THE CHANTS ARE BACK

The Chanticleer football team is back and on top of their game after a victory over Monmouth
Pg. 17

3 News: New Overlay zone
10 Features: Obesity in America
15 Opinion: Healthcare issues
18 Sports: Fantasy football
Welcome Back
3 out of 4 CCU Students Start their weekend at Blarney Stone’s

Welcome Back
3 out of 4 CCU Students Start their weekend at Blarney Stone’s

September 25th & 26th
Black Label

October 1st, 2nd & 3rd
Black Glass

October 9th & 10th
Tru Sol

October 16th & 17th
Screaming Broccoli

October 23rd & 24th
Tokyo Joe

October 30th & 31st
Black Label

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In an effort to provide a safe environment and attractive appearance to residential areas surrounding Coastal Carolina University campus, the Horry County Council recently approved the Coastal Carolina University’s Neighborhood Overlay Zone.

The ordinance, established to promote a sense of place in an orderly neighborhood context, limits the number of unrelated individuals living in a single residence to four. Exceptions include individuals related by blood, marriage, adoption, guardianship or other authorized custodial relationships.

Also included in the Overlay are restrictions on parking. The ordinance states that vehicles are prohibited from parking within the right-of-way between 11 p.m. and 8 a.m. It also states that no vehicles are permitted to park in landscape, unimproved and naturally vegetated areas during these hours.

The residential areas affected by the Overlay zone include Quail Creek, Quail Creek Village, College Park, College Place and Barberry Drive.

According to a letter, addressed to Overlay homeowners and residents by Greg Weissner, assistant director of the Office of Judicial Affairs and Off Campus Student Services, students who violate the ordinance will be fined $200 per day and are subject to a campus judicial review process.

The University’s Office of Off Campus Student Services states that the purpose of the ordinance is to protect the health, safety and general welfare of the citizens throughout Horry County and to preserve the value of property and maintain for the county’s residence, workers and visitors a safe and aesthetically attractive environment.

Haven Hart, associate vice president for student affairs, said honestly, [the Overlay Zone] originated from problems with students not cutting grass or taking out trash.

Some students feel that the ordinance is unfair and was caused by unnecessary complaints made by the non-CCU community surrounding the campus.

The students feel that the neighbors are being vigilant, said Hart. “There is a fine line between enforcing this and looking for problems. We have to do our part to educate students.

Although the ordinance states that its purpose and intent is to protect the general welfare of the public of the county, many CCU students feel that the ordinance is infringing on their rights.

This is a college area. Therefore, there are college kids living here, said junior biology major Karen Moore. Most college kids can't afford to live in a house or an apartment by themselves. Our families are miles away and we make rent by sharing a living area with other college students, and most of the time, we are unrelated. Do we no longer have the right to chose how many people we share a house with?

Some students feel that residents should understand the environment surrounding a college campus before moving near CCU.

What do people expect when they move next to a university, said communication major Lucas Irving. It's going to be loud. It's going to be messy. It's college. People should realize that before moving to a college community. They should be expected to adapt.
CRIME LOG

Sept. 11
Underage possession of alcohol, possession of paraphernalia
CCU DPS officers responded to the Rivers Residence area in reference to a call from the Security Officer (SO) working in the area. The SO had been given a backpack that was left unattended outside the dormitory and while trying to identify who the bag belonged to the SO discovered contraband in the bag. The subject who was the owner of the bag, came to the desk area to claim the bag. The subject was given citations for underage possession of alcohol, and possession of paraphernalia and then released.

Sept. 12
Motor vehicle theft
On Sept. 12 the complainant reported to a CCU DPS officer that a stolen vehicle had been discovered in the woods near Santee Hall. The vehicle is normally kept at Brooks Stadium. The vehicle had a broken front axle. This incident is under investigation.

Sept. 13
Simple possession of marijuana
A CCU DPS officer observed a subject at Guillett acting suspicious and decided to interview the subject. During the interview it was determined the subject was in possession of what appeared to be marijuana. The subject was arrested and transported to Horry County Detention Center.

SGA Update

This week was an exciting week for the Student Government Association here at Coastal Carolina University. SGA got its first taste of real business this week as it was given two pieces of legislation to work on during Senate.

The first piece of legislation come from S.T.A.R representative Marianne Long, and dealt with a situation common to many students, not being notified of professor changes before the start of classes. SGA will meet next Monday to vote on this proposed legislation.

The second piece of legislation was a request to recognize the Student-South Carolina Education Association as an organization here on campus. This organization is a professional club aimed at students who are in the education field or who are interested in pursuing education as a career. This piece of legislation was passed immediately in senate so that the organization can begin fundraising.

Taylor Eubanks
Student Body Executive Vice President

Corrections

The Chanticleer is committed to accuracy.

Letters to the editor and submissions are welcome from the CCU community. Submissions should not exceed 300 words and must include the name and phone number. Submission does not guarantee publication. The Chanticleer reserves the right to edit for libel, style and space.

Articles and editorials in The Chanticleer do not necessarily express the opinions of the university’s student body, administration, faculty or staff.

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Some material MAY NOT be suitable for people under 17.
Annual Heart Walk to be held Oct. 10

The American Heart Association’s annual Heart Walk raises awareness and money for a number one killer

ROOSEVELT CORBETT
Staff Writer

There are many events and activities taking place daily at Coastal Carolina University, in the local community or at the beach. Of those activities, CCU offers many volunteer service organizations and events. One major event coming next month, held by the American Heart Association (AHA), is the Waccamaw Area Heart Walk. The Heart Walk will be held on Saturday, Oct. 10 at 8 a.m. at Market Commons.

As stated by the AHA the Heart Walk is More than an event, the Start! Heart Walk is an experience. The event is held to help raise money to fight off the number one and number three killers in the nation: heart disease and stroke.

All backgrounds, genders, ethnicity, races, ages or statuses in society have been affected or will be affected by heart disease. Heart disease excludes no one.

