

Shooting in Conway prompts “shelter in place” at CCU

Kaley Lawrimore // Editor-in-Chief

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

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

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

Police said Canty stopped his car at Brooks Stadium

where the gunshot victim was later found.

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

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

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

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

clear.”

Police continue to investigate this incident.

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



Three arrested after strong arm robbery in CCU residence hall

Kaley Lawrimore // Editor-in-Chief

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

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

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

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

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

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Three arrested [continued](#)

Kadeem Sadaat Knoll, 19, from Fayetteville, North Carolina, was charged with petit or simple larceny, breaking into motor vehicle, common law robbery, strong arm robbery, manufacturing or possession of drugs, disturbing school and distribute, sell purchase or manufacturing drugs other than crack cocaine or PWID near schools, according to jail records.

Chais Dylan Tolbert, 22, from Fayetteville, North Carolina, was arrested and charged with petit or simple larceny, breaking into motor vehicle, common law robbery, strong arm robbery, manufacturing or possession of drugs, disturbing school and distribute, sell purchase or manufacturing drugs other than crack cocaine or PWID near schools, according to jail records.

This is all the information we have.

CCU students shave their head for cancer

Kaley Lawrimore // Editor-in-Chief

On Monday, Oct. 9, The Coop Bar and Grill hosted its 2nd Annual Shaving Heads for Cancer event.

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

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

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

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

The community raised over \$1,000 just for the family to help cover medical bills while they undergo chemotherapy.

"I made my mom feel good, I made my dad feel good," said Kircher. "In not only they got money to help them out but also that they have so much

support for them."

While the money helped out their family with costs, the event also helped out those still hurting and healing, like Nick Balestracci, who also had his head shaved.

"My family has unfortunately been plagued with having cancer," said Balestracci. "I'm just really happy I can in some way contribute."

Overall, the community raised over \$9,000 for the event. Twenty percent went to the Kircher family, 20 percent when to the bar owner's nephew, whose mother passed away from breast cancer about ten years ago, and the rest of the money went the Look Good, Feel Better charity.

Tami Fogleman, a local volunteer of the charity, said she was taken aback with all the support she saw and was glad she was a part of this event.

"It just touched me so much to know that these kids really care about this community," said Fogleman. "Women who have been diagnosed with cancer are going through treatment, lose their hair, which is a devastating side effect for them. So tonight, is just about giving back to our community.



Police investigating armed robbery near HGTC

Kaley Lawrimore // Editor-in-Chief

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

The police report states when police arrived at University Suites, a victim told them three men

came into his apartment demanding their stuff.

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

This is all the information we have.

Updates will be posted to our website.

Myrtle Beach International gains K-9 unit

Katelin Gandee // Reporter

On Oct. 3, the Horry County Police Department announced that the department will now have a new K-9 unit at the Myrtle Beach International Airport.

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

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

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

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

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

Bram's jobs include doing continuous patrols around the airport, as well as the Horry County Department of Airports General Aviation in order to



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CCU prepares for dance marathon

Morgen Cvetko // Reporter

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

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

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

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

Last year, CCU raised \$22,122.99.

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

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

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

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

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

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

While the doctors did everything they could to avoid

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Wallaby banned, decision retracted

Katelin Gandee // Reporter

The infamous CCU wallaby is allowed on campus again, but not before t-shirts were made to protest a decision by the University.

The wallaby, Boomer, belongs to Nick Muti and the pair has been gaining a lot of attention on Instagram.

With over 730 followers on the social media site, Boomer has become a new “mascot” to the students of CCU with appearances at places like The Coop Bar and Grill and around campus.

Boomer and Muti, however, gained more attention than anticipated. CCU’s Accessibility and Disability Services (ADS) informed him that Boomer was no longer allowed in classrooms or on campus at all since the wallaby wasn’t a service animal.

While service animals can only be dogs, or in very limited cases a miniature horse, Boomer is a campaign animal which falls into a different category.

Muti understood why Boomer wasn’t allowed in classes, but found an issue with why he couldn’t bring his pet on campus at all.

Muti took to Boomer’s Instagram to protest while researching the University’s

rules of having animals on public campuses.

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

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

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

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

While there are rules about service animals on the website, there is no restrictions listed on those who are not.

