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Coastal Carolina University

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THE CHANTICLEER

April 20, 2023

Sexual Assault Awareness Month: Survivors speak out



Graphic by Tierra Rivers

To celebrate Sexual Assault Awareness Month, the LiveWell Office and Department of Public Safety are hosting events throughout April to share stories of survivors and educate on prevention. Read more on page 10.

NEWS

Those who donated blood to The American Red Cross April 17 were able to walk away with a limited-edition Snoopy T-shirt. Pg. 4

CULTURE

Student and faculty artists talk about how they turn old into new, using their art to promote sustainability. Pg. 9

OP-ED

With finals week approaching, reporter Jesse Sobczak gives some tips on how to relax through meditation. Pg. 16

SPORTS

CCU's Women's Soccer team discusses the value of mental health among team members. Pg. 19

THE CHANTICLEER

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All letters to the editor must be typed, signed, or emailed with the author's name, address, phone number, major, and position or relation to the college. All letters should be limited to 250 words.

With no exceptions, all letters will be edited for length, clarity, and libelous or lewd material. Any accusations made in letters by the author are subject to confirmation. All letters must be supported by factual materials. Letters must be delivered to *The Chanticleer* office in Room 205B in the Lib Jackson Student Union. Letters can also be emailed to

thechanticleer@coastal.edu.

The Chanticleer is printed weekly. Articles in *The Chanticleer* do not necessarily reflect the opinions of the staff of the paper or of Coastal Carolina University.

One conversation can have lasting impacts

Creating resilient future beyond campus

By Paige Sullivan

This year's Sustainability Symposium addressed the uncertainties about climate change and what students can do to combat the issue.

The President's Council for Sustainability and Coastal Resilience recently hosted their annual Sustainability Symposium. Community members from Conway, South Carolina, dedicated a day to discussing the various economic, environmental, and social impacts of climate change and methods for creating change. People who attended the event were able to network and explore how to ensure a more resilient future.

In the morning, students of various majors participated in an undergraduate research competition, which featured sustainable innovations and research. They were able to give both oral and poster presentations in the Lib Jackson Student Union. Following this, there was a panel discussion focused on both intersectional environmentalism and climate resilience that allowed students the opportunity to communicate with sustainable professionals.

"I enjoyed learning how to make a difference in my community and empowering others to care about

the Earth as much as I do," junior sustainability and coastal resilience major Liam Myers said.

To conclude the event, keynote speaker Katherine Hayhoe led a free presentation, "Mitigate, Adapt—or Suffer: Connecting Global Change to Local Impacts and Solutions" in Wheelwright Auditorium. Hayhoe is an atmospheric scientist who focuses on climate change and why the issue matters to the present generation.

She has received many accolades for her research, such as the American Geophysical Union's Climate Communication Prize, being named the United Nations Champion of the Earth in Science and Innovation and included in the list of TIME Magazine's 100 Most Influential People. On top of this, her TED Talk, "The most important thing you can do to fight climate change: Talk about it" received nearly 4 million views, and she recently published, "Saving Us: A Climate Scientists' Case for Hope and Healing in a Divided World."

Hayhoe coined the term "global weirding" to describe the increasingly unpredictable and intense weather occurring due to climate change. Only a few miles from campus, Springmaid Pier

experienced 11 high tide flooding events in 2021, almost doubling the amount that had occurred in previous years.

Not only does the changing climate harm ecosystems, but it also leads to many financial challenges. This includes the increased costs to fix the damage after extreme weather events, decreased agricultural income, and the inability for some people to participate in outdoor activities, which brings in revenue for many towns.

In fact, National Public Radio found the U.S. spent around \$165 billion on climate-related disasters.

Hayhoe went on to prove extreme climate change is not a natural occurrence and is mostly a result of anthropogenic actions. Hayhoe presented data that highlighted that the sun's energy is decreasing and natural cycles, such as El Niño, do not create energy and only transport it.

According to a Yale climate opinion survey from 2021, 72% of the U.S. population believes the world is getting warmer. However, many people experience solution aversion because they simply do not know what to do or feel helpless.

Hayhoe said she believes talking openly about the changing climate and finding ways of getting people to care by relating the impacts of global warming to something they are interested in will make a tremendous difference. After her presentation, Hayhoe answered questions audience members submitted on their mobile devices throughout the presentation. During this time, she furthered her point about the importance of efficacy and the tremendous affects small changes can have.

To learn more about Hayhoe and ways to create a more resilient future, visit <https://www.katharinehayhoe.com/biography/>.

Faculty, students and community members gathered to explore climate change mitigation strategies.



Photo by Paige Sullivan

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Ryne "Josh" Kochan

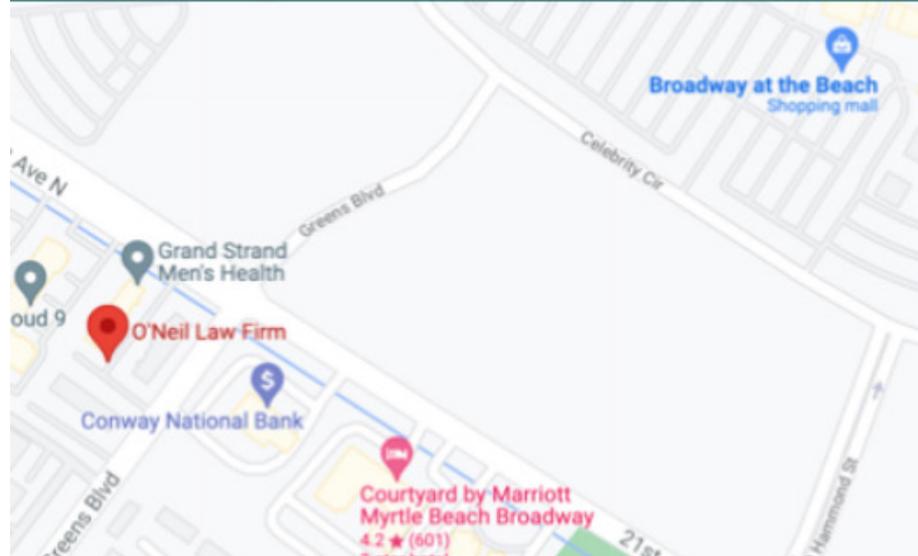
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Be cool, donate blood

By Jesse Sobczak

Students lined up outside the American Red Cross trailer April 17 to donate blood for those in need, but also for a limited edition Snoopy T-shirt.

This year, the organization is adding another addition to their history of fun T-shirts given out as an incentive to donate featuring Snoopy. The dog from the cartoon, "Peanuts," made his way onto the shirt sporting sunglasses and lounging in front of a red cross. Underneath him, it reads "Be cool. Give blood."