President David DeCenzo, chair for this year’s Heart Walk said, My Father had triple bypass at the age of 87 and will soon be 92. Although his father is still alive, more funds to help support research may have helped avoided surgery.

According to www.americanheart.org, In the northeast along, heart disease and stroke has taken the life of over 90,000 people and has killed 41.4% of America’s 23 million population.

Debbie Conner, Ph.D., associate vice president of university relations, said personally, I have been affected by high blood pressure and my father has had a stroke and is unable to walk and speak.

He had been showing the signs for strokes for weeks but no one knew, said Conner. I walk in his honor.

The Heart Walk is not only a local area event. There are nearly 400 heart walk events around the nation. Being involved in the Heart Walk gives people an opportunity to help raise awareness, honor those lost or those still fighting on, meet new people and most of all help fight the fight against heart disease.

Heart disease is a big problem, anything that can be done to help lessen the effects of heart disease by way of awareness, educating, or fundraising, I support, said DeCenzo. Heart disease has effected us all.

To participate in this year’s Heart Walk, interested participants can sign up for a team, preferably 10 or more people to a team. There is no fee for this event. Participants can sign up online at http://www.americanheart.org.

The editor speaks out on rudeness

MAEGEN SWEAT
Editor

It is just me, or is the world these days just becoming a little full of themselves, to say the least? With all the recent events in the passed week, Americans seem to be more focused on none other than themselves at the expense of others. Where is this coming from?

Look at good ole South Carolina Senator Joe Wilson, with his angry You lie! outburst at President Barack Obama’s big healthcare speech in a joint session of Congress. Not to mention, it was broadcast live for everyone else in the world to see and hear.

Even though it was a century long controversial topic, this was also a very special occasion where such behavior has never been tolerated. Partly because, well, it’s never happened.

Kanye West at the MTV Video Music Awards, need I say more? Miss Swift was just graciously accepting her hard earned, and well deserved award, and Kanye decides he needs to try and steal the show with rude and degrading comments. What was he thinking? Wait, he wasn’t.

As if he wasn’t famous enough, Michael Jordan felt the need to bring up every grudge he ever held against people in his lifetime during his hall of fame induction speech. He even brought up his old high school basketball coach who didn’t let him on the varsity basketball team. Man, you messed up, stated Jordan. Well, maybe he did, and I’m sure he realized that 20 years ago. Let it go, Michael, let it go.

Even Serena Williams showed very un lady-like and unsportsmanship like conduct during her recent match, yelling at the line judge for certain balls that were made during the game.

I think people are thinking of themselves way too much these days. It seems the world has become very self-centered and people seem to be walking around with chips on their shoulders, just waiting for any moment to leap out at the most unsuspecting people to blow up their ego.

What do all of you guys at Coastal Carolina University think about this? Your comments and opinions would be greatly appreciated, just E-mail them to thechanticleer@gmail.com.

I may even decide to print a few good answers, but of course that will be up to my discretion.

After all, I am the editor-in-chief, and I am a big deal. Don’t forget it. =)
NEWS

CAMPUS

News on campus

BY THE EDITORS

Coastal Carolina University community remembers:

John Daniel Pontus, a junior business management major from Rock Hill. John was killed in an automobile accident on Friday, June 5.

John Anthony Pruitt, a sophomore communication pre-major from Lake Wylie. John was killed in an automobile accident on Saturday, August 30th.

Freshmen Housing Updates

At the beginning of the fall 2009 semester Coastal Carolina University had to house 54 freshmen students at the hotel Comfort Suites close to campus.

According to Haven Heart, associate vice president for student affairs and dean of students, the main reason for this was not so much limited space, but because many students missed the housing application deadline.

All students who applied in time were accommodated, even some who were passed deadline. Some applied to Coastal later and we at that point ran out of housing. Some students said they would like to come to CCU without housing, said Hart.

Hart also added that hotels providing housing for students is something that is seen at other growing university campuses, and it is not uncommon.

As of now, half of the 54 students are now moved out of the hotel room and are now living on campus.

RECREATION

Campus recreation adds rooms

CCU Campus Recreation adds two new rooms to house more cardio and exercise equipment

MAEGEN SWEAT

Editor

With the constant rise of the student population at Coastal Carolina University, there are more than just crowded hallways and classrooms, and many buildings and departments have had to improve to make new space.

Campus recreation at CCU has also gone under some new renovations, as many students may have already noticed.

Right beside the gym and weightlifting room located in the Williams Price Small Gym, there have been two new additions for students to enjoy. One room houses state-of-the-art new cardio equipment, and the other room adjacent to it is still in the process of being renovated. That room features an arcade zone with game bikes, Dance Dance Revolution and even skateboard simulators.

According to senior exercise and sport science major Jackie Gordon, who works the front desk at the recreation center, the extra room was provided to house more cardio machines.

It was used to create more space because it's always packed upstairs where the older cardio machines are located in the weight room. They bought new cardio machines. They've been bringing stuff in randomly, said Gordon.

Another worker in the recreation center, senior physical education major Curtis Shank says the new rooms will house exciting new features as well.

There's going to be TV's, they're hooking them up right now, said Shank.

According to Gordon, the arcade type exercise room is currently only for use by the physical education department.

That's for the P.E. department, it's not really part of recreation.

A student tries out a brand new arc trainer exercise machine

The P.E. department is handling that, said Gordon.

The new cardio room is currently open and ready for students use. Inside, there are four Arc Trainer elliptical machines, four Precor elliptical machines and one Elliptical Edge climber. There are also some Corballs, free weights and new exercise balls, as well as two brand new flat screen TV's for the fitness guru's enjoyment and entertainment.

Chance Alexander, a senior economics major is just starting his new exercise routine, thanks to the new space made in the recreation center. He says he plans to be in the gym now at least once a week, and there were several reasons why he didn't use campus recreation in previous years.

I didn't want to go [to CCU's gym] because the machines were old. The machines in here are brand new, there's not many people in here and not every machine [upstairs in the weight room] has an iPod holder, said Alexander.

