VALentine’s Day has a history that is uncertain but none of the stories told by many, since the death of St. Valentine, describe practices of giving chocolate and roses or romantic Hallmark cards.

The truth is, no one is absolutely sure of the history behind the lovers holiday or how St. Valentine became associated with it. Associate Professor of History Dr. Amelita Barnes said that historians do not have a lot of information on the saint.

“We don’t know a lot about him,” said Barnes. “The earlier saints are not have a lot of information on the holiday or how St. Valentine became associated with it.”

According to Catholic.org, St. Valentine has been incorrectly associated with finding love throughout the years. Another misbelief is that St. Valentine was attempting to convert people to Christianity under the rule of emperor Claudius, which was forbidden. This is rumored to be the reason he was martyred.

Regardless of the legend, none of them show a connection between the common practice of the holiday and it’s history.

Barnes said that some historians think that the history behind the holiday lies in the mating patterns of birds.

Breaking ground for Coastal Carolina University academics

The ground has officially been broken for the construction of the new academic building being built by the Wall College of Business.

The ceremony took place on February 5. Construction is planned to be taking place soon after.

The construction at Coastal Carolina University is to day to day process of discovering what will be sent to be built on the beautiful campus.

For some students, it is a never ending cycle of working around the construction. Although all the construction on campus is useful to all students once the process is complete, this project will be extremely beneficial especially to students. Project Manager for Facilities, Planning, and Management, Sharon Goshen, said the building will house many different programs.

“The Academic building will hold individual departments of Computer Science, Business, Recreation, Sports Management, Psychology, and the University Honors program,” said Goshen.

It is still underdetermined if the new academic building will hold a specific college, just as Edwards holds the Humanities and Fine Arts college.

The estimated construction time to complete the building is expected to be 24 months, give or take some days and other complications that could occur.

The building’s expected completion date is set for June 2017.

The academic building will be similar to Britain Hall, having roughly 100 faculty and administration offices and 16 classrooms. The classrooms will hold between 35 to 35 seats. The building also will not offer lecture halls.
Do you ever have one of those days where you just want to quit and go to the beach? We all have those moments. When you are having a really bad day and it seems like nothing is going to get better, so why not give up and leave? I had one of those moments this past week. It seemed like everyone had one of those moments this past week. It was a really bad day and I was thinking, you know what, I should just forget all my responsibilities and go to the beach. I thought about it for a moment, but then I decided I am not going to let this one bad day ruin my future.

The next day, I was watching *Legally Blonde.* Growing up, I really looked up to Elle Woods. Even though she is a fictional character, the qualities that she represents is still something we can all aspire too. She does not give up even when everything is going against her. From her having this quality, she then finds out who she is really meant to be.

I am a strong believer in the fact that everything happens for a reason. Instead of giving up, take these days as a lesson you were meant to have to lead you into your future. Even though the day is tough, maybe from learning that lesson, when we have to handle a similar situation in the future, it will be easier. When we have these moments, instead of wanting to leave, take the moment for what it is. It is a learning experience that you may need to have to better your future. Even though it was hard week, I learned that I need to step back and evaluate these situations for what they are. Instead of being unhappy about the situation, try to look at it with a positive perspective.

The next time you are having one of those moments, focus on your inner Elle Woods. Be positive about the situation and remember it is just one bad moment.
Boren Scholarship comes to Coastal

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HIS YEAR IS THE FIRST Coastal Carolina will have an official Boren Scholar representation. Intelligence and National Security professor Dr. Jonathan Smith has been certified as the official Boren Representative to Coastal.

On Thursday January 28, Smith gave a short informationally oriented presentation on the Boren Scholarship. The presentation included information such as what is the Boren Scholarship, how do you go about applying and what are the steps in winning the scholarship.

The Boren Scholarship was created by U.S. Senator Daniel Boren in the hopes of ed-seeding young students in the language and culture of many underrepresented countries in the National Security field.

The Boren Scholarship is deeply tied to the National Security Education Program, NSEP, which was passed in 1990, with the stated purpose of producing future professionals with deep cultural and language capabilities for U.S. National Security jobs.

