than others," Gengo said.

According to Gengo, the degree of loneliness a student feels when going away to college stems from his or her home life. She explained that students coming from stable, strong support systems are normally very close to their families and are used to the daily support. Once they do not feel that constant support present, the student feels a void. Out-of-state students become very lonely because their homes are normally too far away for them to drive home every time they are homesick. Many have to wait until the holidays to see their families.

"Students who come from abusive homes, or homes where alcohol is very significant, struggle tremendously with loneliness issues. Students have a difficult time adapting to a healthy and safe environment because they feel out of place without the stress. These kids want to leave so badly so they can get away from the feelings at home. Once they do leave, these feelings are taken with them," said Gengo.

Freshmen without transportation can be isolated from the college life. Because they have to depend on someone for a ride or take public transportation, it is not as easy to partake in off-campus outings or activities.

According to Gengo, there are different degrees of consequences, and many times the consequences worsen the longer the student struggles with loneliness.

"Students begin to miss classes and their grades start to drop. Some decide they cannot handle college and they go back home. As students continue to struggle with loneliness, they begin to withdraw and become isolated in their dorm rooms. Once these students who are struggling with loneliness find a friend or a significant other, some of them emotionally attach themselves to the person and an unhealthy addictive, co-dependent relationship may form," Gengo said.

Gengo said a very common consequence of freshmen loneliness is weight gain.

"Students use food to soothe emotional needs. This is often referred to as the "freshman 15." Some students go in the opposite direction and avoid food, therefore an eating disorder can develop."

Alcohol use is yet another problem that may occur as a result of loneliness. Excessive use of alcohol to loosen up before the party or to not feel the feelings of isolation or loneliness can lead to alcohol abuse. In extreme cases, students may attempt suicide.

According to Gengo, each year approximately seven percent of CUC students seek the counseling department due to problems of loneliness or isolation, which can lead to depression. Gengo said loneliness is not a phenomenon just for college students. People all over the world, at all ages, suffer from a feeling of isolation or depression often throughout their lives.

See related story on B1.

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“Staying out late and drinking with friends I hardly see at our old favorite hang-out.”

Mark Winkler, Junior

“My dad’s side of the family all eat at my aunt’s house—usually about 30 people—and watch football afterwards.”

Reshad Durrah, Junior

“We have a big family football game and eat lots of crock pot macaroni and cheese.”

Suni Stewart, Sophomore

“Waking up super-early to help my mom cook the meal and eating with my brothers and family.”

Russ Douglas, Sophomore

“The full-contact Douglas Family wiffleball game.”

Scarlett Zee, Sophomore

“We always have everyone over at our house and fall asleep after we eat.”

Coastal students shared their favorite Turkey Day traditions.
#1

**Hot-Buttered Ham**

Ingredients:
- 1 large ham or a pre-cut side of ham from the grocer’s meat section
- 1/2 c. (that’s a cup) of brown sugar
- 1/4 c. orange juice
- 1/4 c. pineapple juice
- One hefty drizzle of honey
- 2 or 3 generous pats of butter

Mix together the brown sugar and juices and top the ham with the mixture. Let this mixture sit on the ham in a Ziploc bag for anywhere from 12 up to 24 hours in the refrigerator. Place marinaded ham in a deep baking dish and preheat oven to 350 degrees. DRIZZLE the top of the ham with a generous dollop of honey and the pats of butter. Bake according to directions per pound of ham for required time. Enjoy!

#2

**Sweeten Potato Casserole**

Ingredients:
- 4 cans of sweet potatoes (or yams, if you prefer)
- 1/2 a can of sweetened condensed milk
- 1/2 c. brown sugar, divided into halves
- 1/4 c. plain sugar
- 3 tablespoons cinnamon
- 1 tablespoon nutmeg
- 3 tablespoons vanilla extract
- 1 cup chopped nuts (walnuts, pecans, anything you will do)
- 1 cup mini-marshmallows

Heat the sweet potatoes—even just throwing them in the microwave will work, no frills necessary here. Mash sweet potatoes with condensed milk, c. of plain sugar and brown sugar, cinnamon, nutmeg, and vanilla. Put mixture in deep oven-safe dish and preheat oven to 350 degrees. Bake mixture for 20 minutes. Pull dish out of oven and top with the other c. of brown sugar, chopped nuts, and mini marshmallows. Now, switch the oven to “bake” setting and broil this mixture for long enough to melt and brown the top of the marshmallows—keep a VERY CLOSE eye on this or it will burn! Now...enjoy, of course.