When Muti spoke with the University again, they agreed that Boomer could be in public place, like Prince Lawn,

but could not be inside the buildings.

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

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

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

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

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

We’re working to learn more.

If you would like to buy a Free the Wallaby shirt, visit our webiste.

It’s Real; coping with depression

Jason Renne // Reporter

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

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

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

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

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

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

Miller said people should take away the reality of



depression from the event.

“This video creates conversation by using real people to spread awareness,” said Miller.

Although the topic of depression can be sensitive and uncomfortable for some people, a conversation about depression is necessary, Miller said.

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

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

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

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

“The video was my second time openly talking about it in public,” said Miller. “Even now I think, did I say enough? Did I say too much? Overall I am happy that I was a part of the video.”

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

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

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

Shark Club cleans up Myrtle Beach

Ian Brooking// Reporter

On Oct. 1, the Coastal Elasmobranch Society (CES), also known as Shark Club, was out at Surfside Beach Pier, walking around the shore and picking up discarded trash as part of their regular beach clean-ups.

CES has been doing these types of cleanups for four years.

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

“We are essentially gathering as a group to participate in environmental stewardship with pride while we represent Coastal Carolina,” said Cunningham. “The visual impact may influence beachgoers to be more cognizant on how they can do their part. The events also push members to socialize with peers who have similar interests. When it all boils down to it, students join organizations to make friends, and I am happy to be a part of that system.”

While CES is more commonly known as Shark Club, the organization focuses on more than just sharks. The definition of an elasmobranch is any of a subclass (Elasmobranchii) of cartilaginous fishes that have

five to seven lateral to ventral gill openings on each side and that comprise the sharks, rays, skates and extinct related fishes.

And while the organization does study and bring awareness to the conversation of such creatures, Cunningham says that there is more to the club than meets the eye.

“Don’t let the nickname ‘shark club’ be deceiving,” said Cunningham. “We love sharks, but we as an organization focus to spread awareness to inspire ocean conservation on a broad spectrum.”

CES takes part in a wide variety of events in the community to raise awareness about the ocean and the creatures that call it home. Last spring, group members gave a presentation at Carolina Forest Elementary School.

“Local elementary school outreach programs, Aquarium trips, boat trips with Dr. Dan Abel and maintaining ties with the Bimini Biological Field Station are a few highlights take pride in,” said Cunningham.

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

Kindness Rocks Coastal

Kaley Lawrimore // Editor-in-Chief

On Oct. 10, rocks were distributed around campus for students, faculty and staff to find. The purpose of the Kindness Rocks project is to brighten someone's day, according to Jillian Tungett, the CCU bookstore manager.

"It's just something to actually pick up and either smile or nod, but I think it's more so for us, just to get the word out that you can do random things," said Tungett. "You don't need to know that person in order to try to make their day a little better.

This round of rocks that were passed out were created by a group of students who came into the bookstore for their VIP event Oct. 5. Once the rocks are found, they are supposed to be redistributed somewhere else on campus for someone new to find.

"We had a table set up and we had about 20 to 25 students that just randomly came in and painted whatever they want on the rocks," said Tungett. "Then we agreed we would distribute them around campus."

She said the initiative is similar to the "pay it forward" one some will experience in fast-food drive thru lines. It's also something she picked up from her childhood.

"My mom also told me that if

you smile at a stranger, it could be the only smile that they get every day," said Tungett.

She said the idea has been passed around all the bookstores in the nation and some other universities are taking part in the project, too.

The feedback from the Coastal community has been positive, thus far.

"Everybody from the grounds and maintenance people here like the idea. The counseling center really likes the idea, so we've had a lot of positive feedback about it," said Tungett. "Everybody was definitely for it here on campus."

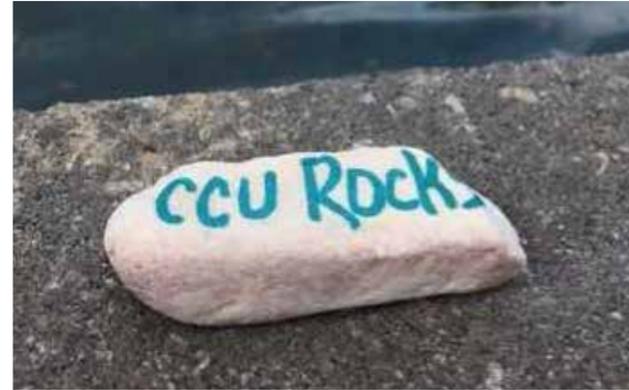
Tungett said the bookstore has all the materials to make the rocks for those interested to lending a hand to the Kindness Rocks project.