The Boren Scholarship win a Boren to work at least a year in a related federal service.

Smith started the presentation by asking those of you not looking to go into government related work, is scholarship probably not for you.

There are two major awards that Boren gives.

The scholarship is intended for undergraduate students while the Fellowship is intended for students seeking to study abroad for graduate school. It is also important to note that the Boren is not an academic program, but a scholarship that is won.

Part of the requirements include providing an in depth summer; and having the double check to go how the student will get there; and providing details of projected expenses for the duration of the time abroad.

Other requirements include two recommendation letters; two essays of approximately 500 words, each, college transcript, and a language self-assessment.

The deadline for the 2016-2017 application is the end of February.

Smith stressed that it is not too early to start thinking about the next year, as well as gave some very useful advice on how to improve capabilities.

Some things Stone high-lighted in the surveys that were of better quality.

The panel said there will be answers for meal swipes at certain locations.

Aramark serves in prisons.

It was also discussed that it operates them, and how it is something to cherish.

Although the construction around campus can be a bother sometimes, the benefits of expanding the campus and watch building is that it will be the new center for IT on campus.

The man who win the competition and the title of Mr. Coastal will win $200 as well.

The man’s competition will be held in Wheelerwright Auditorium on March 20.

The deadline for the 2016-2017 application is the end of February.

Smith said that a student from coastal has never won the Boren Scholarship, but believes any has a chance and should apply.

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"I didn't feel like chasing after everyone."

@wallypondccu

Wally Says...

"I didn't feel like chasing after everyone."

EXCUSE #2

OF CCU students stay with the same group of friends when drinking or don't drink at all.

(ANHA 2015, n=878)

Make good choices, not bad excuses.

Coastal Carolina University (CCU) does not discriminate on the basis of race, color, religion, sex, national origin, age, genetic information, handicap, or status as a disabled or Vietnam-era veteran in its admissions policies, programs, activities or employment practices. For more information relating to discrimination, please contact the CCU Title IX Coordinator/EOO Investigator, Coastal Carolina University, Kearns Hall 104B, Conway, SC; Title IX email titleix@coastal.edu; office phone 843-349-2382; Title IX cell phone 843-333-6229; EEO email eeo@coastal.edu; or the U.S. Dept. of Education Office for Civil Rights at www2.ed.gov/ocr.
Coastal offers alternative spring break trip

Coastal Carolina University is offering a unique opportunity by offering an alternative spring break trip to students, faculty, and staff. Coordinator of Civic Engagement Elaine Giles explained how the idea of alternative spring break trips started.

“Specifically at Coastal we have been doing it for a couple of years now,” said Giles. “Alternative break programs as a national movement, have been around since the late 80s, early 90s.”

This years alternative spring break trip is the place to partner with the Inner-Faith For Peace and Atlantic State Parks.

The Inner Faith Ford Shamba’s partnership will focus on their Gardening Club, which is located in Durham, N.C. Inner Faith Ford Shamba aims to provide food security to low-income areas that have less access to supermarkets.

Atlantic State Parks partnership will specifically take place at Kittyoake State park, located on the Eastern Shore of Virginia.

Students submit an application, deposit, and meet with a representative in an interview process to be considered for participation in this trip.

Some of the alternative break trips are decided upon previous relationships.

For example, Coastal Carolina University participates in Give Kids the World on a relationship already established with them by Key Club.

“In terms of developing new partnerships it involves determining what social issues students are most interested in, what financially makes sense, geographical location and what Coastal Carolina University, and what is the best way to serve it that is accessible,” said Giles. Giles, faculty, and staff can gain many things from going to Alternative spring break trips.

Giles said students will gain various different connections through the program.

“They will gain connection to other students, connection to the agency, connection to the social issue that they are addressing or the population that they are serving with,” said Giles. “That connection sparks them to continue those relationships with people, but I think that connection also sparks action.”

A faculty or staff member participating can allow them to be able to connect with a small group of students, meet new students, and even continue their service learning experience if a passion for it already exists.

