10-20-2017

The Chanticleer, 2017-10-20

Coastal Carolina University

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Shooting in Conway prompts “shelter in place” at CCU

Kaley Lawrimore // Editor-in-Chief

On Friday, Oct. 13, Conway police responded to a report of a shooting in the area of Live Oak and Leonard Avenue, according to a police report.

When officers arrived to the scene about five miles from CCU, they found that three shots had been fired and that there was one victim. There were no suspects or victims at that location.

Police said Brian Justin Canty, 28, from Georgetown, was arrested while trying to get the victim, a 24-year-old Pawleys Island man, to the hospital.

Police said Canty stopped his car at Brooks Stadium where the gunshot victim was later found.

Canty was arrested and charged with simple possession of marijuana, possession of a weapon by certain persons, possession of schedule II narcotics 2nd offense, PWID heroin 3rd offense and PWID heroin 3rd offense near a school.

The report showed another person was connected to the shooting, but didn’t provide details about that person.

CCU students, faculty and staff got an alert on their phone and email, “Everyone shelter in place until further notice.”

Not even 20 minutes later, everyone was given the “all clear.”

Police continue to investigate this incident.

Anyone with information is asked to contact the Conway Police Department at 843-248-1790.

continued on page 2

Three arrested after strong arm robbery in CCU residence hall

Kaley Lawrimore // Editor-in-Chief

On Sept. 25 just before 4 p.m., CCU police were called to Eaglin Hall for a report of an assault and robbery.

When officers arrived at the dorm hall, a community coordinator told police the incident happened in the hallway of Eaglin Hall, according to the police report.

He told police he received an email from a student that lives near where it happened, and she stated someone had been assaulted and robbed in the hallway near her room. The victim had also called police.

According to a police report, three people were arrested in connection to this incident.

Jon Deangelo Jones, 18, from Rowland, North Carolina, was arrested and charged with robbery/common law robbery and disturbing schools, according to the report. Jail records said Jones was also charged with manufacturing or possession of schedule drugs and distribute, sell purchase, manufacture cocaine or PWID near school.

continued on page 2
**NEWS**

Three arrested continued

Kadien Sadress Knoll, 18, from Fayetteville, North Carolina, was charged with petit or simple larceny, breaking into a motor vehicle, common law robbery, strong arm robbery, manufacturing or possession of drugs, disturbing school and distribute, sell or purchase of manufacturing drugs other than crack cocaine or PWID near schools, according to jail records.

Chase Dylan Hobart, 23, from Fayetteville, North Carolina, was arrested and charged with petit or simple larceny, breaking into motor vehicle, common law robbery, strong arm robbery, manufacturing or possession of drugs, disturbing school and distribute, sell or purchase of manufacturing drugs other than crack cocaine or PWID near schools, according to jail records.

This is all the information we have.

**NEWS**

CCU students shave their head for cancer

**Kaley Lawrimore // Editor-in-Chief**


About a dozen people had their head shaved in front of an excited crowd all in support of those affected by cancer.

Kiley Kircher was one of those volunteers. He did it for his parents, who both are battling the disease. He said the support from the community has been overwhelming.

“Every fraternity/sorority we’ve got sorority’s here, people who have nothing to do with Greek life who just know about the story are all showing up and coming to support my parents and that really means so much to me,” said Kircher.

While his parents knew they were traveling to Conway to watch his son get his head shaved, they had no idea what Kircher and the community really had planned for them.

The community raised over $3,000 for the event.

“Tami Fogleman, a local doctor, said she was taken aback with all the support she saw and was glad she was part of this event. She was a part of this event. She said she was excited to know that these kids really have a voice to help support those affected by cancer,” said Balestracci.

“I’m just really happy I can in some way contribute.”

Overall, the community raised over $6,000 for the event.

Twenty percent went to the Kircher family, 20 percent when to the bar owner’s, nephew, whose mother passed away from breast cancer about ten years ago, and the rest of the money went the Look Good, Feel Better charity.

Balestracci, who also had his head shaved.

On Tuesday, Oct. 10, CCU students shave their head for cancer near HGTC.

**Kaley Lawrimore // Editor-in-Chief**

On Friday, Oct. 13, Conway police responded to an apartment complex near Horry-Georgetown Technical College for a report of an armed robbery.

