COASTAL WINS
BIG SOUTH CHAMPIONSHIP
Chants Have Sole

Sexual Assault Awareness Week

April 5-10

Special Event
Walk A Mile (In Her Shoes)
Thurs., April 8,
4:30 p.m.
Spadoni Park

If the Shoe Fits
Match the CCU administrator's feet with their names contest.

The first person to bring this ad to Counseling Services with all three administrator's names correctly matched to their feet will win 2 free movie tickets.

1. Eddie Dyer
2. Sam Wathen
3. Bill Richardson

For more information, call Chris Donevant-Haines at 349-2305.
Events promote healthy attitudes

TARA SMITH
News Editor

Coastal Carolina University celebrated Nutrition and Well Being Week from Feb. 22 to Feb. 26. This year’s theme was called ‘Beaches are for Everybody.’ The first event was a Beach Body Workout in the CINO Grille. Other events included a Luau Mixer, Volunteer Fair and a Nutritional Late Night Bingo at The Commons.

The week focused on helping students who wanted to achieve a healthier lifestyle.

“A focal point about the event is about self esteem and healthy body image. Healthy body image, for students and even for those who aren’t students, is a challenge, coming to terms with accepting one’s body shape,” said Chris Donevant-Haines of Counseling Services.

To help promote healthy living, a nutrition and well being fair took place Wednesday, Feb. 24 on Prince Lawn from 11 a.m. to 2 p.m. Students were able to play volleyball, participate in hula hoop and shag dancing contests, and win prizes such as gift cards. Students also received tickets for participating in activities that were used to get a t-shirt or food such as turkey wraps, vegetables, fruit and hot chocolate. A dietician was on site, giving advice about ways to eat healthier. Students were able to “wish away” their insecurities and sign a contract promising to not talk badly about his or her body.

“My favorite part was the hula hoop and the volleyball game was fun too,” said Kaylan Henry, a freshman marketing major.

“My favorite part was the volleyball game we had. Nutritional and Well Being is the shiznit,” said junior Shannon Mack.

The volleyball game was popular, and Sean Pierce of Counseling Services had fun watching students enjoy themselves.

“My favorite part is watching the students be able to interact and figure out something about themselves. I love when they do the wishing well game and they can cast away something that’s holding them back,” said Pierce.

Helen Cund participates in a hula hoop contest on Prince Lawn

Upcoming SGA forums and election for ‘10-11

The Student Government Association has been working extremely hard over the last few weeks as we continue to find ways to improve Coastal Carolina University and prepare for the election of new SGA officers. Last week in SGA, the senators passed a bill authored by sophomore Courtney Elliot, which is aimed at gaining other meal plan options for sophomores next year. The senators also reviewed a bill that will potentially add more major A.T.M.’s on campus from banks such as Wachovia and Bank of America. Be on the lookout for a survey that will be sent to all students asking about what banks they would like to see on this campus.

In election news, all candidates for SGA offices will be announced Monday during the weekly Senate meeting. Some election dates and events to look for is the “Meet the Candidates” forum on Mon., March 8, at 6 p.m. in Wall 317. This forum will feature the executive vice president candidates, the vice president of finance candidates, the vice president of public relations candidates and students are encouraged to attend and participate in the forum. There will also be a “Town Hall Discussion” featuring the candidates for student body president immediately following the “Meet the Candidates” forum at the same location. This is your chance to ask the tough questions that you have been wondering about to your potential SGA representatives.

Elections will be held March 9-10, with polls closing at 5:00 p.m. on March 10. To vote, log on to www.coastal.edu/students/vote.

As always, we encourage and invite everyone to come to SGA and be a part of the change here at CCU.

Taylor Eubanks
Executive Vice President

News briefs hot off the press

EDITORIAL STAFF

Jackson Center Tea and Ethics

The Jackson Center for Ethics and Values is holding the last Tea and Ethics seminar of the semester. On Thursday, March 4 at 4:30 p.m. in the Edwards building recital hall, Erin Burge, Ph.D., of the marine science department will give a talk examining marine life.

The talk, “Empty Waters: The Ethics of Marine Conservation” will expose marine environments, the dangers of overfishing and the climate change as well as habitat alteration.

For more information contact the center director, Claudia McCollough at 843-349-2440.

Music professor to perform Chopin concert

Coastal Carolina University Professor of music Gary Stegall will perform a Chopin 200th anniversary concert on Monday, March 1 in Wheelwright Auditorium.

The program will include many Chopin favorites. For box office information and tickets call the Wheelwright Box Office at 843-349-2502.
Feb. 19
Larceny
The victims came to the CCU DPS office to report that someone had removed property belonging to the victims from the victims' apartment without permission. The larceny occurred during a gathering at the apartment on the previous night. This incident is under investigation.