"We actually opened it up to all the big groups on campus, so if anybody wants, we already have all the material," said Tungett. "We already have the tables, the pens, the markers, the rocks, the whole 9-yards."

Tungett only asks that the rocks not be placed in the grass, but somewhere that other people can find it easily. They would also like the rocks to stay on campus for all the students, faculty and staff to enjoy, but

there isn't a restriction on where they can be redistributed.

To learn more about Kindness Rocks and to get in on the fun, visit our website.



CCU prepares for dance marathon continued

surgery for Indiana, at just around 5-months-old, she went in for heart surgery.

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

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

Those interested in donating can purchase a guest pass, which is \$5 per hour, until the last two hours—then they will go up to \$10 per hour.

The event starts at the Williams-Brice building at CCU at 10 a.m. and continues until 6 p.m.

Myrtle Beach International gains K9 continued

deter any criminal activity.

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

While Bram is the only official fulltime K-9 unit in the Myrtle Beach airport, there are several other dogs training in the facility.

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

There are rotating shifts for the unit to optimize the coverage and security in the airport.

Having the K-9 unit at the Myrtle Beach airport will provide another measure of safety, according to Dotson.

"As the number of

passengers at the Myrtle Beach International Airport continues to increase, the addition of the K-9 unit will enable our officers to continue providing the highest level of safety and security to the traveling public and our employees," said Dotson.

Chanticleers fall to Arkansas State, 51-17

Akilah Stroman // Reporter



Coastal Carolina traveled to Jonesboro, Arkansas, this weekend in a SunBelt matchup against the Arkansas State Red Wolves. Unfortunately, the Chanticleers fell short to the defending SunBelt champions at Centennial Bank Stadium.

Coastal started the game with the ball and on opening possession, Osharmar Abercrombie had a 55-yard run to the 20. After getting to the nine, Coastal had to settle for a 25-yard field goal, which they missed.

Ark. State's quarterback Justice Hansen started their opening possession off with a touchdown to Chris Murray. It was 7-0 with 8:58 left in the first quarter.

After both teams punted, Tyler Keane had completions to many players. A completion of 33 yards to Omar Black, 12 yards to Ky'Jon Tyler and another one of 10 yards to Tyler.

After a pass interference call, Abercrombie carried the ball for five strong yards to Ark. State's one-yard line to end the first quarter.

Dalton Demos finished the drive off with a rushing touchdown. His third of the season, his first since the Chanticleers' opening game. The score was tied 7-7 to start second quarter.

The rest of the game, Ark. State would capitalize their next two drives. Hansen to Blake Mack for a 10-yard touchdown reception put the Red Wolves up 14-7.

After Coastal was forced to punt, the Red Wolves came down the field and after a stop from the Coastal defense, the

Red Wolves were forced to kick a 20-yard field goal. The score was 17-7 going into halftime.

A 17-yard pass from Hansen to Dijon Pascal gave the Red Wolves a 24-7 lead to start the second half. After a Keane injury in the first half, Kilton Anderson would be the quarterback for the second half.

The Chanticleers did nothing on their drive and was forced to punt. Blaise Taylor returned a punt for 50 yards to Coastal's 25. Defense was able to hold up and force a 22-yard field goal. The Red Wolves stretched their lead to 27-7.

After a missed 45-yard field goal by the Chanticleers, Hansen threw to Kendrick Edwards for an 18-yard run, and put the Red Wolves up 34-7 with just under three minutes left in the third quarter.

Early on in the fourth after an Ark. State punt, Anderson threw to Chris Jones for a 51-yard touchdown. The extra point was good, leaving the score 34-14 with 12:48 left in the game.

Not fazed by the Chanticleers, Hansen threw his fifth touchdown pass to Mack. A 23-yarder that put the Red Wolves up 41-14.