The police report states when police arrived at University Suites, a victim told them three men came into his apartment demanding their stuff.

A second victim was hit in the face with what is believed to be a gun, according to the report.

This is all the information we have.

Updates will be posted to our website.

**NEWS**

Myrtle Beach Internationally gains K-9 unit

**Katelin Gandee // Reporter**

On Oct. 5, the Horry County Police Department announced that the department will now have a new K-9 unit at the Myrtle Beach International Airport.

The addition’s name is Bram and is a certified explosive dog.

Bringing Bram to the airport has been in the works for a while and has finally been brought to life, according to Krystal Dotson, the Public Information Officer for the Horry County Police.

The process of getting Bram to the airport, Dotson explained, was that they first needed to justify him.

“By having a canine in the airport facility, it would reduce the amount of time to assess a situation, due to not having to wait for an existing canine to arrive,” said Dotson. “A trained canine could clear a large portion of the building within minutes making that area safe.”

The next step was to get approval from the chain of commands by researching the pros and cons, as well as filling out the paperwork for the procurement.

Bram’s jobs include doing continuous patrols around the airport, as well as the Horry County Department of Airports General Aviation in order to continue on page 06

**NEWS**

CCU prepares for dance marathon

**Morgan Cvetko // Reporter**

On Saturday, Oct. 21, CCU will be hosting an 8-hour long dance marathon.

The dance marathon is an event which raises money for children at McLeod Children’s Hospital in Florence, South Carolina.

The money raised will go toward helping with treatments, buying the latest technology, pediatric research and to ensure all families are taken care of during their child’s stay.

The goal is to raise $55,000 this year in honor of the 55,000 children that receive treatment from McLeod.

Last year, CCU raised $22,122.89.

Maddie Filling, one of the people who have worked so hard to make this happen, is sure they will exceed their goals this year.

“I believe that if we all come together for the kids, then we will reach the goal,” said Filling.

As of Oct. 16, the event has raised over $19,000, with it going up every hour.

The children who are being treated at McLeod Children’s Hospital are there for a number of reason, ranging from prevental cancer, pediatric intensive care, heart and vascular problems and many other unique health issues.

One story that comes from the Florence hospital is that of little Indiana.

Indiana was born with three heart problems, all of which were leading to congestive heart failure, before she was even a year old.

While the doctors did everything they could to avoid continued on page 06

**NEWS**
Wllaby banned, decision retracted

Kaelin Gandes // Reporter

The infamous CCU wallaby is banned on campus again, but not before hints were made to protest a decision by the University.

The wallaby, Boomer, belongs to Nick Muti and the pair has been gaining a lot of attention on Instagram. With over 710 followers on the social media site, Boomer has become a new “mascot” to the students of CCU with appearances at places like The Dock Bar and Grill around campus.

Boomer and Muti, however, garnered more attention than anticipated. CCU’s Accessibility and Disability Services (ADS) informed him that Boomer was no longer allowed in classrooms or on campus at all since the wallaby wasn’t a service animal. While service animals can only be dogs, or in very limited cases a miniature horse, Boomer is a companion animal which falls into a different category.

Muti understood why Boomer wasn’t allowed in classes, but found an issue with why he couldn’t stay on campus at all. He took to Instagram to protest while researching the University’s rules of having animals on public campuses.

“If people from Coastal Club could walk their dogs on Prince, why isn’t I allowed to have Boomer,” Muti said. “I understand he’s not allowed in classrooms but why not on Prince Lawn?”

While waiting to meet with the University about the policy he researched, Muti created t-shirts that read “Free the Wallaby on it.”

CCU follows the national ADS rules, which allow for service animals to be a dog, or miniature horse in certain cases. It also says companion animals didn’t have to be a specific animal.

On Coastal’s website, the only rules for companion animals is for those who are living in University Housing. These rules state that the animal is allowed in the residence hall and around, but nothing about the animal not being allowed on Prince Lawn.

While there are rules about service animals on the website, there is no restrictions listed on those who can’t have them on campus.

When Muti spoke with the University again, they agreed that Boomer couldn’t be in public places like Prince Lawn, but could not be inside the buildings.

Muti had already committed to making shirts to support Boomer, but after the decision was made in his favor, he decided to do something different with the money.