COMMUNITY

New theatre featuring CCU opens in the area

Coastal Carolina University and Equity Theatre join hands to open a new performance stage

SARAH LINDBLAD

Staff Writer

For those who have lived in the Myrtle Beach area a while, 900 79th Ave. on 17 Bypass started out as the Academy for Arts, Science, and Technology; however, the older building has now evolved into something more.

Coastal Carolina University and Equity Theatre now share the space. Its main features include a new theater and a dance room. Plays put on by the theatre department will be performed at this new theater on different occasions. The dance room will be used for dance and movement classes.

Atlantic Stage, a theatre troupe not affiliated with CCU, but featuring many of the CCU faculty and adjunct professors will also be utilizing the facility frequently.

Theatre professor Sandi Shackelford says, It's not community theatre. It's a different kind of theatre, and it's not for profit. It's a professional resident theatre.

This means that for the performers, theatre is a vocation; whereas, at places such as Theatre of the Republic anyone in the community may perform.

Check out the new theater on Saturday, Oct. 3rd from 2 to 5 p.m. at the Open House. Food, drinks, a tour of the facility and a raffle to win free season tickets will be available.

It gets even better. On specific nights when tickets have not sold out, there will be a student rush for students at CCU to buy tickets for just $10.

If interested in buying tickets, there are several different, and not to mention cheap packages to choose from. For students, a season package is just $40. To learn more about the theater, go to www.atlantistage.com, and be sure to attend the Open House.
Spinning proves to be fun

Classes taught at CCU take away the stigma of a grueling workout

Students are all smiles during one of the spinning classes taught by CCU student instructors

Photo by Kevin Young

Spinning was created in 1980 by personal trainer and fitness guru "Johnny G" and it became an instant phenomenon.

Johnny G developed an indoor cycling training program that simulated riding outdoors in different terrain when he learned his wife was pregnant. He did not want to leave her to train for weeks on end for a biking marathon across country so he improvised. Johnny G began what is now known as spinning in his own garage he quickly got a following and was soon holding classes out of his home. Soon, a spin bike was manufactured.

Since the 1980's spinning has become more and more popular, especially in CCU’s recreation center.

According to the spinning instructor manual, "The Official Manual for the Spinning Instructor Training Program," spinning is an exclusive fitness phenomenon copyrighted and not to be confused with cycling or to be taught by an instructor who is not spinning certified directly through the company.

CCU sophomore Kenall Pakula is really enjoying the spin classes offered at the recreation center.

“I really enjoy spinning classes, it gives me so much energy for the day,” said Pakula.

Spinning is not limited to the young students on CCU’s campus. Mary-Lou Peluso is a 68-year-old spinning enthusiast who credits spinning for improving many aspects of her daily life.

“When I get up and go to spinning the entire rest of the day I feel accomplished,” said Peluso.

“The synergy in the room keeps you going, it is very exciting.”

In spinning, each individual is in control of his or her cadence, which is how fast your legs go as well as resistance. A resistance knob is on the bike in order to simulate riding on a hill. Each class can focus on a different type of ride which makes for an exciting ride.

There are numerous spinning classes offered throughout the week all led by certified spinning instructors at CCU, who are also students themselves.

Check out the class schedule online at www.coastal.edu recreation, as well as at the front desk at the fitness center. Make sure to check the fitness schedule regularly as it is updated every month.

**Prevention**

**Swine Flu scares students**

Student health services offer vaccinations

ELIJAH BLACK
Staff Writer

The public has recently been notified of a new pandemic that has everyone frightened. Some have taken the precaution of not eating pork or simply wearing a mask to prevent breathing in deadly germs. However, devouring bacon at breakfast or biting a ham sandwich during lunch won’t give the paranoid individual the Swine Flu, which is also known as H1N1 virus.

Students and faculty of Coastal Carolina University question whether the University has a plan to prevent the H1N1 pandemic from spreading.

Although the danger of eating pork is premature, some people may feel the need to take extra precaution to prevent Swine Flu or feel uncertain about their safety.

Tyler Batts, a physics major at CCU said, “Vaccine shots for Swine Flu would make me feel safer.”

Bridgette Johnson, a first-time professor at CCU and member of the Chamber of Commerce staff in downtown Conway made a similar comment, “Students should take any extra precaution to prevent H1N1 and I encourage students to stay home to prevent H1N1 from spreading.”

Much of the CCU community feels that the H1N1 pandemic is something that should be taken seriously. Fortunately, CCU’s Student Health Services has made precaution plans to ensure good health to faculty and students. Student Health Services Director Caesar Ross explained that student health has a “3 Tier” approach: prevention, intervention and surveillance.

Prevention is CCU’s commitment to controlling disease, what faculty and students should do.

“Student Health Services has ordered seasonal flu vaccines and will arrive in a couple of weeks, and H1N1 Vaccines will be available by October,” explained Ross.

Perhaps this news will lift the fear from some of the students and faculty at CCU. In addition to the vaccines, health services will finalize a flu campaign in which staff members are taken to resident halls and offer vaccines to students.

The intervention plan is health services’ medical procedures and instructions to students who have flu like symptoms. Health services will provide aid packages that contain sanitizer, cough syrup, chicken noodle soup and other materials needed to remove those symptoms. Therefore, if there is anyone with high fever, chills, muscle aches, extreme tiredness and or a dry cough, it is recommended that they see health services immediately.

Surveillance is health services’ way of tracking H1N1 viruses at CCU. One way this tool works is weekly post of H1N1 updates on CCU’s E-Board which is frequently shown on HDTV plasma screens throughout the university.

“We hope to ward off any fear that students and faculty may have with the 3 Tier plan, and Student Health Services will keep everyone notified on vaccine availability,” said Ross.

**Information**

For more information on CCU’s Student Health Services plan on Swine Flu prevention contact the Director Caesar Ross of Student Health Services at (843) 349-6543 or visit http://www.coastal.edu/health/advisories.html.
Students deal with body image issues

Body images issues not only affect young women, but also men as well.