According to Coordinator for Civic and Community Engagement Leah Levert, 35 people donated blood when the American Red Cross came to campus this Monday.

Bailey Wester, a freshman marine science major from North Carolina, was one of the many students waiting outside for the cause.

"I'm normally hesitant to donate blood because I am scared of needles, but I think it's a good thing to donate," Wester said. "People really need blood. Plus, I like the Snoopy shirt."

Although the mobile donation station was only on campus from 11 a.m. to 3:30 p.m., students are encouraged to donate blood at the local station located in Myrtle Beach. Inside, medical professionals collected blood from students and faculty alike.

The American Red Cross utilizes a lot of volunteers. Medical professionals take time from their day to help collect blood for those who desperately need it.

There are relatively few requirements to give blood. Individuals must be at least 17 years olds weigh at least 110 pounds based on height, and be in generally good health. A form of photo ID is also required.

According to the American Red Cross, 2022 was the worst blood shortage in 10 years. Likely because of the COVID-19 pandemic, this shortage has resulted in a push for more donors this year.

"If you are able to give blood you should," freshmen business major Jackson Price said. "It's pretty easy and they always have cool shirts."



Photo illustration by Tiera Rivers



Students waiting to donate blood April 17 in exchange for a Snoopy-themed t-shirt from the American Red Cross.

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Chauncey

Journalism and
English double major 2023

Congratulations on your graduation.
You have been a joy and inspiration
to all who know you. I cannot wait to
see the next chapter.
- President Benson

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Congratulations
Chauncey

Journalism and English double major 2023

Congratulations on your graduation. You have been a joy
and inspiration to all who know you. I cannot wait to see
the next chapter. - President Benson

Half page: 9.94 in (w) x 94.75 (h) **\$75.00**



Your Astrological Forecast

Horoscope for April 20th to April 27th

Aries (Mar 21 - Apr 19):

This is a time for you to take charge and assert your leadership skills. You may encounter some challenges, but trust in your abilities to overcome them. Stay focused on your goals and keep pushing forward.

Taurus (Apr 20 - May 20):

This is a time for you to focus on your financial goals and make smart investments. You may encounter some unexpected expenses, but trust that you have the resources to handle them. Stay practical and avoid impulsive spending.

Gemini (May 21 - Jun 20):

You may feel like you're in a bit of a rut during this period. Use this time to reflect on your goals and make plans for the future. Don't be afraid to try new things and take risks.

Cancer (Jun 21 - Jul 22):

This is a time for you to focus on your personal growth and self-care. Take time to reflect on your needs and prioritize your mental and physical health. Trust in your instincts and don't be afraid to seek out

support if needed.

Leo (Jul 23 - Aug 22):

This is a time for you to focus on your career goals and make strides towards advancement. You may encounter some competition, but trust in your talents and abilities. Stay focused and driven towards your goals.

Virgo (Aug 23 - Sep 22):

This is a time for you to focus on your personal relationships and prioritize your emotional well-being. You may encounter some conflicts, but stay open to compromise and communication. Focus on building stronger connections with those around you.

Libra (Sep 23 - Oct 22):

This is a time for you to focus on your professional growth and make strides towards your career goals. You may encounter some challenges, but stay persistent and dedicated. Trust in your abilities and stay focused on your ambitions.

Scorpio (Oct 23 - Nov 21):

This is a time for you to focus on your personal growth and take steps towards self-im-

provement. You may encounter some internal conflicts, but stay patient and compassionate with yourself. Focus on building a positive relationship with yourself.

Sagittarius (Nov 22 - Dec 21):

During this period, you may feel like you're being pulled in different directions. Try to stay centered and focus on what's important to you. Don't be afraid to ask for help if needed.

Capricorn (Dec 22 - Jan 19):

This is a time for you to prioritize your personal relationships and make time for your loved ones. You may encounter some communication challenges, but stay patient and open-minded. Focus on building deeper connections with those around you.

Aquarius (Jan 20 - Feb 18):

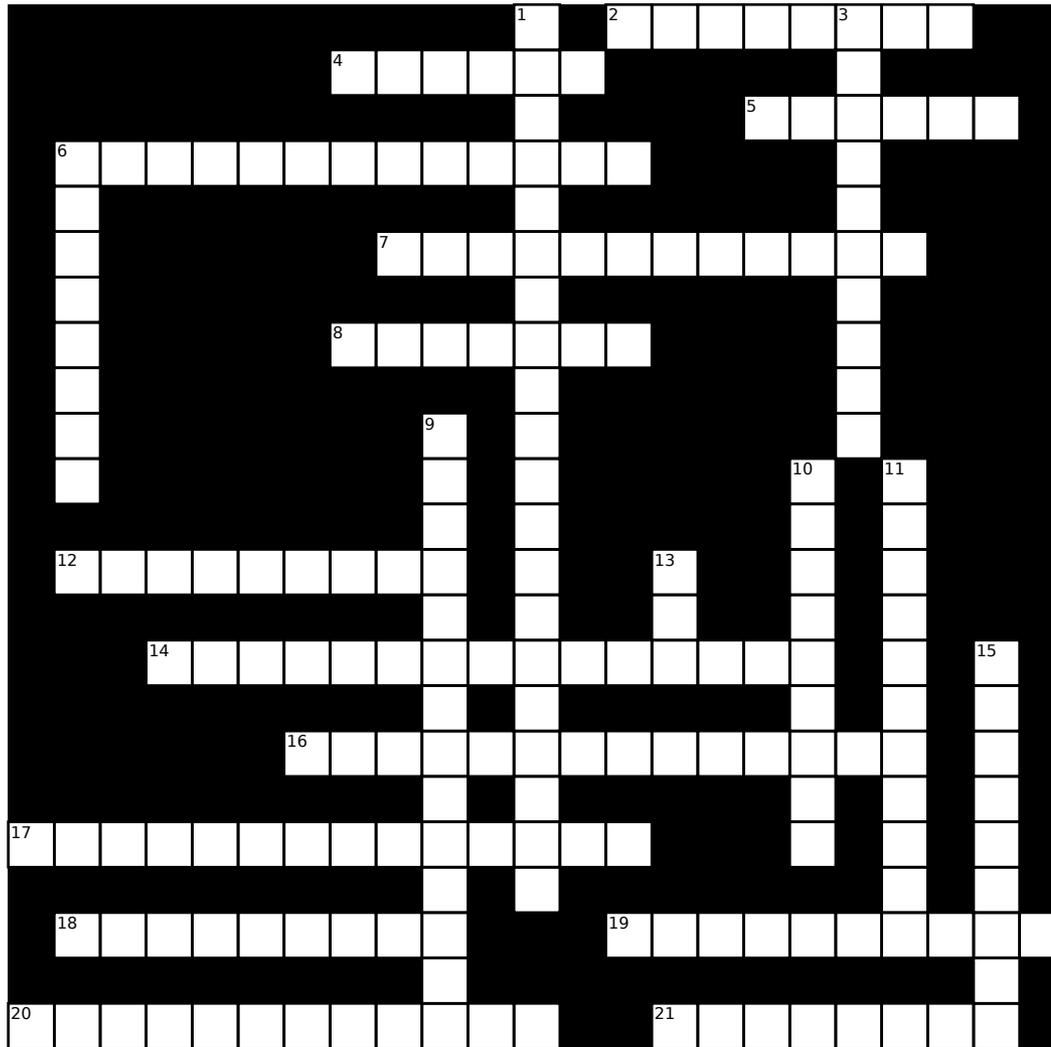
This is a time for you to focus on your personal growth and take steps towards self-improvement. You may encounter some challenges, but stay persistent and dedicated. Trust in your abilities and stay focused on your ambitions.