Even Rabon for the Chanticleers and Sawyer Williams for the Red Wolves both traded field goals and the

score was 44-17.

A fumble by the Chanticleers gave a score for the Red Wolves' defense. Ronheen Bingham scooped the ball and returned it 28 yards to give us the final score of 51-17.

Keane finished 8-of-13 for 98 yards. Anderson finished with 133 passing yards. Black led the CCU receivers with 88 yards and Jones finished with 75.

Ark. State's Hansen threw five touchdowns, was 24-for-37 passing for 286 yards. He also added nine rushes for 68 yards.

The loss puts the Chanticleers at 1-5 on the season and 0-3 in conference play. This is the first time that the program has faced a five-game losing streak.

The Chanticleers travel to Appalachian State on Oct. 21. Kickoff is set for 3:30 p.m.

Henderson returns to Coastal Carolina

Ian Brooking // Reporter

Former Coastal Carolina running back De'Angelo Henderson returned to campus during family weekend and made an appearance at the Coastal Carolina football game against Georgia State game on Oct. 7.

Henderson was the 203rd-pick in the 2017 NFL Draft in the sixth round by the Denver Broncos and has been making regular appearances on special teams.

Henderson talked about what it was like to be back.

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

Henderson talked about what it has been like in the NFL and out in Colorado.

"My experience so far has been everything I have expected it to be," said Henderson. "It has been fun, and it has been humbling. The fans out there in Denver are awesome. The atmosphere out there is beyond anything I had experienced in college. You have 80,000 people out there screaming and wearing orange. The fans out there are loyal, and

the fact that they are there is all that matters."

While in the regular season Henderson has been limited in touches, the former Coastal legend definitely made a name for himself during the preseason games.

In the very first preseason game of 2017 against the Chicago Bears, Henderson broke free and scampered 41 yards to the house to score the winning touchdown.

Henderson talked about what that moment was like for him.

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

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

"Why not?" he said. "This is home. I was at my high school down in Summerville yesterday to give a pregame speech to the guys. Why not come to

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Coastal Carolina looks to get first win over Appalachian State

Ian Brooking // Reporter

After a 51-17 loss on the road to Arkansas State on Oct. 14, the Chanticleers are facing something they have never faced before—a five-game losing streak.

While the stat sheet made it look like it was a rather close game, the score line told another story. The Red Wolves had three more first downs than Coastal and only had 47 more yards than the Chanticleers. Not only that, there was only one turnover for the Chanticleers which lead to an Arkansas State touchdown.

All of this begs the question: what happened?

It was the third downs. Arkansas State went 9 of 15 on third downs while the Chanticleers only went 3 for 11. Coastal has gone 25 for 73 on third down conversions this year, a 34 percent conversion rate. In the first six games last season, the Chanticleers had a 38 percent conversion rate, going 25 of 65.

The offense needs to do one of two things, either get better on third downs or don't put the team in that situation as much.

The passing game is showing some improvement. Junior quarterback Kilton Anderson

showed great promise this week, throwing for 133 yards and a touchdown.

However, the team needs some sort of spark this weekend as they go take on former FCS powerhouse, Appalachian State.

Appalachian State won three straight FCS National Championships from 2005 to 2007. During that 2007 season, Appalachian State pulled off the biggest upset in college football history, beating the fifth-ranked Michigan Wolverines in Ann Arbor at "The Big House" by a score of 34-32.

Appalachian State has been in Coastal Carolina's shoes before.

In their first year in the Sun Belt, the Mountaineers started 1-5 but eventually turned things around and finished in third place in the Sun Belt standings with a 7-5 record.

Appalachian State is one of, if not, the toughest opponent Coastal Carolina will play all season. The history of Appalachian State is much like the history of Coastal, lots of wins and conference titles with barely any losing seasons.

In fact, App State has not had back-to-back losing seasons since 1981 and 1982.

Since that 4-7 season in 1982, App State has only had three losing seasons. App State has had eight 10-plus winning seasons since 2003, the year in which Coastal played their first season of football.

App State has been averaging 396 yards per game. The Coastal Carolina defense has given up 401 yards per game and that needs to end this week. The defense needs to put up a performance of a lifetime in order to stop the team that was picked to win the Sun Belt.