Many young people are plagued with body image issues and the need to look perfect throughout their adult lives.

DANIELLE CAPRA
Staff Writer

Body image. Many people struggle with it but try to hide it away from the world. It plagues millions throughout the United States. According to the National Association of Anorexia Nervosa, 8 million Americans have some type of eating disorder, 7 million of which are women.

Recent studies have proved that body image problems and eating disorders are on the rise within men. In March 2007, Harvard researchers did a study of a population of nearly 3,000 adults. They found that 25 percent of those with anorexia or bulimia were men.

Chase Marrano, a sophomore at Rockland Community College in Suffern, N.Y. said, "I do feel a lot of pressure to look good and to stay in shape, especially now where all you see is guys in magazines with perfectly toned bodies.

Media plays a big part in influencing the way people perceive themselves. The average model weighs 23 percent below the average weight and male models over the years have shed 12 pounds of fat while adding around 27 pounds of muscle to their bodies. Magazines try to show this perfect being by airbrushing photos and demanding an extremely petite body frame.

A less publicized issue leading to body image disorders is the effect of significant others. Erica Wong, a senior at Coastal Carolina University, has been a constant victim of this kind of abuse. "I hate that boys have had such a negative influence on the way I see myself. Guys in my life have made me feel inferior to other girls because I don't have all the features that they desire."

Constant put-downs from loved ones can have devastating effects on the way people see themselves. Wong expressed her want for a nose job because her boyfriend constantly expressed his unhappiness with her appearance. Wong

A more extreme case came from Chloe Conese, a sophomore at CCU. My boyfriend constantly expressed his want for me to lose weight, so I started with a low carb diet and the pounds fell right off. I got down to 98 pounds, but for him that still was not enough. Eventually I stopped eating all together and would buy my clothes a size too big so I would look even smaller.

Only about 1 in 10 people receive treatment for an eating disorder and only 30 to 40 percent will ever fully recover. Chloe expressed, "Treatment was a hard and long process. Till this day I still struggle, sometimes I just stand in the mirror wishing I could disappear."

Societies standards are far from changing. Girls and guys have to deal with the pressures from media, a significant other, even family members from day to day.

A lesson humanity will continue to struggle to learn is to judge based on who people are, not what they weigh."
Importance of math vs. English is debateable

The age old argument of math vs. English still holds ground in a technologically advanced society

DAVE WARD
Staff Writer

Is the future a world of math rather than reading? Will the young speak in ones and zeros instead of their ABC's? Will this brave new world we're building usher in a new age of prosperity?

The experts continue to push the necessity of education reform. They argue that the skills and knowledge needed to compete in the information age dictates a greater emphasis on arithmetic. With a greater role for mathematics and the hard sciences, many wonder if there will be a place with less rigid pursuits. Will history, philosophy, literature and art become relics of the past, replaced by the computers, calculus and techno-wizardry promised by the future?

Coastal Carolina University Visiting Assistant Professor of Mathematics and Statistics Oscar Levin, Ph.D., represents a new generation of academics interested in broadening people's appreciation for the multi-layered utility of mathematics. While he advocates a greater role for math in people's education, he is weary of traditional teaching styles that stress memorizing how to solve a problem, instead of people's understanding of the material.

Levin believes that in terms of education it is not so necessary that we teach people mathematics, but rather teach people to think. Often people won't need math to quantify, but for the critical eye to appreciate.

Concerning math's utility as a tool to decipher the mysteries of the human condition, Levin sees more correlation than conflict. He is quick to point out that the history of philosophy is riddled with thinkers who envisioned math and metaphysics as united. There are defiantly questions that can be answered by math, and even those that can't will still require you to think correctly.

He continues that from a practical side of things people proficient in math and the sciences are needed to stay competitive in the world economy.

Regarding the future job market, Levin suspects that those who become educated in the math and the sciences will have an advantage. As for the future of humanity, Levin expects that our lives will be ruled more and more by science and technology as we progress.

While the changes to our lives brought on by the modern marvels of math and science is inevitable, no machine or equation will ever fulfill our longings or soothe our hearts. We should be weary of progress at the expense of tradition, or technology at the cost of our humanity.

There is an old adage about Africa. It is said that here in the west we have all the clocks, but in Africa they have all the time.
While the world becomes even more fast-paced, many Americans are feeling and seeing the side effects of an unhealthy lifestyle.
Most Americans are unwilling to face facts while wolfing down a hot-off-the-grill, juicy, bacon cheeseburger with a side of fries and a large coke. However, most don’t realize that Americans are headed for a super sized epidemic.

According to recent data published by the National Health and Nutrition Examination Survey (NHANES), over half of adults in the United States are obese or overweight.

The New York Times recently reported on a doctor in Florida who was fired for his attempts at creating a healthy work environment. Jason Newsom, former head of the Bay County Health Department, is fully aware of the new obesity epidemic issue. He posted signs outside his office. Newsom banned doughnuts from office meetings and took out all vending machines in the office. When cited Dunkin Donuts by name as contributing to obesity, he was fired. Although his actions may have seemed extreme, he was only endeavoring to set the standard for the rest of the community. To some, his termination proved that Americans are unwilling to put down the doughnuts and pick up the dumbbells.

For those blissfully unaware of the health issue, news flash: America is fat. Large and only getting larger by the day, Americans are leading the current portly trend. Obesity is defined as having a body mass index (BMI) over 30 kg/m². BMI is controversial, but usually accurate and takes a measure based on height and weight. It is an estimate of a healthy body weight based on the height of the person. Ideally, a healthy adult should have a BMI between 18 and 23. One of the most recent studies done by The Journal of American Medicine Association (JAMA) and a collection of doctors, exposed that not only are adults facing the crisis, but they are passing it down to the next generations.

Between 2003 and 2004, studies showed that 17.1 percent of children and adolescents were overweight.

Society and culture are cited as one of the major forces behind America’s growing problem. According to JAMA America’s “current environment encourages consumption of energy and discourages expenditure of energy.”