Pisces (Feb 19 - Mar 20):

This is a time for you to focus on your career goals and make strides towards advancement. You may encounter some competition, but trust in your talents and abilities. Stay focused and driven towards your goals.

Journal Prompts:

1. What are my top priorities for the next week, and how can I ensure that I'm staying focused on them?
2. What are some areas of my life where I need to ask for help, and who can I reach out to for support?
3. What are some things that I'm proud of accomplishing recently, and how can I build on that momentum?



- | Across | Down |
|-----------------------------------------------------------|------------------------------------------------------------------------------|
| 2 Asking students how they are making sustainable choices | 1 Meme of the week comes from this TV show |
| 4 This year's American Red Cross t-shirt theme | 3 You may run into these reptiles crossing from Wall to Prince |
| 5 Recently released sixth installment of this franchise | 6 South Carolina's first ever honors society to recognize first-gen students |
| 6 School spirit | 9 This organization hosts Earth Month events |
| 7 This sports team implemented mental health check-ins | 10 Sexual Assault ___ Month |
| 8 Soon-to-be alumni | 11 What's playing on Jacob's Playlist this week |
| 12 Michael T. Benson | 13 Graduation month |
| 14 Keynote speaker at Sustainability Symposium | 15 What the stars have in store for you |
| 16 The student voice of CCU | |
| 17 Shyanne Bellamy's column topic | |
| 18 Gas station without the gas | |
| 19 Way to relieve stress by being mindful | |
| 20 Twin WCCU broadcasters | |
| 21 Our beloved mascot | |

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One person's trash is another person's art

By Kelsie Crough

Vinyl records are painted and coated in collage scraps of discarded newspapers. Used and new denim jeans arrive in the mail to be woven into something completely new. Plastic geese originally used for hunting now sit by the water with cameras attached, waiting to observe their living counterparts.

While these pieces of art seem unrelated, they all are representative of the sustainability practices of Coastal Carolina University artists.

Sophomore psychology major Juliette Martin said she began collaging using recycled materials such as newspapers, magazines and old book clippings on vinyl records in high school. Martin said when she became more aware of climate issues, it really pushed her to continue working with recycled materials.

"I know it's not the biggest change in the world, but I feel like if I can just do those little things in my life and kind of make something pretty out of it, that other people might too," Martin said.

Martin said she sold her art for the first time last semester and was surprised her upcycled collages sold out. She said she will continue to do shows in order to show the importance of upcycled art and how easy

sustainable practices can be implemented.

Martin said she is glad that CCU is very sustainability-driven, for she believes art and sustainability go together.

"I think it's the job of the most creative people on the planet to figure out different ways to kind of show that message, like there's something wrong but here's how we can kind of fix it," she said.

James Arendt, associate professor of visual arts and director of the Rebecca Randall Bryan Art Gallery, has a similar sentiment.

Arendt said he works with recycled or upcycled denim as a medium for his art, usually to represent his working class background growing up in Flint, Michigan. Through upcycling, Arendt said he disrupts the linear system that places waste in the landfill and creates a closed system in which waste can be used to make something new.

He said he believes the key to environment change is solving the system's design that accumulates waste, and art is that vehicle of change.

"So, if you look around and say what acts have moved the needle on progress, it's largely artistic impulses," Arendt said.

Sandrine Schaefer, an assistant professor of visual arts and performance

artist, said that, historically and now, art is often the place where systems and structure can be reimaged.

"In terms of sustainability, we are in a moment in our existence where we really need to think about the Earth in different ways we haven't had to before," Schaefer said, "and art can be a way that we can get ideas, practice being curious and maybe find new solutions."

They said their sustainable art practices include a site-sensitive approach that suggests that the site of the performance doesn't need anything added

to it, and if they do have an object in a performance, it is often reused. Schaefer is currently working on a project that explores relationships in time and space between humans and other species, particular ones labeled as a nuisance like Canadian geese.

Martin said she would recommend others to put themselves out there and try making sustainable art and that it's helping the cause.

"Everything starts by just conversation," she said.



Photo provided by Juliette Martin

Layout process from "Take Back the Night."

Merrily satisfactory performance through time

By Trent Fitch

The Department of Theatre is happy to present "Merrily We Roll Along," based on the original play by American playwrights Geroge S. Kaufman and Moss Hart, with Stephen Sondheim composing its memorable music and written lyrics.

This cult classic tells the story of Broadway composer turned film producer Franklin Shepard, whose quest for fame leads him to abandon his lifelong friendships with playwright and lyricist Charley Kringas and writer Mary Flynn. In just two decades, that abandonment is told in reverse chronological order starting from the pitfalls and ends in the humble, hopeful beginnings that reveal

the character's origins.

The characters all complimented each other with every interaction during the play, with junior Connor Richardson playing Franklin Shepard, senior Brendan Considine playing Charley Kringas, and senior Sarah Krawczyk playing Mary Flynn. This was especially established in the song "Old Friends," a tune that is hummable long after it is finished.

"I am really grateful to perform this show as the last of my Coastal career surrounded by an incredible cast and team," Considine said. "I am a lucky guy. Chants Up!" he exclaimed.

Audiences will be left in tears at the overall importance of friendship in the

pursuit of success while laughing at jokes scattered throughout the performance to diffuse tense conflicts that make this show a hit.

"I am so grateful for this opportunity to tell this story with an incredible cast and crew," Richardson said. "It is so much fun to get to sing this music and be in this world while I can. I really could not have asked for a better experience."