The Chanticleers last faced off with the Mountaineers in 2012 when they fell 55-14 in Boone, North Carolina.

Coastal is 0-3 against the Mountaineers, first playing in 2005 when the Chanticleers traveled to Boone and lost 30-3. The teams would meet up a year later in Coastal's first ever FCS playoff appearance, falling to the Mountaineers 45-28.

The Chants will hopefully end their losing streak and nab their first win over the Mountaineers on Saturday, Oct. 21 in Boone, North Carolina.

Coastal Carolina falls in heartbreaker to South Alabama

Ian Brooking // Reporter

Coastal Carolina women's soccer fell to South Alabama on Sunday, Oct. 15 by a score of 2-1 in overtime at the CCU Soccer Complex.

The Chanticleers looked as if they would get an early goal in the 11th-minute, but senior forward Daniella Famili's shot was saved by the South Alabama goalkeeper. Famili would try for goal again just three minutes, but her shot was saved again.

South Alabama nearly broke the nil-nil deadlock in the 20th-minute but Rio Hardy's shot hit the crossbar and was cleared by the Chanticleer defense.

Junior midfielder Brooke Horist nearly found the back of the net with less than 10 minutes to go in the first half, but her attempt was blocked by the South Alabama defense and the score would remain 0-0 going into the half.

Freshman forward Mackenzie Gibbs wasted no time in the second half in trying to get the Chanticleers ahead within the first minute of the half, but her header shot went just wide.

The South Alabama offense kept freshman goalkeeper Rylee Atteberry and the Chanticleer defense on their toes, registering three shots in a 10-minute span. The Jaguars would go on and outshoot the Chanticleers in the second half



by an 8 to 6 margin.

South Alabama's Hardy had been a nuisance all game for the Chanticleer defense, and the forward finally broke through and scored in the 70th-minute, putting the Jaguars up 1-0 with less than 20 minutes to spare.

Coastal Carolina instantly responded as Famili was taken down in the box and the senior scored from the spot in the 73rd-minute, tying things up.

It was Famili's ninth goal of the season.

The final 10 minutes of regulation was a difficult one for the Chanticleers as the team saw sophomore defender Kylie Bostick get a red card in the 84th-minute, putting the team a man down for the remainder of the half and into regulation.

Bostick will have to miss the next two games.

In overtime, the Chanticleers struggled to string passes together and force a winning goal. After a miscommunication in the midfield, the Jaguars pounced on the loose ball and scored on the breakaway in the 97th-minute, sealing a 2-1 victory.

The loss puts the Chanticleers at 9-6-1 on the year and 4-4-1 in conference play.

The Chanticleers will host South Carolina State on Tuesday, Oct. 17 for their final home game of 2017. The team will honor their two seniors, Daniella Famili and Brenna Leftwich.

Kickoff is set for 6 p.m.

Coastal men's basketball sets sights on postseason

Ian Brooking // Reporter

On Sept. 28, the 2017-2018 Coastal Carolina men's basketball schedule was released, giving fans their first look at the tough competition the team would be facing in the new season.

Head Coach Cliff Ellis gave his thoughts on the schedule.

"Our schedule is extremely tough," said Ellis. "After we take an extended trip to Texas, we are going to play a tournament in the Bahamas. That is going to be a tremendous test for us. We have some exciting home matchups when we get back."

The biggest matchup is the Chanticleers' date with the Wake Forest Demon Deacons, which will be played on Dec. 18 in the HTC Center.

"Without question, that is a huge matchup for us," said Ellis. "That is the highlight of our schedule."

The team will look very different this year after losing some talented players from last season, the biggest being Elijah Wilson. Wilson finished his career in third place on the Coastal Carolina all-time leading scorer's list.

"We didn't just lose Elijah, we lost some important pieces to our team," said Ellis. "Elijah

did provide us scoring, but Shivaughn Wiggins was an incredible point guard. You had Colton Ray-St. Cyr with his defense and Michel Enanga coming off the bench. Those are pieces you can't replace. We have to move forward."

There is only a week-long break between the Chanticleers final non-conference game, and their conference opener against Texas-Arlington on Dec. 29 at the HTC Center.

After being in the Sun Belt Conference for a year now, Ellis talked about what it is like to compete in this new conference.

