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. Anelya 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 lore. It is uncertain but none of the stories is accessible by a simple google search. The problem with these is they are false.”

According to Catholic.org, St. Valentine was martyred for marrying Christians in the third century. According to Catholic.org, St. Valentine has been incorrectly associated with finding love throughout the years. He is actually the patron saint of all couples, happy marriages, and having already found a soulmate. One common misbelief is that St. Valentine was a priest who was put to death by the church, beheaded according to the story. But, we do not have good documentation on this Valentine.

Despite the lack of documentation, legends have not failed to make their way to mainstream thought. There are many popular stories associated with St. Valentine that are accessible by a simple google search. The problem with these is they are false. 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 its history.

Barnes said that some historians think that the history behind the holiday lies in the mating patterns of birds in the third century, under the rule of the Roman Empire. This would explain the connection between the saint and love but alas, it is not true.

The search for Coastal’s “classic man”

CABS is hosting the first ever Mr. Coastal Competition in March

In the Fall 2015 semester, Coastal Carolina University crowned its 2016 Miss Coastal, Shelby Dangerfield. If the university has a Miss Coastal, there is no reason there cannot be a Mr. Coastal.

The Pageant Chair for Coastal Activities Board, Megan Foster, decided it should be.

“It’s only fair for us to host a men’s competition if we have the women’s pageant,” said Foster. “It will bring more unity to the campus. There are lots of guys on campus with lots of talent and spirit and they want to showcase themselves too. Mr. Coastal and Miss Coastal are example students. They really care about the university. I want more people to have a person on campus they can look up to.”

There are a few differences between the Miso Coastal Competition and the Mr. Coastal Competition.

“Mr. Coastal is more open,” said Foster. “Contestants and the pageant committee have more flexibility with what they can and cannot do.”

The Miss Coastal Pageant, being a Miss America Qualifier, has rigid rules and requirements that contestants and planners must adhere to. Miss Coastal is formed while the Mr. Coastal Competition is meant to find a spirited and gentleman representative from campus.

“The goal is to portray our Coastal men as gentlemen,” said Foster. “A lot of people feel that male pageant competitions are mostly men acting feminine, thanks to pop culture. This is not that kind of competition.”

There will be an opening number, an evening wear section, a talent section, and a Spirit Wear section, instead of swim wear. Foster said, “I decided not to do the swimwear section for the men because I want to promote a positive body image, and not make anyone feel uncomfortable.”

“Mr. Coastal, being a Miss America Qualifier, requires it for the women. Mr. Coastal has to have six pack abs. He has to be pumped up for the universal show spirit for the people.”

Foster said the audience can expect to see lots of spirit, a variety of talents, spectator outfits, and a few surprises.

“You may get to see some familiar faces soon after.”

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 a 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, Shawn Gaskin, said the building will house many different programs.

“The Academic building will hold individual departments of Computer Science, Business Administration, Sports Management, Psychology, and the University Honors Program,” said Gaskin.

It is still undetermined 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 delays 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 105 faculty and administration offices and 18 classrooms.

The classrooms will hold between 35 to 50 seats. The building also will not offer lecture halls.

Who was St. Valentine, really?
The gruesome history behind the “day of love”

Katie Estabrook

The classrooms will hold between 25 and 30 students, having roughly 100 faculty and administration offices and 18 classrooms.

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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 us 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.
**T**his year is the first Coastal Carolina will have an official Boren Scholarship representative.

Intelligence and National Security professor Dr. Jonathan Smith has been certified as the official Boren representative for Coastal.

On Thursday January 28, Smith gave a short information 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 B. In the hopes of ed-creating 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, act which was passed in 1991, with the main goal of producing future professionals with diverse cultural and language capabilities for U.S. National Security jobs.

They require students to win a Boren to work at least a year in a federal service.

Smith started the presentation by saying, “Is there not a college or university that is being able to find staffing, but the biggest complications around it is the amount of time they are looking to recruit students who wants to be a part of their staff.”

Dining Hall due to sunlight getting in his eyes while he is trying to read.

The panel said there will be more food options.

The question was not answered by the panel, but instead answered the days following.

Ara mark’s Higher Education Services is bringing.

The building is that it will be the new center for FF on campus.

Aramark is planning on having computer labs and confer-ence rooms that are able to be utilized by students.

A unique aspect of the new building is that it will be the new center for FF on campus.

Aramark and SGA host not-so-open discussion panel

On February 1, the Student Government Association and Aramark to discuss new dining changes coming to campus, and to address any concerns students might have with the current food service.

Coastal Freeman Johnstone, General Manager of SGA, and Executive Chef Michael Graham were on the panel answering questions and listening to concerns some students have with Aramark’s functional-ity and campuses.

One junior student mentioned that he was not able to add the window to his book’s Dickie’s Drive-in, which took 10 minutes in his eyes while he is trying to read. The panel mentioned they will take a look at that and try to resolve it.