Feb. 21
Burglary
A CCU DPS officer responded to University Place in reference to a burglary. The victim reported to the officer that the subject forcibly entered the victim’s bedroom while the victim was not present and removed property belonging to the victim without permission. The subject left the scene and has not been located. The property was described for the officer. This incident is under investigation.

Feb. 22
Trespass
CCU DPS officers responded to a University Place apartment in reference to a subject who would not leave the apartment. The subject did not live in the apartment. The subject left before the officers arrived. Officers were given a description of the subject and attempted to locate the subject. The subject was not located. This incident is under investigation.

Feb. 19
Public Disorderly Conduct
A CCU DPS officer responded to the Residence Hall Security Building in reference to a disorderly subject. The officer located and identified the subject. The subject continued to act out. The subject was arrested and transported to the Horry County Detention Center.

Feb. 21
Burglary
CCU DPS officers responded to University Place apartment in reference to a burglary. The victims reported to the officer that property and food belonging to the victims had been removed from their apartment without permission. The victims described the missing items for the officers. This incident is under investigation.

Feb. 25
Larceny
A CCU DPS officer responded to the Rivers residence area in reference to a report of a larceny. The victim reported to the officer that someone had removed property belonging to the victim from the library without permission. The property was described for the officer. This incident is under investigation.
Recent changes made to Bronze Shuttle service

SARAH CRESSY
Staff Writer

The Coastal Carolina University community received an email detailing changes to be made to the University Bronze shuttle service effective Monday, Feb. 22.

The email, from Director of the Office of Procurement and Business Services Dean Hudson, arrived only a day after a shuttle petition was posted at the shuttle stops around campus by students. The petition criticized CCU for claiming to be a ‘green campus’ without providing a satisfactory shuttle service to encourage fewer students to drive. Hudson acknowledged that logistical problems had arisen in the shuttle service after the acquisition of the former Campus Edge complex.

Details of the revised service were outlined in the email. Until 3 p.m., Monday through Friday there are to be two bronze shuttles running; one will be making stops at University Place only and the other will be making stops at University Place Phase III, which is the former Campus Edge. It has been estimated that each route should be on a 20-minute schedule. After 3 p.m., Monday through Friday and all day on the weekends only one shuttle will service both University Place and Phase III.

“We hope the change made this week with the Bronze route will help with some of the issues at University Place,” said Hudson.

A sophomore living at UP said a revised shuttle service would improve CCU by reducing time to get to class and would also encourage students to attend other activities on campus.

It has been emphasized that these changes are not a final solution and both the University and Coast RTA are continuing to review and analyze the shuttle service.

Currently there is still no spring schedule posted. The CCU Web site provides shuttle@coastal.edu as a contact for any concerns, information or questions concerning the shuttle service.

CCU and Coast RTA make changes to shuttle system

STUDENTS! Getting ready to graduate? Are you an Undergraduate needing a part-time job? Want to explore internship opportunities? Join Career Services for the

SPRING CAREER FAIR

Wednesday, MARCH 10TH
10:00 am – 2:00 pm
Williams brice small gym

meet employers who will be recruiting for Full-time & part-time professional positions, internships AND GRADUATE schools

Dress professionally
Have resume ready for recruiters
For assistance contact career services center 349-6433

WINNERS

Student COI session winners

T’ARA SMITH
News Editor

Each year Coastal Carolina University holds a competition for student-held sessions of Celebration of Inquiry (COI). This year, three students won awards in the second annual Undergraduate Research Competition, held Friday, Feb. 19. The award ceremony took place in Wall Auditorium before the closing session of COI. The contestants were evaluated based on originality, organization, evidence, argument and importance to the audience.

2010 COI WINNERS INCLUDE:
First Place (tie): Katrina Smith, senior marine science major.
“Preferential Fish Consumption Based Omega-3 Fatty Acids and Mercury Concentrations,” $500 prize.

Third Place: Mary Purvis, senior accounting major, for “The Effect of Natural Weather Phenomenon on Homeowners Insurance in South Carolina Coastal Counties,” $300 prize.

Scores were calculated multiple times and sent to the math department for accuracy, no error was found.

For more information, contact Charmaine Tomeczyk, director of undergraduate research, at 843-349-2403.

Photo by Kevin Young

WINNERS

Student COI session winners

T’ARA SMITH
News Editor

Each year Coastal Carolina University holds a competition for student-held sessions of Celebration of Inquiry (COI). This year, three students won awards in the second annual Undergraduate Research Competition, held Friday, Feb. 19. The award ceremony took place in Wall Auditorium before the closing session of COI. The contestants were evaluated based on originality, organization, evidence, argument and importance to the audience.

2010 COI WINNERS INCLUDE:
First Place (tie): Patrick Hutchins, senior marine science major, for “Moralist Interactions between Coral Symbiotic Algae and Coral Native Bacteria: Yet another Leg of Coral Holobiont Symbiosis,” $500 prize.

Third Place: Mary Purvis, senior accounting major, for “The Effect of Natural Weather Phenomenon on Homeowners Insurance in South Carolina Coastal Counties,” $300 prize.

