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President greets students

Dear Students,

I would like to welcome all incoming freshmen, transfer students and their families that are attending orientation. Let me be the first to say congratulations and welcome to Coastal Carolina University. My name is Dan Jolles, I am your student body president for the 2009-2010 year. I hope that you take advantage of orientation and learn from all the great sessions you attend; most of the information will be useful for you in your time here at CCU.

As president, my advice to you is to hit the ground running. Meet as many people as you can, this includes your professors and your advisers. Get involved on campus; whether it is with Student Government Association (SGA), Students Taking Active Responsibility (STAR), Student Media, Coastal Productions Board (CPB), fraternity or sorority life or one of the various other clubs and organizations, it is bound to be a good decision. Make sure you know where the library is located and don’t be afraid to use the resources made available to you. The next four years are going to go by faster than you think. Make sure you have a great time, but remember why you are here, and that is to get a degree.

My plans for this year are based on three main points; increased communication, centralized philanthropic cause; and increase school spirit. I want to increase communication by making myself and other members of SGA available to listen to the students’ concerns. We are in the process of updating our Web site and we will be going door to door in the residence halls and surrounding student communities. I want to make Relay For Life the central philanthropy for CCU and the surrounding community. Over $60,000 was raised at CCU this year and I believe that if we get the entire school and community involved there is no reason why we could not raise over $100,000 next year. Lastly I want to increase school spirit by listening to the students and making the changes they feel are necessary.

I encourage you to become a SGA senator and help make the needed changes the students want. If you don’t join but want to voice your opinion, don’t hesitate to contact me or one of the other SGA executive members, our office is located upstairs in the Student Center room 203. Once again, congratulations and good luck in your first year at CCU.

Sincerely,

Dan Jolles
Student Body President 2009-2010
Coastal Carolina University
ds.jolles@gmail.com

“Big Read” book announced for summer 2009

Shepard’s book motivates students to think ‘outside the box’ and proves to be a great read

Coastal Carolina University’s 2009 “Big Read” book is a recollection of Adam Shepard’s adventures in Charleston titled “Scratch Beginnings: Me, $25, and the Search for the American Dream.”

The “Big Read” program, initiated in 2004, is designed to use one book to assist creative and critical thinking across the various majors offered at CCU. It is used to offer a common learning ground for students. According to CCU’s “Big Read” Web site, “The mission of the Big Read program is to unite incoming CCU freshmen in an enjoyable shared learning experience prior to beginning their academic work.”

“Scratch Beginnings: Me, $25, and the Search for the American Dream” is Shepard’s first book and follows his life post-college graduation. He is frustrated with his peers’ poor attitudes about life and decides to test the American dream. With only an 8-by-10-foot tarp, a sleeping bag, an empty gym bag, $25, and the clothes on his back, Shepard begins his journey. Throughout his adventures, the author strives “to find out if the American Dream is still alive, or if it has, in fact, been drowned out by the greedy and the lazy.”

“I think this is a great book for incoming freshmen to read,” said CCU sophomore, Kimberly Harling. “I’ve read it twice and it is very moving and encouraging. It’ll make you want to get up and do something. It’s very motivating.”

Shepard, who currently lives in Raleigh, N.C., earned a degree in business management and Spanish from Meredith College. His ultimate goal post-graduation was, throughout the course of one year, to become a productive member of society by obtaining a vehicle, a furnished apartment, $2,500 in cash and be either going to graduate school or starting his own business.

Kelli Moses-Dolli is the chair of the Big Read Committee which chooses the “Big Read” books each year.

CCU is planning on campus visit and talk by Shepard on Sept. 28.

For more information on the “Big Read” program, visit www.coastal.edu/ife/bigread.html.
THERE ARE 16 FRATERNITIES AND SORORITIES AT COASTAL CAROLINA UNIVERSITY THAT ARE GOVERNED BY ONE OF THREE COUNCILS:

INTERFRATERNITY COUNCIL
- Delta Chi (ΔX)
- Pi Kappa Phi (ΠΚΦ)
- Sigma Alpha Epsilon (ΣΔΕ)
- Tau Kappa Epsilon (ΤΚΕ)

NATIONAL PAN-HELLENIC COUNCIL
- Alpha Kappa Alpha (AKA)
- Alpha Phi Alpha (ΑΦΑ)
- Delta Sigma Theta (ΔΣΘ)
- Zeta Phi Beta (ΖΦΒ)
- Kappa Alpha Psi (ΚΑΨ)
- Phi Beta Sigma (ΦΒΣ)
- Omega Psi Phi (ΟΨΦ)

PANHELLENIC ASSOCIATION
- Alpha Delta Pi (ΑΔΠ)
- Gamma Phi Beta (ΓΦΒ)
- Sigma Sigma Sigma (ΣΣΣ)
- Phi Sigma Sigma (ΦΣΣ)

DATES TO KNOW:
- Greek 101 (For any student interested in learning more about Fraternity and Sorority Life)
  - Aug. 24, 2009, 7:30 p.m., Wheelwright Auditorium
- Greek 102: NPHC Organizations (Learn more about Black Greek Letter Organizations)
  - Aug. 25, 2009, 7:00 p.m., Wall Auditorium
- IFC Fraternity RUSH: Sept. 21-26, 2009 (Register by 9/18/2009)
- Questions about Greek Life?
  - Email greek.life@coastal.edu
  - Don't forget to get your Freshman Record!!!

---

Fall 2009
Club Recruitment Day
One of Coastal Carolina University's biggest events of the year
Free food, free entertainment, free giveaways!!

Come out and learn about the clubs and organizations on campus

When: Wednesday, Sept. 2
What time: 11 a.m. to 2 p.m.
Where: Prince Lawn

Cover design by: BK Astrini

The Chanticleer is committed to accuracy. Please contact the editor to report mistakes at chanticleer@coastal.edu or (843) 349-2330.

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Cover design by: BK Astrini
Resident advice offered for freshmen

AMBER WHITE
For The Chanticleer

IT’S MOVE-IN DAY FOR ALL OF THE FRESHMEN. PARENTS ARE GONE, AND NOW YOU HAVE FINALLY SETTLED INTO YOUR ROOM. BY CHOOSING TO LIVE ON CAMPUS, YOU JOIN OTHER STUDENTS WHO WISH TO RESIDE IN A LIVING ENVIRONMENT TOGETHER. YOU WILL HAVE AN OPPORTUNITY TO MEET NEW PEOPLE, MAKE NEW FRIENDS, DEVELOP AN APPRECIATION AND RESPECT FOR DIVERSITY, AND LEARN VALUABLE SKILLS THAT WILL HELP YOU IN YOUR PERSONAL AND PROFESSIONAL RELATIONSHIPS THROUGHOUT YOUR LIFE. THAT BEING SAID, HERE ARE A FEW DO’S AND DON’TS OF LIVING IN THE RESIDENCE HALLS.

Don’ts

• Drinking in the residence hall is prohibited. CCU residence halls are for traditional freshman and the residence halls are considered “dry.” If caught with alcohol, depending on the severity, you could be forced to leave the residence halls.
• Narcotics or weapons are not allowed on campus or in the residence halls. If caught you will be asked to leave the university.
• Residents are not allowed to have incense, candles, halogen lamps or extension cords.
• Gas grills are also not permitted.
• With the exception of fish, no pets are allowed in the residence halls.
• All furnishings must remain in your room apartment and or common area. Furniture may not be removed, stored or traded with other students.
• Waterbeds and dartboards are not permitted in university housing facilities.
• Students who wish to make room changes must have prior written approval from the Office of Residence Life.

Do’s

• Enjoy the first new experience called “Move-in Day.”
• Take advantage of the online service. You can order your bed and bath supplies from www.rhl.org/ccu or call 1-800-957-4338.
• Make sure you know where your resident assistants live, where the call boxes are for public safety and security cameras are on campus.
• Bring an internet cord, cell phone, computer, small fridge, microwave, extra storage or any items that make your room your new home.
• Students should carry their CCU ID card with them at all times. All students are required to produce student identification at the request of any staff.
• Sign all overnight guests in with the Office of Residence Life.
• Get to know your adviser and professors.
• Get involved! Joining clubs and organizations is a great way to involved with your new home away from home.
• The Last do of all: Enjoy the next four years at CCU!

Several CCU students relax outside in the dorm halls. CCU offers housing in Waccamaw and Santee halls, as well as The Rivers.