#3

**Jon’s Good Ole’ Green Beans**

Ingredients:
- 2 large cans plain green beans
- 2 cubes beef or chicken flavored bouillon

This one is really easy and really yummy. Open the can. Drain about half of the juice off the beans. Throw those beans in a sauteepan with the two cubes of bouillon. Top it with the butter. Cook on medium heat for 10-15 minutes or until nice and hot. Stir the beef-bouillon-butter mixture up so that it’s coated evenly. Now...you guessed it—go enjoy.

#4

**Mamie Powell’s Mac N’ Cheese**

Ingredients:
- 3 large cans of Chef Boyardee macaroni and cheese (with the elbow pasta)
- 2 eggs, beaten
- 1/2 cup whole milk
- 1 cup Sharp Cheddar or ColbyJack cheese (the full-fat kind)

This is the mother of all Thanksgiving foods; it makes Turkey look like a chicken. It can be done in a deep oven-safe dish or over a crock-pot (yes student traditions along for the crock-pot macaroni fans). Empty the cans of macaroni into the dish or crock-pot and mix with the milk, half the cheese and the beaten eggs. Bake at 350 degrees for 30 minutes, or simmer on the crock-pot’s “high setting” for 1-2 hours. About 15 minutes before serving, throw the rest of cheese and the butter on top of the good stuff. Now—Oh hell, you get it.

**Thanksgiving Recipes**

Courtesy of Mamie Powell family
As told to Becky Powell, Assistant Editor

**Editor’s Note:** All these recipes are college-friendly, with ingredients that can be found at any grocery store and easy-to-follow instructions. Happy Thanksgiving!
Never has a CD been so properly titled as Fiona Apple's "Extraordinary Machine," for that is exactly what it is. After having been marinating for six years and almost being shelved by Apple herself, "Extraordinary Machine" is her best work yet. Yes, even better than her debut album, "Tidal," that she released in 1996 and that won her a Grammy Award. This CD is much more upbeat than anything one would expect to hear from Fiona Apple, and it really proves her maturity and the astounding capabilities she has to make beautiful music.

The instruments, melodies and lyrics combined on this CD exude a sound that is unlike any other music that exists - it cannot be placed into any distinct genre of music. Each song has its own unique aspect, whether it be the instruments played (or not played), the lyrics, or the beat. For example, the title track sounds like something you'd hear on the new Willy Wonka soundtrack but showcases powerful lyrics. The second and third songs on the album feature the typical instruments of a band (drums, bass, guitar), but are accompanied by the piano, which Apple plays herself. Several other tunes include instruments like the tambourine and marimba, where others have more of a big band feel with the trumpet, saxophone and trombone. "Tymps" is probably the most distinct song on the album with a beat that is suggestive of hip-hop and is produced by instruments with funny names like the fuxc clavinet, Wurlitzer and marxophone.

Even if you didn't like "Tidal" or "When the Pawn," or if you have never even heard of Fiona Apple, at least check out a few songs on www.myspace.com/fionaapple or on Fionaapple.com. You will hear music that is truly original, thought-provoking and good.
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Come to an informational meeting on Wednesday, 11/16/05 at 2.30pm in Prince 101 for more information.

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Cost: $2500 - $2800 plus tuition

Madrid – Fulfill Your Spanish Language Requirement (Tentative Date – May 6-27)
Cost: $3,025 plus tuition

Russia – Psychology Cross-Cultural Course (Date – May 12-26) Approximate cost: $5,435 plus $600 tuition

Paris – History and Literature courses (Tentative Date – May 12-28) Cost: $2,250 plus $600 tuition

Greece and Turkey/ Island Cruise Included – Art History, Photography, Studio Art courses (Tentative Date – May 12-29) Approximate cost: $3,500 - $3,700

JULY SUMMER II PROGRAM 2006

Oxford, UK – History, English Literature courses: 18 days, Approximate cost: $3,495

For information about the programs above contact, Lori M. Patterson, DSO Coordinator/Advisor, Study Abroad, Coastal Carolina University
Laurel Hall, PO Box 261954 Conway, SC 29528-6054
Tel: 843-349-2257 and email: lori@coastal.edu

ALSO, BIOLOGY AND MARINE SCIENCE MAJORS

Students should contact the specific professors in order to obtain information regarding the follow programs: Bimini (shark biology) program professor is Dan Abel. His phone # is 349-2247 and email is abel@coastal.edu. The Jamaica (coral reef ecology) program professor is Richard Dame. His phone # is 349-2216 and email is dame@coastal.edu. The Galapagos Islands, Ecuador professor is Richard Koesterer. The best way to reach him is via his email: roadkill@coastal.edu. The Costa Rica (turtle) program professor is Eric Keoplast. His phone # is 349-2222 and email is eric@coastal.edu

MARK YOUR CALENDAR: The NEW Scholarship Opportunities brochure and application for 2006-2007 should be on the Financial Aid homepage for viewing in the month of November or December. Don’t miss your opportunity to apply for scholarships! Apply as soon as possible!