This timeless ensemble of students with the outstanding stage crew makes sure the dancing and fight moves are choreographed, everyone and the orchestra know the music, and that accurate costumes and props make the story come to life. They have pushed

through adversity through rehearsals and some malfunctioning equipment on their opening night, all for one memorable night at the theatre.

"Come see the hard work that your peers have put together and the wonderful work of Stephen Sondheim," Krawczyk said.

Donations are encouraged to support theatre scholarships by filling out a form or contacting Business Manager Karen Williams by either phone 843-349-2772 or by email kwilliam@coastal.edu.

Attendees can make donations and wish the cast to "break a leg" at their remaining 7:30 p.m. performances on April 21 and 22 and 2 p.m. matinées on April 22 and 23.

Speak up and speak out: Sexual Assault Aw

By Brooke F. Bromberg

The LiveWell office and Department of Public Safety (DPS) host events this April in honor of Sexual Assault Awareness Month (SAAM).

SAAM spreads awareness about sexual violence, interpersonal violence and abuse. Throughout the month of April, non-profits, crisis centers, and law enforcement agencies share information about prevention and support for those affected by sexual violence.

On Thursday, April 13, the LiveWell Office held “A Survivor’s Story” event, with a guest speaker and panel of professionals and

authority figures. Three of the six panelists included Coastal Carolina University staff members and a student. Among them were Counseling Services Case Manager Brooke Page, Title IX coordinator Antoinette Bellamy and student Nahdea Wiley, Miss Black South Carolina. The panel also included Rape Crisis Center advocate Sharon Beaty, forensic nurse examiner Natalie Leonard, and a Horry County Special Victims Unit Detective.

Three of the six panelists included Coastal Carolina University staff members and a student.

The discussion was led by Arthenius Jackson Colvin, a sexual assault survivor and executive director of One

Touch Transformation.

When Colvin shared her story, she said she was molested by her uncle when she was only 6 years old. She said she did not understand what had happened to her at the time, and she stayed silent for almost 20 years. She opened up to her family about it around 2013 and decided to begin her healing journey through therapy, prayer and worship.

During her healing journey, she said she decided she wanted to do more and provide for other people that are going through a similar experience. After volunteering at her local rape crisis center, she decided to start a nonprofit organization called One Touch Transformation to help educate the community about sexual abuse.

Colvin founded One Touch Transformation in January 2014, where she uses her own personal experience as well as resources, to empower and help victims cope with their trauma and past experiences. The organization gets its name from the metaphor of transforming from a caterpillar to a butterfly with just one touch, which Colvin said she was finally able to do through her healing experience.

“My mission is to go and touch as many lives as I

can, and transform theirs too,” she said. “One of the things I push for, for survivors and victims, is true freedom. Experience it, regain your power, regain your voice so that you can be free.” The panel discussed how to further educate children and spread



Guest speaker Arthenius Jackson Colvin singing her original song “Butterfly.” Arthenius Colvin (Left), Antoinette Bellamy (Middle) and Brooke Page (Right). Rape Crisis Center Advocate Sharon Beaty shares her expertise with students and staff. (Panelists left to right: Sharon Beaty, Natalie Leonard, Nahdea Wiley, Arthenius Jackson Colvin, Antoinette Bellamy, Brooke Page.)

Awareness Month

the word about prevention. Colvin and Bellamy said it is important to start having conversations with children from a young age and include what consent is and how to handle it. Colvin said this is a conversation that should be had multiple times, establishing boundaries and identifying strange or abnormal behaviors.

“I think the more that we educate our students about what sexual assault looks like and about how they need to handle that process, I think it makes our campus a safer space,” Bellamy said.

Major Robert Pellerin of operations at DPS said sexual assault cases are one of the hardest things to help people through, since they are very sensitive in nature. He said his team at DPS are trained in a trauma-informed approach and are very sensitive to the fact that victims have been traumatized.

Pellerin said they proceed with investigations very carefully and thoroughly by speaking to all victims, witnesses and suspects in the case to get to the bottom of it.

“It is so important for us to be able to provide the victim closure in

these situations. If we are able to prosecute, we want to do that. The most important thing for us is getting to the truth and prosecuting if we have enough evidence to proceed,” Pellerin said.

In light of SAAM, CCU DPS is joining Myrtle Beach, Horry County and Conway Police in hosting a lunch and learn event highlighting sexual assault awareness and prevention. The lunch and learn event will be held April 26, in Atheneum Hall Alford Ballroom from 11:30 a.m. to 1 p.m.

Pellerin said DPS is also working on a Rape Aggression Defense class, free for students to teach self-defense techniques.

Miss Black South Carolina and CCU student Nadeah Wiley said she thinks more empathy is necessary for students to feel more comfortable reporting instances of sexual assault and getting help. She said she believes most victims, which she calls “victors,” are hesitant to speak up because they think they won’t be taken seriously.

“I think that’s one of the biggest things we have to do as individuals, is picture ourselves in their shoes, because you never know,” Wiley said. “It could be your daughter, your niece, your nephew, and I believe that we need to be more empathetic and supportive of those going through that.”

For more information on sexual assault services and resources, visit www.coastal.edu/sai/studentresources/sexualmisconductsupport/

Confidential resources: Counseling services 843-349-2305, and Student Health Services 843-349-6543.

Non-confidential resources: the Dean of Students Office 843-349-4161, DPS (emergency number) 843-349-2911, and Title IX Coordinator 843-349-2382.

Giving the facts straight

1

One in five women in the United States experienced completed or attempted rape during their lifetime

2

Nearly a quarter (24.8%) of men in the U.S. experienced some form of contact with sexual violence in their lifetime.

3

Nationwide, 81% of women and 43% of men reported experiencing some form of sexual harassment and/or assault in their lifetime.

4

About one in four male victims of completed or attempted rape first experienced it between the ages of 11 and 17.

5

Almost one in four undergraduate women experienced sexual assault or misconduct at 33 of the nation's major universities.

INFORMATION PROVIDED BY NATIONAL SEXUAL VIOLENCE RESOURCE CENTER (NSVRC)

Preventing sexual
violence is possible.
Embrace awkward.

**Talk
About
It.**

**#SAAM2023
#TalkAboutIt**

This project was supported by Grant No. 15JOWW-22-GG-00926 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication / program / exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.



sccadvasa

South Carolina Coalition Against
Domestic Violence and Sexual Assault

“What’s your favorite scary movie?”

By Kelsie Crough

“Scream VI” offers fans of the franchise some nostalgia but not much else. Relying on what came before it by offering no fresh perspective, the sixth installment of the “Scream” franchise falls flat.