Scores were calculated multiple times and sent to the math department for accuracy, no error was found.

For more information, contact Charmaine Tomeczyk, director of undergraduate research, at 843-349-2403.

Photo by Kevin Young
UNIVERSITY SUITES APARTMENTS

Come enjoy the FREEDOM and PRIVACY of living off campus at UNIVERSITY SUITES!

NEW STUDENT COMMUNITY
NOW LEASING!

- Townhome Style - No one above or below you
- 4 Bedroom, 4 1/2 Bath  - Over 1700 sq. ft.!
- Walk or Ride your bike to campus!
- Parking at your front door
- Extra large patio for grillin' and chillin'
- Close to CCU & Horry Georgetown Tech
- Free Tanning, Pool, Clubhouse & Basketball
- Roommate matching available

First Floor Plan

Welcome to the “Suite Life”
Call today and see how
University Suites offers you more!

University Suites · 843-349-1010

2241 Technology Drive - behind Food Lion off 501 • www.universitysuites.net
FEATUES

CCU Students are inspired; humbled by educational sessions

TARA SMITH
News Editor

AUTHOR SPEAKS ON DIVERSITY

Issac Bailey, a columnist for The Sun News, was a plenary speaker for Celebration of Inquiry at Coastal Carolina University. He discussed "The Difficulty of Dealing with Race in a Diversifying World: Why We Must Rethink Everything We Think We Know."

Issac Bailey began the discussion by asking nine people to state the most racist thing they have said or done. The crowd heard responses such as: Asians’ inability to drive, fear of Arabsians blowing up a store, calling a white person a cracker and calling a black person a nigger.

Bailey also had volunteers ask someone of another race a question they were afraid of asking. Some questions were: "why do black women’s hair smell differently," and "why do white women date black men? Is it to make a statement or because of their personality?"

Members of the audience gladly offered answers and suggestions such as: products black women use can cause hair to smell different, and most white women date black men because of their personality.

Bailey also revealed the most racist thing he’d ever done which was not dating a girl because her skin was too dark.

His wife, Tracy Bailey, read excerpts from Bailey’s book "Proud. Black. Southern (But I Still Don’t Eat Watermelon in Front of White People."

The excerpts described racial conflicts Bailey experienced at different points in his life.

Bailey’s session was an enlightening and inspirational and made people think outside of the box and say things they would of possibly been afraid to say aloud. Bailey’s daily column can be read in The Sun News, and his book may be purchased at area bookstores, including CCU’s bookstore.

SECRETS REVEALED

During Coastal Carolina University’s Celebration of Inquiry, Patrick Hutchins and Kelly McConkey presented “Risks and Rewards of Intimate Secrets: Developing Emotional Strength and Taking Charge of Your Life,” which focused on the risks and rewards of keeping secrets and revealing them.

Hutchins and McConkey based their presentation on Frank Warren’s “Post Secret” book. They showed the audience the secrets people have submitted to Post Secret and told the audience negative feelings are associated with keeping secrets and fear of judgment keeps one from revealing them. They also informed the audience of health implications involved with keeping a secret such as nausea, stress and headaches.

Hutchins and McConkey advised the audience to reveal a secret to a confidant or write it down.

Each audience member was given a piece of paper with a secret and a blank piece of paper. The audience was instructed to either write down the given secret or his or her own secret on the blank piece of paper. The secrets were then collected and read back to the audience.

While this was a very interesting session and students learned of the negative side effects of keeping a secret, it was also a good way to realize that everyone has gone through hard times in life and that many people have gone through the same thing. It is humbling to know there are others out there.
Tips for a healthier lifestyle

Simple and easy ways to becoming a better you

MAEGEN SWEAT
Editor

Two-thirds of America’s population is now obese, according to an article written recently on CBS News’ Web site www.cbsnews.com, which describes the event as a national pandemic.

While weight gain is an increasing concern for Americans, it is important that Coastal Carolina University students take steps to lead a healthy and happy lifestyle without resorting to dangerous diets, energy diet pills or unhealthy eating habits.

Here’s a few tips for students to keep in mind and use to lead a healthier and happier life overall.

• You don’t have to go on strict, extreme diets (unless directed by a doctor or professional) but you should learn to eat in moderation. You can still eat sweets, but not after every meal. Don’t deprive yourself of foods you really love, but treat yourself occasionally. Make it special.

• Exercise. Join a gym, or workout at CCU’s Recreational Center. A gym can motivate you to exercise regularly and surround you with people in a healthy environment. A workout partner can keep you interested, and a trainer can show you specific exercises to meet your needs. If you would rather not workout at a gym, there are plenty of exercises you can do at home. Run, jog or walk for 30 minutes several times a week.