WHAT ABOUT MY COASTAL EMAIL?

- Check your Coastal email regularly by going to http://mail.coastal.edu. Periodic financial aid and scholarship information will be sent to you via email.
- You should have been assigned an email address, but if you do not have an address, please contact Student Computing at 349-2908 as soon as possible.
- Emails sent by the Financial Aid Office are very detailed in explanation and content. One email sent quite regularly is the EFT (Electronic Funds Transmittal) email. This email does not mean that additional funds have been awarded, only that the financial aid already awarded has been transmitted to your account.

WHY REVIEW MY WEB ADVISOR?

- Web Advisor is a useful information tool to check your financial aid status.
- Financial aid information is located under the Financial Aid section. This section will give you information about your financial aid status and your awards.
- The Financial Profile section gives information about your bill and is actually handled by the Bursar’s Office.
- If documents are needed, they will be listed under “Communication”. My Documents”.
- Check your Web Advisor regularly by going to http://webadvisor.coastal.edu

If you have any questions, please contact the Financial Aid office at (843) 349-2213 or email our office at financialaid@coastal.edu.
Lady Chants defeat Winthrop in home match

By Kyle B. Ward

Staff Writer

As the month of November rolls around it’s a turning point even for the volleyball team. The Lady Chants put away UNC-Asheville, Birmingham Southern and UNC-W, all in four games. Jennifer Hampton led the way for CCU averaging nearly 15 assists per game, which led to her Big South Player of the Week award, to end the month of October. “It was very important to win on Senior Night with all that emotion,” Hampton said. “We’re extremely motivated to get Winthrop and we’re fired up about that.”

Katherine Jensen-Spencer tallied 25 kills and 19 digs while Alicia Meyers had 12 kills and 17 digs. Freshman Best Starbusk contributed 12 digs. “Winthrop was standing in our way, so we needed this win,” said senior Kali Banghart of the game. “We’ve become a better team and we’ve been coming together. I’m gonna really remember this night.”

Head Coach Kristen Bauer remarked, “They played us tough at their place, so we didn’t know what to expect. They’re a feisty bunch. We have to pick up our defense on their middle attack to beat Winthrop.”

CCU then toppled Birmingham-Southern at Kimbel Arena. The Lady Chants had players with kills in the double digits, Jensen-Spencer led the way with 24 and would have 24 digs to make it her 16th double-double of the season. Hampton would pile up 64 assists in the four-game win. The Lady Panthers had been giving them fits on the blocks.

“I was great to come back, when it comes down to it, everyone wants the ball,” said freshman Devon West. UNC-W struggled from the get go as CCU scored away the Lady Seahawks in three games. Jennifer Hampton had 41 assists and eight digs. Kimber added 12 kills for the Lady Chants, while West added 10.

“Our coaches did a good job scouting their team,” added Jensen-Spencer. “We’ve gotten better continually throughout the season. Winthrop is a beatable team, it’s just a matter of who

Chants take the victory at Homecoming game

By Kyle B. Ward

Finally, the 1978 monkey is partially off their backs. David Bennett and the coaching staff can loosen the grip on their heads. CCU didn’t need overtime to defeat the VMI Keydet Keys 38-14 on Homecoming weekend. The win clinched at least a share of the Big South title.

“It feels great to finally get a big win,” said Hampton. “It’s a defense got to them in the second half,” said linebacker Maurice Simpson.

That they did, holding VMI to only 39 yards on the ground while CCU rolled up a season high 315 yards. Terry Dyson had four touchdowns, three on the ground. The last score was a 77-yard run, the longest in school history.

Keydet unsuccessfully tries to stop a Chanticleer. Photo by Scott Deans, staff photographer.

On Notice: The latest in sports

By Kyle B. Ward

First of all, I’d like to give some props to Alan Connolly and the Women’s Cross Country team for winning their fifth straight Big South title. On the matter at hand... That November rain that falls on struggling teams tends to destroy any momentum a coach has heading into the second half of the season. For struggling teams like the Packers, Clemson Tigers and Tennessee Vols, the margin for error is as small as it can be.