“Scream VI” follows Sam, played by Melissa Barrera, and Tara Carpenter (Jenna Ortega) and their friends Mindy (Jasmin Savoy Brown) and Chad (Mason Goodling) Meeks-Martin escaping the small town of Woodsboro to New York City in hopes of finding a fresh start. Despite Tara’s insistence to move on from what had happened back in Woodsboro in “Scream V,” her sister Sam is still on edge and fears that she will become like her father, the original Ghostface Billy Loomis.

The movie opens with the killing of a woman, dressed brightly against a dark backdrop of an ally suggesting her innocence, by a Ghostface fanatic. The movie then takes an interesting turn as it follows the killer home, revealing him to be a college kid obsessed with the “Stab” movies that are the “Scream” movies within this movie, creating a meta aspect.

However, the killer is no match for the true Ghostface when he faces him shortly after getting home. The true Ghostface mocks the kid’s own words as he is killed, setting up the movie to

possibly be about revenge.

This leaves the audience and characters believing that Ghostface could be any of the new and returning cast members. This is intensified by the group being split often, leading to a few close calls in subway trains, convenience stores, and even in their own apartment. These scenes utilize classic horror movie set-ups such as intense music followed by dead silences when the killer gets close, lights cutting out, and red herrings galore.

Although the acting was average at best, these other elements were enough to entertain the theater and had me on the edge of my seat. Beyond the mystery, I was also invested in the nods towards the deeper meaning.

In the beginning, the movie prepared for conversations about coping with trauma and even a little bit to do with misogyny. However, by the ending of the movie, these themes fall away to nothing even when there were avenues of discussion with the meta-movie-within-a-movie setup. Instead, what could have been commentary became cheap comedic relief or patched up through more trauma.

So much was left unsaid that by the time the audience gets to the Ghostface reveal, there is a feeling of disappointment.



Movie poster provided by Paramount Pictures

Meme of the week

By Sarah T. Jackson

Meme of the week comes from SpongeBob SquarePants, a popular children’s television show. This is becoming a bit of a theme in meme of the week.

SpongeBob is a square, yellow sponge, and he lives in the city of Bikini Bottom in the Pacific Ocean.

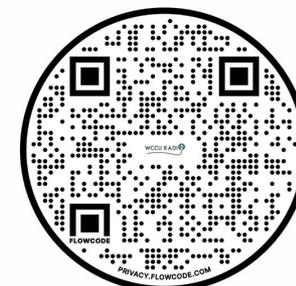
The photo attached to this meme is SpongeBob with his hands open. In between his hands is a rainbow. In the show he says “imagination,” telling one of the other characters to use their imagination and have an open mind.

The significance of this meme is the word imagination is replaced for administration. This pokes fun at the idea of administration in the workplace and higher education.



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“Screaming for Vengeance” by Judas Priest

By Jacob Ackerman

Last week, we took a look at the sensational Iron Maiden. Let's look at one of the other pillars of traditional heavy metal, Judas Priest.

The fan bases of Iron Maiden and Judas Priest are often at odds despite the bands' similarities. Both are British heavy metal bands that started in the '70s and blew up during the '80s. However, there are still many differences, with Iron Maiden being recognized for the intense and complex playing and the powerful operatic vocals from Bruce Dickinson. Judas Priest is known for the twin guitar sound, but both lead singers are synonymous compared to Rob Halford's hard hitting vocals.

It's those differences that make each band so noteworthy and an album that can display Judas Priest's best is “Screaming for Vengeance.”

It opens with a short instrumental called “The Hellion” that flows smoothly into “Electric Eye.” “Electric Eye” is a classic that talks from the perspective of a surveillance satellite and compares it to an all-seeing spy eye the government can use to watch every aspect of your life from the sky. It reminds me of the whole Big Brother concept in the book “1984,” where he could be looking at people at any moment, so they constantly had to be on alert.

After that is “Riding on the Wind,” which has an impressive riff and seems like it's about a motorcycle and trying to go as fast as possible, or just any risky dangerous thing you could do to get that adrenaline rush. Depending on who you ask, there are many ideas about what the next song “Bloodstone,” is about. But I feel like this song is more focused on how people will always end up in conflicts due

to simple differences.

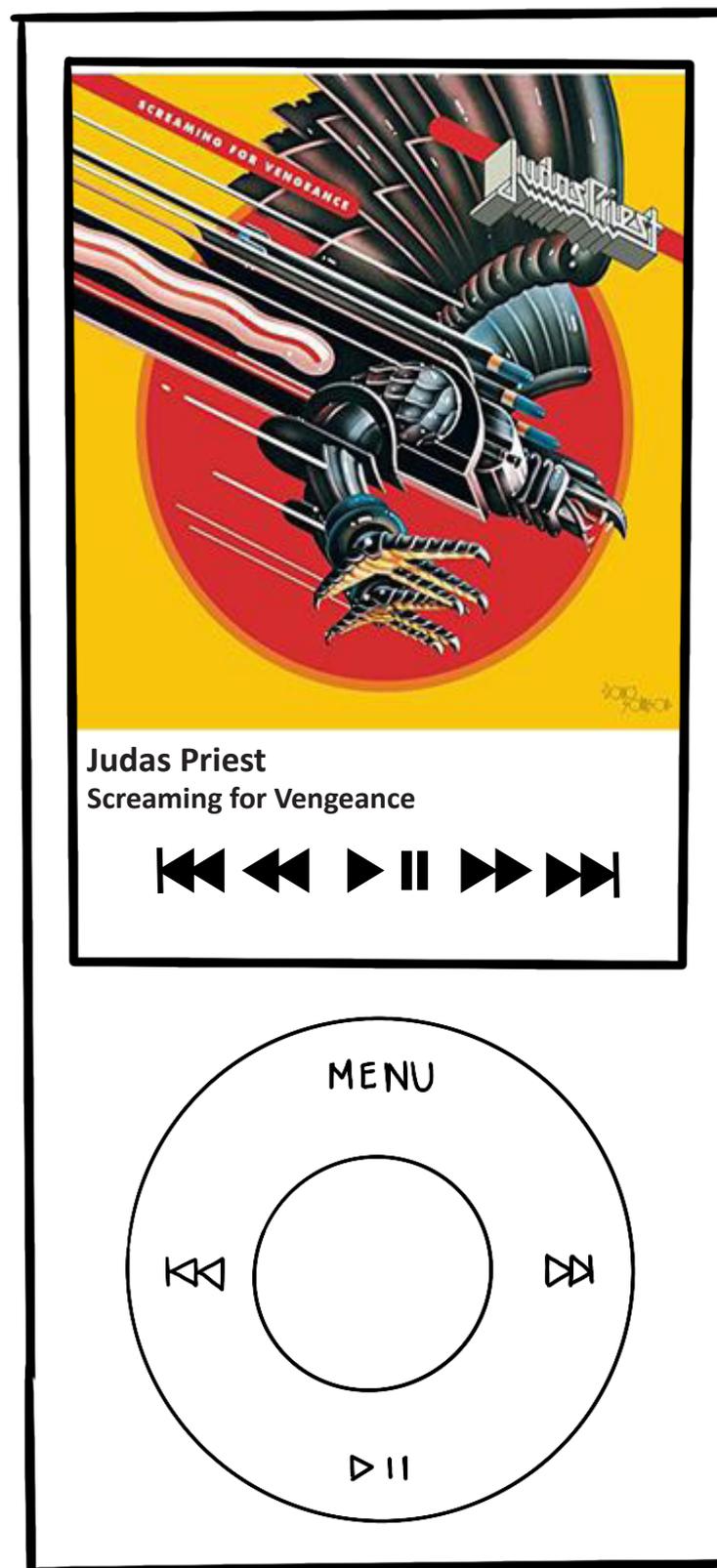
Then comes a very underrated song, “(Take These) Chains,” which describes the feeling of being hooked on someone who is no good for you, like an addiction. It really packs ballad-type qualities to it but has a super catchy chorus. “(Take These) Chains” is a good song about being attached to something and wanting to break that hold it has on you.