There is constantly a selection of fast-food conglomerates around each corner. Longer work hours and more demanding schedules leave little time for cooking and preparing healthy meals, much less time to hit the gym. Technology is to blame as well. No longer do people need to walk down the street to pick up a paper to learn what’s happening in the world. It is right at their finger tips on their computer or television. The irony is that all of these comforts were meant to make life easier and in turn keep Americans healthier, but essentially they only became slaves to these tools of resourcefulness. While efficiency is gained, healthy practices are lost.

Coastal Carolina University faces the problem of nutrition versus cost efficient products.

How do we get an 18-year-old to decide on a salad when there is a slice of pizza right next to it? It is a difficult decision for anyone, even a shrewd adult. College students face a huge difficulty because they are usually making decisions on their own. CCU is making changes to its selections in the student center in order to offer students more variety when it comes to munching. Quiznos and the recently added sushi bar are tasty alternatives to burgers and fries. Also the counseling center on campus provides nutritional advice from Wendy Kiggins, a clinical dietician. Every student at CCU can begin to make more informed, nutritional decisions.

Moderation is one way to reverse the present waist expansion. Students tend to overindulge too much too often. Simply eating less, even of the fatty foods, facilitates a change. Increasing daily activity in our lifestyles is a no-brainer. It simply must become a priority in our every day lives. Take the stairs rather than the elevator. Choose water over soda to energize. Nutrition is more complex than most think and many don’t understand what is really healthy. Today’s advertising market doesn’t help with all of its false promises either.

Read nutritional information closely and learn to spot the unhealthy ingredients. Being overweight or obese can contribute to many health problems such as high blood pressure, high cholesterol and diabetes. It is up to the young people today to take back the future state of our country’s health. By becoming aware, perhaps young people can ensure that no one will need to buy two plane tickets in order to fit in their seat, or go on a reality TV show to lose the unwanted pounds. America is fat and it’s time to start trimming it.

58 Million overweight persons in the US
25.6% of US population is obese
80% Americans over 25 are overweight
78% Americans didn’t meet basic activity level recommendations in 2001
80% of type II diabetes related to obesity
25% of all white children were overweight in 2001
33% of all African American and Hispanic children were overweight 2001
39.0% of non-Hispanic black women are overweight (the highest number by race/ethnicity and sex)
27.3% of persons in southern states are overweight
28.4% of South Carolinians are overweight

Statistics from:
http://www.annecollins.com/obesity/
statistics-obesity.htm
http://www.obesity.org/statistics/
A war vet like John isn’t afraid of anything, especially the infamous Ocean Boulevard. Instead of living in fear of its supposed "sketchy-ness" like most locals, John took advantage of the winding down of tourists to sip a brewsky at the Beach Bar. He also used his fabulous competitive skills in a fierce game of Skeeball at the oceanfront arcades (even though he only won two tickets.)
FASHION

Fall fashion tips help avoid faux pas

Advice on what-to-wear and what-not-to-wear keeps students in the know for looking good during the winter months

KRISTEN PORTNEY
Staff Writer

Now that you are in college and are away from home for the first time, you probably feel like you have an Superman Symbol on your chest, which means you need to get the A&E and A&F off your chest as well. There is no one telling you to do your homework, that it is Wednesday and you should not get drunk and your mom isn’t telling you it’s time for a new fall wardrobe.

No worries, that’s why I am here. I am not saying I do not approve of labels, of course I do. I’m just saying they belong on the tag. If you want to wear a nice button up from Abercrombie go for it. There’s no real crime done, except that you probably paid too much. I also realize not all guys are as thrilled as me to change over my summer wardrobe to fall, but sharing is caring and I care enough about what you all look like. So give you all some easy pointers.

First things first, get out of the mall (yay!) and get where we are all comfortable, online. Shopping online is not only accessible but it relieves the stressors of finding a parking spot, flagging down an employee to open a fitting room and best of all, there is no more waiting in line. Steer clear of the whole billboard look, and stick to basic tee’s, button ups and sweaters. Throw all of your chest advertisements into a bag and donate them to Goodwill, not only will you feel good, but you’ll look even better.

Ladies and Gentlemen,
I am all for breaking the rules when it comes to personal style and fashion however, there is one solid rule I always abide by and so should you. There is absolutely no white after labor day. I am acutely aware we live at the beach down south which has warm weather well into October. However, it does not permit white pants, shorts, skirts, dresses, purses and most importantly shoes. Wearing white in season can be a hard look to pull off, and when white is out of season it just becomes a fashion disaster.

One more word of advice as we take this first transition into fall, hang up your rainbow flip-flops as soon as possible. During the day if you want to throw them on for class, ok. If you are traveling out at night rainbows are not exactly the best style statement of the semester. There are plenty of cute flats which would do your outfit justice. So say sayonara to your summer wardrobe and give fall a nice, warm embrace.

I love clothes,
Kristen V. Portney

DEPRESSION

Depression and suicide prevail at colleges nationwide

Students need to know the facts about depression and suicide

NICK MAMARY
Sports Editor

It is a well-known fact that while college is often fun, it can also be quite stressful.

There are numerous daily tasks that need to be accomplished, and this is only what transpires in the classroom. A large portion of the student population also must balance this with a part or full-time job and many other factors. The fact is, these matters barely scratch the surface.

Depression, according to http://www.christianer.com/depression/definitionofdepression.htm, is defined as a "psychological disorder that affects a person’s mood changes, physical functions and social interactions."

What is unknown to many is depression is disturbingly common among college students. Sadly, due to this disease many make the decision that life is simply not worth living.

There is evidence suggests the amount of individuals in this state of mind is increasing. According to www.associatedcontent.com, individuals suffering from depression are 20 times more likely to commit suicide than the general public, and those who have attempted suicide in the past are 38 percent more likely to do so in the future.

As stated on the Associated Content Web site, “This horrifying statistic sends a message that the number of people are slipping into this dark place has increased. When a person is diagnosed with depression, it is imperative to seek necessary assistance, whether it is by medication, or counseling. This condition is caused by traumatic events. In many cases, the transition from high school to college becomes too much to bear. At this time, many are living on their own, and this can cause individuals to fall into this trap. Symptoms of depression include loss of interest, physical pain, and fatigue.”

