was a star running back at Summerville: Running Back De'Angelo twenty ball. The state of Henderson. "Everyone was talking Coastal Carolina, De'Angelo Henderson accomplish of conversation and I'm glad teammates, coaches, it was always a topic throughout the whole musical. Guy Bannister, a freshman musical

Twist, shout, and sing it out!

The costumes are fresh and clean cut showing just how vibrant and stylish the gay were. The sound is bold and heavy and made complete with a live band. Gavin Carnahan, a freshman musical theater major who plays the role of B.J. Gibson, ensures that it is an entertaining show. "The music is absolutely phenomenal for this show," said Carnahan. "There are so many funny parts in the show too. There are some comedy routines that'll have you breaking your ribs, they're just that great."

Unfortunately, there are definitely quite a few times where several lines of dialogue and singing are lost, sometimes due to the slightly overbearing sound of the band and other times when there were technical difficulties with the microphone. It did not take away from the musicianship of the cast. With the ballad's jazzy sound, this show's music is timeless and beautifully rendered. With the band and other times when there are technical difficulties with the microphone, it did not take away from the musicianship of the cast.

There is a feeling of nostalgia throughout the whole musical. Guy Bannister, a freshman musical theater major who plays the role of B.J. Gibson, ensures that it is an entertaining show. "The music is absolutely phenomenal for this show," said Carnahan. "There are so many funny parts in the show too. There are some comedy routines that'll have you breaking your ribs, they're just that great."

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Be thankful for everything you have. It is so easy to get stressed out and be unhappy around this time of year. With finals only a couple of weeks away, it is easy to get dragged down with everything that needs to be accomplished.

I have a challenge for you. Wake up each day and appreciate what you are thankful for. This minute of appreciating something in your life could change how you feel for the rest of the day.

The other day, I was in CONO waiting in line. I started to feel really hot, dizzy, and almost passed out. The cashier noticed this and proceeded to help me until I felt better. The manager even checked on me all throughout my meal. I am so thankful for these two women.

It may not seem as a big deal, but having two strangers sincerely care about your well being meant so much.

The past couple of days, I have been waking up and thinking about what I am thankful for. Each day that I do this, I feel incredibly happier and more positive about the day.

Be thankful that you get to take finals. Not everyone has the opportunity to pursue a higher education. We are lucky and blessed to get to go to a university as great as Coastal.

Enjoy your two weeks of school before Thanksgiving instead of wishing it is over. Enjoy every minute because one day you will wish you were back at Coastal.

Thank you for picking up The Chanticleer. I am thankful for all our awesome readers and my amazing staff who makes the paper great week after week.

WEEKLY FORECAST
11/11 - 11/17

11/11 WEDNESDAY 71° 51° 0%
11/12 THURSDAY 74° 50° 10%
11/13 FRIDAY 66° 42° 0%
11/14 SATURDAY 56° 37° 0%
11/15 SUNDAY 57° 38° 0%
11/16 MONDAY 64° 47° 0%
11/17 TUESDAY 65° 51° 20%
Coastal, can you lift 1,000 lbs?

Coastal Carolina University students and staff gathered at Adkins Field House Saturday, October 31 for the bi-annual Coastal Student Fitness Festival. Thirty-three Coastal Carolina students, 13 at a time, competed in a relay competition, which consisted of upper and lower body exercises such as squat, bench press, and pull-ups. The team that had the most competitions won the relay, and the winning team had 10 men and 3 women, while the losing team had 10 women and 3 men.

The competition was held in the Adkins Field House, which allowed for a controlled environment and proper form. Each participating team had to be at least 40% women. The winning team was Adkins Field House, which included students and staff. The winning team won the competition, with a total of 142 points, followed by Adkins Field House with 139 points. The losing team won the competition, with a total of 102 points.

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WALLY SAYS...

MAKE GOOD CHOICES
NOT BAD EXCUSES

EXCUSE #1

"IT'S NOT FAR
TO MY HOUSE"

96%

OF STUDENTS USE A DESIGNATED DRIVER WHEN THEY GO OUT
OR DON'T DRINK AT ALL

(NCHA 2015, n=878)
FROM HENDERSON

Coaches Association voted Henderson as the Running Back of the Year in Class A. Along with football, De Angelo ran track in high school.

“When I first started doing track, I was doing it to get faster for football,” said Henderson. “However, as I got more involved with the sport, the competitiveness in me just gave me this ‘refuse to lose’ attitude and I fell in love with it. High school was so fun. When you go to college, it’s more of a business.”

Out of high school, the only schools that offered Henderson full rides were Charleston Southern University, South Carolina State University, Newberry College, and Coastal Carolina University.

