9-9-2015

The Chanticleer, 2015-09-09

Coastal Carolina University

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Freshman being targeted for student ID number

When ID issues happen, they send the information through to the ID office. The ID office can then verify if someone is or is not a student. Josey said they have a list up front with the names of those who are not students.

Josey said if a student is caught giving their ID number to someone else, they could completely forfeit their privileges of using the facility.
EDITOR’S NOTE

Tips on managing stress

Samantha Bergold

We all face stress on a daily basis. Life is a constant balancing act between work, school, and your personal life. We have all seen the chart that says you have to pick two, between grades, sleep, or a social life. The chart fails to factor in work, family, organizations you are involved in, working out, and the ninety-nine other things we all have to do on a daily basis. Here are tips on how you can have it all without having to sacrifice a thing.

Schedule

Having a schedule of your week is important. Invest in a agenda, you will not regret it. Map out your week and your whole schedule for the semester. Knowing which week will be busiest than others will help you prepare for them, instead of being surprised at the last minute. Having a set schedule is one of the best things you can do to reduce your stress level.

Be Ahead of the Game

Get stuff done in advance, it is that simple. If you have a thirty minute break before your next class, start on some homework or studying. Get up twenty minutes early everyday and get ahead on next week’s work. Before you know it, you will be a week ahead of the game and able to relax on the weekend.

OHIO

This is the best thing you can learn. OHIO which stands for only handle it once, is the best method to live by. Respond to an email now, rather than later. Finish that assignment in one shot, rather than procrastinating it for another time. We all do it. We say we will finish it later, when in reality later does not happen. Finish it now, and you can nap later.

Learn to Relax

Do not try to over work yourself. Learn how much you can handle and understand when you need a break. Do not do any activity that lets you relax without thinking about all you need to do. Try yoga or meditation or take a nap. Sometimes all you need to do to relax is put your phone away. Getting a break from technology and reading a book is a great way to relax.

Best You Can Do

Realize that you can only do the best you can do. This is a mantra I live by. Do your best and realize that no body is perfect. We are all human and make mistakes. Nobody can accomplish everything in their life perfectly. Do not be hard on yourself for not accomplishing some things. If you did your best, that is all that matters.

If you master these tips, your daily stress level will decrease. I still do get stressed out from time to time, we all do. When I use these tips on a daily basis, I feel more relaxed and stress free.

WEEKLY FORECAST

9/9 - 9/15

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FROM CONSTRUCTION | PAGE 1

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The Singleton building renovation is projected to be completed in July 2016. The projected budget for the building is nine million dollars. The building will be updated with HVAC electrical systems, plumbing systems, new elevators, ADA up- grades, asbestos removal, and up- dated interiors.

The new student renovation hous- ing is projected to be done in June 2016. The projected budget for the new student renovation housing is projected to be done in June 2016.

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Myrtle memories that will never fade

Hannah Wolf
REPORTER

Whether you are new to the area or just looking for something fun to do, Myrtle Beach is the place to be! As a popular tourist location, there is something for everyone along the Grand Strand.

For anyone who likes good food, good shopping, check out The Market Common. With stores like Victoria’s Secret, Bath & Body Works, and Anthropologie, any day-hard shopper will feel right at home. For all you foodies out there, head over to CuChini, California Pizza, or P.F. Chang’s and indulge in a great meal at a great price.

Test Burke, a Coastal Carolina freshman, said, “The Market Common resembles a little town.” “It is a little town in Myrtle Beach where you can walk around,” said Burke. “There is a lot to do. I also enjoy shopping there, specifically in the bookstores.”

If you and your friends want a break from the beach, but still want to bask in the beautiful South Carolina weather, check out Broadway at the Beach. Take a swing at some putting at the Dragon’s Lair Putt-putt at the Dragon’s Lair Fantasy Golf course. Test your limits at Broadway’s WonderWorks by riding on a bed of 3,500 nails, designing, and riding a 360 degree virtual roller coaster, or competing in a game of laser tag. The vast variety of restaurants will please even the pickiest eaters.