Stone added “natural light is always really good, but being in it and it being bothersome, we can take a look at that.

Another student addressed the panel that he and his friends would like to have meal plans, options available to them after 11 p.m. The panel said that was something they were looking at.

A PowerPoint was also presented to those in attendance to show how well Aramark has done on the Coastal campus in 2015 and 2016.

Stone said in the surveys they send out every Fall, the par-ents increased to 75 percent.

The overall experience of all the food services on campus jumped from a 4.9 to 5.3, a 4 increase on a 7 point scale.

Some things Stone highlighted in the survey is that stud-ents were pleased with the in-ovation of the arteries, the stuff that operates them, and how it affects them a place to eat.

It was also discussed that all the faculty, staff, and staff that works for Aramark has a smooth at certain loca-tions.

The panel said there will be more food options available to students.

At CAIN Golf, they have im-plemented chili cheese fries on Mondays and Fridays, as well as any other popup on Tuesday and Thursday, and added the crowd favorite, Wing Wednesday.

“We started the first week with 350 portions and blew through those by 7:30 p.m., so in two and a half hours we were through, 350 portions,” said Stone. “Then the following week, we had almost 700 portions and we blew through those by 7 o’clock, so we actually ran out faster even though we had double the amount.

Mr. CCU faces from the fall’s Miss Coast-

Aramark is planning on having computer labs and confer-

The building will also have computer labs and confer-

There awards will be for most spiritual, talent, evening wear, most photogenic, people’s choice, and Mr. Congeniality.

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

The man’s competition will be held in Wheeler Auditor-

The Boren Scholarship is designed around National Security.

“Are you essentially making a case for how studying in your country of interest will help our National Security interests?” said Smith. “With that being said, if you wanted to go to a country that is not on the list of coun-

The Boren people are not picky, you could make a case of how studying there could help better U.S. national security.

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

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Boren Scholarship comes to Coastal

Ben Malone & Katia Estabrook

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“Make good choices, not bad excuses.”

Wally Says...

“"I didn’t feel like chasing after everyone."”

@wallypondccu

@wallypondccu

94% of CCU students stay with the same group of friends when drinking or don’t drink at all.

(NCHA 2015, n=878)
Coastal offers alternative spring break trip

C OASTAL 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 they 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 in partnership with the Inner-Faith Food Shuttle and America State Parks.

“Inner-Faith Ford Shamba’s partnership will focus on their Garden which is located in Durham, N.C. Inner-Faith Ford Shamba aims to provide food security to low-income areas that has less access to supermarkets. America State Parks partnership will specifically take place at Kiptopeke State park, located on the Eastern Shore of Virginia. Students submit an application, deposit, and waives in an interview process to be considered for this experience.

Some of the alternative break trips are decided upon previous relationships. For example, Coastal Carolina University participates in Give Kids the World based on a relationship already established with them by coast students.

“In terms of developing new partnerships it involves determining what social issues students are most interested in, what financially makes sense, geographical proximity to Coastal Carolina University, and what means the most to students, faculty, and staff can gain many things from going to alternative trip. 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 speaks them to continue those relationships with people, but I think that connection also speaks 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.

“Funding options are then sometimes available to continue lower the cost,” said Giles. Volunteer 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 email S.T.A.R.

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

“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

Briana Ryan REPORTER | @thebriyaner

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 stretching exercises, then it is time to put the gloves on! Next up is 15 minutes of nine rounds of kickboxing technique. The instructor shows the group a combination of punches and kicks that are repeated until the timer stops. In between rounds, there is an active rest which is mostly squats and jumping rope in place. Wrap it all up with a killer 15 minute core workout and 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 fit by dior 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 set to upbeat popula

m music.

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

Even if you are not experi
ted, Maureen will make everyone understands the sets and has everything they need.

The 45 minutes go by fast, but the heart really gets pump

ing 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 regulars.

A 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 was not enough of a workout, next is the actual workout.

This was a partner based workout set up in stations. Two minutes per person per station with things like ski machines, medicine balls, kettle balls, medicine balls, 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 go at your own pace.

Sign up for an organized class or go in during open box time to do your own custom workout. CrossFit has a lot to offer and will give you an intense, full body workout.

COURTESY PHOTO

COURTESY PHOTO

COURTESY PHOTO
The faces of Teal Team ‘16

Ian Brooking
REPORTER | @ian_brooking

H ave star ratings, with eight of the 29 new recruits, 14 of whom transferred from other programs to Coastal Carolina, will sit out the 2016 season due to NCAA rules. Marcus Outlow, a running back who transferred from Boston College, will play ball for Coastal in the fall.

The 2016 recruiting class is filled with 29 new members that Coastal Carolina can say that. South Carolina can’t say that. Clemson can’t say that. Penn State can’t say that. Notre Dame can’t say that. Har- vard can’t say that. Notre Dame can’t say that. Penn State can’t say that. Coastal Carolina can say that.

“I am very proud of that kind of statistic,” said Moglia. “I am very proud of that kind of statistic.”