“I had already ordered the shirts when I was told he was allowed on campus,” said Muti. “I thought I’d just go ahead just to raise awareness about everything, and the money could go to a good cause.”

Muti chose to donate the proceeds to St. Jude Children’s Hospital when he first got Boomer, they would take trips to a hospital in New York to train.

The Chanticleer reached out to Accessibility and Disability Services at CCU in order to get more information about Muti’s case.

However, they would only respond by saying they follow the ADS and that their only area was service animals and companion animals in University Housing.

We’re working to learn more.

While Muti said he was glad to buy Free the Wallaby shirt, visit our website.

It’s Real: coping with depression

Jason Bennie // Reporter

On Oct 12, CCU held a mental health screening event in the Lib Jackson Student Union theatre.

The video titled, “It’s Real,” was shown and starred a former CCU student, Blythe Miller. Her story with depression, along with other college students across America, were shown throughout the film.

Four years ago, Coastal held the first ever Out of the Darkness Walk on campus, which raised $3,000. Last year, that number reached $10,000.

This walk was an extension of the ASFP Myrtle Beach Community Walk held in 2009.

Depression is a topic that should not be avoided, and the growing support for this cause leads us to believe that people are coming forth and expressing their support and understanding, according to Blythe Miller.

She said that anyone can suffer from depression, and this is why “It’s Real” had such an impact, because it offers perspective from many different kinds of situations.

Miller said people should take away the reality of depression from the event.

“This video creates conversation by using real people to spread awareness,” said Miller. “Although the topic of depression can be sensitive and uncomfortable for some people, it’s important for people to have a conversation about depression is necessary, Miller said.

When a community comes together to show its support, they are creating a community of acceptance, which is important for people suffering from depression.

Miller had only been publically about her fight with depression twice, the second time being in the video.

The first time was with her twin sister, Kelcey, during an Out of the Darkness walk.

While Miller second-guessed herself initially after talking about depression, she is happy she did.

“The video was my second time openly talking about it in public,” said Miller. “It’s been about 10 years since I’ve been diagnosed.”

Miller made it clear that CCU does a great job at shining support, and making sure that each student knows where to go if they need help.

She said that professors at the university are very accepting, and care about their students.

To learn more about way to help, or find someone to talk to, visit our website.

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CCU has been doing these types of screenings for five years.

President Cheyenne Cunningham talked about why the club takes part in doing this and the overall goal of the screening.

“We are essentially gathering as a group to participate in beach clean-ups to push for environmental stewardship with pride while we represent Coastal Carolina,” said Cunningham. “The visual impact was amazing. It was the best thing we could have done.”

While CES is more commonly known as Shark Club, the organization focuses on more than just sharks.

The club is always looking for members to join and share passion with shark and ocean conservation.

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Kindness Rocks Coastal
Kaley Lawrimore // Editor-in-Chief

On Oct. 10, rocks were distributed around campus for students, faculty and staff to find. The purpose of the Kindness Rocks project is to brighten someone’s day, according to Jillian Tungett, the Coastal bookstore manager. “It’s just something to actually pick up and either smile or nod, but I think it’s more so for us, just to get the word out that you can do random things,” said Tungett. “You don’t need to know that person in order to try to make their day in a little better. This sound of rocks that were passed out were created by a group of students who came into the bookstore for their VIP event Oct. 5. Once the rocks are found, they are supposed to be redistributed somewhere else on campus for someone new to find. “We had a table set up and we had about 20 to 25 students that just randomly came in and painted whatever they want on the rocks,” said Tungett. “Then we agreed we would distribute the rocks,” said Tungett. “Then painted whatever they want on campus.” The feedback from the Coastal community has been positive, they say. “Everybody from the grounds and maintenance people has the idea. The counseling center really likes the idea, so we’ve had a lot of positive feedback about it,” said Tungett. “Everybody was definitely for it here on campus.” Tungett said the bookstore has all the materials to make the rocks for those interested to lend a hand to the Kindness Rocks project. “We actually opened it up to all the big groups on campus, so if anybody wants, they all have the material,” said Tungett. “We already have the tables, the pens, the markers, the rocks, the whole 9 yards.” She said not only asks that the rocks not be placed in the grass, but sometimes that other people can find it easily. They would also like the rocks to stay on campus for all the students, faculty and staff to enjoy, but there isn’t a restriction on where they can be redistributed.