Robert Robinson, a Coastal Carolina freshman, said “The Market Common enjoys the atmosphere of Broadway at the Beach. “I love the beach and there were cool performers everywhere,” said Robinson. “The small shops every where were cool too.”

If you are looking for a stress free environment to let yourself go and have some fun then go to Broadway at the Beach.

Brookgreen Gardens is one of the most beautiful and popular attractions correlated with South Carolina.

If you are willing to make the drive to Murrells Inlet, Brookgreen will make it worth it. With sculptures and gardens to admire, any one with an artistic eye will enjoy learning the history behind the giant sculptures that have occupied these gardens for hundreds of years.

After taking in the cultural side, you can take a tour around the animal sanctuaries. You can watch the animals such as felines, opossums, and alligators being fed while learning about how they survive in the wild compared to how they live in captivity.

Brookgreen Gardens has a restaurant within the park where you can escape the heat and have a delicious meal while overlooking the beautiful gardens before hitting the gift shop.

Tickets for children ages 4-12 are $7, adult tickets are $14, and tickets for senior citizens of 65 years or older get in for $12. Discounted tickets are available online and are valid for seven consecutive days after the first use.

Between the beach, the local attractions, and the variety of restaurants on the Grand Strand, you can mean that there is never a dull moment. No matter what your interests are, Myrtle Beach has it all!
Become ‘actively’ involved in intramurals

Adrianna Seals

If you and your friends are already looking for something to do instead of the usual routine, Fall II intramural sports are right around the corner. All you need to sign up is a group of friends and a decided sport. These teams have scheduled games, playoffs, and championships like any other sport, but does not require you to try out.

The intramural program on our campus was designed to offer opportunities for students to come together and take part in a sport, regardless of skill level. The Assistant Director of Campus Recreation and Intramural Sports, Jake Rosiek, said there are a few things students should know when playing intramural sports.

“You should read individual sport rules, because the rules are different from when you played in high school,” said Rosiek. “Also, it is encouraged that everyone creates a roster before signing up.”

If you do not have a team, do not worry. You can still sign up and will be placed on a team in your desired sport. Fall I sports have already begun, but there are a few open spaces. Fall II consists of Flag Football, Sand Volleyball, Ping Pong, and Whiffle ball. If these do not peak your interest, Fall II registration begins September 15, and ends October 15.

The sports offered are Soccer, Indoor Volleyball, three on three Basketball, and Floor Hockey. All sports have their own set of rules, and their own requirements. Soccer requires at least seven people to play, but your team can have up to 15 members total.

Indoor Volleyball requires six to play, but your roster must max out at 13. Basketball teams need at least three people to play, and seven maximum.

Floor Hockey requires five people to play, and a maximum of seven.

There are five divisions you can sign up for. They are recreational, competitive, pro, co-ed, and Greek. Competitive is for the middle skill level student, who is invested in becoming a champion, and playing hard.

Pro is for the student who is highly skilled. This is the most intensive division, for those who are concentrated on winning. Co-ed is similar to the competitive division, but you must play with an equal number of both males and females.

Greek is the division exclusively for those in Fraternities and Sororities. For this division, you must play with the greek members of your organization.

You can register for intramural sports on the Coastal Carolina Universities website. Participation is not free. There is a small fee required before you can take part in the opportunity.
The Canterbury Tales

Learn the tale of the Chanticleer

9.21.15
Hicks Dining Hall
5-8 p.m.

Hicks will close at 4 p.m. and reopen for the event at 5 p.m.
Coastal accepts invitation to join Sunbelt Conference

Brendan McPherson

The university formally accepted an invitation to join the Sunbelt Conference on Tuesday, Sept. 9. Football Coach, Joe Moglia called it is “a great move” and thinks it will “increase applications, create a better student, and better student athletes.”

Sunbelt Commissioner Karl Benson reached out to Coastal Carolina University with the initial invitation two years ago.

Coastal Carolina said that they did not feel ready to fully accept the offer. Benson could not stress enough that this decision is not purely based on football. It is based on all athletics, travel, academics, and life. “It’s not perfect, but it is close,” said Benson.