Next is “Pain and Pleasure,” a song about a guy who is trying to figure out if he should leave his girl because of how she treats him in the relationship but doesn't want to lose how she treats him in the bedroom.

Next comes the title track featuring a killer solo, “Screaming for Vengeance.” The song focuses on how anger should be targeted at those who are overbearing leaders and who try to invade every aspect of our lives. After that is one of their most iconic songs “You've Got Another Thing Coming” that I've still heard on the radio. It is one of their staple songs that they are recognized for.

“Fever” is an incredible ballad that really takes a hold on you and features another insane solo along with incredible vocals. The combination of these aspects during the entire song moves you. To close out the album with great vocals, “Devil's Child” creates that true '80s feeling about a relationship that got so bad to the point where he flat out calls them the devil.

Overall, it is easy to see why this is their bestselling album—it's packed with great songs and some of their signature songs, but the iconic ones are too easy for top picks. My top picks for this album are “The Hellion/Electric Eye,” “(Take These) Chains,” “Fever” and “Devil's Child.”



Graphic by Tiera Rivers

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The student voice of Coastal Carolina University

Reflecting on growth

Overcoming stereotypes and standards of speech apraxia

By Maci Kaye Anderson

Since I was a one-year-old, my life forever changed when I lost all forms of verbal communication unexpectedly.

I grew up just like any other child. According to my mother, I knew how to speak words and would always engage with others with them, just as most one-year-olds would.

Everything stayed normal until my one-year vaccinations. Although vaccines act as an immunization support, my body had the rare chance of reacting negatively and resulted in me losing all my words I once knew, a one-sixth chance according to The National Institutes of Health.

My family only recognized the event that triggered it but was unsure what exactly happened. My family consulted multiple different doctors until they landed on the diagnoses that I had acquired speech apraxia. I won the anti-

lottery as speech apraxia has about a 1-in-1,000 chance of occurring according to The National Institutes of Health.

Apraxia of speech is a speech disorder where those with it cannot verbalize and correctly organize what to say. For me, I had also developed a form of dysarthria, where mouth muscles became weak and would not work. I would often become frustrated because I could not be understood by my parents out of the blue.

Doctors informed my mother that her own child would never be good at writing, reading, language, and would struggle in school. As an elementary teacher, my mom always sees the potential in children and works hard against the odds, so she found me a speech therapist and worked extra hard to reteach me everything I lost.

Apraxia was difficult in the early stages of development as it caused me immense

social anxiety out of fear of being judged or stereotyped. I felt isolated as I had to leave my friends and a “normal” childhood experience to go to speech therapy. Once I reached second grade, I graduated from the speech program and spoke without any signs of speech difficulties.

As I grew up, I had an immense passion for education and to prove others wrong, just as my mom had. Ironically, I favorited reading, writing, and language in and out of school as they were my best subjects.

Never would my younger self recognize the woman I have grown into today as I continue to prove people wrong. The mold doctors have made continues to be disproved by, ironically, being a communication major in the HTC Honors College, as well as through my involvement with *The*

Chanticleer newspaper, WCCU Radio and HerCampus Magazine. Even in my spare time driving, I’ll always find myself putting in extra effort to learn and rap songs, spitting out words.

I still have mental room for growth, as it can be easy to feel redefined when I do make any speech errors, stuttering or find my thoughts feeling stuck in my head. Luckily, it is easy to laugh it off, especially in front of others and have a way to use writing to try to better verbalize my thoughts. I have learned that my past struggles do not define me but rather have shaped my growth as who I am today.

Although there are no scientifically solidified causes for acquired speech apraxia, I hope my life story inspires those who suffer with speech and to let others know the power of applying yourself even when all the odds are against you.

Black at Coastal: Setting an example

Living out ancestor’s wildest dreams graduating from PWI

By Shyanne Bellamy

Amid studying for final exams, notifying family members of graduation dates, and deciding on what to wear for graduation as well as where to eat afterward, I find myself in shock that after just four years, I will soon be a Black college graduate.

Although I am in shock to be graduating, I am shocked to be one of many who are accomplishing something that was not often seen as a goal for African Americans to achieve, let alone Black students.

For many African Americans before and after the ending of slavery in 1865, the idea of education held

the utmost power in accomplishing every dream that has ever been sought after to achieve. Being educated was an ability that stood the test of time to show that African Americans were just as qualified and capable as those who once thought African Americans could never be more.

Establishing a history of education didn’t just mean knowledge. It also meant freedom. This is a freedom I sometimes think of when looking back at those who had come before me and paved the way for me to reach this moment in my life.

I think of Alexander Lucius Twilight, the first known African

American to graduate from Middlebury College in Vermont in 1823, and Mary Jane Patterson, the first Black woman to earn a bachelor’s degree from Oberlin College in 1862. I can’t help but give my appreciation to these two, along with so many others after them, when looking back at what Black educated excellence looks like.

As graduation closes in, I now recognize this excellence, and I’m met with the many opportunities and achievements my college career provided along with a few other future accomplishments as well.

My college experience gave me a chance at achievements that not only I

could dream of having, but other Black students as well. Coastal graduate and English major Taniah Gibbs shared some of her thoughts about being a first-generation Black graduate.

“On one hand, I’m really proud about it, and then on the other it feels like a lot of pressure. But the support is immense, and that’s great,” Gibbs said.

I hope that I and others can continue on this line of accomplishing the impossible and laying the groundwork for those that look like me, for we will all be living the wildest dreams our ancestors could think of.