• Stay away from sodas. You’d be surprised, but any carbonated drink and even sports drinks contain sugar and calories, and you’re not even gaining any nutritional value, they’re empty calories. Replace drinks with water. Not only does it not add those extra calories, it keeps you hydrated and filters out your body’s vital organs.

• Do not attempt to lose weight by skipping meals throughout the day. Not only do you physically feel weak, if your body feels it is starving it will start burning muscle instead of fat to use as fuel, and any food you consume will be stored as fat. The complete opposite of the effect you are trying to achieve. Also, starving your body during the day will probably just cause you to binge at night.

• In order to keep your metabolism going, eat breakfast, lunch and dinner, and small (healthy) snacks during the day. Vary your food intake with different vegetables, proteins, fruits, carbohydrates and yes, fats. Not all fat is bad for your body.

Understanding the facts about health and nutrition can help anyone lead a healthier lifestyle. For more tips on nutrition and healthy eating, visit www.helguide.org/life. For work out tips, visit www.exercise.about.com.

EXHIBIT

A museum on wheels, ‘Sankofa’ brings powerful history

WENDY BARUCH
For The Chanticleer

During Celebration of Inquiry, Curator Angela Jennings brought “Sankofa,” a museum on wheels, to Coastal Carolina University. The exhibit consisted of striking memories, figurines, photos, books, bales of cotton, spears from Africa, shields, a figurine slave ship and so much more.

She has collected these memories of the African people, because she believes the story needs to stay alive. The exhibit is referred to as the “African Holocaust,” which is a term for the slave trade from Africa in colonial days. The exhibit also included information concerning the transport and subjugation of black people which depicted the cruelty from early America. This was a time period where the country was torn by the movement to abolish slavery.

The museum showed images from the Civil Rights Movement, historic artifacts of the 1950’s, and regalia from the 44th Presidency, a historically transformative time in the life of Americans.

Jennings takes the museum on wheels to more than 200 locations every year. The collection began in 1995 when she discovered that her nephew, a straight ‘A’ student, wasn’t learning any African American culture in his work at school. In teaching him, she became inspired to find something that would inspire other students to understand and remember their history.

Junior, Kyle Hopfensperger said that the exhibit was very powerful: especially the lynching pictures where the crimes were committed by children themselves.

“It made me realize the horrors of it, the little kids in KKK outfits and all,” said Hopfensperger.

Freshman Darci Jones said that the exhibit made her feel like crying. She will never forget the pictures of people hanging from the nooses, and Emmett Till’s badly beaten face. Jones said didn’t know that slaves also came from Cuba, and she plans to research this.

Junior Dara-Lynn Baker thinks it’s wonderful that students will see a piece of this part of history. She will never forget the lynching photos, the old fifties artifacts and the black inventors.

Terri DeCenzo, the wife of President David DeCenzo also visited the exhibit.

“It was one of the most moving and emotional exhibits I’ve seen in a long time, sometimes I think we forget,” said DeCenzo.

DeCenzo said she would never forget the lynching photos, and the small child in the KKK outfit.

It is interesting that the most memorable part of the exhibit has a repeat theme: violence depicted and the images of the children as part of the violence and committing it themselves.

What does this realization about the graphic imagery of life and death say to us? We could say that those whose images were captured, live on in our memories and their deaths were not in vain. Or we could just ignore these kinds of things and pretend they never happened leaving them forgotten in history.

Jennings’ museum on wheels without a doubt was very emotional, and an eye-opener to the events that took part in our country’s past.
Free Tans (1 Regular, 1 Medium, 1 High)
NEW CUSTOMERS ONLY

Present This Coupon To Receive
FREE TANNING

Perfect Tanning Conditions Every Day!
Student Discount Available
No Contracts

Two Convenient Locations:
University Shoppes
2254 Highway 501 East Conway Across from Lowe's
843-347-0988

Forest Crossing
4999 Carolina Forest Blvd. Unit 3 Myrtle Beach
843-903-1980

ST. PATRICK'S DAY
2 NIGHT FREE CONCERT EVENT

FRONTIERS
A TRUE 'DMB EXPERIENCE'
DAVE MATTHEWS TRIBUTE BAND
PRESENTED BY THE CLUBS OF CELEBRITY SQUARE

CLUB BOCA· BLARNEY STONE'S REVOLUTIONS· MALIBU'S SURF BAR
· BROADWAY LOUIE'S· CROCODILE ROCKS· FROGGY BOTTOMZ LIVE

MARCH 17
MARCH 19

843.444.8032 · FantasticClubs.com
843.444.3500 · CelebrationsNitelife.com
THE CHANTICLEER’S WEEKLY PHOTO CONTENT

Submit your photos to The Chanticleer, and it may show up in the [CCU] Expose Yourself weekly spread!

E-mail photos in original size to thechanticleer@gmail.com. Photos may be in color or black and white. Photos may be edited for color format and/or size.

Thanks to all the photographers for submissions.