For more info, visit: http://www.coastal.edu/students/StudentHandbook.pdf or http://www.coastal.edu/reslife_guide.pdf
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PAPER EVOLVES WITH CCU

The Chanticleer newspaper has certainly come a long way throughout the years. Today, it is a weekly paper with 20 pages each issue.

Above are a few images of the front pages of The Chanticleer over the years, displaying the evolution of the student-produced newspaper.

NICK MAMARY
Staff Writer

In the fall of 1962, Coastal Carolina University released its first newspaper, however the inaugural issue did not feature the familiar title The Chanticleer.

In fact, for more than a year the paper published under the name The Fledgling, which is another type of bird.

Oct., 23 1963 marked the first issue of The Chanticleer newspaper to CCU. It was much different than the current version of the publication.

According to information CCU history professor Roy Talbert published in his book, "Coastal Carolina University: The First 50 years," "the early issues were much shorter, and were infrequent." Talbert also added, "As soon as you would train a staff, they would leave." This would suggest a humble beginning for The Chanticleer. This is a big difference from the 20 plus page weekly of today, which has different sections of news, features, sports and opinions.

The evolution of the paper began quickly though as there are sticking similarities between papers from the 70's and 80's and those of today.

When asked about the history of the Chanticleer paper Doug Bell, a member of the Coastal Carolina Media Relations department said, "The Chanticleer symbol itself was created by Callie Maddux, former English professor and the first men's basketball coach here at Coastal, and it is worth noting that the paper had started using the name before the athletic teams."

As seen in Roy Talbert's book, The Chanticleer clearly displays the changes of not only the newspaper, but also the university itself. Times were different at CCU when looked at the paper. From earliest versions of the publication that depict the now defunct Miss Coastal pageant and the low numbers of attendance, to constant occurrences on and off the campus today.

Even with all of differences from The Chanticleer from its inception to today, there has always been one constant, and that is this; The Chanticleer has been and will continue to be a source of entertainment and news for all the students, community and everyone else involved with CCU.

LEGAL

VOTER REGISTRATION A MUST FOR CCU

AMANDA KELLEY
For The Chanticleer

U.S. citizens, 18-years-old or older, who have never been convicted of a crime need to prepare to vote.

It is essential to participate in the government; voting is the root of change in the political system, and it is the easiest and most effective way to have voices heard.

Residents of South Carolina must register to vote 30 days prior to Election Day in order to be eligible. Registration can be completed at any county board of voter registration office, or by mailing in the registration form.

Out-of-state students should file for an absentee ballot. This process varies in each state, but the general procedure is the same.

While it would probably be easier to simply go to the Board of Voter Registration or the Department of Motor Vehicles to fill out the voter registration form and absentee ballot form while still in the home state, all of the forms can be found online. Simply go to the state's Web site http://www.state.sc.us/voter/ and find the voting link; some states do this through a State Board of Elections, but that link is also located on the state's homepage.

No matter what party one is affiliated with, voting should be done. It really is as simple as filling out a form, ideas others, as well as staying informed with the student body and surrounding community.
The Rebecca Randall Bryan Art Gallery showcases work from all genres for students and members of the community.

Located in room 129 of the Thomas W. and Robin W. Edward’s College of Humanities and Fine Arts, the Rebecca Randall Bryan Art Gallery holds numerous exhibits throughout the year. On exhibit this past year was “Senior Portfolios” which showcased the artwork of graduating art majors, as well as “Faculty Biennial,” an exhibit that is held every two years. That gallery gives students a chance to see artwork created by their visual arts professors.

Aside from student and faculty work, the gallery holds exhibits such as “In Her Hands: Craftswomen Changing the World” and “The Posters of Discontent.” “The student exhibits are always a hit, but “The Posters of Discontent” exhibit and “In her Hands: Craftswomen Changing the World” garnered a lot of notice,” says Cynthia Farnell, gallery director for the Rebecca Bryan Gallery and a visual arts professor. “Both of those exhibits were used by faculty and students to enrich content in their courses.”

The Rebecca Bryan Gallery is open to the public, however its frequenters are more often college students as well as their families, and faculty and staff.

“Next year I would like to see more people from the Conway and Myrtle Beach communities taking advantage of the excellent programming we have in the gallery. We are here for them, as well as for the faculty and staff,” said Farnell.

The exhibit “Fotobulbus” will be held in the Rebecca Bryan Gallery from May 14 to June 22. It will showcase photography work by CCU students as well as students from Horry-Georgetown Technical College. The art gallery’s schedule for 2009-2010 is still waiting to be released as of press time.

If interested, students are encouraged to become involved in gallery activities through an internship, workstudy and volunteering.

Summer hours are Monday through Thursday, 9 a.m. to 5 p.m., and closed on holidays.

For more information, visit the gallery’s Web site, www.coastal.edu/bryanartgallery.

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*RYAN D’ALESSANDRO*

For The Chanticleer

Students and community members of the Grand Strand enjoy a recent exhibit at the Rebecca Randall Bryan Art Gallery.
Now is an era where information is as valuable as gold. The media keeps an eye on various bodies within a country, a community and a university.

Students at Coastal Carolina University need a medium that allows them to keep up with campus news, as well as have a forum to voice their feelings, concerns and complaints.

"Student media is incredibly important; it is a voice for our students to be heard. Also, this is a showcase of their work of art through newspaper writing and magazine writing. In the end it really does benefit students in giving them an outlet," said Linda Hollandsworth, Ph.D., CCU professor of English.

CCU has three student media outlets for incoming students to become an intricate part of. There is The Chanticleer, a student-produced newspaper, Tempo, which is a student-produced features magazine, and Archarios, a student-produced literary art magazine.

The Chanticleer not only provides a source of news ranging from administration and funding issues to sport scores and club announcements, but it also provides a way of exchanging ideas. Since the newspaper is weekly, it has kept students in touch with the university in a more timely manner.

The Chanticleer staff encourages anybody to come out and be a part of this rewarding team. To become a staff writer for the newspaper there are no requirements, just some idea of how to write or photograph.

Tempo is different from The Chanticleer in that its articles are usually longer. Instead of being informative, they tend to focus on personal issues and the people at CCU.

According to Hollandsworth, Tempo magazine began in the early 1990’s as an alternative to the yearbook which students wouldn’t buy. In an effort to have some thought and creativity for the school, the student-produced magazine was created.

"Tempo is a great opportunity to gain experience in a number of fields, including writing, photography, design and copy-editing. It looks great to have it on your résumé and it can also be really fun."

"It’s very rewarding to work hard on perfecting an article or photo and then [..] see students looking at it in hundreds of copies of magazines around campus," said Lauren Formalarie, former editor-in-chief of the magazine.

Tempo features a different theme every semester that is a guideline for shaping the stories. Students can contribute their own ideas for articles or be assigned a story if they have trouble coming up with ideas.

The magazine is meant to represent CCU’s student body, so it is encouraged that Tempo include diversity among the students and include a variety of people of different ages, backgrounds and majors.

The main source of communication between Tempo writers is e-mail. The staff will have regular bi-weekly meetings to assess contributions and progress. There will be a meeting (or two, in case people can’t make the first one) at the start of the semester to welcome anyone new who wishes to be involved, and also to start pulling together ideas.

There are no requirements for writing for Tempo. It is, however, preferred that writers sign up for the corresponding class, and also to have some idea of how to write or photograph.

Archarios is a literary art magazine, which publishes student poetry, short stories, photography and artwork collected and judged twice during the academic school year. Archarios accepts submissions from art and literature pieces. Once a semester, the works are judged by a blind jury and given scores.

"We do a lot of layouts and do a lot of editing, but we teach both these things in the class. So [students] are involved in distribution, ideas and learning the process," said Megan Fisher, former editor of Archarios.

If students are interested in being involved with Archarios, without signing up for the class, they should contact editor-in-chief Stephanie Bournoumis.

Without student media, several problems would arise. First, students who are not well informed would be very apathetic towards the workings of the university. With removal of student media, the change of ideas would diminish.