Myrtle Beach International gains K9s continued

For surgery, at Indiana, around 5-month-old, she went into the bookstore for their VIP event Oct. 5. Once the rocks are found, they are supposed to be redistributed somewhere else on campus for someone new to find.

“arizona severely against the Arkansas State Red Wolves. Unfortunately, the Chanticleers fell short to the defending Sunbelt champions at Centennial Bank Stadium.

Coastal started the game with the ball and on opening possessions, Qahmarah Abercrombie had a 35-yard run to the 12. After getting to the nine, Coastal had to settle for a 25-yard field goal, which they missed.

Ark. State’s quarterback Justice Hansen started their opening possession off with a touchdown to Chris Murray. It was 7-0 with 1:58 left in the first quarter. After both teams punted, Tyler Keane had completions to Blake Anderson and Kendrick Edwards for an 18-yard run, and put the Red Wolves up 34-7 with just under three minutes left in the third quarter.

Early on in the fourth after an Ark. State punt, Anderson threw to Chris Jones for a 51-yard touchdown. A fumble by the Chanticleers was returned is 28 yards to give us a 20-yard field goal. The score was 44-17. A tackle by the Chanticleers gave a score for the Red Wolves’ defense. Brannen Bingham scooped the ball and returned it 28 yards to give the final score of 51-17.

The loss puts the Chanticleers to 1-5 in the season and 0-3 in conference play. This is the first time that the program has faced a five-game losing streak. The Chanticleers travel to Appalachian State on Oct. 27. Kicoff is set for 3:30 p.m.

The doctors were able to fix all three problems and she recovered fully, but this is just one story out of thousands from Florence.

While it is too late to register for the event, there are still ways people can donate and help.

Those interested in donating can purchase a guest packet, which is $5 per hour, until the best two houses—then they will go up to $10 per hour. The event starts at the Williams-Brice building at CCU at 10 a.m. and continues until 6 p.m.

CCU prepares for dance marathon continued

Myrtle Beach Interna-

deter any criminal activity.

The trainer who trained him to detect the explosives selected Bram for the job—the dogs are chosen based on their drive for completing their tasks.

While Bram is the only official full-time K9 in the Myrtle Beach airport, there are several other dogs training in the facility.

The Horry County police have another explosive dog that assists with securing the facility and SLED has two canine teams that are training but assist in the facility.

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Coastal Carolina looks to get first win over Appalacahan State

Henderson returns to Coastal Carolina

Ian Brooking // Reporter

Former Coastal Carolina running back DeAngelo Henderson returned home during fall weekend and made an appearance at the Coastal Carolina football game against Georgia State game on Oct. 7. Henderson was the 2016-17 pick in the NFL Draft in the fourth round by the Denver Broncos and has been making regular appearances on special teams.

Henderson talked about what it was like to be back.

"It was an absolute blessing to be back here," said Henderson. "It was so cool to see the new stadium and how everything is going with the program. To see all those guys step up in new roles, it's just amazing." Henderson talked about what it was like for him.

"That was a great moment for me," said Henderson. "They tried to take me out the play before and when they threw me back in there I told myself that I had to make a play here. It was close to the end of the game, all set up, something had to happen, so why not? They called a draw play, and I just had to do something happen."

Henderson talked about why he chose to come back to Coastal during his bye week.

"Why not?" he said. "I had a chance to stay in high school and play in South Carolina last year and I went to a prep school to get another chance. Why not come back and see if I can improve some things and, you know, get better.

Coastal Carolina falls in heartbreaker to South Alabama

Ian Brooking // Reporter

On Sept. 26, the 2017-18 Coastal Carolina men's basketball team wasaminscanned before their first game of the season. Henderson did provide us scoring, but Shaksug Wiggins was an incoming transfer from Southern Mississippi. Henderson had Colton Ray-St. Cyr with his defense and Richmond scoring off the bench. "These pieces are not going to be a tremendous test for us. We have done some exciting home matchups when we get back," Henderson said.

The biggest matchup is the Chanticleers' first-round game in the West Coast Division, which will be played on Dec. 18 in the HTC Center.

The loss puts the Chanticleers in a difficult situation, facing their conference opener against North Carolina. Coastal Carolina is 0-2 against the Mountaineers, losing in their first game in the Sun Belt, the Mountaineers started 1-2 with an even level of play and finished third in place in the Sun Belt standings with a 2-0 record.