The second step takes place during the bye week in the regular season when coaches come stronger.

The final step comes after the spring game. It includes seeing where the team is on offense/defense positions to be recruited. The final step is usually after the spring game. It includes seeing where the team is on offense/defense positions to be recruited.

Another statistic that is overlooked is Coastal Carolina will have 12 players that either receive their second degree or receive a Master’s degree. “We thought we were done with our FCS signing,” said Moglia. “We thought we were done with our FCS signing. We had 13 kids signed and felt that we were pretty much done with our FCS recruiting class and we already began to focus on 2017. That was when the news came that we would be joining the Sun Belt, making my job a lot more interesting,” said Bailey.

The recruiting class brought players to Coastal Carolina will have 12 players that either receive their second degree or receive a Master’s degree. This recruiting class brought players to Coastal Carolina will have 12 players that either receive their second degree or receive a Master’s degree.

Michael Stall, the director of College Scouting for the Cleveland Browns, said Coastal Carolina is one of six football programs out of all 125 FBS programs to have players in the NFL that made it to the postseason for four consecutive years.

The Chanticleer TheChanticleerTheChanticleerNews

Be a GENTLEMAN

Write for The Chanticleer.
Justin Timberlake, the former Mouseketeer turned boy band heartthrob, now holds our hearts as a top pop/hip-hop 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.”

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 conveys 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 accompanied sonny likes that will make any girl melt.

“What Goes Around…”/“Comes Around” (Interlude) 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 rebound and looking for love again. The perfect way to definitely get you out of your seat and probably checking yourself out in the mirror. The last song on the album gives us a few more love songs including “Until the End of Time,” a good one to play for your sweetheart, along with a few more mellow hits, but in all make for a very well rounded and entertaining set.

All of the songs flow together and can be enjoyed individually. This album was a massive hit and many artists like Snopp Dogg and JT’s own album Tennessee,Timberlake quickly followed suit. grouching this hit to highlight the songs and relationships, making this the perfect back drop for any Valentine’s Day activities.

Justin Timberlake’s second solo album is funny, silly, romantic, and a lot of fun to watch. The film has great actors and a wonderful plot line. The plot conveys many different things people do when trying to find or get their one true love and how hard it can be. You may even see one of your favorite actors in the film. Channing Tatum, Emma Stone, Julianne Moore, Kevin Bacon, and Ryan Gosling are just some of the amazing actors who make it where you cannot look away from the screen.

We can all relate to doing strange things when you are in love. Crazy, Stupid, Love showcases this throughout the whole film while having you laughing on the verge of tears.

If you were not sold on watching the film, you will be now. There is a part in the film where Ryan Gosling reenacts the iconic Dirty Dancing scene, shirtless. You can pick your mouth up from the floor now. The film is a great romantic comedy because it is unpredictable. One of the best parts about the film is the unexpected ending. The surprising ending will have you adding the film to your film favorites list.

Whether you are single or in a relationship, have you adding the film to your film favorites list.

The Melting Pot is a one of a kind fondue restaurant that is a top choice for your Valentine’s Day dining experience. The Melting Pot serves a wide variety of foods and food pairing options that would compliment the fondue best.

With Valentine’s Day up coming, The Melting Pot has special options that couples can pick to spice up their evening. You can request a Lover’s Lane table that provide a romantic and cozy environment. Couples are even encouraged to bring their own wine 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 non fondue lovers choose to The Melting Pot is the cheese fondue. Prepared table side with a variety of breads and vegetables, the cheese fondue is mixed with aged, medium-sharp cheddar, Emmenthaler 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 cheeses blended with white wine, fresh garlic and seasoned with a dash of nutmeg. Customers also have the option of ordering a variety of meats to be dipped in the fondue.

For all the non fondue lovers out there, The Melting Pot does provide a full entree menu filled with options of steak, chicken, fish, and pasta.

You better leave room for dessert because the chocolate fondue is the best part of the experience. With six options of different chocolate fondue flavors and blends, each chocolate fondue comes with fresh strawberries, blondies, bananas, pineapple, chocolate covered marshmallow treats, pound cake, and brownies. Customers also have an option of making their own chocolate fondue. From nuts, chocolate chips, and mini marshmallows to caramel, cinnamon, and ice cream flavors, the options are endless. The Melting Pot is open Monday to Friday from 11:30 a.m. to 10 p.m. and Saturday to Sunday from 11:30 a.m. to 10 p.m.

For Valentine’s day dining, making reservations ahead is recommended.
The page contains a variety of content including a movie showtimes list, a word search puzzle, a crossword puzzle, a sudoku puzzle, and horoscopes. The horoscopes are divided into different sections based on the zodiac signs, providing advice and predictions for each sign. The crossword puzzle and sudoku are also included, offering a range of activities for readers to enjoy. The word search puzzle is clearly defined with a list of words to find. The page is designed to entertain and engage readers with different types of puzzles and information.