With student media, students can truly live the university experience and be open to the ideas others, as well as staying informed with the student body and surrounding community.
Non-traditional students prevalent at Coastal

KRISTENNA HYLTON
For The Chanticleer

Lara Keough is just like any other college student. She works as a hostess at a local restaurant, attends Coastal Carolina University as an English major, and has to balance life as well as her checkbook. However, as a 41-year-old wife and mother, Keough is not your typical college student. Keough decided to go back to school for practical reasons, she wanted to make sure she could be self-sufficient if the time ever came that she needed to be. She is a non-traditional student.

A non-traditional student, according to the National Center for Education Statistics, is a person who has delayed his or her higher education, attends a college or university at least part-time, works or has worked a full-time job, and is financially independent (which someone is usually considered once they turn 24 or become married.)

CCU has at least 593 non-traditional students, according to the Coastal Carolina Fact Book. “They seem to be the smarter ones in the class,” said Ryan Long, a “traditional” student at CCU, “they actually read the book!”

Non-traditional students don’t have the same impulses to skip class “just because.” They seem to understand the importance of education just a little bit more than most students because they have lived in the “real world”.

But non-traditional students also face their own challenges. Because they have been out of school for a while, they have to relearn forgotten material as well as the new information that is thrown at them.

“It is, to say the least, overwhelming when you have books to read, papers to write, a child to feed and drive around, bills to pay, the lawn to mow and laundry to wash, and then Saturday comes and you have to go to work,” said Keough, when asked about the challenges of going back to school.

“I really admire them for coming back to school,” said CCU student Amanda Vazquez. “They have so much going on in their lives. I can barely handle my part-time job and school.”

Non-traditional students tend to gear more towards online and night classes. They do this so that they are able to deal with the obstacles outside of class, while still trying to give 100 percent in class.

“The non-traditional student,” said Keough, “has obstacles that are usually unpredictable, such as children getting sick.”

REGISTRATION

CCU advisers lead course selection

Advisers help to steer and keep students on the right path to graduation

MAEGEN SWEAT
Editor

Getting into college is the easy part. The hard part is learning how to register for classes, taking the right courses needed to fulfill the major, and of course, keeping up grades in order to graduate.

Advisers come in handy when it comes to deciding what classes to take. Upon starting a school career at Coastal Carolina University, students are assigned to an adviser who helps them keep track of courses needed and to show exactly where they stand in their school path.

In the fall of 2006, the First Year Experience course was created to help freshmen through their first semester of college. The classes bring together students of similar majors in order to create a sense of belonging and to promote a healthy transition to college life.

Since the FYE program was created, all freshmen have been as signed to an adviser who only helps first year students. Once the first year is completed, a student is as signed a permanent adviser who will guide them through the next several years.

When freshmen first arrive on campus, they are given a pre-made schedule based on their placement test scores and what courses they need to fulfill the core requirement. It’s not until the second semester that freshmen actually meet with their adviser and discuss what courses they need to register in.

This is when students can actually make their own schedules and even decide when to take breaks in-between classes. This is certainly much better than crawling out of bed for that 8 a.m. class three days a week.

Registering for classes is easy when using WebAdvisor, CCU’s online adviser that allows students to easily access available classes and register at the click of a mouse.

The most important things for students to do is get to know their advisers, and have a solid understanding of the courses offered in their major.

Once the adviser learns the students’ personality and what kind of career they want to pursue in life, it becomes much easier to advise them on where to take their educational needs.

When students already have an idea of what courses they are interested in, it makes everything that much more simple for everyone involved.

Advisers are here for the students. It is their job to make sure every individual is on the right path to graduation. Use them. It’s what they are for.
REAGS

Area food proves cheap; tasty
Hot spots off campus offer delicious meals with student discounts at an easy price

BK ASTRINI
Art Director

Truth is, college is the one
time where being broke is
acceptable, but everyone
knows it sucks. So when hunger
strikes and $8 at CINO Grille
for chicken fingers and fries just
no longer does the job, here are
some tips on local cheap food
and discounts off campus.

Conway Medical Center tops
the charts on dinner-for-less.
Believe it or not, hospital food
is where it's at. It's obviously
very nourishing, good, and super
cheap. The variety is huge,
and includes the typical grilled
grub, like burgers, barbeque
sandwiches, and chicken tenders,
al for less than $3, and real
legit food. Mac and cheese
costs 75 cents, and a meal of
fried chicken, two sides, and
a drink all go for under $5. Of
course there are the grab-and-go
sandwiches and wraps, all under
$3, and a large variety of sweets,
fruits and drinks.

Fast food is the other obvious
choice, and a lot of them offer
a student discount on top of the
dollar menu. Places like Papa
John's and Sonic give 10% off or
more with a CCU student ID.

Food specials run all day in
different locations. Rotelli Pizza
and Pasta across the street has a
lunch special of half a sandwich,
a slice of pizza, and a choice of
a soup or a salad for $6.49 (and
that's a lot of food), and Ichiro's
happy hour (4 to 6 p.m.) includes
$1 tuna, salmon, or white fish
rolls, and a variety of $3 rolls.

Other happy hours with good
deals are; Coastal Ale House's (4
to 7 p.m. and 10 p.m. to 12 a.m.)
half-off appetizers, and El Patio's
$2.25 margaritas (along with a
5% CCU discount).

Information:
Conway Medical Center
300 Singleton Ridge Road
(843) 347-7111

Clare Arambula
For The Chanticleer

For those students who are
stranded on campus for the
day, or don't feel like losing
their front row parking space,
Coastal Carolina University offers
three tasty locations for on-campus
dining, each offering a different
menu, payment method and
atmosphere.

The CINO Grille celebrates
CCU's spirit by being named after
the University's tagged slogan,
"Coastal Is Number One." The
CINO is conveniently located in
the Lib Jackson Student Center
near the front, U.S. 501 entrance
to campus.

Newly remodeled, the Grille
offers anything from Quiznos, to
pizza, to meat and veggie burgers,
to grilled cheese, to a soup and
salad bar and individual items for
light snacking throughout the day.
The Grille offers pre-made salads
and sandwiches for the student on
the go, and a well-stocked cooler
of refreshing beverages. Seating
in the CINO Grille is plentiful and
if the sunshine is too enticing to
sit inside, the CINO deck is just
outside the building, furnished
with picnic tables and shady
umbrellas.

The CINO accepts cash, credit
cards and even offer a declining
balance from the student account
meal plan card.

Angela Marcolini is a senior
English major at CCU and is
not a fan of CINO because she
says there is a lack of vegetarian
options offered. Marcolini never
lived on campus, so her only
experiences are with the CINO
Grille (which is often utilized by
commuters and staff). Marcolini
says the selections are sub par.

But if they look hard enough,
students can pin point which on-
campus eatery will best meet their
dietary needs.

Just across the parking

lot is CCU's youngest food
establishment, Java City. The
small café is attached to the
Kimbel Library, but can also
be accessed opposite the main
entrance. Java City offers students
that caffeine rush that is crucial
during exam week and before
early morning classes. The coffee
drinks sold there range from
hot to cold and they come in all
sizes. Baked goods like bagels,
rice crispy treats and cookies are
also sold at Java, in addition to
pre-packaged veggies, yogurt and
sandwiches. The friendly baristas
also make a mean all-natural fruit
smoothie! Java City accepts the
same payment methods that the
CINO does.

The final on-campus dining
site can be found in between
the Santee and Waccamaw dorms
and is known as The Commons.

The Commons is a buffet-style
eatery that offers everything from
salads and fruit, to grilled and fried
food, to ice cream and desserts
of various kinds. The Commons
caters mostly to students who
have a meal plan with CCU, but

Food
Continued on page 12
Students benefit from exercise and nutrition

CCU's gym as well as other fitness centers in the Grand Strand area help promote health for every age group

MAEGEN SWEAT
Editor

While many health problems can tend to be inherited, there are several factors and lifestyle changes that an individual can do to have control over their own health. People are never too young or old to start caring about their health, and college students especially can reap the benefits of living a healthier lifestyle by watching what they eat, exercising regularly and cutting back, or completely giving up, health hazards such as smoking and drinking alcohol.

Coastal Carolina University not only has a gym that is open for students' use, they also have a regular monthly schedule of exercise classes and even courses that a student can take for school credit. The best part of it is it's all free, so no student has any excuse to not start living healthier.

For students that live off campus, there are many gyms along the Grand Strand that offer everything from weights and cardio machines, to personal trainers and nutritionists, and even tanning and massage therapists.