Relaxation through meditation

By **Jesse Sobczak**

We all know how stressful finals week can be. On top of what life brings us, finals can be a particularly hard time for students.

There are different ways to cope with stress. Some things that can benefit anybody dealing with stress include getting a good night's sleep often, eating a healthy and balanced diet full of whole foods and meals that aren't full of processed ingredients, and exercising.

One form of stress relief is meditation. Meditation is the practice of calming your mind and body and becoming mindful. To be mindful means to be aware of the thoughts and emotions your mind and body

are experiencing in the moment.

Emma Terry, a freshman biology major from Richmond, Virginia, said she meditates with the help of an app.

"I use an app called meditation," she said. "It has a free five-week plan where it has guided meditation about breathwork and visualization and feeling."

Beginning meditation can seem intimidating with the amount of different practices and methods which can be overwhelming. It has been a practice for thousands of years across the world and may even lower blood pressure according to the American Heart

Association, as well as reduce stress, calm racing thoughts, as well as an array of other benefits.

One simple meditation practice can be done anywhere at any time. First, sit down somewhere as comfortably as possible. This can be on a piece of furniture or on the ground, inside or outside. Next, close your eyes and notice what all of your senses are experiencing. Notice what you can feel, hear, taste and smell.

As you sit, try to calm your mind. When you begin, you will experience racing or intrusive thoughts-- this is normal. Don't try to block these thoughts or be upset by their

presence. Instead, imagine each thought as a singular car on a train passing by in the eye of your mind.

Practice letting thought come and pass. Do this for five minutes or more whenever you are feeling stressed. It is important to realize that your thoughts are simply thoughts and not a reflection of who you are.

"Grounding and centering exercises are great for people with busy brains," sophomore marine science major Abbey Zegarski said. "I either listen to a guided meditation, or I do stim motions a lot to keep my brain from going all over the place."

The planet is warmer, and we are under water

By **Kelsie Crough**

Fort Lauderdale, Florida is underwater due incessant rain sourced from the warm Atlantic after a storm that lasted about six to eight hours, according to the Associated Press (AP).

Greg Carbon, forecast branch chief at the National Oceanic and Atmospheric Administration's Weather Prediction Center, said this was due to opposing weather systems in an interview with the AP.

Steve Bowen, a meteorologist and chief science officer for GallagherRe, a global reinsurance broker, also told the AP that the storm was feeding on itself. Bowen said more and more this planet sees more 1-in-1,000 chance weather extremes,

that our normal is changing.

There is a storm brewing like the one in Fort Lauderdale, although it produces no rainfall.

"Today our activities—burning fossil fuels and clearing forests—add about 11 billion metric tons of carbon into the atmosphere each year," according to climate.gov.

I find the phrase "our" interesting. As if we, the students, the working class, the people living paycheck to paycheck, are the ones feeding into the end of the world. As if we are the storm that keeps feeding itself.

While we reflect on Earth Month and how we relate to the environment around us, companies and governments like

to step in and point to us and what we should be doing. Or worse, they group us altogether.

It is a group effort, but it's not.

When the paycheck someone needs to pay rent relies on fossil fuels to get to their workplace and the food we need to survive comes in plastic packaging, we don't have much choice to become partners in the government and companies. The everyday person is not the one chopping down forests or pouring fumes into the air.

The Harvard Gazette tells us we are misled by oil and gas companies and their role in it all.

However, we always face the consequences and the blame. It is our houses that are flooded in the east or burned in the west.

It is our water that gets limited while celebrities water their acres of lawn. It is our food that gets contaminated while the President enjoys his meal on Air Force One.

And every month, we are marketing our shame.

We, the everyday person, are not the storm that feeds on themselves. We are the Atlantic Ocean, forced into a cycle of destruction. It is the system that is the storm.

Unlike the ocean, we can fight this-- it is not our fault, but we can put pressure on the backs of politicians and CEOs to make the change happen. After all, the storm still needs the ocean, no matter how fierce.

First of the first: Our experiences with Tri-Alpha



Photo by Madison Sharrock

By Tiera Rivers

Being inducted into the Beta Omega chapter of Alpha Alpha Alpha, the First-Generation Student Honor Society, has been one of my biggest accomplishments yet. I never thought I would see the day that I am inducted into an honor society, let alone one made specifically for first-generation students.

When I was being inducted, all I could think about was making my family proud. Some may have joined to strengthen their resumes, but I joined because I wanted to set an example for my family.

My parents did not get the opportunity to go to a four-year institution, but they made

something of themselves.

They raised three beautiful daughters through hard work and perseverance which was instilled in me. I'm also proud to be an influence on my younger family members who come to me about furthering their education and wanting to know more about what they could accomplish when they get to college.

There was a time when I didn't want to go to college. I felt I wasn't smart enough to get in or to finish with honors. It has been a tough five-year journey for me.

I am proud and honored to be one of the first in my family to receive a college degree, and to be

recognized for it is surreal.

I am extremely appreciative of being part of this society due to my background. I was afraid of going to school because I was stuck in the mindset of the stereotype and expectations of young Black women in America today.

I was afraid that I didn't have the intellect to make a difference, but my parents encouraged me to be the best me I could be when I decided continuing my education was what was best for me. I realized that what society says about me is not who I am at all.

I had to make a path for myself, and my future seems brighter than ever.

By Madison Sharrock

I didn't realize I was a first-generation student until the beginning of my sophomore year this past fall semester.

Neither of my parents nor my siblings received a four-year degree, making me the first in my family to take the path toward a bachelor's degree. Growing up, I was always expected to attend college for good reason.

Both of my siblings attempted college, but the odds of life were against them. My sister had to set aside her dreams to attend Ohio State University to take care of my father who was diagnosed with bile duct cancer at the time. My brother found that college life was

simply not for him and rather pursued a career with the Army National Guard.

My brother and sister were not able to pursue what they once wanted, and now it is my turn.

Because my father is not here to tell me he's proud of me, it has been my job since I was 8 years old to make sure he would be. Everything I have accomplished up to this point in my life has been to make my father proud.

Of course, I want to build a successful life for myself. However, receiving my diploma from Coastal Carolina University two years from now is not just an accomplishment

for myself but the Sharrock name.

I believe joining the first honors society in South Carolina to recognize first-generation students, Alpha Alpha Alpha, would have made my dad proud. Tri-Alpha is crucial to have for students like me who may not have had the resources, strength and support to push through. I hope to serve as an example to my family members and other students as someone who succeeded when all odds were against myself and my family.

I am excited and honored to be able to wear those blue and white cords around my neck at graduation one day and say, "I did it."