Appalachian State is one of the strongest teams in the Southeastern Conference and the Chanticleers need to step up to the challenge.

The Chanticleers will host the sun Belt on Dec. 18, putting the team a step closer to their goal.

The Coastal Carolina defense will have to step up to the challenge and stop the Chanticleers offensively.

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Coastal Carolina upsets Old Dominion, 5-2

Ian Brooking // Reporter

Coastal Carolina men’s soccer spoils the 18th-ranked Old Dominion Monarchs Saturday afternoon at the Roanoke Island Festival Park in Virginia. The Chanticleers went into halftime with a 2-0 lead over a top 25 opponent.

Senior forward Melchor got his first hat trick in his Coastal Carolina career, scoring three of Coastal’s five goals of the night. Melchor talked about what it was like to get his first collegiate hat trick.

“Getting a hat trick is a special feeling whether it’s against a ranked opponent or in a pick-up game,” said Melchor. “It was my first college hat trick, so that made it even more special. In the end, it’s just great to know that it helped the team to get a huge win on the road.”

Melchor wasted no time getting the scoring underway, finding the back of the net in the 2nd-minute.

Melchor would complete his hat trick just 41 seconds later, giving the Chanticleers a 4-2 lead with barely two minutes to spare. Melchor gave his thoughts as to what was going on in his head when the Monarchs grabbed an equalizer.

“They were gaining momentum and all I thought about was looking for an opportunity so I at least get a shot on goal to get us back in the game,” said Melchor. “I was fortunate enough to have the shot that got us back in the lead.”

It didn’t take long for Coastal to regain the lead, and Melchor would grab his second goal of the night just five minutes later, belting a rocket of a shot into the back of the net, making it 3-2 Coastal.

This was the most goals since defeating former Big Ten member, Northwestern, in the first half of the season due to injury but has definitely made a significant impact on the field in his last four games. Melchor talked about his teammate’s impact on the team since he’s been back.

“Louis’ influence is unmatchable,” said Melchor. “He helps maintain a balance on our team both defensively and on the ball. He gives us so much confidence in the midfield.”

Melchor would complete his hat trick just 41 seconds later, sealing the Chanticleers 5-2 win over Old Dominion. This was the most goals scored by the Chanticleers all season, and the first time the team had surpassed five goals since defeating former Big South opponent Longwood 7-0 back in November 2014.

It was the first time since September 2010 that the Chanticleers defeated their opponent by more than three goals.

Melchor talked about what the post-match speech was like from head coach Shaun Melching.

“Coach was pleased with the performance, the win puts the Chanticleers second in the country, the Maryland Terrapins. The Chanticleers return home to take on William & Mary on October 24. Kickoff is set for 5 p.m.

CCU volleyball beats App State

Katielee Gandee // Reporter

Leading the Chanticleers in kills was Leah Hardeman with 30, Hardeman also had 12 digs and 4 blocks. Following Hardeman was Kunga Windisch with 13 kills and 15 digs. Hardeman moved into second place in the Coastal Carolina all-time kill list.

The Chanticleers ended the night with 79 kills, 4 aces, 76 digs and 13 blocks. Leah Hardeman again led the team with 25 kills, 15 digs and 4 blocks.

Kunga Windisch followed behind with 17 kills, 7 digs and 3 blocks. Sydney Alvis lead the team’s aces with two out of the four, as well as having 29 digs. These two matches mark the second week in a row the Chanticleers have gone undefeated, winning all four games they have played. If the Chanticleers keep practicing and preparing, as well as making sure they don’t get too comfortable with their winnings, maybe they’ll go on to a third week streak of wins. The Chanticleers play again on Oct 20 against University of Louisiana Monroe in Monroe, Louisiana, then again on Oct 21 against the University of Louisiana-Lafayette in Lafayette, Louisiana.

They will be back at home the following weekend playing Troy University on Oct 27.
On Oct. 13, senior outside hitter Leah Hardeman recorded 30 kills in a match win over App State, climbing her way into Coastal Carolina history. However, as a student athlete, Hardeman wants students to know that she is just like anyone else. Hardeman opened up about what she likes to do in her free time.