Myndi Hillman, a personal trainer and fitness instructor at Fitness Edge as well as a Physically Active Living Skills adjunct professor at CCU believes that college students can benefit from exercise in many ways.

"Exercise helps with focus, mental alertness to fight fatigue, and it keeps the immune system beefed up to keep [students] healthy. They can also fight off sickness easier and maintain a healthy weight so they don't gain the dreaded [freshman] 15," said Hillman.

According to Hillman, use of tobacco products definitely hinders workouts because the lungs aren't able to keep up the oxygen flow to the muscles and rest of the organs so they can respond adequately

As far as students knowing about proper exercise habits, Hillman was shocked. "That surprised me, the lack of knowledge that some of them had. If they never were a participant in sports I was very surprised at how easily fatigued they were," said Hillman.

Anita Arnone, a supervisor at a local gym believes that working out helps lower your cholesterol and stress level no matter what age a person is, and thinks that benefits of exercise are proved on the TV show "The Biggest Loser," because at the end of show contestants are off most of their medications.

Since working at a gym, Arnone has developed a much healthier lifestyle. "I'm more aware of what I'm eating, and I train weekly [with a trainer]. I believe it's something everyone should invest in," said Arnone.

Sara Sholomicky, a graduating senior health promotion major believes that many students are interested in health because of campus activity and the students in her introductory health class who took the course for an interesting elective.

"Students sign up for this elective so they can learn more about the topic and take that information and use it in life. There are always students jogging around campus and using the gym, most CCU students seem to be pretty active," said Sholomicky.

Instead of students worrying over the "junk" foods they eat, Sholomicky believes students should use other methods of eating more healthy.

"I think students should be more aware of portion sizes. They shouldn't stress over calories, fats and carbohydrates. As long as you eat smaller portions of whatever foods you like, you'll be fine," said Sholomicky.

Whether it is for stress relief, weight loss or self-confidence, every student should be hitting the gym's regularly this upcoming semester. Don't just do it for yourself, do it for your health.

Students Anthony Addeo and Jonathan Slatten take full advantage of the weight machines offered at Coastal Carolina University's gym.

PHOTO BY KEVIN YOUNG

Students take advantage of The Commons:

Senior Joe Burgess lived on campus his first two years at CCU, first in the Woods then in University Place, respectively. Burgess said he ate on campus most of his freshman year and then half the time his sophomore year. Since he spent most of his meal time in The Commons, Burgess knows exactly when the best times to dine in are.

"I would suggest The Commons on holidays or parents weekend," advises Burgess. "The Commons [offers] as good of food as you'll get at home -- great food. They go all out. Especially on Valentine's Day, that is the best meal all year at The Commons," he says.

Ryan Boehm is a senior football player at CCU, so his appetite makes him a good source for on-campus dining information.

Boehm said that since freshmen are required to have meal plans anyway, he recommends The Commons, and it is a big fan of the unlimited plan, which gives him access to The Commons at any time.

Java is also a place that Boehm is familiar with, since he and other student athletes are required to spend study hours in the library.

"I do enjoy [Java City's] chicken salad sandwich. Not really a specialty coffee drinker -- I like my coffee like I like my women, dark and strong, but Java is a good place for people who want to pretend they've been studying long and hard in the library," says Boehm.
I’m sure by now you have seen my big teal tailfeather around campus about 100 times and I’m sure you’re asking yourself, “What the heck is a Chanticleer?” And for the few of you who may know who I am, I’m sure you’re asking yourself, “How the heck do you say that?”

Well first things first, the correct way to say my name is “shon-ti-clear.” And take my word for it, there will always be someone more than willing to correct you if you pronounce it incorrectly. You may also hear my nickname, Chauncey, from time to time. The correct pronunciation is “shon-see.”

Ok, now that you can correctly pronounce my name, let’s move on to my history and my journey throughout the years at Coastal Carolina University.

I originally come from Geoffrey Chaucer’s “The Canterbury Tales,” and I am a “proud and fierce rooster who dominates the barnyard.”

According to Chaucer, “For crowing there was not his equal in all the land. His voice was merrier than the merry organ that plays in church, and his crowing from his resting place was more trustworthy than a clock. His comb was redder than fine coral and turreted like a castle wall, his bill was black and shone like a jet, and his legs and toes were like azure. His nails were whiter than the lily and his feathers were like burnished gold.”

According to CCU’s athletic Web site, I have “splendor and great looks” and I am “greatly feared and mightily respected by all.”

I don’t want to brag, but I must say, I’m a pretty cute mascot. But I wasn’t always this cute, and actually, I wasn’t always so well liked.

When CCU was a two-year branch of the University of South Carolina, Coastal’s mascot was the Trojan. However, with the help of a group of CCU students and an English professor, I became CCU’s official mascot in the mid-1960’s. Because we were still affiliated with the USC Gamecocks, people liked that I resembled him and were supportive of the mascot change.

However, on July 1, 1993, CCU split from USC and many people thought it was time to send me packing. But I fought hard to stay at CCU and throughout the years, although I’ve had a few make-overs, I stand here today, not only as your mascot but as a symbol of strength and perseverance.

So if you ever see me around campus, don’t hesitate to say hey or give a high five. I’m proud of my CCU heritage and I welcome everyone to be a part of this great University.
It is safe to assume that the situation is not overcrowding expansion has caused for students, already attended the news. But for there are a few parking on campus. To

**Types of Parking**
- "The Green" will wait in a

**NICOLE HOGG**
Staff Writer

**Time a**

**Actions Students Should take to resolve parking issues**

Knowing how to resolve the space to park is essential. Here are a few things to keep in mind:

- **Parking:** Prevent the problem by parking in designated areas.
- **Walking:** Biking is another option. Carpooling or taking public transportation would be more beneficial for students.
- **Shuttles:** The shuttle ride the shuttle service is available. It's available every 15 minutes.
- **Shuttle:** Students who ride the shuttle service should take advantage of the service. It makes it easy to attend classes at any time of the day.

For more information, visit www.computer.com.
It is safe to say that Coastal Carolina University has a parking "situation." Whether it is a problem or not is debatable. Here at CCU, overcrowding and limited room for expansion has created a problem for students, faculty and visitors on campus. To all of the undergraduates already attending CCU, this is old news. But for incoming freshmen, there are a few lessons to learn about parking on campus.

Types of Parkers at CCU

- "The Creeper." This student will wait in any parking lot for as long as it takes, waiting and watching every student's movement. They are adept at spotting a student who has parked in that lot and will generally follow you around the parking area until you have finally found your car. Beware, if you are only grabbing books and not leaving, this will cause "The Creeper" to become immensely frustrated, perhaps even to honk at you. Do not let "The Creeper" intimidate you into hurrying your normal process along. This will only empower them more. Simply go about your business as normal and leave in a calm state.

- "Frantic Parker." This driver, unlike "The Creeper," is constantly on the move: zigzagging from parking lot to parking lot hoping and praying a spot will magically appear. Usually already late or with five minutes to spare, they can be seen throwing their hands up in disgust, cursing the sky or lying their head on the steering wheel in frustration. Stressed and at the breaking point, you will immediately become their favorite person on Earth if you pull out of your spot at the exact right moment.

- "Early Bird." The saying goes "The early bird gets the worm," and the same is true here at CCU. This student arrives at 8 a.m. and stakes out their spot for the day. Casually they park, get their things together and make a beeline for the coffee shop. They are going to need it too, in order to get through that long day of walking all over campus. Careful, once the "Early Bird" has their spot, they will stay there all day long. Wherever they need to go, they will walk for fear of losing their upfront parking spot. Hey, it may sound a little crazy, but it works!

Time and time again parking creates problems. What can you do to ensure that spot?

Actions Students can take to help resolve parking stress

"Knowing how hard it is to find space to park here at CCU, there are a few things you can do in order to prevent the hassle and frustrations. Walking, biking, riding a moped, carpooling or taking public transportation will help free up more spaces for students.

"The parking situation is bad, so I ride the shuttle bus," said CCU junior Frank Fiomecaldo. "I like riding the shuttle. It's not that bad and it comes every 15 minutes."

The shuttle is very accessible and students who live close enough should take advantage of it. Arriving and departing every 15 minutes makes it easy to always be on time for classes and to come to campus at any time of the day you need. Log onto www.coastal.edu/students/shuttle for a complete itinerary of stops.