THIS WEEK’S WINNER

5. Braden Pate

“March for Equality”

“I took this photo in October at the National Equality March for LGBT rights in Washington, D.C. In the 7 hours I stood on Capitol Hill, I felt like I was a part of history. It’s a feeling I will never forget.”

PHOTOS BY:

1. Alicia Rancier
2. Kyle Diorio
3. Stephanie Pope
4. Kelly Brown
Grad Finale
The one stop shop
For all your
Graduation needs!

March 3, 2010

Meet with
Representatives from:
- Financial Aid
- Registrar’s Office
- Alumni Relations
- 1954 Society
- ODK (Honor’s Stole)
- Career Services
- Class Rings
- Graduation Announcements
- CCU Bookstore (cap & gown)
- Graduate Studies

Grad Finale
Baxley Hall Rotunda
March 3, 2010
9:30am—5:00 pm

For more information about your upcoming commencement, don’t forget to attend the SENIOR CLASS MEETING on Wednesday, April 21 or Thursday, April 22 in the Wall Auditorium at 5:30pm

If you have any questions, contact the Office of Alumni Relations at (843) 349-2586(ALUM) or alumni@coastal.edu
Nutrition and Well-Being Week events - Feb. 23-24

by Julie Hamer

Caryn Cortez and Melissa Kersse

Men's Basketball - Feb. 25

by Kevin Young

Morgan Causey, Courtney Atkinson, Erica Natoli, Julianna Johnson

Jimmy Turnmeyer, Harmony Kensingher, Paige Gunderson, Blair Bradshaw

Ryan Young, Chris Pinson, Ashley Purcell, Rachael Henry, Josh Wilson, Oliva Martinez, Ashley Edmonson

Lauren Moore, Erin Magie

Bill Henthigh

Kate Cyr, Chris Laine, Jess Emig, Brandon Renborn, Randall Harper

Bryn Boyle, Reece Gordon, Kenny Jean, Jay Jarvis, Bobby Tam, Kyle McCinnon

Nicole Rochford
Viewpoints

Editorial

Student talks on good exposure

Maegen Sweat
Editor

Letter to the Editor - "How do you select the photographs for "CCU exposed?" After looking at a bee on a soda can, multiple photos of shadows and silhouettes, a picture of feet, little kids, and pictures of piers, I decided to ask.

This week's winner...ridiculous. Don't get me wrong, it's a great photographer, but a monkey with a bad eye standing on one foot could have taken a better picture than that. The best picture was the fifth one and it was just stuck in the corner.

This section says "thanks to Easton Selby and his black and white photography class for providing photos" but there are hardly any black and white pictures. I know it's a color spread and you want to put color photos if you can, but there has to be some better black and white shots. I would hope there would be if they came from a photo class here at Coastal, at least better than "Born To Win," but that's just my opinion.

-Drake Cartrette

Editor's Note:
Thank you for your expressing your opinion. The photos are chosen by the editorial staff based on elements of design that appeal to our aesthetics. It is up to the discretion of the staff to choose the winners. We gladly welcome submissions from any student and hope to see even more submissions in the near future.

Movie

One thumb up for 'Valentine's Day'

T'ara Smith
News Editor

Directed by Garry Marshall, "Valentine's Day" is about people trying to have the perfect Valentine's Day. The movie has well-known Hollywood names such as: Ashton Kutcher, Jessica Alba, George Lopez, Jennifer Garner, Jessica Biel, Jamie Foxx, Queen Latifah, Patrick Dempsey, Shirley MacLaine, Hector Elizondo, Taylor Lautner, Taylor Swift, Anne Hathaway, Julia Roberts, Emma Roberts, Topher Grace, Bradley Cooper, Eric Dane and Kathy Bates. That alone is enough to make people want to come see it.

The movie resembles 2009's "He's Just Not That Into You," in which all characters are connected to each other. But because it has too many characters, the movie fails to develop each storyline properly. There were characters that weren't needed in the movie and whose screen time could have been used for other characters. Lautner and Swift's performances were good, but not necessary. Their characters had no influence on other characters in the film and were there to add comic relief that was already present. If the writers did develop each storyline properly, the movie would've been five hours long instead of two and a half.

"Valentine's Day" displayed more broken hearts than happiness. The majority of the characters had his or her heart broken because of a cheating lover, broken engagement or just plain depression over being single. It could make one wonder if this movie's purpose was to make people hate the holiday and never want to pursue a relationship, however the movie has a few happy endings that redeem its many depressing conflicts.

Overall, "Valentine's Day" wasn't a bad movie, but not good enough to pay full price for. It's more of a movie to see on a rainy day during matinee.
VIEWPOINTS

ETIQUETTE

The Bitchin' Column

BK ASTRINI
Art Director

I sit in a classroom for 19 hours a week. In a computer lab for at least three, and in some sort of eatery setting for another three - all considering I try to be on campus as little as possible. So that’s 25 hours a week I am forced to sit next to complete strangers that lack manners.