Funding for the alternative spring break trips is provided through Coastal Carolina and students.

“Fundraising options are then sometimes available to continue lower the cost,” said Giles.

Volunteering does not have to start or end with an alternative break trip. Any student can talk to someone in the Office of Civic Engagement or join S.T.A.R.

S.T.A.R. is the volunteer based student organization that stands for Students Taking Ac- tion Responsibility.

Giles said volunteering starts with knowing what your passion about.

“Students should figure out what they are passionate about,” said Giles. “What is that social issue that they may read about on the news or listen to news and think wow someone should do something about that.”

Fitness Classes in Review

How to Whip Back into Shape

Kickboxing at TITLE Boxing Club

If you are looking to work on your uppercut or just need to let off some steam, this class is for you.

The class starts off with a 15 minute warm up doing some simple aerobic exercises, then it is time to put the gloves on! Next up is 30 minutes of nine rounds of kickboxing techniques. The instructor allows the group a combination of punches and kicks that are repeated until the timer stops. In between rounds, there is active rest which is mostly squats and jumping rope in place. Wrap it all up with a killer 15 minute core workout and cool down, you are a pro.

This class was enjoyable, not only because it was a great total body workout, but also because the coaches are super supportive! The combinations were challenging, but not exhausting. Also, the workout is flexible, meaning it can be adjusted based on skill.

This class can be taken by beginners and intermediate boxers alike. TITLE also offers boxing classes as well as the occasional class dedicated to women’s self-defense.

Go ahead and drop in, they give the first class free.

Lunchtime Cycle with Maureen at HTC Gym

Spin class may seem a little scary at first, but it is actually quite fun and easy to get the hang of.

The class takes place in a room lit by disco balls, which keeps the energy light and happy. It begins with a light cycle and moves into more challenging techniques. Rolling hills, sprints, jumps, and climbs make up the sections of the class to upbeat popula- lar music.

The jumps were the most advanced portion and got pret- ty tough after doing 60 in a row, but feel free to go at your own pace.

Even if you are not experi- enced, Maureen will make everyone understands the sets and has everything they need. The 45 minutes go by fast, but the heart rate never stops. And you will work up a pretty decent sweat.

Go see Maureen every Monday from 12:15 p.m. - 1 p.m. or check out her several other classes at the HTC Center Gym.

Crossfit at Crossfit Driving Formations

CrossFit is a fairly new workout experience and boxes are popping up all over the Grand Strand. One of them happens to be Driving Formations. They hosted a WOD and Wine event for friends and family of their regular group.

The WOD, which means workout of the day, was pretty intense.

It began with a warm up of several reps of jumping jacks, mountain climbers, lunges, squats, and burpees.

If that wasn’t enough of a workout, next is the actual workout.

This was a partner based workout set up in stations. Two people per station with things like ski machines, medicine balls, kettle balls, even more burpees, and a short stationary bike ride.

This one was definitely not for beginners, so if you want to get your feet wet, head in for a single person WOD so you can really get at your own pace.

Sign up for an organized class or go in driving open box time to do your own custom workout. CrossFit has a lot to offer and will give you an intense, full body workout.
The faces of Teal Team '16

There are a handful of things that helped us this year in getting a good recruiting class.

The first step is usually after the spring game. It includes recruting the staff needs to do with the recruiting process, there are three steps that many coaches, including Moglia, take to evaluate the needs of the program.

The second step takes place during the bye week in the regular season. This is when coaches watch film to see what the team needs to focus on for the remainder of the season and what positions the recruiting staff needs to look into bringing to Coastal.

The final step comes after the season when the coaching and recruiting staff comes together to see what positions the team is losing and how hard Coastal needs to recruit.

The positions that Coastal Carolina needed to add for the 2016 season were an offensive line and a defensive back. This recruiting class brought in six offensive linemen and five defensive backs, not to mention several defensive line players to help a defense that will be losing a bunch of star players over the next two years.