Every year at Coastal Carolina University a random sampling of the National College Health Assessment is distributed. In February of 2009 23.75 percent said they felt too depressed to function.

Looking at this statistic, it is obvious that no one is safe from this disease. Stopping depression before it progresses is vital. However, according to http://www.suicide.org/college-student-suicide.html, suicide is the second leading cause of death among college students. Additionally, a survey indicates that one in five college students believe that their depression level is higher than it should be; yet only 6 percent say that they would seek help.

Those who do not feel that the issues of suicide and depression are not prevalent on college campuses should change their thinking. If you are not feeling "right" than you should seek assistance.
Cage the Elephant delivers great sound

DON JOHNSON
Staff Writer

Cage the Elephant delivers a new brand of raunchy blues/funk rock with their new album “No Rest for the Wicked.” The lead singer Matt Shultz performs with a frustrated energy that works well for the overall tone of the band, something reminiscent of a long night in Las Vegas. Guitarists Brad Shultz and Lincoln Parish mesh well playing everything from gritty slide licks to funky chord progressions that carry the band through the impressive eleven tracks. Daniel Tichenor is no slouch on bass holding down the low end but remaining an upfront and important part of each song. Finally Jared Champion keeps things interesting for the rhythm section on drums. Fans of the White Stripes, Black Keys and the Arctic Monkeys should definitely give them a listen.

Matthew Jordan
Business Finance Major
“T wouldn’t change anything about myself. I like my shape right now.”

Olivia Foy (twin 1)
Elementary Education Major
“I would change my height, because it’s sad when you’re four inches taller than your twin, but are only one minute apart.”

Amanda Foy (twin 2)
Business Management Major
“I wouldn’t change anything, because you’re supposed to be an individual, and be who you are. What’s the point of trying to be like everyone else?”

Across
1. Involves tackling
5. Uses a puck
8. Uses an air table
10. Eat for breakfast
11. Sport in a pool
12. Used to catch a ball
14. Detroit baseball team
16. Ridden at Kentucky Derby
17. To come in

Down
2. Babe Ruth played
3. To like a lot
4. Do in a rink
5. Do up a mountain
6. Yankees shortstop
7. Baseball team in Boston
9. Shuffle these
11. Nothing but net
13. To put flowers in
14. Score the same points
15. To finish
HEALTHCARE

The bitchin' column

Reginald Jones
Staff Writer

Health care in America needs to be improved since millions of Americans do not have access to healthcare or adequate health insurance for themselves or their families. There are an estimated 47 million Americans without healthcare in the United States. The healthcare debate is one of the most polarizing topics causing angry townhouse meetings between senators, congressmen, congresswomen and their constituents.

I do believe the healthcare debate will continue dividing Americans because this is one concept that many Americans have divisive feelings on. I feel that many Americans fear universal health care. There have been many television, radio and internet commercials encouraging this fear among Americans.

Network commentators on MSNBC, Fox News and CNN have different views on how healthcare can be fixed. These commentators are asking more questions about healthcare, but many of them do not have any legitimate solutions.

Fox News mostly has a negative view on healthcare. They tend to say that Obama's administration is making a big mistake with the healthcare debate by saying that if we have universal healthcare, Americans will begin to have rationalized health care. Fox News pundits such as Bill O'Reilly and Glen Beck focus on our fears about healthcare, however, their ideas are not helpful either.

I have discovered that even if you have health insurance in America, sometimes you will not receive adequate healthcare to help your health. For instance, insurance companies tend to tailor their patient's medical plans. They tend to allow sick patients certain treatments and hospital stays are shorter than they were 20 years ago.

Recently, I was implanted with a new pacemaker in July, and I was sent home with no painkillers and a wound infection the same day that I had surgery. Although I asked the doctor to allowed me to stay overnight for observation, I was sent home hours after my operation.

I believe that insurance companies are playing a dangerous game with patients' lives by forcing them to forego some medical treatments until they feel that it is financially feasible or medically necessary. There are many cases where patients were denied medicines or medical treatments. Some of these patients died from this inhumane treatment by insurance companies. I believe that insurance companies, Medicare and Medicaid needs to be reformed to help Americans in the twenty-first century.

Insurance companies tend to allow sick patients certain treatments and hospital stays are shorter than they were 20 years ago.

Music

Jay-Z's new album hits stores

"The Blueprint 3" album creates hype among fans

Elijah Black
Staff Writer

From doubt to blueprints, Jay-Z dominates the speakers of cars, nightclubs and computers with his new album The Blueprint 3. His relentless swagger keeps the audience on the edge of their seat and iPod headphones are glued to ears of anxious listeners.

The Blueprint 3 was a highly anticipated album by Jay-Z fans. Many people often neglected files having sources in order to buy the album in stores, which was released on Friday, Sept. 10. Wow, now that is true fan.

Although The Blueprint 3 was expected to release in September, the hype of Jay-Z's 11th album started on New York's radio station, "Hot 97" with the urban single "D.O.A. (Death of Auto-Tune)." From then on, Jay-Z put out another single for the public called "Run This Town" featuring Rihanna and Kanye West. The Blueprint 3 hype continued to maximize when the video of "Run This Town" premiered on all major music video networks.

Perhaps marrying one of the most voluptuous women the world has to offer kept Jay-Z inspired. But mostly, this explosion of great tunes comes from the separation from Def Jam Records and negotiating a deal of millions of dollars with Live Nation, Inc. This may be a surprise to those who are fans of Def Jam. Some of the Def Jam fans will probably be a little biased because of Jay-Z's departure after ten great albums. If the fans know good music that is The Blueprint 3 then the separation shouldn't be devastating.