With only four remaining unbeaten teams in college football, it certainly is an indicator of how hard your team has worked in their off-season. College football needs dominant programs, so saying USC is bad for the sport is preposterous. The BCS system more than less works, but why the schedule facelift went out, I’m not totally sure. Playing Florida Atlantic University does not improve your standing in the top 25. There are 117 more teams choose from. Of the four unbeaten teams, only UCLA and Virginia Tech face stiff tests in the remaining schedule. The Hokies will not lose at home this year, so they should handle Miami in Lane Stadium. UCLA still has USC to play and that should be a real barometer.

The Indianapolis Colts still are undefeated and they face the Patriots tonight, I do believe Tom Brady is over his hump. Peyton Manning actually has a solid defense to back him up this season. Dwight Freeney and his spin move have energized a unit in need of a spark. There are three teams in the NFC South that lose Week 8 with 5-2 marks. They’ll all beat up each other, so realignment has helped the competitive juices flow into the league.

As football begins heating up, basketball is starting its season. The new dress code in the NBA is a smart move, but why now? Why not a decade ago when high schoolers began to make that jump again? With a new CBA deal done, it’s made parity in the league look more plausible. I firmly believe that hiring Buzz Peterson was a great decision, but I’m not sure when they’ll be able to turn that corner; that

 Armen-112

Brandon-112

David-112

Dwight-112

Eugene-112

Frank-112

Gary-112

Harold-112

Herman-112

Ike-112

John-112

Kevin-112

Leonard-112

Marcus-112

Michael-112

Nathan-112

Oliver-112

Paul-112

Robert-112

Stanley-112

Thomas-112

Unplugged-112

Vince-112

Walter-112

Xavier-112

Yousef-112

Zachary-112

Disappointing losses to Alabama on the road and losing to South Carolina at home proves my theory. Rotating quarterbacks never works. The team isn’t sure who the leader is, and that’s why they are 3-4.

Coastal Carolina fans-What more does the football team have to do to pack the seats? They’ll be in the top 12 in most polls, they’ve dominated their conference and yes, they’re actually a great team. Why don’t you come to the games? Why do you leave? It’s November, the ocean is not very enticing at this time of year. Quit leaving early! This isn’t Knoxville so trying to beat the traffic is just another excuse. Grow up and be a fan; stay in your seats and get out here you lazy bums! This team should sell out every game.

By Kyle Ward

This is a junior Recreation and Sports Management major and Dramatic Arts minor.
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Letters to the editor and submissions are welcome from the CCU community. All submissions should not exceed 300 words and must include the name, phone number, and affiliation to the university. Submission does not guarantee publication.

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Some material may not be suitable for people under the age of 17.

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Crime Log

1. 10/18, Hit and Run

The victim was leaving the gym after a ball game and was hit by a vehicle. The victim wasn’t injured and refused treatment by the EMS. The driver of the vehicle left the scene.

2. 10/19, Damage to Vehicle

The victim parked his car in the lot and went to class; upon returning he noticed that the taillight on his vehicle was broken.

3. 10/19, Vandalism

The victim parked her car in the Santee Hall parking lot and went to class; upon returning she noticed that her vehicle had been “keyed.”

4. 10/20, Vandalism

The victim parked his car in the lot and upon returning noticed that it had been scratched.

5. 10/20, Larceny

The complainant stated that someone entered her office in Arcadia Hall and took her laptop computer.

6. 10/24, Larceny

The victim left some clothes in a dryer in Waccamaw Hall and said that when she returned to get them, they were gone.

7. 10/25, Harassing Phone Call

The victim received a phone call in Oak Hall from an unknown black male that started asking her vulgar questions and making vulgar remarks.

8. 10/25, DUS

An officer responded to a vehicle being driven in the grass beside the Singleton Building. The officer stopped the vehicle during a routine license check of the driver, discovered that the driver’s license was suspended. The driver was arrested.

9. 10/26, Drug Violation/Drug Equipment Violation

The Residence Hall Coordinator called an officer to Azalea Hall because of a strange odor in the room. The K-9 alerted at the door and after consent to search was given by the occupant of the apartment, a search was made and various amounts of marijuana were found along with some drug paraphernalia.

10. 10/26, Larceny

The complainant stated that on several occasions, money has been missing from the cash drawer in Kimbel Library.