For The Coast RTA student shuttle. Walking, biking or riding a moped to school are alternatives as well. Many students who live in the dorms already walk. But students who drive should understand they might have to park in the overflow parking lots and walk a little. Many agree with Provost Sheehan when he says that CCU "doesn't have a parking problem, it has a walking problem." Students should stop expecting to get the closest parking spot at every building.

Also biking or riding a moped is good for the environment, promotes a healthy lifestyle and lessens parking problems on campus. Just make sure you have a lock for your bike and obey proper safety requirements and you are good to go. Plus it will probably feel nice flying by everyone as they make their way to class. Freshmen students such as Jamey Lennane and Jenna Showalter live in the dorms.

"I walk every day to class. If worse comes to worse we at least carpool so we don't take up two parking spots," said Lennane.

Showalter believes that anyone living at Campus Edge or UP should ride their bike or shuttle. These two freshmen already have the right ideas for getting around on campus.

Carpooling is a wonderful way to enjoy the ride to campus, spend time with friends and only take up one parking spot. Although it may be hard to find friends and acquaintances with the same schedule who live close to you, it is worth the hassle. There are even students who register for classes early in order to obtain the same schedule and ride together to class. Once you find a reliable individual or perhaps two or three reliable individuals, you can switch off driving.

www.willyoujoinus.com offers many resources for finding a carpool group as well as other ideas to save gas and help save the planet. As an added bonus, they provide a calculator that calculates the energy you save by riding your bike, carpooling, or walking to school and work.

Not only do these different selections help the parking problem at CCU, they are also good for the planet. Biking or walking especially is good for your health. Look at it as a workout when you can't get to the gym that day. Your life will be less stressful when you don't have to drive around and around, scouting out coveted parking spots. Be a leader and set an example here at CCU. Complaining about the situation does nothing to end it so implement your own system today.
Formerly known as "t:almlltUS Pft'ift'l"

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Centers tutor students in need

Coastal offers help and tutoring on campus for students in any type of foreign language, math, or writing courses

ERAN MILLIGAN
Staff Writer

College can be very chaotic. Students have class all day, and they have studying all night and partying to do on the weekends. It's a very big step from high school, especially with all the new subject matter that many people may not grasp right away. But don't fret; help is available and easily attainable, and best of all, it comes free of charge.

The Learning Assistant Center has many labs to help students progress in every core subject, as well as the Foreign Language Instructional Center, the Writing Center and the Mathematics Learning Center. Student tutors run all the labs, and offer help free of charge.

The FLIC lab, located downstairs in the Prince Building, Room 123, provides resources that support and enhance class instruction provided by the Department of Foreign Languages.

"The center is basically for students that are learning a second language and need help with things like homework," said Bruno Thomas, a Coastal Carolina University student and German tutor.

The FLIC lab offers free tutoring in French, German, Italian, Japanese, Latin and Spanish. If a student needs to enhance the foreign language experience, the lab offers CD-ROMs and other computer software that may supplement textbooks and help with grammar and punctuation skills.

If a place is needed to do any schoolwork, the center provides a computer lab for complete for student use.

There are also international media resources available for students who want to learn more about other cultures including newspapers, magazines, DVD's and music that students can obtain in the center.

To receive a private tutoring session, students can set up an appointment by either stopping by the lab or calling 349-2468.

The Writing Center, located upstairs in the Prince building, room 209, provides one-on-one writing consultations to all students regardless of writing level or proficiency. Tutors are willing to help with every stage of writing paper, from brainstorming to proofreading.

Cheerio Knox, alumni of CCU, said she would not have made it through English 341 without going to the Writing Center for every paper. The Writing Center even offers workshops throughout the year that help students with all sorts of writing errors. Handouts on style, composition and grammar are also available and free to anyone.

Appointments are welcome but not necessary and students can come in any time of the day. Regular hours are from 8:30 a.m. to 7 p.m. from Monday to Thursday and 8:30 a.m. to 3 p.m. on Friday. If you have any questions, call 349-2937.

The Mathematics Center, located next door to the writing center, is a good place to tackle that difficult math homework.

"We encourage students to come in early in the semester before they may fall behind," said Charles S. Whiffen, coordinator for the mathematics learning center. "And no appointment is needed."

The center helps students in everything from college algebra and trigonometry, to differential calculus and integral calculus. The center also has computer software packages, as well as reference books and handouts.

No matter what the problem is, CCU has a solution and help available. Students should be sure to take full advantage of the services offered.
PARKING
from page 15

The Future of Parking at Coastal Carolina University.
Students changing their habits are only part of the problem.
Administration must do their part to enhance the experience at CCU as well.
One problem that administration runs into is cost.
Also limited room for expansion prevents plans from cultivaling.
For instance, it was suggested that CCU build a high-rise parking garage somewhere close to campus.
At first it seemed a good solution, but upon review the cost would greatly exceed the need.
The overflow parking lot across from the Student Health Center is rarely if ever full.
Has never been full, student simply refuse to take advantage of it," said Sheehan.
Parking on campus has proved to be a problem for some time now, and administration is working on ways to alleviate the situation.
The Elvington parking lot by the dorms larger. "It was originally an idea that Freshmen students could be required to park in this lot, but with the new Recreation Center being built, a certain number of parking spaces are required to be provided for it," said Sheehan.
The university is currently working on plans to enhance the sidewalks for students to walk or bike to class. They would like to begin a Student Bicycle Program.
Although it is a major complaint for students on campus, Sheehan thinks almost every college campus throughout the country is experiencing the same dissatisfaction.
With an expected four or five hundred students registering for Fall 2009, the situation will only get worse. Faculty and administration are aware of the problem and are encouraged to take it into consideration when marking students
"Parking is a major issue, and it is something we will always have to deal with," said Sheehan.

BE HEARD

Where is the best place to park?

Kevin Allison
junior history major
"To the right of Financial Aid. You have to walk a little farther, but there is always a spot."

Damian Hollar
junior elementary ed. major
"When I am not being a rebel and parking illegally, I usually park by the overflow lot by the Student Health Center."

Lindsey Mummangh
sophomore art studio major
"The parking lot by Edwards. I have class at 8:30 a.m., so I get here early enough to get a good spot there."
Shuttles offer alternate commute

Frequent shuttle times allow students to go on and off campus, and allows students to not use vehicles.

Sam Levinson
For The Chanticleer

Allowing students to have cars on campus for their freshman year is a privilege that Coastal Carolina University provides. However, not everyone is able to bring their car with them for their first year of college. Not having a vehicle can be frustrating and restricting at times. But there are a few things students can do for alternate transportation.

One of the great alternatives for transportation is the free shuttle service that the university supplies. There are stops located all over campus including in front of the Student Center as well as at the Wall Building and University Place located off of S.C. 544. They run about every 15 minutes and also make stops at the Coastal Science Center located behind Lowes off of U.S. 501 as well as the band building.

CCU freshman Christi Keating said, “I actually just got my first car last weekend, but first semester I took the shuttle few times which I really didn’t like because it doesn’t run as often as I’d like and it also doesn’t go to the beach. I eventually made friends though and would just ask them to take me places.”

Car pooling is another good option for those fortunate to know someone with a car. Sophomore pre-nursing major Corey Fedor said, “I have a car on campus and everyone always asks me for rides. I have never been on the shuttles because I have my car. I always walk to all of my classes.”

There are some “greener” transportation options that include taking a bike down to school and using it to get around campus and ride it to the closer places like the Food Lion Shopping center adjacent to campus.

Another Earth-friendly way of travel that students have adopted on campus is the use of skateboards and scooters.

There are alternate means of transportation that cut gas costs and are more “eco-friendly.”

On campus jobs hiring

Kyle Drapeau
Staff Writer

Now that college is here, students at Coastal Carolina University may be interested in working a part-time job. Working on-campus provides students with a chance to earn extra money, gain valuable experience, a chance to meet other students and learn time management. In addition to these benefits, an on-campus job familiarizes students with the campus. Paychecks can be directly deposited into bank accounts, as well.

If interested in working a part-time job while in college, students should first consider CCU employment. In comparing on-campus and off-campus jobs, it is evident that one major benefit to obtaining a job on campus is the ability to walk to work.

Those who have had previous jobs know that there is no control over the personality that a boss will exhibit. The people in charge at CCU are either graduates or upperclassmen students themselves who are understanding to situations when there is a problem with availability. They also will work schedules around student workers’ class times.