“I have a dog, so I like to take him out for walks,” said Hardeman. “He doesn’t get to go out as much because I don’t have a lot of free time, so when I do take him out, we play and walk for a really long time. I sometimes do arts and crafts with my boyfriend or watch movies. I typically try to do something that isn’t related to school or volleyball because those are the two things I am always doing.”

Hardeman also likes to cook and try new recipes. Hardeman was originally going to attend Auburn University, as current Coastal Carolina Volleyball coach Joseph Forrest was coaching at Auburn at the time. But, when he came Coastal, Hardeman followed.

In years past, as well as this season, the roster for the women’s volleyball team has several international players. Hardeman talked about what it is like to have so many different cultures on the team.

“Our coach definitely tries to give us a little insight of his Hungarian culture,” said Hardeman. “Whenever I asked him about the house the other day, and we had goulash. Our teammates would bring over chocolates or make crepes and some will wear traditional clothing. They won’t force it on you, but they’ll definitely answer any questions we have about their culture and express and explain them to us as best as they can.”

Hardeman is an exercise and sports science major and hopes to eventually get her Master’s.

“As a student-athlete, Hardeman does think that the life she has chosen is tough and challenging, but she wouldn’t change it for anything.

“I have no regrets on becoming a student-athlete,” said Hardeman. “While I have lost some friends along the way because my schedule was too much and I missed out on signing up for some interesting clubs, there is still time here at Coastal, and I have made several friends through the athletic department here and at other schools.”

Coastal men’s basketball sets sights on postseason continued

“To me, it has always been about the players,” said Ellis. “Whenever I am asked a question about wins, I will go and say that it is really about the players. It has always been about the players because they were the ones out there on the court and getting the wins.”

Coach Ellis is the winningest coach in the state of South Carolina. In his time at Clemson, Ellis went 171-128 and, here at Coastal, Ellis has gone 159-124, putting him at 370-257 overall as a coach in the state of South Carolina. The former Clemson men’s basketball head coach has yet to be introduced at Coastal.

Ian Brooking // Reporter

Player Profile:
Digging deep with Leah Hardeman

The time for HOOPLA has yet to be announced.
**Get on the O-Team**

Alisha Petrizzo // Reporter

The deadline for the next round of applications to become an orientation leader is Sept. 24. Orientation leaders, also known as O-teamers, are responsible for introducing new students to the Coastal Carolina campus. The process to become an O-Teamer starts with an application followed by an interview. What the applicant has to take. Once the sessions are complete, there are group interviews that could potentially lead to the final one-on-one interview.

O-Teamers discussed their experiences thus far in their position and what they want to become a part of the team. Taylor Moon, a senior at Coastal Carolina University, explained why she applied to be an O-Teamer in her junior year.

“I applied to be an O-Teamer because I wanted to have more positive experiences I’ve had at this University and I wanted to make sure there’s an opportunity for people to one of the places I feel like she belonged in my life, said Moon.

CCU celebrated National Coming Out Day by hosting a webinar on October 28. The webinar focuses on the experiences of LGBTQ+ youth and shares resources for those looking to support them.

**Tips to stay focused during midterms and finals**

Barijana Caldas // Reporter

“Coastal has had a lasting impact on my life,” said Moon. “I was skeptical in the beginning of my process but I’ve had a lot of fun. It takes a lot of time and emotional dedication, but it is so worth it.”

Sterling said that she is really excited about cleaning the dishes – specifically, not putting one’s own dirty plates in the dishwasher. If you would like more information about cleaning the dishes – specifically, not putting one’s own dirty plates in the dishwasher.

“Many books I write is an opportunity for conversation, said Sterling. “It’s a conversation.”

You learn so much about your community and uses her novels to emphasize the similarities between LGBTQ+ and straight couples and characters. Often enough, her characters are the first experiences her audience has with gay couples, gay sex and gay experiences.

When the Sportsman magazine asked her about her novels, she said, “I wanted to show students it was possible. But you need to show sleeping does help. Studies show that getting a good amount of sleep before an exam can improve your grade drastically, and that cramming for an exam is a less productive way to study. On top of this, it helps you feel refreshed and ready for the next day. The less sleep you get, the more likely you are to suffer from depression, obesity and diabetes.

One last piece of advice came from Noble when she said, “If you are interested in becoming an orientation leader, visit the orientation section located on Coastal Carolina’s website.