Photo by Tiera Rivers

Chant Tea: Chanticleers living sustainable lives

By Caroline Surface

EARTH MONTH – WHAT CAN YOU DO TO BE MORE SUSTAINABLE?



Hannah Huffstickler

Hometown: Greenville, South Carolina

Major: Communication

Year: Senior

“Using a reusable water bottle is better than having a plastic water bottle, and using reusable straws is good.”



Michael Reddy

Hometown: Alforetta, Georgia

Major: Physical theatre

Year: Senior

“I was very bad about turning off electronics and lights, and so I’ve really been focusing on trying to conserve power when the objects aren’t in use.”



Caroline Belangia

Hometown: Greenville, South Carolina

Major: Physical theatre

Year: Freshman

“I personally have stopped using single use plastics that was my goal for this month, and I have done really well so far.”



Olivia Fowlkes

Hometown: Little River, South Carolina

Major: Exercise and sports science

Year: Freshman

“Make sure there’s no trash on the streets and pick it up if you see it.”



Trendell Kani Gavin

Hometown: Eutawville, South Carolina

Major: Communication

Year: Freshman

“Putting your trash into the receptacle bin instead of the regular trash.”



Kris Patel

Hometown: Myrtle Beach, South Carolina

Major: Computer science

Year: Junior

“Recycling, composting, and trying to carpool whenever you can. I’ve also offered to drive my friends around.”

The team effort of mental health

By **Madison Sharrock**

Some sports teams at Coastal Carolina University have begun to treat mental health with the same urgency as they do physical health.

Senior digital culture and design major Jordyn Smith has been a part of the women's soccer team for her entire collegiate career. She said in past years, the coaching staff only grazed the surface of mental health.

Today, with Head Coach Jo Chubb and Assistant Coach Steven Samuel, the women's soccer team has incorporated mental health to be a permanent fixture of the program. Coming from her previous institution, Arizona State University, Chubb said her goal is to reduce and eliminate the stigma surrounding mental health on and off the field.

"We want to create an environment here where the girls have a voice and

they're prepared and willing to be vulnerable," Chubb said.

As a coach, she said it is important to be curious about a player and their wellbeing instead of being quick to judge. They are people first, she said, before they are soccer players.

"We have to treat the mental health piece almost as important as a physical injury," Chubb said. "If any of these young women are not feeling great mentally, if they're struggling with something external, it can directly affect their performance in terms of their confidence levels."

Counselor and Intercultural Specialist Letitia Minor integrates counseling services into different areas on campus in her position. She said these areas include veteran services, international student services, and athletics. Students in these areas, she said, can have a difficult time adjusting to college life.

"This is just a way for us to get students or to create that awareness and to also work with different departments and areas that we really do feel like there's a need," Minor said.

Coaches from various teams have reached out to Minor to speak with athletes, including both the football and women's soccer team. She said it is beneficial for students to have access to the resources they need, such as counseling, to create a safe space for them.

Minor said adjusting to collegiate sports can be difficult, and student athletes face burnout as an effect of mental health when they can't deal with their stress any longer.

"It gets to a point of burnout where this is just something that they don't want to do anymore," Minor said, "or this is taking so much of their mental and physical and emotional energy that they

feel so overwhelmed."

The team invited Minor to one of their practices to talk about mental health, self-care, and how they feel physically and mentally. Smith said the activities allowed them to work together as a team and in small groups. Specifically, Minor said they worked on a "start, stop, continue, action" plan about what the athletes can start, stop or continue doing to better themselves.

Smith said incorporating mental health was a big change, but it has allowed her to feel heard by her coaches. Between early mornings, spending time treating her injuries, and training almost every day of the week, Smith said it can be "exhausting and mentally straining" at times.

"I think being able to vocalize those, and feel them, and open up about them is more definitely more strength than it is a weakness," Smith said.

Twins take over broadcast booth

By **Dean Williamson**

Cade and Caleb Williams are twin brothers who have been doing play-by-plays, announcing for the campus radio station WCCU Radio.

The two are currently in their first year at Coastal Carolina University and wanted to be involved with sports as soon as they got on campus. They originally started to work for the Chanticleer Sports Network (CSN) but eventually found the radio station.

The two find enjoyment in doing the radio because they can feel a connection to the sport even though they are not playing it.

"Doing sports journalism, I can still feel connected to the sport itself and the sports world itself without directly participating in the said sport," Cade said.

Working with the radio as well as CSN has provided them with the opportunity to be fully immersed in the sports world at Coastal.

"We came to Coastal because we know that the sports culture is ever-growing," Cade said. "We want to be a part of that growth and enhance that growth and just

become part of that culture."

The twins said they want to try and pursue a career in the sports media world after graduation, but they want to make sure that they are doing the job right and are skilled before trying to work for a large market.

"I mostly want to focus on making sure that I do the job right," Caleb said. "So I wouldn't mind staying here at Coastal or going lower to the high school level."

It has been a process of trial and error for the twins while doing play-by-play announcing. They are working to improve their broadcasting skills in every game that they call.

"If you go back and look at our first play-by-play, I was very critical of myself," Caleb said. "It's a process, but if you're secure in what you want to do and commit yourself to that, you are going to succeed."

The brothers gave some advice to people who are just starting in the sports journalism field.

"Don't be too hard on yourself, especially if you're just jumping into it for the first time," Cade said. "My advice

would be to start early so you're not kicking yourself as much when you get

up to the higher levels and trying to force perfection."



Caleb Williams (left) and Cade Williams (right) on the field at Brooks Stadium.

Photo by Caleb Williams

THIS WEEK'S SPORTS SCHEDULE

APRIL 20-27



LACROSSE

4/20 @ 7 p.m. at Jacksonville, Jacksonville, Fla
4/22 @ 12 p.m. at Stetson, DeLand, Fla.

BASEBALL

4/21 @ 6 p.m. vs Southern Miss
4/22 @ 2 p.m. vs Southern Miss
4/23 @ 1 p.m. vs Southern Miss
4/25 @ 6 p.m. at Wake Forest, Winston-Salem, N.C.

SOFTBALL

4/21 @ 5 p.m. at Southern Miss, Hattiesburg, Miss.
4/22 @ 2 p.m. at Southern Miss, Hattiesburg, Miss.
4/23 @ 12 p.m. at Southern Miss, Hattiesburg, Miss.
4/25 @ 4 p.m. College of Charleston

TENNIS

4/22 @ 10 a.m. Women's Tennis vs Troy 2023

GOLF

4/24 - 4/27 @ 8 a.m. Men's Golf vs 2023 Sun Belt
Conference Men's Golf Championship
2023 Sun Belt Conference Men's Golf Championship
Madison, Miss.