The Blueprint 3 is great sound for now, but how long will it last? Will the Brooklyn-born rapper have a month worth of fame before being replaced by another or will his September 2009 album play to the end of the year? That decision is up to fans of hip-hop. In the meantime, turn up the bass in those "whips" and blow out the computer speakers with "The Blueprint 3."

Status Quo What's your Facebook status?

Corinne Monahan - all these places have there moments, with lovers and friends I still can recall; some are dead and some are living. In my life I love them all...

Lindsay Hecklinger - went to highschool with the Yale wall stuffer--who woulda thought? Softball at 9:45 then king street I'm sure...

Megan Thompson - Who breaks their freaking toe...??? I DO!..... and my phones cracked up so i cant get in touch with anyone so I need everyones numbers. How could something be so good and bad at the same time? !

Cathryn Cramer - "When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened up for us"
What’s better, more important - Math or English?

**CORRIE LACEY**
Assistant Editor

My entire life I’ve dreamed of writing for a prominent magazine in New York City. I spent the entirety of my adolescence buried in the pages of The New Yorker and New York Times Magazine. I’ve devoted my entire college career to the pursuit of a CUNY Graduate School of Journalism acceptance letter. I have spent my whole life preparing for a career of journalism, a career of writing. However, in my quest for a Malcolm Gladwell lifestyle, I have unfortunately neglected many mathematical aspects over the last few years.

I never fully grasped the Pythagorean theorem or the concept of standard deviation. I never knew how to use formulas or how to figure out percentages. To be honest, I never fully understood their importance.

Until recently, I never realized that every time I drove a car, followed a recipe or re-decorated my home, I was using math principles. I never considered that thousands of people use math every day, whether they are sailing a boat off the coast of Jamaica or building a house in Italy.

Despite my passion for literature in a hurry, I am now learning that mathematics play essential roles in my everyday life.

Even my minute concept of math has helped me to shop wisely, buy the right insurance, remodel my house within a budget, understand population growth, and even bet on the horse with the best chance of winning the race.

I’m also learning new ways to understand math concepts. Like words, numbers are the language of mathematics. I’ve only had vague concepts of everyday mathematics, but having thought about it for a while, many pieces of a puzzle I hardly knew existed seem to fit into a beautiful picture.

Math does matter. Math is important. Although all my dreams are centered around journalism and writing, math is still around every corner, under every cobblestone, behind every door. I’m starting to realize that math is not only useful, it is essential.

I’m also realizing that people don’t have to choose. I can learn to appreciate the art of mathematics without being a traitor to my journalism roots.

**NICOLE HOLLEY**
Features Editor

I love to read! I also love to write. Anyone else? Didn’t think so. Very few consider these attributes to be valuable ones in society today. Perhaps if I had said I love math because I can calculate all the money I’m making, a lot of hands would have been raised.

My love for literature my entire life, it has constantly been hammered into my brain that this love would get me nowhere. Only would I be successful with a business or science degree. So I struggled through every math class, and went home at night to secretly read Agatha Christie murder mysteries.

As an industrialized culture, we are driven by production and monetary gain. Questions of competency, cost-saving and efficiency are all raised at one time or another. How can we be more productive?

The irony in it all is that the more fruitful and productive we become, the more we lose a sense of our self. Like robots or drones we go to work, crunch the numbers, buy the newest technology to feed us the same information the family next to us is receiving. That is why literature, books, newspapers are different.

A child needs to learn how to calculate ratios and learn why the world is round. A child also needs to expand his or her horizons beyond the small part of the world they can see. Books written decades ago still have relevance in our world today. It is amazing to think that Washington Irving’s Rip Van Winkle would still have something to say to me today!

Literature, unlike math is open to interpretation. The human element is explored.

Today, we are like worker ants, forging ahead to the beat of someone else’s drum. I refuse to follow like blind sheep over that ledge. Instead I will read and write. I will question authority when it is unjust. I will endeavor to understand life’s thrills and sorrows, and revel in it all.

English is not important or relevant anymore? Why would anyone want to read Thomas Payne’s Common Sense?

English plays just as vital a role in everyday life as math or science because it shapes and molds our brains and gives us the means to express those ideas clearly and delightfully. It allows the reader to find the answer instead of being fed the answer. Unlike math and science, there are no absolute truths. Pick up a book and you are whisked away to some different time and place. Without that we are just living for the money and stuff we can buy with it, and what sort of life is that?
No. 5 freshman quarterback Chris Presley runs into the end zone to score another touchdown for The Chanticleers.

Football team rolls past Monmouth

Despite the seemingly easy win over the Monmouth University Hawks, CCU football still looks to improve

NICK MAMARY
Sports Editor

Coastal Carolina University’s home opener on Saturday, Sept. 12 against the Monmouth University Hawks resulted in a tremendous win for the Chanticleers.

Despite the 24-17 win, Head Coach Dave Bennett still has some doubts about his team’s actual play.

“We need to get better on both sides of the ball,” said Bennett.

CCU found themselves in a 7-0 hole after a Brian Brikowski interception set up MU’s record-setting running back David Sinisi for a touchdown. CCU then responded with 17 unanswered points, which started around four minutes into the second quarter when junior quarterback Zach MacDowell found freshman receiver Chris Presley for a 50-yard touchdown strike. This marked the second time in CCU history that a player reached the endzone on his first reception.

MU climbed back into the contest when backup freshman quarterback Kyle Frasier connected with senior receiver Ron Lauch to make the score 24-17. However, CCU fullback Tommy Frasier helped preserve the win, as he rushed for a career-high 74 yards on just 14 carries. With the victory, CCU claimed their first of the year, moving to 1-1. Meanwhile MU fell to 0-2.

I feel real good, because I didn’t think I was going to much today, but first couple plays I got in, and was able to score, said CCU freshman receiver Chris Presley.

Though CCU got the win, the defense surrendered nearly 100 rushing yards. “We’re definitely not satisfied, we definitely want to get that lower, next week, we’re going to try to come out, and control the run,” said CCU’s leading tackler, safety junior Dominique Davenport.