The night before the official announcement, Twitter and ESPN were buzzing with news that Coastal Carolina had accepted the offer. When it was time for the announcement, the TV center was filled with fans, students, professors, and the media.

The announcement played out like both a farewell party to the Big East, and a welcome party for Coastal Carolina. It was made crucial to emphasize that September 9 is a historic moment for the university.

The biggest question left after the announcement was the future timeline for the university’s athletes. As expected, Coastal Carolina will not move up to FBS until the 2016-2017 season. Football will be in the Sunbelt Conference as the 130th FBS team.

Coastal will join the Sunbelt Conference on Tuesday, Sept. 1. Football Coach, Joe Moglia calls it “a great move” and thinks it will spawn a second deck and finishing the horseshoe are necessary. As for the increase in tuition.  Being D1 can actually help bring in money. Coastal will be able to sit in the stands and say I was a part of putting a team on the field that anyone and state funding which will keep Coastal Carolina is able to receive private and state funding, which will keep tuition from rising. “The move into FBS, which is the absolute highest level of college competition,” said Graw Spratt, Athletic Committee Chairman, “increases the university’s visibility and brand recognition.”

Coastal will join the Sunbelt Conference as the 130th FBS team.
The Live Well Speaker Series for Students

Featured Sessions in September

How to Help a Friend Who is A Survivor of Sexual Violence Weds. Sept. 9, 5 p.m. - Student Union A213
Enter Sandman: Why Sleep Should Matter to You, Weds. Sept. 16, 4 p.m., Student Union A213
Understanding Depression, Mon. Sept. 21, 4 p.m.—Student Union A213
Feel Better Fast! Tues. Sept. 22, 4 p.m., Student Union A213
The Conduct Process for Title IX Student Complaints, Tues. Sept. 22, 6 p.m. Student Union A213
Step Up! Against Dating and Domestic Violence, Thurs. Sept. 24, 4 p.m.—Student Union A213
Sexual Violence in the LGBTQ Community, Mon. Sept. 28, 5 p.m., Student Union A214
Step Up! Don’t Be A Bystander to Depression/Suicide, Weds. Sept. 30, 4 p.m. Student Union A213

For more sessions, times and locations visit: www.Coastal.edu/LiveWell, email LiveWell@coastal.edu or stop by The COAST, Lib Jackson Student Union Room A108
The Grumpy Monk is a restaurant that is sure to leave a smile on your face. The owner is a former Coastal Alumni who offers a 10 percent discount for Coastal students with their CINO card. The prices are great especially if you come during happy hour.

Despite the misplaced ending, there are great actors, raunchy jokes, and pretty scenery in Superbad. The film was trying to mimic what a party looks like. It seemed like the alcohol, drugs, and nudity were just there in case you forgot. There was an oddly placed party scene that changed to cartoon which completely caught me off guard. The film had almost earned 10 stars until it got a little off track and did not follow the flow of the rest of the film. The ending of the film was time for the end. The ending of the film is sure to leave a smile on your face.

The Grumpy Monk restaurant to enjoy some great food at a great price. The restaurant has everything you could ever want, all in one place. The deals are unbeatable and the flavor is something that can be found in any place in the area. There are plenty of choices for seating so there is really no wait time. You can grab a seat by the bar and enjoy the cozy, relaxing vibe of the customers on both sides. The service is decent, but sometimes slow because of how busy the restaurant can get.

The Grumpy Monk menu offers a variety of different choices that will surely satisfy any craving. The restaurant has everything you could ever want, all in one place. The deals are unbeatable and the flavor is something that can be found in any place in the area. There are plenty of choices for seating so there is really no wait time. You can grab a seat by the bar and enjoy the cozy, relaxing vibe of the customers on both sides. The service is decent, but sometimes slow because of how busy the restaurant can get. The overall atmosphere is laid back and enjoyable. There are fountain savings that separate the bar and the dining room that offer a nice, relaxing view for the customers on both sides. The service is decent, but sometimes slow because of how busy the restaurant can get.

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**WORD SEARCH**

**HUMAN BODY - EXTERNAL**

**CROSSWORD**

**EGGOS**

**SUDOKU**