Sarah Rodgers

"Yes, and I participate in the classes at the gym with my roommates, and we also decided to start buying healthier foods for the dorm."

Fj Crozier

"Yes, and I joined an exercise science class and two weight lifting classes this semester to become healthier."

Holly Hicks

"No, but I am trying to change my eating habits and I’m trying to work out more often."

BE HEARD

Are you concerned about your health, and if so, what do you do to keep yourself healthy?

FASHION

Skinny jeans for every type

Pick your brand, color and fit for your body type

LINDSAY MOZINGO
Staff Writer

Most of us women consider skinny jeans our best friend or worst enemy. In reality, skinny jeans aren’t made just for super skinny girls. They come in different sizes, shapes, colors, and fit for women who aren’t so fortunate to be super skinny. These simple rules will help you find the perfect fit in skinny jeans no matter your size or shape.

First, the brand is most important. Find a brand that markets to a real woman’s body. American Eagle, Abercrombie and Hollister are three giant “no-no’s.” They market to a younger age group, mainly young girls who are not fully developed yet. They do not usually offer high waist or more sophisticated jeans. Great places to find good fitting skinny jeans are Express, Dillard’s, J. Crew, Ralph Lauren, Victoria’s Secret and The Limited. You may pay a little more, but your jeans will look amazing on you.

Next is your body shape. If you have curvy hips and thighs, go with high waist skinny jeans. It masks the curves you don’t want to show. Also go with dark wash jeans with no wear marks on them. This way it creates smooth lines down your legs. If you’re curvier on the top half of your body or busty, go with normal waist jeans that show your curves on the top to give you an even figure on the bottom. You can go with a dark or light wash with your jeans, either one with give you a great figure to even out your curves. You need to consider your height and the length of your jeans. This way ensures you are able to get the best fit in your jeans.

Now since you have the brand, fit and color picked for your jeans, you must consider what styles to wear with them. Wearing skinny jeans is possibly the easiest way to go from day to night with a change of shoes. For a casual day, combine your skinny jeans with a flowy top and ballet flats or flat sandals. If it’s cold, you can always tuck them into a pair of snow boots or leather flat boots. For a fancier look, combine them with the same top and heels. Remember, if it’s cold, skinny jeans look great tucked into a pair of knee-high, high-heel boots. With these rules, you can always look great wearing your pair of skinny jeans.
Who is the better American Olympian: Phelps or Vonn?

**Michael Tomasetti**
Staff Writer

**Phelps**
Ah yes, let the 2010 Winter Olympic Games and debates begin. Every year journalists and fans pose questions regarding who’s going to win the most medals. They also ask other questions like, “Can anyone contend with team Canada when it comes to hockey? Is Lindsey Vonn a better Olympian than Michael Phelps?”

No seriously, that’s a question on most journalists’ and fans’ minds. Is Vonn, a downhill skier and 3-time Olympic competitor, better than Phelps, a swimmer? Although downhill skiing is a tougher and more competitive sport than swimming, Phelps is a better Olympian than Vonn based on medals and popularity.

Since 2004, Phelps has won 16 gold medals and broken 37 world records. Phelps has also won 14 gold medals, which is the most by anyone in the history of the Olympics. In Vonn’s Olympic career she has won one gold medal and three overall. Phelps grabbed the attention of millions of people all over the world, showing he’s more popular than Vonn. In 2008, Sports Illustrated named Phelps the Sportsman of the Year.

Unfortunately, Vonn’s injured shin, caused during a practice run prior to the Olympics, is the only attention she has received this year.

Vonn admitted that she does not expect to measure up to Phelps in an article written by Jim Caple on ESPN’s Web site.

“I’ve never won one medal of any color in my career,” said Vonn, “I’m not trying to get five medals. I’m not trying to be Michael Phelps.”

I respect Vonn because she participates in a dangerous sport and represents her country, but when it comes to who is better, no doubt Phelps is the winner.

**Corrie Lacey**
Assistant Editor

**Vonn**
The medical treatments, press conferences and weather delays meant nothing as Lindsey Vonn stood alone atop a blue-lined snow hill. When it finally counted, with the injured-shin drama and photo shoot hype behind her, it came down to Vonn—just her and the skin.

The 25-year-old Vonn arrived in Vancouver, Canada, with a shin so badly bruised she wasn’t sure if she would even compete. And just a few days later she broke a finger, again. But despite the injuries, she competed, and now with a few Olympic medals, Vonn pushes forward. And when it finally counts, she pulls through.

As most athletes have proven, it’s a lot easier to sign big endorsement checks than it is to cash in on them. But the special ones, the real athletes like Vonn, come through when it counts. She’s lived up to the fine print of all those endorsement contracts.

With the help of painkillers and numbing creams, Vonn pushes through hurt to prove to the world that she’s a skier to be reckoned with.