"I am very proud of what our recruiting staff has done with this class," said Moglia. "I am very happy with the guys we got, especially on the defensive side, bringing in a guy like Mickey Matthews, who has been to five national title games and winning two of them really gives us an edge when it comes to experience and knowledge of the game."

Ian Brooking

SPORTS

The Chanticleer News

Be a Gentleman

Write for The Chanticleer.
Justin Timberlake, the former *NSYNCer turned solo artist, now holds our hearts as a top pop/6th artist. Released in 2006, the album *FutureSex/LoveSounds* is Timberlake’s second solo album and includes some of the most memorable JT songs such as “SexyBack” and “My Love.”

The album got many positive reviews from critics including one from Billboard which notes reporter Katy Keiff saying “the music’s sex appeal remains a force to be reckoned with,” which makes it a great choice for your Valentine’s Day soundtrack.

This album has something for everyone, whether you are on the hunt for someone new, getting over a breakup, or are lucky in love. Listening to the album straight through, the format somewhat chronicles a story of a relationship. It starts off with JT on the prowl, in the upbeat, feel good hit “SexyBack,” then we later find out that he falls in love. “My Love” is not your typical love song. A funky hip-hop sound accompanies sonnet like lyrics that will make any girl melt.

“What Goes Around.../...Comes Around” gives the impression of a bad breakup, basically saying “I am ok, because Karma is coming for you.” Shortly after though, he’s back on the prowl, in the upbeat, feel good hit “SexyBack,” then we later find out that he falls in love. “My Love” is not your typical love song. A funky hip-hop sound accompanies sonnet like lyrics that will make any girl melt.

The album goes into a shirtless. You can pick your mouth up from the floor and see why. Whether you are single or in a relationship, *FutureSex/LoveSounds* is the unexpected ending. The surprised ending will be now. There is a part in the film where Ryan Gosling reminds the iconic Dirty Dancing scene, shirtless. You can pick your mouth up from the floor and see why.

The film is a great romantic comedy because it is unpredictable. One of the best parts about the film is the unexpected plot twist. The winning smile will have you adding the film to your film favorites list. Whether you are single or in a relationship, Crazy, Stupid, Love is the perfect film to watch on Valentine’s Day with a box of chocolates. You will definitely laugh, you may cry, but one thing is for sure, you will not regret tuning into this soon to be classic film.

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The Melting Pot is a one of a kind fondue restaurant that has wonderful plot line for your Valentine’s Day spirit. The Melting Pot serves a wide variety of foods and food pairing options that would complement the food best.

With Valentine’s Day coming up, The Melting Pot has special options that couples can pick to spice up their meal. For Valentine’s Day, they can request a Lovers Lane table that provide a romantic and cozy environment. Couples can also request to have red roses in their table and have champagne waiting for them.

Now that the mood is set, it’s time to talk about the food options. One of the most common, and the top reason customers choose to The Melting Pot, is the cheese fondue. Prepared tableside with a variety of breads and vegetables, the cheese fondue is mixed with aged, medium-sharp cheddar, Emmentaller Swiss cheeses, lager beer, garlic, and seasonings. There is also the option of the Classic Alpine that is mixed with aged Gruyere, Raclette, and fontina cheese blends. Prepared tableside with a variety of breads and vegetables, the cheese fondue is mixed with aged, medium-sharp cheddar, Emmentaller Swiss cheeses, lager beer, garlic, and seasonings. There is also the option of the Classic Alpine that is mixed with aged Gruyere, Raclette, and fontina cheese blends.
MOVIE SHOWTIMES

CROSSWORD

BLACK WIDOW     DEADPOOL     HULK     PUNISHER     SPIDER-WOMEN     THOR

CROSSWORD

the ring
Dazed in
dier
Tiny sol
eye, slang
Private
Radial filler
drivers
screw
Some
need
Camper’s
spot
Shady
ly
proverbial
broken,
to be
It’s made
point
Crowning
Earth
Wish for
NICK FURY     SPIDER-MAN     HUMAN TORCH     JEAN GREY    IRON MAN

HOROSCOPES

For people, emphasis on partnerships and cooperation with people who can allo-
crate your emotional and financial well-being. The peers you make this year will de-
emphasize your ability to be a lone player and to contribute ideas and solutions

AQUARIUS
JANUARY 20 – FEBRUARY 19

If you encounter someone from your past, an opportunity will present itself. It’s time for a new beginning. Note for progress in all aspects of life.