Sometimes people get jobs at the places they shop at most, in order to get discounts on the things they like to buy. The employee discounts for jobs in this area are never really impressive. In comparison, a job at the bookstore will not only allow student-workers first dibs on text books, but they will also be able to buy them at a discounted price.

The bookstore is not the only place on campus that hires student employees. If a student is a sports fan, then why not try out applying for a job with the recreation center. Student-workers sit at a desk, hold the remote to a flat screen TV, and when a person comes in, the student-worker scans their card and hands them a towel. The best part is that the school pays that employee for every hour they are there.

CCU has a wide variety of jobs; some of the positions are as follows: art education student assistant, painting assistant, note-taker (for the disabled), laboratory analyst and sampler, student technology assistant, student language assistant, intramural sports official and cashier/sales associate, just to name a few.

If any of these jobs are appealing, go to the Career Services Center, located in the Indigo House, for further information.
Traditions provide fun

RAYTEVIA EVANS
For The Chanticleer

Coastal Carolina University, like any college, has traditions that students, faculty, staff and community members look forward to each year. CCU has quite a few traditions on campus that help entertain students and keep them focused throughout the year.

Club Recruitment Day
This day is filled with food, music and various opportunities to get involved on campus. The students on campus get together on the Prince Lawn from 11 a.m. to 3 p.m. to promote their clubs and organizations.

Brochures are available that provide information about getting involved. Each club gives interested students the opportunity to sign up for the e-mail list in order to keep everyone informed on the events throughout the semester.

Midterm Meltdown
Midterm Meltdown is organized by Coastal Productions Board, a student organization which is responsible for entertaining students while on campus.

This event is usually held in The Commons dining hall on campus before or during week of midterms. At the event, students are given the opportunity to relax and relieve stress from midterm exams. Students are provided free food and drinks and light conversation to ease the tension of exams.

Pop 101
This event is held once a semester by a band usually made up of students in the music department; however students of different colleges with musical talents are allowed to participate as well.

This event is held in Wheelwright Auditorium and students, faculty, staff and community members attend every year to hear the students rock out to music from the '60s and '70s.

People interested in attending Pop 101 need to obtain a ticket and check out the show.

CINO Day
The most exciting day of the school term is held during the spring semester a couple of weeks before finals. CINO, which stands for Coastal is Number One, is an acronym created by Brian Tracey, a former student at CCU.

CINO Day is organized by CPB and it is held on the Prince Lawn from 11 a.m. to 3 p.m.

On this day students, faculty, staff and community members get together for free food, music and a long day of fun.

Each year, there is something different on the lawn for CINO Day. Slip-n-Slides, balloon animals, local bands and bull riding are just a few of the wonderful features of CINO Day, a day every CCU student looks forward to.

During CINO Day, Archarios, the literary art magazine is distributed; these magazines are student produced and free of charge.

Area presents plenty to do

BETWEEN DORM PARTIES AND LATE-NIGHT BINGO, THE CONSTANT HUFFING AND PUFFING OF "THERE IS NOTHING TO DO AROUND HERE!" COMES FROM EVERY COLLEGE STUDENT. SO TAKE A DEEP BREATH KIDS, HERE ARE THE BASICS OF WHAT TO DO AND WHERE TO GO IN THE GRAND STRAND AREA.

BK ASTRINI
Art Director

• Broadway at the Beach – Broadway is the mecca of dining and entertainment of Myrtle Beach. Even with the flux of tourists, it still provides a good time away from campus. For dining, the area is big on restaurants such as Hard Rock Café, Key West Grille, Uno Chicago Grill, Yamato’s and Joe’s Crab Shack. Margaritaville is always packed but guarantees fun with a “lost shaker of salt.”

Although shopping at Broadway centers around its tourist demographic, there are still shops that veer to locals, such as jewelers Vanity and RetroActive, selling a mass of 70’s, 80’s and 90’s memorabilia.

The main attraction at Broadway for the college crowd is Celebrity Square. There is anything from Senior Frogs and Blarney Stone’s Irish Pub, to Malibu’s Beach Bar. Across the street is Kryptonite, the mega club that once in a while hosts C-list reality show celebrities and a discounted college night on Wednesdays.

Broadway is located 25 minutes from campus: take a right on U.S. Highway 501 towards the beach and take the North Myrtle Beach exit towards 17-Bypass.

• Ocean Boulevard – The purpose of coming to live at the beach is to take advantage of the popular boardwalk, located between 8th and 21st Ave. N. This is the stretch where traffic is constant, but consider it a good time away from campus. For the sweet palate, a Cold Stone Ice Creamery is next to the Grand 14 Cinemas, near Farrow Park and go straight until the complex is in sight.

The Old Air Force Base and Market Common is located 20 minutes from campus. Take U.S. Highway 501 S. and merge onto 17 Business toward Georgetown Surfside. Turn left on Farrow Parkway and go straight until the complex is in sight.

D A Y C A T I O N
STAR exceeds goal for Relay For Life

ERIN GAESSER
Guest Contributor

Students Taking Active Responsibility of Coastal Carolina University hosted the third annual Relay For Life event on April 17, 2009. Relay For Life is a fundraiser for the American Cancer Society that runs from 7:00 p.m. until 7:00 a.m. Last year Coastal was awarded the title of "The Leading College Against Cancer in the State of South Carolina" for fundraising efforts. This year we set our goal high at $45,000.

The CCU community obliterated this goal and fundraised over $62,000. The event involved 62 teams and 877 registered participants.

Thank you to everyone who participated, it was all of your hard work that lead to this amazing outcome. We hope that all of you and more of the Coastal community will be involved in Relay For Life next year on April 16th. Together we can fight back against cancer!

Crowds gathered for the third annual Relay For Life event on April 17, in support of the American Cancer Society.

Photos courtesy of Erin Gaesser

Phi Alpha Delta is the pre-law fraternity but is open to all students who may have an interest in the law. We organize mock LSAT's on campus as well as plan trips for all students to visit law schools in our area. We are active around campus and have sponsored many events dealing with the law and politics. For additional information please e-mail Caitlin Dorman, at cmdorman@coastal.edu

Congratulations to the new members inducted into the Phi Alpha Delta Chapter at Coastal Carolina University.

Barnes Anderson, Mark Barnes, Micah Bucy, Kevin Crout, Emma Currin, Dominic Eubanks, Melissa Husni, Brett McCormick, Michelle Paul, Max Sauvé, Gerard Seifert, George Taylor

Officers: President, Caitlin Dorman, Vice-President Michael McShane, Secretary Heather Moore, Treasurer Taylor Eubanks
CHAUNCY SHOWDOWN

What is better, living on or off campus?

BK Astrini

Art Director

Although the idea of waking up five minutes before class and showing up in old pajamas and dirty hair sounds super, being a commuter has some major perks. There are three possible living situations when being a commuter: living at home, living with roommates, or living on one’s own.

Living at home works when one is in college precisely because it’s cheap. Most parents are not as stern as most landlords are, and they can provide a wider variety of food that isn’t pizza and Wendy’s. Even though parents are now considered not trendy, that can be changed. If the mom is cool enough, she may even sew ripped hoodies and do laundry — without getting anything shrunk or turned the color Pepto Bismol pink. Moms are awesome. She might even hook you up with real dishes, and they could even match! And there’s only a down payment of love, with a low monthly rent of respect and clean-your-room. This is probably the cheapest out of all the deals, even with the tenant’s complaints that, “Oh my god, you are growing up so fast!”

Living with roommates is only one step up from living in the dorms. The resident assistants aren’t watching every move and inspecting every backpack that could probably be filled with a 6-pack of Smirnoff Ice (because we’re ready to retire the beer in beer pong for something so much more potent). Sharing a pad with the favorite roommates from dorm days still has the flair of living among peers, and there is always enough people to divide chores among. Of course, the problems with this type of residency is dealing with the messy roommate (or the obsessive-compulsive neat freak if one is on the other side of the coin), but off-campus makes it a lot easier to give one the boot.

The last option of commuting is living alone. This is not pathetic — in fact, even though it is the most expensive option, there are no parties during exam week, there are no roommates bringing home loud lovers, and nobody to fight with over the TV.

KEVIN YOUNG

Photo Editor

No matter how bad living in the dorms or in campus housing is, it could really set a student up for success in their college career, especially during the first few years. I know living in a small “box” with a total stranger for a year or two of my life isn’t really appealing to the average student, but it can put you on the right track to a successful year of school.