“Tired of ignoring the signs your body is giving? Take control of your health with this guide. It's packed with everything you need to know.
SAT. 10/21
Dance Marathon
10 A.M. - 6 P.M.
Williams Brice

SUN. 10/22
Fall Gospel Concert
4:30 P.M.
Wheelwright Auditorium

MON. 10/23
Farmers Market
11 A.M. - 2 P.M.
Prince Lawn
Homecoming Pageant
7 P.M.
Wheelwright Auditorium

TUES. 10/24
Paint the Campus Teal
Judging at 3 P.M.
Prince Lawn
90's Block Party
5 P.M.
Downtown Conway

WED. 10/25
Talent Show
7 P.M.
Wheelwright Auditorium

THURS. 10/26
Coastal Can-struct
4 - 7 P.M.
Student Union Rotunda

FRI. 10/27
14th Annual
Homecoming Golf Classic
12 P.M.

SAT. 10/28
Homecoming Football
Game vs. Texas State
University
TBA
Midterms are upon us, and like usual, I’m trying to figure out a schedule of when to study, when to sleep, when to eat and when to have fun. A lot of times during midterms and exam finals, we wait until the very last minute to get everything together. This causes an increase of panic-striking and mistake-striking. Some students experience the stress of dealing with long-term stress associating with it. Long-term stress can cause the life-saving responses in your body to act up. Your body will suppress your immune system, which is why I’m probably always sick. It can suppress your digestion and sleep, as well. Some symptoms people experience when dealing with long-term stress is headaches, sleeplessness, sadness, anger or irritability. Again—decries me to a T.

So how can we help our bodies out which are clearly crying for help? There are some steps to help relieve some of it:

First, you need to recognize the symptoms. If any of what I described above sounds like you, then you may be suffering from a lot of stress. Second, talk to your doctor to get the proper care for your new or existing health problems.

Also, try to exercise regularly or try a relaxing activity, such as yoga, tai chi or meditation. It’s important to set goals and priorities, too. Decide what you need to get done now and what can wait. Also, don’t be afraid to say “no” to new tasks if they’re overwhelming you. Don’t forget to note what you have accomplished at the end of the day.

Don’t forget about your support system. There are people to talk to who can provide emotional and other support. If all else fails, consider a clinical trial. I hope some of these tips help you to start feeling better, and take control of your midterms. Best of luck!

Your grades may not be what you expect. Midterms are different than finals, though. This is a time when we really should kick it into high gear to save our grades. We actually have a fighting chance to get a good grade! Whereas finals, it’s pretty much done and dusted with before the test begins. Finals are a “T.”

A lot of times during midterms, people can find it difficult to study. Long-term stress can cause the life-saving responses in your body to act up. Your body will suppress your immune system, which is why I’m probably always sick. It can suppress your digestion and sleep, as well. Some symptoms people experience when dealing with long-term stress is headaches, sleeplessness, sadness, anger or irritability. Again—decries me to a T.

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October Movies

The Coastal Theater Box Office hours: Friday and Saturday, 5 - 11 p.m.
Ticket prices: $2, includes one free popcorn.
Tickets may be purchased in advance from the Lib Jackson Student Union Office (A-103) during regular business hours, 8:30 a.m. to 5 p.m.
Must show a CINO Card, CCU Alumni Association Card or HGTC ID card to purchase a ticket.

Oct. 6 - 7

6 p.m.: “Despicable Me 3”
9 p.m.: “Valerian and the City of a Thousand Planets”
6 p.m.: “Valerian and the City of a Thousand Planets”
9 p.m.: “Despicable Me 3”

Oct. 13 - 14

6 p.m.: “The Dark Tower”
9 p.m.: “Atomic Blonde”
6 p.m.: “Atomic Blonde”
9 p.m.: “The Dark Tower”

Oct. 20 - 21

6 p.m.: “Halloweentown”
9 p.m.: “Annabelle: Creation”
6 p.m.: “Annabelle: Creation”
9 p.m.: “Halloweentown”

Oct. 27 - 28

6 p.m.: “Hocus Pocus”
9 p.m.: “Wish Upon”
6 p.m.: “Wish Upon”
9 p.m.: “Hocus Pocus”

*Movies are subject to change due to availability*