The Franz course claimed seven crash victims, and Vonn stole gold in that event. With everything at stake, she delivered a courageous, unforgettable performance. When she sliced her thumb open on a champagne bottle last February, she taped her pole to her glove and raced the rest of the season. And when she cracked her proximal phalanx of her pinky finger during a fall in the giant slalom last week, she competed in her next race anyway. With all odds against her, when it finally counted, Vonn pulled through. She is a great athlete, she is a great champion. And now, Vonn is a great Olympian.
CCU solidifies Big South Championship

CCU wins title and hosts tournament

GREG MARTIN
Staff Writer

The recipe for success in sports is not a secret. “When you set your goals and work hard at it everyday it pays off,” said Coastal Carolina University men’s basketball Head Coach Cliff Ellis.

It couldn’t be said anymore perfectly, and the payoff was the Big South Championship title.

The seats were limited but stocked, the intensity uncontainable and with the home crowd behind them, CCU was unstoppable as they beat Liberty University on Feb. 25.

This season, CCU has been on an uphill battle. Week in and week out they kept their eye on the prize while focusing on one game at a time. Defending their rank on top of the Big South they have won 25 games out of the last 30. Each win is special because for three seniors it is the last chance for them to accomplish their ultimate goal of winning a championship.

Senior forward Logan Johnson got it going by giving the ball to senior guard Mario Edwards. He swung the ball back to Harris, who finished off the drive with a strong lay-up. The Flamers were frantically trying to figure out what to do.

LU’s Antwan Burnus provoked the Chants by scoring two quick points. Harris immediately responded with another successful jumper. LU made attempts to keep themselves in the game but always got out played by the Chants. Edwards was ruthless, sinking LU’s hopes and a 3-pointer.

Junior forward Chad Grey entered the game and started racking up the points. Gray pounded the ball in the paint, he squared up Liberty’s Antwan Burnus and absorbed the illegal contact to get the foul called and finished the lay-up.

CCU’s team defense was impenetrable. Gray got the ball after LU came up short, and again he out bodied LU’s last line of defense in Patrick Konan; drawing the foul and draining the bucket.

Gray was on roll because he was next to score for the chants on an open jumper. Harris got a piece of the action, taking the ball into the lane and driving through traffic to draw another LU foul.

As the first half came to a close, freshman guard Kierre Greenwood tipped in a basket off an attempt by freshman forward Sam McLaurin. Freshmen forward Chris Evan got a piece of the action by putting in his two points. The first half was over and CCU was winning 34-15.

LU came onto the court gunning to upset the Big Roosters at home in the second period but the veteran Johnson started the second half sending a ruthless, no mercy message to LU: he spotted up, shot and made the 3-pointer to extend the lead to 22 points. LU was able to cut their deficit to 15 points. Still far away from stealing the lead it was the, closest they would get before CCU ran away with the game.

The moment everyone started to celebrate was when Edwards slipped by his defender, caught the eye of freshmen guard Danny Neiman, who then led Edwards in the air to dunk on the net, which the Chants later cut down. The clock continued to run and the score continued to increase.

At just under three minute left in the game CCU reached their largest lead of 28 points. The last few minutes ran out, and the Chanticleers became Big South Conference Champions with a final score of 71-48.

Edwards was the leading scorer with 13 points. Harris had 11, and both Greenwood and Chad grey totaled 12 points.

The fans gave a standing ovation, and the players were grateful.

“It feels great to win a championship, I want to thank the fans because tonight when they we’re chanting, ‘C-C-U,’ It was the loudest it has ever been here,” said Harris.

“We worked hard, we got it done, everybody contributed,” said Ellis after the win.

CCU will play in the Big South Conference tournament March 2nd at the Kimbel arena.
Softball team spends some time in the sunshine

CCU softball 3-2 in Seminole Classic in Florida

NICK MAMARY
Sports Editor

The Seminole Classic Friday, Feb. 19 through Saturday, Feb. 20 was an opportunity for Coastal Carolina University’s softball team to be in the Sunshine State while competing against solid opponents.

The opening contest for the Chants resulted in a 4-0 loss to host Florida State University. CCU senior starting pitcher Ashley Fredrich surrendered four runs on six hits. The visiting team had their best chance to get runs on the board in the second inning junior third baseman Michelle Evans and senior outfielder Macala Ballard were tagged out before being able to reach home. Terese Gorber gave up only two hits for FSU on her way to a record of 4-1 on the young season.

CCU would go on to split their final four games during this event. In a loss over Big South Rival Gardner Webb University, there was no score until the bottom of the ninth, when sophomore first baseman Stacy Snellings played the role of hero, and lifted her team to a 1-0 victory.

On day two, the Chants lost a pair of games to South Dakota State University. CCU concluded the Seminole Classic by winning a rematch with GWU. The Chants overall record after the event was 3-2.

Gilmore inducted into Hall of Fame

NICK MAMARY
Sports Editor

Coastal Carolina University baseball Head Coach Gary Gilmore was inducted into the Salem-Roanoke Baseball Hall of Fame. This award for this Virginia native is equivalent to a homecoming.