Living on campus gives students a sense of community; it surrounds you with like-minded people looking to explore this new chapter in their lives. It gives students the chance to interact and connect socially with their peers, which in turn encourages them to take a more active role in their education. Studies show that students who live on campus for the first two years of college get better grades, and are more likely to graduate faster than those who choose to live off campus. These students tend to get more involved in campus activities and take advantage of their surroundings, leading them to successful college careers.

“Having an easily accessible dining hall eliminates that expensive grocery bill every other week and is also helpful when the only thing you know how to cook is Ramen Noodles and Easy Mac.”

If security is something you look for, campus housing usually comes with around-the-clock security guards that are available 24-7.

Living on campus may not be your first choice when deciding where to reside, but it should be at the top your list. It comes with amenities that are rare in off campus housing that in some cases takes you away from the true college experience.
Staff speaks out on freshman year

MAEGEN SWEAT
Editor
So it’s finally here. You’ve graduated high school, you’ve closed the door on childhood and you’re ready to see what the life beyond your backyard is like. I applaud you. You made the decision to further your education by coming to college. I can’t even begin to tell you the things you’ll learn in the pursuit of a degree. College is where you’ll learn the lessons for the rest of your life, through living on your own, becoming your own person without your parents and making decisions that will greatly effect the person you will become. Welcome to the next step of your life.

I remember graduating high school and preparing the whole summer for my new life here at Coastal Carolina University. I remember going to Target and shopping for the cutest dorm decor. I remember being finally allowed access to a Facebook account, even though now you no longer have to be a college student to make one of those habit-forming monstrosities. I mean, I should remember it, it was only three years ago, but college has changed me so much it seems like it was forever ago. Now that I’m a senior and starting my last year of college, I’d like to share with you some of my experiences at CCU that could help you to calm those pre-college nerves.

My first huge worry about college was wondering where I would fit in. Who would be my friends, and what would they be like when I wasn’t in class. I’ll be the first to tell you, get involved. Join an organization or a club. If you like the arts or writing, join student media (hint, hint!) With campus clubs and organizations, you can’t go wrong. You’ll meet so many people, and so many of the “right” people. I’m sure many of you wonder about the parties, but trust me, you want to meet people that can steer you in a better direction. Concentrate more on your work and keep the celebrations to a minimum, it’s much much better for you in the end.

A college education is largely what you make it. If you go to class and merely think you can sleep and not to listen to anything the professor says because the only thing on your mind is meeting your friends on the beach, you aren’t going to leave college with anything useful. Even if you hate one professor’s grading policy or method of teaching, learn something from the course. The goal is to walk away with something that you can use later in life, no matter what that grade on WebAdvisor reflects.

College is a time to learn, to grow and become an adult. Coming to college means you are preparing yourself for a better job in the future. Use this opportunity. Grab it by the horns and run with it. You never know where you’ll end up, and hey, you could even find yourself as head of an organization, or newspaper, with tuition paid writing this same editorial column a few years from now.

Understatement. Leaving behind all my memories of cheerleading and Friday night football games, evenings with my girls and summer nights with a boy, weekends at the lake and winters at the ski lodge, I told myself Coastal Carolina University had better be worth it.

My entire life I had prepared for this moment, but once I arrived in South Carolina I wasn’t sure if I was ready. Half of me was excited while the other half wanted to run and hide. I didn’t know anyone and didn’t know how I would ever make friends. It seemed that all the cliches had already been formed before I had even stepped foot on campus.

I wouldn’t have a roommate because freshmen weren’t obligated to live on campus yet. I wouldn’t have teammates because I hadn’t tried out for any teams. I wouldn’t have any club members because I wasn’t in a club.

Focusing on schoolwork would keep me occupied for a while but I needed social interaction. I knew if I wanted to make my stay at CCU enjoyable or even bearable I needed to get involved as soon as possible and leave home behind me. Pondering on what I had left behind in Virginia wouldn’t help me here. I would have to get off my butt and get involved, and I would have to fast.

Leaving the safety and comfort of home was hard. It was much more than a physical move, it definitely took an emotional toll on me. There were countless times that I wanted to pack my bags and head for the hills, but I knew giving up wasn’t an option. I had worked way too hard to get here, and I wasn’t turning back now.

I saw an advertisement for orientation assistant at CCU and thought that since I had just gone through the process I’d give it a try. So I applied. I saw an ad for The Chanticleer staff position. I applied. I saw an application for an honor society. I applied. I got an e-mail about recruiter for CCU. I applied. I went absolutely application crazy!

Looking back, I was out of control, but now I’m so glad I forced myself to get over the initial fear and I actually got to know so many different and interesting people.

CCU is full of changing people; people forgetting old memories, people making new memories and people preparing for a new home. Leaving home was hard but after getting involved, moving forward was so easy.

CORRIE LACEY
Assistant Editor
With six hours separating me from what I’ve called home for the past 18 years of my life, to say I was nervous about coming to college is a drastic understatement. Leaving behind all my memories of cheerleading and Friday night football games, evenings with my girls and summer nights with a boy, weekends at the lake and winters at the ski lodge, I told myself Coastal Carolina University had better be worth it.

My entire life I had prepared for this moment, but once I arrived in South Carolina I wasn’t sure if I was ready. Half of me was excited while the other half wanted to run and hide. I didn’t know anyone and didn’t know how I would ever make friends. It seemed that all the cliches had already been formed before I had even stepped foot on campus.

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I knew, I was being shipped to a national conference in Kansas City with two seniors from the two other CCU publications.

I kept getting involved, and even though it was exhausting at some points, I learned so much and met a massive amount of people that have really helped further my success. Now I sit here as the art director of the newspaper, realizing that I still have so much ahead of me, and even though I stayed home, I still managed to have a pretty poppin’ year.

BK ASTRINI
Art Director
I never got to put up Bob Marley posters up in my dorm, or play beer pong to Katy Perry in my own room. While most college freshmen spent their Thursday nights passed out on the floor of N-Zone, I was just trying to make sure I was awake enough to make the 30-minute trek back to my house in upper Myrtle Beach (where, yes, I live with ma and pa), after another late night working at the paper. So I never got to paint my body and run around the football field during games, but I’d like to think I’m not a total lame-ass. If anything, the fact that I had a different college upbringing even brought me even more success.

I’m writing this editorial as a freshman, but after next week, I’ll move up the totem pole and will no longer be embarrassed to admit my year of schooling. But even as a freshman, I managed to not be completely socially inept, so for all of you kids that won’t get that “unforgettable” college experience, and will still live at home, you can still turn out a little cool.

I chose to go to CCU because I was broke and didn’t care for living with strangers in an overwhelmingly monitored setting. But commuting sucks, and I still wanted to meet as much people as possible. I joined like 11 clubs when I came to CCU. Half of it came from wanting to get involved and meet people, but I was also really bored at not having a roommate I can yell at for stealing my straightener. I joined pretty much anything that offered free food - Journalism Club, ALGA, Campus Democrats, Campus Outreach, Sigma Tau Delta (ok, I’ll stop, this is not my resume).

One of them happened to be The Chanticleer, and somehow I weaseled my way in. Next thing
Movies to hit theaters soon

1. “Angels & Demons”
Tom Hanks is back, reprising his role as the brilliant Robert Langdon from “The Da Vinci Code.” Langdon discovers that an ancient order known as the Illuminati, considered to be the most powerful organization in the history of the world, has surfaced. Langdon, along with Vittoria Vetra, a beautiful Italian scientist, must combat the Catholic Church while simultaneously trying to prevent the Illuminati bomb from exploding. Their adventure will take them down a 400 year old trail of secrets and mysteries that are the only thing that can save the Church.

2. “Drag Me to Hell”
Christine Brown, played by Alison Lohman, is a loan officer who makes a deadly mistake when she denies an elderly woman, played by Lorna Raver, an extension on her home loan. In retaliation, she is placed under the curse of Lamia, which turns her wonderful life into a living hell. She gains help through a seer who sets her on a mission to reverse the curse. The question is: how far will she go to break it?