"Our conference schedule is two and a half months of rigorous travel," said Ellis. "It will be a challenge but overall, it is a pretty tremendous schedule."

There are several new faces this year for fans to get to know. There are five new members of the team suiting up for the Chanticleers in the new season.

Matt Lindsay, a native of North Myrtle Beach, is one of those five new faces, and Ellis had nothing but praise for the junior.

"[Lindsay] is a very pleasant [continued on page 13](#)

Coastal Carolina upsets Old Dominion, 5-2

Ian Brooking // Reporter

Coastal Carolina men's soccer took down the 18th-ranked Old Dominion Monarchs 5-2 on Saturday, Oct. 14, in Norfolk, Virginia.

Senior forward Martin Melchor got his first hat trick in his Coastal Carolina career, scoring three of Coastal's five goals of the night.

Melchor talked about what it was like to get his first collegiate hat trick.

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

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

Coastal then added another in the 14th-minute as junior midfielder Romario Piggot netted his third goal of the season.

The Chanticleers went into the halftime break with a 2-0 lead over a top 25 opponent.

The Chanticleers were hoping to not have what happened in their matchup against ODU last season. The Monarchs had a 2-0 lead with over 10 minutes to play, and then the Chanticleers

stormed back to win 3-2 over the Monarchs.

It seemed as if that was going to happen as the Monarchs got on the board two minutes in, scoring from a penalty kick. Old Dominion would then tie things up just before the 70th-minute.

Melchor gave his thoughts as to what was going on in his head when the Monarchs grabbed an equalizer.

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

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

Senior forward Louis Dargent got his first goal of the season in the 89th-minute, giving the Chanticleers a 4-2 lead with barely two minutes to spare.

Dargent had missed the first eight games of the season due to injury but has definitely made a significant impact on the field in his last four games.

Melchor talked about his teammate's impact on the team since he's been back.



"Louis' influence is unmatched," said Melchor. "He helps maintain a balance on our team both defensively and on the ball. He gives us so much confidence in the midfield."

Melchor would complete his hat trick just 41 seconds later, sealing the Chanticleers 5-2 win over Old Dominion.

This was the most goals scored by the Chanticleers all season, and the first time the team had surpassed five goals since defeating former Big South opponent Longwood 7-0

back in November 2014.

It was the first time since September 2015 that the Chanticleers defeated their opponent by more than three goals.

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

"Coach was pleased with the performance, but we all know it is just a small indicator that the work we've been putting in is coming together, and there's no room for easing off," said

Melchor. "Especially leading up to a road game at Maryland."

The win puts the Chanticleers at 6-6-0 on the year, and the team faces a tough challenge on Friday, Oct. 20, as they travel to College Park, Maryland to take on the number two team in the country, the Maryland Terrapins.

The Chanticleers return home to take on William & Mary on Oct. 24. Kickoff is set for 5 p.m.

CCU volleyball beats App State

Katelin Gandee // Reporter



CCU women's volleyball played Appalachian State twice on the second weekend of October, winning both times.

The first set of games happened on Oct. 13 in Conway. The Chanticleers beat the Mountaineers 3-1. They then traveled to Boone, North Carolina, on Oct. 15, to play again, beating them for a second time 3-2.

Their first game against the Mountaineers, the set scores ended up being 25-17, 22-25, 25-20, 25-21. The Chanticleers had 62 kills, 3 aces, 86 digs and 7 blocks.

Leading the Chanticleers in kills was Leah Hardeman with 30, Hardeman also had 12 digs and 4 blocks. Following Hardeman was Kinga Windisch with 13 kills and 13 digs.

Hardeman moved into second-place in the Coastal Carolina all-time kills list.

The Chanticleers almost lost the second game against the Mountaineers, with the set scores being 23-25, 22-25, 27-25, 25-21, 15-13.

The Chanticleers lost the first two matches but came back in the third game taking the game to five sets to win yet again against the Mountaineers.

The Chanticleers ended the night with 79 kills, 4 aces, 78 digs and 13 blocks.

Leah Hardeman again led the team with 25 kills, 15 digs and 4 blocks.

Kinga Windisch followed behind with 17 kills, 7 digs and 3 blocks. Sydney Alvis lead the team's aces with two out of the four, as well as having 29 digs.