It is a milestone that is reserved for those who achieved great things on the field while either living in the area or being associated with it in the professional level. Gilmore joins three others as the class of 2010 inductees.

"It’s a very humbling thing to have people from your hometown even though I haven't lived there in 30 years, to have them look at the complete body of work with the things that we have accomplished here at Coastal and USC Aiken," said Gilmore.

Gilmore said that the Salem-Roanoke area would always feel like home.

It's been established that the Gilmore's career has been notable, as he has won over 800 games, however there has been a loss in consistency.

Gilmore is usually in the discussion come NCAA Tournament time, and has produced numerous All-Americans.

Gilmore has been a player in the Philadelphia Phillies organization, and has also been a scout for several major league teams. "It was wonderful, it helped me develop a lot of philosophical strategies and things in the coaching realm," said Gilmore.

Season starts off with a couple wins; loss

NICK MAMARY
Sports Editor

Coastal Carolina University’s baseball team began the season in the Caravelle Resort Tournament on Friday, Feb. 19. CCU saw its first action of the 2010 campaign against the West Virginia University Mountaineers.

WVU struck first when their second batter, shortstop Jedd Gyorko launched a solo homerun. CCU would respond in their half of the opening inning, as first baseman Rico Noel proceeded to draw a walk, steal second base and score on a single from Tommy LeStella.

Pitcher Cody Wheeler settled in after giving up the homerun, throwing shutout baseball over the next innings. However in the fifth, the Mountaineers would again respond. A CCU error would put Dom Hayes on base. Gyorko would have another RBI as the visiting team took a 2-1 lead.

It would be short-lived though, as CCU would rally in the bottom of the frame to take the lead for good. A last ditch effort from WVU proved not to be, as senior pitcher Austin Fleet would record his first career save in a 5-1 CCU victory. Wheeler surrendered one earned run on three hits, and improved his career record to 17-1.

“I think it was a good start to the first one [game]. There were some opening jitters, and we had a packed house. It’s a lot of good things, some things we need to work on but overall it was a good performance,” said Wheeler following the win.

The Mountaineers had a chance to take the lead in the top of the ninth with runners on first and second base with no outs.

“I was just thinking of how to get out of that mess. We did a good job, Austin [Fleet] did the job he had to do to keep them at bay, and they were a very worthy opponent, very challenging today. We’ve got to keep getting better, but it is always good to get better, and win,” said Head Coach Gary Gilmore.

Noel’s walk was critical in the win. “That’s one thing I pride myself on, being the fiercest competitor out here everyday. Along with my teammates, I try to get them fired up, and that’s what I try to do, pass my energy around,” said Noel.

The following day, red shirt senior Chance Gilmore broke a 5-5 tie in the third inning as he lifted CCU with a grand slam. The Chants would go on to add three insurance runs later in the contest. Sophomore pitcher Anthony Maeo was pulled out in the second inning after giving up five runs. Junior left handed pitcher Matt Rein proved solid in relief giving up one hit.

CCU concluded this round robin tournament against the University of Kentucky Wildcats on Feb. 21. KU received a ninth inning run on a mistimed throw from third baseman Scott Woodward. Closer Fleet was given the loss. The Chants would rebound with a road victory against Wake Forest University on Tuesday, Feb. 23.
MIGHT AS WELL
BAR & GRILL
3505 HIGHWAY 544 OPAS CONWAY, SC 29526

HAPPY HOUR DRINK SPECIALS FROM 4-7PM
Buy 1 Menu item, get a second item of your choice FREE!!

Mondays :: Trivia night
Tuesdays :: College Night
Wednesdays :: Live Band
Thursdays :: College Night
Fridays :: Comedy Night
Saturdays :: Semesta Fiesta

OPEN LATE FOR DELIVERY!
843-347-6657

ULTRATAN
Time to Tan!
www.ultratans.com

FIRST VISIT FREE
One Coupon per Customer
New Customers Only
Expires: 03/31/10

1/2 OFF MYSTIC SESSION
One Coupon per Customer
Expires: 03/31/10

Amenities
• Walking Distance to Coastal Carolina University
• In-Unit Washer & Dryer
• Huge Walk-in Closets
• On-Site Gym
• On-Site Basketball Court

Patriot's Hollow
APARTMENTS

One, Two & Three Bedrooms Available
Optimally located next to Coastal Carolina University, our 50 brand new apartments provide spacious living in a one, two or three bedroom
What does it mean?
Brian Tracy coined this phrase, which essentially means, don't procrastinate. Psychologists have found that procrastination, particularly of a challenging task, drains a person's energy. Consequently, once activities have been prioritized, you need to "eat the frog" and start with the most daunting and important priority on the list. Just do it! This choice will drive your productivity.

Want to know more? Call Counseling Services at (843)-349-2305