“I loved it when I came up to visit Coastal,” said Henderson. “When I got here, while Coastal didn’t make the playoffs, they had just won a conference. So, they had a lot of things going for them.”

De Angelo signed with Coastal Carolina in February of 2012, but his greyshirted and enrolled into Coastal Carolina in January 2012.

“The grayshirt process was awful,” said Henderson. “It definitely added fuel to the fire in my mind to become a starter. When I was able to practice and be part of the team, I was redshirted. That pushed me back another year. Basically, I was out of football for two years. I can’t even explain how much fire that did inside me.”

When De Angelo finally got his chance, he made sure to prove to himself and the coaches and show that the two years absence from the sport he loved was well worth the wait.

At the end of his sophomore season, Henderson rushed for 909 yards and scored six touchdowns.

In 2014, Henderson ran over 1000 yards and scored 20 touchdowns. Including back to back Big South Player of the Week awards.

“When I finally got my opportunity, it was like a reward for me,” said Henderson.

De Angelo Henderson has been a huge factor for the running game during his time here at Coastal Carolina. He became Coastal’s all-time leading rushing earlier this season. Against Charleston Southern, Henderson broke 3,500 career rushing yards. However, records and law dropping statistics are not that important to Henderson. When it became obvious that Henderson could break Rials’ record, he had no idea that he was close to the record.

“It is something to be proud of,” said Henderson. “I am truly grateful for the records I am breaking. But at the end of the day, we all are going for the same thing and that’s a national championship.”

De Angelo came to Coastal Carolina with star teammate Alex Rose. John Israel, and Tyrell Blankin.

However, since De Angelo was grayshirited and redshirted, he still has another year of eligibility left. For De Angleo, this just adds on immense level of motivation.

“These are the guys that I signed with,” said Henderson. “It just adds on my playing style. Essentially, we all been here at the same time, fighting for the same thing. Those are my guys.”

FROM 1940’S

Theater major who plays the role of Wally Ferguson, said that he enjoyed being a part of the cast.

“This is the most realistic show I have ever seen or been a part of,” said Bannister. “No one in school more than the other, I think, in our ensemble, and everybody is there for each other. It’s an equal playing field, which is very unique for a play.”

After seeing this production, the viewer gets a sense of what really means.

“A hope for a better tomorrow, a hope to be surrounded by friends and family who offer support and love, and a hope that one day dreams will become a reality.”

Tilden, described how the cast dynamic worked for the show.

“We all depend on each other because there are no lazy layers that get put into the show so it takes a lot of trust because the show does not have what could considered a normal structured cast,” said Little. “It’s really just people living their lives. The show is all about relationships, so in order to have those believable relationships on stage as characters we have to develop, so actors, relationships with each other.”

Coastal Carolina University’s The Rappst Radio Hour, a musical about a radio variety show set during World War II, will be presented at the 7th Avenue Theatre from November 4 through November 14.
Coastal Carolina wins with a comeback

Coastal Carolina had a record of eight wins with one loss overall and are ranked 2-1 in conference. This was the first time Coastal Carolina had two shutout games in the same season.

"I needed a game like this," said Coach Joe Moglia. In the first quarter, touchdowns were made by Gabrielle Abercrombie and Craig Brick to set the tone at 12-0.

By halftime, De'Angelo Henderson and beat Gardner-Webb 15-0. The Chanticleers had made two touchdowns and gave the Buccaneers a 27-15 point lead at Buccaneer Stadium in Charleston as Coastal Carolina fell to Charleston Southern by a score of 33-25, giving the Chanticleers their first loss of the season.

The Buccaneers defense held Coastal to zero points in the first half, yet we were able to halt their momentum. Charleston Southern gave Coastal Carolina running back Bruce Mapp dropped a pass in the end zone on fourth down with under a minute to go. With Coastal Carolina winning the Conference opponents.

It came down to the wire on Halloween night at Buccaneer Stadium in Charleston as Coastal Carolina fell to Charleston Southern by a score of 33-25, giving the Chanticleers their first loss of the season. Charleston Southern gave Coastal Carolina everything they had on Saturday night. After a back and forth first quarter, Charleston Southern stepped up their game and both teams ended with a touchdown and a two point conversion.

"I am extremely proud of our guys and how we handled things," said Moglia. "Our guys needed a game like this and I think across the board everybody played well and I was proud of that." When calling the plays, Moglia explained how he thought Michael Billings had a great game and to have both freshman safeties starting was a great success.

"Having a first loss in the season and losing the number one ranking in the nation is not something to brush off lightly, but it was nothing to carry on into further games."