PIECES
APRIL 20 – JUNE 21

Focus on helping others. Seek out individ-
uals who can make whatever project you are working on better. Make ro-
tune a priority and celebrate life.

ARIES
MARCH 21 – APRIL 19

Leave the past behind you and focus on
building a stronger and better future.

TAURUS
MAY 21 – JUNE 20

Take on more responsibilities and

GEMINI
JUNE 21 – JULY 21

You should make positive changes that
will add joy to your life. An important
influence on your horizon.

CANCER
JULY 22 – AUGUST 22

You should make positive changes that
will add joy to your life. An important
influence on your horizon.

LEO
AUGUST 23 – SEPTEMBER 22

Your words against you. Work on your

VIRGO
SEPTEMBER 23 – OCTOBER 22

Don’t be too quick to share your

LIBRA
OCTOBER 23 – NOVEMBER 22

You are receptive to new ideas and projects.

SCORPIO
NOVEMBER 23 – DECEMBER 21

You will attract positive attention if you

SAGITTARIUS
DECEMBER 22 – JANUARY 19

Take time to rummage through your

CAPRICORN
JANUARY 20 – FEBRUARY 19

Everyone will want to know what you think. An op-

February 2016

WORD SEARCH

L P P H U H A W K E Y E T
O V N A Y K L U H F O N H G
C B I N A M R E D I P S E A
H E M N N D E A P P O O L
U P O E I N A M N O R I A
E W S B M C I R T A O H C
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R E B E C N A C R L I H E
T I P U N S H E R H M B
B L A C K W I D O W L Y G S

MARVEL CHARACTERS

NICK FURY     SPIDER-MAN     HUMAN TORCH     JEAN GREY    IRON MAN

BLACK WIDOW     DEADPOOL     HULK     PUNISHER     SPIDER WOMEN     THOR

IRON WOMEN     GALACTUS     ANT MAN     HAWKEYE     ABDOMEN     THE THING

ACROSS

1. Clue for
5. Wish for
Earth
10. Crowning
point
14. It’s made
in part
15. It’s made
in part
16. Dazzle
17. Camper’s
need
20. Some
screw-
drivers
21. Radial filler
22. Private
eye, slang
23. Tiny sol-
der
24. Dated in
the ring
27. Mushroom
29. In the
future
32. Payment
promise
33. “What
all great sing-
ers have”
41. Like some
spiders
and snakes
43. A box of
trips
45. Typo-
graphy mea-
sure
46. Sign of the
future
50. Front show
support
52. Mission
impossible
55. Calvin’s
salvation
57. Geological
unit
58. Off-road
vehicle
60. Refusing to
speak
61. “...have
to do”
64. Early stag-
s
65. Veep
66. Gush
relatives
67. Give it
another go
68. Pooled
problem
71. Plays the
1st Man
watercourse
Lomarre
4. Track
5. Blessed
broad
6. Mistakes
in printing
7. Feasting
8. Police
officers
9. Long
10. Old
10. Dramatic
12. “Across
the board”
13. Answer to
“Siri”
14. Answer to
the Siri’s
15. Real-
ization
16. Answer to
the Siri’s
17. Infallible
18. Sign of
the future
19. Conti-
uation
20. “Meow!”
21. Over
22. “Meow!”
23. On the
24. Small
watercourse
Lomarre
Rest on
ones
25. “You
love me”!
26. “Over
my tail”
27. Snorpaste
28. “I am
speechless”
29. “I am
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30. “I am
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CELEBRATING LENT

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7. It’s made
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11. Radial filler
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68. “Meow!”

10 FEBRUARY 2016

ENTERTAINMENT