11. 10/27, Traffic Violation/Open Container/Simple Possession of Marijuana

The subject was stopped on University Blvd. for a traffic violation. During the stop, the K-9 unit arrived and did a sweep around the vehicle. The K-9 alerted on the passenger’s purse, and the passenger admitted that there was marijuana in it. There was also an open container in the vehicle. The driver and the passenger were both arrested.

12. 10/28, DUS/Traffic Violation

A vehicle was stopped on Founder’s Dr. for a traffic violation. It was also discovered that the driver’s license had been suspended. The driver was arrested.

13. 10/29, Larceny

The victim left his cell phone in his locker in Arcadia Hall when he went to practice and upon returning noticed that his phone was missing.

14. 10/29, Larceny

During the night, the victim was struck by a vehicle at Waccamaw Hall. The driver left the scene.

15. 10/31, Hit and Run

During the night, the victim was struck by a vehicle at Waccamaw Hall. The driver left the scene.

16. 10/31, Vehicle Fire

The victim’s golf cart lost power in the parking lot. While the driver left to get help to tow the cart, a fire started under the seat. After calling the fire department, a CCUPS officer unsuccessfully tried to put out the fire. The fire department responded and extinguished the fire.

17. 10/31, Simple Assault

A fight was in progress at Santee Hall when an officer arrived. The victim was bleeding around the right eye. EMS was called and the victim was transported to the Conway ER. The assailant was not identified.

Crime Log compiled from published police reports from CCUPS

Needed: news writers, sports writers, feature writers, graphic designers, photographers

Interested? Get involved now and you could be going places. Ask us how. 349-2330
Meetings Mondays at 5 p.m. Student Center, room 204
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The Chanticleer
Monday, Nov. 7, 2005
Junk Food
by Ashley Talia
Staff Writer

Thanks giving
where the turkey was placed on the table and it jigged because it was Too! I didn’t think so. “Junk food” may not be the best thing for you, but how many people has it really killed?

Candy and sweets are innocent enough. There’s nothing like a little sugar high mid-shift at work. I was a Snickers Bar or a bag of Skittles. Every time I go to CVS or Wal-mart I’m a sucker for the candy at the checkout counter. That little bit of chocolate gets me through my shopping ventures and on the road.

- I eat what I want, when I want, without any outbreak rules. I enjoy pizza, chips, chocolate, and Chinese take-out. I know first hand what junk-food withdrawal can be like. But from my own experiences, I can also attest that once you give up fried chicken and Hershey’s bars for lettuce, you’ll feel the difference in your energy level, your weight and health, and just your general state of well-being.

It’s a silly excuse for people to say that they “don’t have time” to cook or eat healthy foods. It’s a simple matter of choice. Should you go to McDonald’s, your spend your hard-earned cash on a Double Quarter Pounder, and ingest 1800 calories, 48 grams of fat, 20g of saturates.

Food is somewhat of a staple for most families, in fact it may be the only thing they have in common. Most times, food that conjures strong memories doesn’t consist of veggie burgers and leafy salads. There’s comfort and memories in food. Removing sugar and taste is like sucking the life out of family. Most of my family functions are memorized by what desserts were served.

I’d be a hypocrite to say I only consume unhealthy things because I still take my one-a-day vitamins and sometime

A rant of universal proportions: A message to that “cool guy” in Buick
by Becky Powell
Assistant Editor

It occurs to me, and to too many crazed drives down various roads at CCU and throughout Mystic Beach and Conway, that we are officially stuck. Yes, my fellow motorists and college kids, we’ve been unintentionally enlisted in the confederacy of dunces that are Highway and 8 businesses.

If you are among the many transplants from more well-regulated (and, shall we add, better-adjusted) states like Pennsylvania, Tennessee, Virginia and Maryland, I offer to you my sincerest apologies. I don’t enjoy it and I’ve been said to prefer to keep quiet, but we can’t all be like Muthasus creeps who like to stop at green lights “just in case” someone bar-}

rel through the intersection to crash into that 1956 Hoopt LS. After thousands upon thousands of equally ignorant SUV-driving moms and consider-

Food may no longer be the best thing for you, but how many people has it really killed? (Get back to me in a couple of years when my metabolism has slowed, the calories don’t slide off so easily and gas is approaching $10 a gallon. Maybe I’ll feel a bit differently then.)

As of right now though, I say enjoy yourself, sneak in another KJ Kat bar and skip the extra sit-ups. And when you’re looking around the table on Thanksgiving wishing you were anywhere else but with Aunt Edna and Uncle “my-Fixed-don’t-y’t-hold-up during-meals,” smile because even though your family is unpleasant at least the food is still delicious.

Ashley Talia is currently a junior marketing major.
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