Really the offensive line did a great job blocking, the receivers did a good job, and Zach McDowell completed a lot of passes, said fullback senior Tommy Frasier, assessing his increased role in the offense.

It’s still not good enough. Those two turnovers caused two touchdowns. That’s personally given up, not the defense. I’ll take the blame for that, so I didn’t play well enough, said McDowell regarding his improved play from CCU’s previous game.

After suffering two consecutive shutouts, CCU’s offense, generated 24 points.

Offensively, we threw the ball on the second-to-last series, and you just can’t do that. As a coaching staff, we put our team in a bad situation, said Bennett, who continued to say he was proud of how the team was able to get the win.

The Chants will be on the road next week, Saturday Sept. 19 to take on Townsend College.
**Sports**

**Intramurals**

**Intramural games begin**

Games give students a way to stay active

**DANA HOELLE**

Staff Writer

With classes and the mainstream back to school activities underway, it won't be long until the typical study sessions become the norm for most students. After a long day of classes some students rely on resting at their dorm, but others get hyped for non other than playing intramural sports.

Coastal Carolina University presents a diverse intramurals program that provides students with the chance to cultivate sportsmanship and leadership traits in a competitive or non-competitive environment.

Intramural sports at CCU are a big part of getting involved within the student body. Anyone with school identification can sign up and be on a team; all that is needed is a positive attitude and a willingness to play.

I really enjoyed the choices they had this semester for intramurals. It seems like everyone in my dorm is playing one, said freshman Nicole Agh.

Fall Phase I is already underway as the flag football, pickleball, whiffleball and sand volleyball leagues make their debut at CCU.

NFL linebacker Gary Brackett once played intramurals, but don't worry, being on the cusp of joining a professional league is not a prerequisite.

Intramural sports are a great way to meet new people and gain unity with my teammates. It also gives me a chance to play a sport that I was not able to play in high school," said freshman flag football player Mike Mannisiotes.

Another benefit to playing intramurals is the exercise, which steers students to a more healthy lifestyle from the beginning. Being active and having involved are two things that help students be healthier and happier during their college years.

There are many benefits to playing an intramural sport, from being active, to making new friends. When looking to gain courage, mental alertness and such traits as sportsmanship and leadership, look to intramural sports. So get off the sideline, and play one of the many intramural sports that CCU has to offer.

**Information**

For more information on getting involved in intramural sports at CCU, visit www.coastal.edu/ims

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**Fantasy**

**Fantasy football brings intensity**

For thousands of people, fantasy football is just as real as the game

**KYLE WARD**

Staff Writer

More than ever, this will be a difficult NFL season to watch for me personally. That's because I'm playing in six fantasy football leagues. That's six different families to keep up with. It will be interesting to watch players I have on one team play well, and then a player I have on another team not play so well.

Fantasy football is one of those games that becoming more and more in fashion. Unlike baseball, I don't get too worked up if Ryan Howard homers off of my closer. That's because a day later Ryan Howard can be struck out by that same closer.

Now, I'm a die-hard New Orleans Saints fan, so of course I'll be rooting for them first. Of all the teams I have I must say that I like the Kind Hearted Screamers. I was thrilled to have Steven Jackson fall to my lap at pick six in my draft. My other running backs are versatile; Reggie Bush and Chris Johnson should do well for catching plenty of passes. With a staple of receivers like Reggie Wayne, Donald Driver, Marques Colston and Braylon Edwards, I'm salivating at the likelihood they'll be rolling in the TD money train.

I have teams that range in sizes from eight to 16. Let me note that the 16 team league was a pain to get through. I will need at least six pieces of paper with me to whatever sports bar I go to so I can figure out who I should hope has a a season injury without interfering with any of my teams. I'm definitely going to feel like a schizophrenic with all the squirming and wrenching and the hooting and hollering.

If you totally believe that ridiculous rule about waiting to the last round to draft a kicker, don't buy into it. I drafted Stephen Gostkowski in the 15th round.

Photo courtesy of Photobucket

Many people are just as amped about their fantasy football leagues as they are the actual game.

and he was the first kicker taken.

I see myself celebrating when one of my players scores on my Saints often and then I'm quickly humbled. That's life in the fantasy lane, personal anguish over just a game.

So, girlfriends you'll have to deal with disappointed and pissed off boyfriends on Sundays. I've never won a fantasy football title but I figure I'm due for one.

Stephen Jackson and Chris Johnson will be monsters this year, let's just hope they don't face the Saints this year.

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**Opinion**

**The sports editor speaks out on Oklahoma's Bradford**

**NICK MAMARY**

Sports Editor

Once again, it comes down to the old argument. The decision lingers for a Heisman Trophy-winning quarterback whether to return for another season, or try his luck in the NFL. For Oklahoma star Sam Bradford, last year's loss to Florida in the Bowl Championship Series National Championship game left such a sour taste in his mouth that he had to return.

Unfortunately for Bradford, the temptation of returning to Norman was so great that he overlooked the fact that he basically lost his entire offensive line and the All-American tight end Jermaine Gresham would go down for the season.

The choice to continue his collegiate career was made despite throwing an astonishing 50 touchdowns and only eight interceptions and leading the Sooners to a record 702 points last year. Under the guidance of his signal-caller, the team scored 60 points a record five consecutive games.

Yes, it is admirable that he was willing to forsake around $40 million this year to return to alongside his teammates. I am sure the prospect of playing for the Detroit Lions, the only 0-16 team in NFL history wasn't intriguing.

Sadly, his future looks a little less certain after he suffered a tear in his AC joint last Saturday night. Now, the sure-fire number one draft choice must roam the side-lines for the next few weeks. Even when he returns to the field, NFL scouts will now question his durability.

It is also important not to forget that his arm strength on the next level was in question before the injury. Following Oklahoma's loss to Brigham Young University, Bradford's National Title hopes are in serious doubt. While Bradford's motives for returning were noble, but there must be some regret on his part.

Bradford is supposedly a decent human being, so he has my sympathy. Hopefully, he will recover to have a good year, and be drafted in the top five in 2010.
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