The Chanticleers have proven time and time again that no loss can stop them and tonight's game showed that to the fans as well.

The final thoughts from Moglia were to enjoy tonight and to enjoy the Gardner-Webb victory because when you p.s. comes Sunday, they will be getting ready to play the last home game against Kennesaw State. The final game of the regular season will be played against liberty University on November 19.
Mellow Mushroom

LOCATION
HILTON BEACH, SC

TYPE
PIZZA

RATING
8

James Witolis REPORTER

Mellow Mushroom is the perfect combination of great food, a mellow atmosphere, and the best pizza you can find in Myrtle Beach. Located across Beach Blvd. from the beach, the attractive outdoor setting that has many passersby existing into fine Mellow Mushroom believer.

Mellow Mushroom serves a wide range of pizzas that can satisfy any craving. The quality of using fresh ingredients on all dishes has been a motto of theirs since very when the first shop started. Although the prices are not high enough to satisfy anyone appetite, that is not the only purpose for the restaurant. Mellow Beach pizza lovers can join fellow love and create the

Mellow Mushroom
tother end throughout the restaurant.

MUIC

ARTIST
ED SHEERAN

GENRE
POP

RATING
9.5

Jan Brooking REPORTER

Ed Sheeran has become one of the biggest songwriting hearts the music world has ever known.

Quickly rising to fame in 2005 with his debut album, his guitar strokes and his singles 'The A Team' and 'Lego House' were enough to grab the attention of a generation. Sheeran's music speaks to our time, and his unique voice resonates across pop, hip-hop, and R&B.

His ability to write a hit, from the success of his debut album 'X' to the now legendary 'Shape of You', has established him as a pop icon.

For three nights, Sheeran sold out Wembley, over 30,000 seats, and also had special guest appearances from Elton John, One Republic, and Passenger.

Even though your true happy place might be laying out and the sound of waves crashing is the most calming sound in the world, it is a very satisfying feeling.

FILM

Nightcrawler

GENRE
CRIME, THRILLER

RELEASE DATE
OCTOBER 3, 2014

RATING
7

Holly Bonds REPORTER

Louis Bloom, played by Jake Gyllenhaal, works hard to break into the crime journalism scene of L.A. in this thriller. After observing a crash on the side of the road he decides to pull over. Bloom observes another body concealed on the scene and wants to find out what it is all about. Impressed by his actions, he decides to get in on the action, goes to a posse, and becomes a police under cover.

The first crime he gets in on is the aftermath of a carjacking. He buddy walks into a local station KWLA and sells the footage of the carjacking for $10K. From there he realizes the money that can be made from this nighttime vigilante, he becomes hooked. Bloom hires a partner Rick, played by Riz Ahmed, to take on the street of L.A. making it to the site of the crime scenes.

Rick is a homeless man who has grown up in the streets of L.A. He helps Bloom navigate his way around. Together they push the boundaries of breaking and entering homes and arriving to the crime scene before the cops. Nina, the news director at KWLA, played by Nina Russo, becomes intrigued with Bloom's amateurish type of video filming and continues to buy from him each week after week. Bloom slowly dips his feet into the video production ladder in hopes of starting his own video production company. He Dixon Nina to name his company during the arguments and makes her endure him to all of the known racism. He also asks for more money for his footage.

This crime thriller was very intriguing. It left me wanting to see the result of the mysterious character Louis Bloom until the end.

Studies show that working out can regulate sleep. The release of endorphins fight depression and boosts self-confidence. Grab a friend or go by yourself. The HTC Center is free and convenient. It can actually help with overall performance in a class.

The top

Ways to Manage Stress

1. Make a list

Most of the time when you are stressed out it because you have a lot of things on your plate. Whether it be managing homework, juggling extra curricular activities, or just trying to find time to incorporate your necessary free time. Writing down what you have to do can help reduce stress and form.

2. Get some fresh air

When you are stressed out, your entire body can be a testament to one of the simplest things, lack of oxygen. Stop what you are doing and go for a walk, run, or outside. Get up, go outside, and take a breath. This will do wonders for your cluttered brain.

3. Find something to do

Get something done for a class, go to the gym, or clean your apartment. Sitting around and doing nothing will only create more stress. Make a to do list and cross things off as you go. It is a very satisfying feeling.

4. To your happy place

Even though your true happy place might be laying out and the sound of waves crashing is the most calming sound in the world, it is a very satisfying feeling.

5. Relaxation

Dreams Ooits REPORTER

Creative content
ENTERTAINMENT

WORD SEARCH
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A R O G N A E E X P D I H Y X
R I S A D F R N T X B E T D Y
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FISH STORY

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