The future has finally arrived and John Connor (Christian Bale), leads the war against Skynet and the Terminators in the post-apocalyptic world of 2018. Things are not as they have been predicted, due in part to the appearance of Marcus Wright, a man whose last memory was of death row. Connor must decide if Wright is the latest (in this series) to come from the future or if he’s been saved from the past, and both men must make the perilous journey to Skynet’s core, where they discover what the machines have planned for humanity.

4. “Transformers: Revenge of the Fallen”
The Autobots and Decepticons are set to do battle once again, with humanity still caught in the crossfire. Shia LaBeouf and Megan Fox reprise their roles as the central figures working with the Autobots. This one’s being kept under wraps, but expect more of the same (effects-wise) from director Michael Bay in this action-packed sequel.

5. “The Hangover”
A Vegas bachelor party blowout goes horribly awry when three friends awaken to discover not only that their hotel room has been trashed, there’s a tiger in the room and a baby in the closet, but also that the groom is missing in action. With absolutely no memory of the night’s events, they must discover the whereabouts of their friend before the wedding.

6. “Year One”
Producer Judd Apatow is back with another comedic strike starring Jack Black and Michael Cera as hunter-gatherers who are banished from their primitive tribe and journey through the ancient world. It’s the comedic combination of Cera and Black that guarantee to make this a summer hit.

Potter and the gang return in the sixth installment of the series, ready for another battle with Voldemort. Harry has begun to distrust even Hogwarts as a safe haven as Dumbledore prepares him for the inevitable final battle. There’s also a bit of romance in the air as the young wizards and witches strike that wonderful period of life called puberty. It’s Harry Potter so this one’s a hit before it even gets to the test screenings.

8. “Public Enemies”
Christian Bale makes the list twice, this time playing a detective, Melvin Purvis, determined to capture the infamous John Dillinger, played by Johnny Depp. The clever Dillinger dodges many of Purvis’ attempts until strategy and treachery allowed Dillinger to finally be captured.

9. “G.I. Joe”
Gentlemen, our dreams have finally come to fruition. Joe hits the big screen in early August. Team JOE is after arm dealer Destro, but they must also combat the growing threat that is the Cobra organization in order to prevent worldwide chaos. With a cast that includes rising star Channing Tatum, veterans like Dennis Quaid and even the return of Ray Park, who played the enigmatic Darth Maul in Star Wars: Episode I, this movie promises to thrill both new and old fans of the G.I. Joe franchise.

10. “Inglorious Basterds”
Quentin Tarantino returns to the helm in this gritty war epic about a group of Jewish soldiers, led by Lieutenant Aldo Raine (Brad Pitt) who engage the enemy in strategic acts of retaliation. They forge a plan to take down the leaders of the Third Reich. A word to those unfamiliar with Tarantino’s methods: this is not going to be your typical war movie

Honorable Mention: Ice Age: Dawn of the Dinosaurs, Funny People, Land of the Lost, The Taking of Pelham,123, Up
CRIME LOG Revealing the “best of” dirt on CCU’s campus

Editor’s note: These were actual crime logs reported during the 2008-2009 school year. While intended for humor, The Chanticleer does not encourage or condone any of the behaviors listed below. Enjoy!

Oct. 24
Vandalism on the green
The complainant reported to a CCU DPS officer that someone hit a golf ball and broke the outside pane of glass on the complainant’s bedroom window.

Nov. 1
Running from the taxi and the cops
A CCU DPS officer was flagged down by a taxi driver on Chanticleer Drive East. The driver’s two fares ran without paying. The subjects were located and ran from the officers. The subjects were found to have been drinking underage and in possession of false ID’s. Both subjects were arrested and transported to the Horry County Detention Center.

Nov. 22
Security boxes aren’t for fun and games
A CCU DPS officer observed the subject running from the area of an activated call box and stopped the subject. The subject was identified and interviewed. The subject admitted to activating the emergency call box without a reason. The subject was issued a citation and released.

Jan. 7
Burglars caught in the act
A CCU DPS officer observed two people in the Gardens residence area entering an apartment. The officer requested back up, and approached and interviewed the subjects. It was revealed that the subjects were entering the apartment without permission and it was not their apartment. The subjects were arrested and the apartment was searched with permission. Goods were found and seized as evidence. Both subjects were transported to the Horry County Detention Center.

Feb. 13
Students pays tow truck to unhook car:
An illegally parked vehicle was identified near the strength training facility. A tow truck was notified. The driver arrived while the tow truck was hoisting up the vehicle. The driver was allowed to pay the tow truck driver and drive his/her vehicle away.

Feb. 14
Pizza theft
The victim, a Domino’s delivery person, reported to a CCU DPS officer that an unknown person entered his/her unlocked vehicle and removed a pizza delivery bag and several orders that were in the vehicle.

March 12
Attempted apartment fraud
The complainant reported to a CCU DPS officer that he/she encountered a potential fraud while looking for a rental apartment online. The listing had been deleted by the time the report was made, but copies of e-mails were kept by the complainant and have been kept as evidence.

March 29
Theft by significant other
The victim reported to a CCU DPS police officer that his/her significant other had taken personal property belonging to the victim from the victim’s vehicle and left the area. Attempts were made to locate the subject.

April 19
Unconscious person lying beside road
CCU DPS officers responded to Residence Blvd. in reference to an unconscious person beside the road. The officers located the subject and discovered he/she had been drinking but was not unconscious. The subject was referred into the Campus Judicial System.

Tell your story to others
The Chanticleer Newspaper needs journalists to continue to provide Coastal Carolina University students with an entertaining source of current news and events. All majors are welcome. Start now and build your portfolio with your own published articles.

If you are interested, please contact Maegen Sweat or Corrie Lacey in the Lib Jackson Student Center, Room 2061, call 843-349-2350 or send us a message on Facebook.
Chants seem hopeful

A CCU football player heads off a Pennsylvania State University player at the opening game of the 2008 season in State College, PA.

NICK MAMARY
Staff Writer

Coming off a 6-6 record last year, Coastal Carolina University's football team hopes to improve in 2009. Head Coach David Bennett enters his seventh year at the helm for the Chanticleers as the program also enters its seventh campaign.

For the second year, CCU will open against a team from the Football Bowl Subdivision (formerly IA) as they visit the Kent University Golden Rashes. Formerly a Football Championship

We'll probably do better this year," said junior marine biology major Jeff Wolford, "Now that our quarterback has some experience with the rest of the team and coaches."

The Chants lost three games by five points or less last year, but many hope they will be better prepared to pull out the close games this time around.

Young receivers like Keith Graham will provide big plays while the defensive line will have talents like junior Brooks Barbee. Overall, most expect the team to continue to be competitive, and predict they will exceed last year's win total, and perhaps even challenge for their fourth Big South Conference title.

9/3 @ Kent State 10/10 vs. VMI 11/7 vs. Gardner-Webb
9/12 vs. Monmouth 10/17 @ Liberty 11/14 vs. Presbyterian
9/19 @ Towson 10/24 @ Stony Brook 11/21 @ Charleston
9/26 vs. NC A&T 10/31 @ Clemson

Rugby wins big game

CCU's club team wins national championship

REGINALD JONES
Staff Writer

Coastal Carolina University's rugby club team won the 2009 National Small College Rugby Organization Championship held at Cherry Hill, N.J., on Saturday, April 18.

Not only was it the first sports club national championship in the university's history, it was also the first national championship of any kind in the history of CCU athletics.

The team won when they defeated two teams in the Men's Collegiate Division III National Championships Sunday, coached by Robert Kegler.

They defeated their former coach John Graham and his Longwood University team 36-25 to reach the championship game. The team defeated each opponent in the Palmetto Rugby Union and swept the USA Rugby South Playoffs, defeating main rival Furman twice this season.

The rugby team finished their season undefeated, defeating State University of New York at Oswego 36-15 in the final. The team was 10-0 defeating such opponents as Division I's Wake Forest.

Captain of the team, Matthew DeCastro said everyone on the team had the same thoughts going through their heads.

"We knew it was time to go and make you step us at the goal line. He plans to continue to coach the rugby team and that he is very proud of his players this year.

Brian Green, who plays wing on the team, says that the team accomplished the national championship with hard work. However, he does believe that the team needs a greater fan base among CCU.

"In Coastal's (rugby) future, I see greatness. The future Coastal Rugby teams to come will be coached by one of the greatest coaches any of us could of ever hoped for, Rob Kegler, and with that, I know good things are in store. Without him, we are nothing," said DeCastro.
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