These two matches mark the second week in a row the Chanticleers have gone undefeated, winning the last four games they have played.

If the Chanticleers keep practicing and preparing, as well as making sure they don't



Henderson returns to Coastal [continued](#)

Coastal? This place got me to where I am at. I am forever grateful to this university. I wanted to come back here to show my face, to show my love and show my support."

Henderson is Coastal Carolina's leader in rushing yards (4,635), rushing touchdowns (58), points scored (386), rushing attempts (721), average yards per rush (6.43), most 100-yard rushing yard games (25), average rushing yards per game (92.7), all-purpose yards (5,556) and all-purpose yards per game (111.1).

Henderson also holds the NCAA Division I record for consecutive games with a touchdown (35).

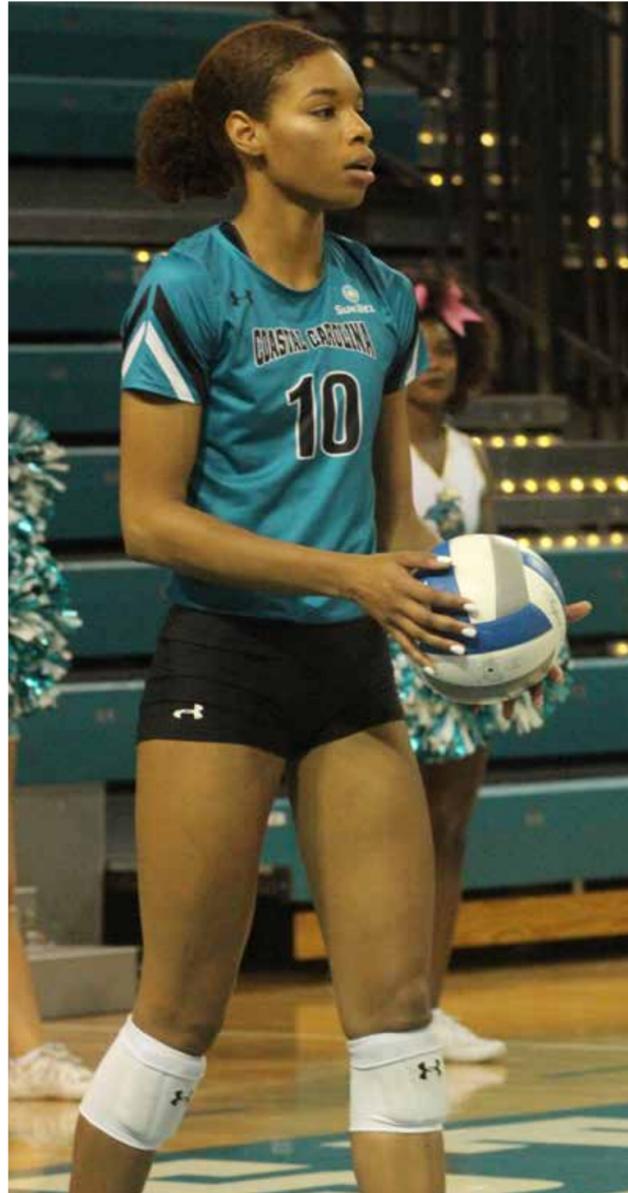
get too comfortable with their winnings, maybe they'll go on to a third week streak of wins.

The Chanticleers play again on Oct. 20 against University of Louisiana Monroe in Monroe, Louisiana, then again Oct. 21 against the University of Louisiana-Lafayette in Lafayette, Louisiana.

They will be back at home the following weekend playing Troy University on Oct. 27.

Player Profile:

Digging deep with Leah Hardeman



Ian Brooking // Reporter

On Oct. 13, senior outside hitter Leah Hardeman recorded 30 kills in a match win over App State, climbing her way into second all-time in career kills in Coastal Carolina history.

However, as a student athlete, Hardeman wants students to know that she is just like anyone else. Hardeman opened up about what she likes to do in her free time.

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

Hardeman also likes to cook and try new recipes.

Hardeman was originally going to attend Auburn University, as current Coastal Carolina Volleyball coach Jozsef Forman was coaching at Auburn at the time. But, when he came Coastal, Hardeman followed.

In years past, as well as

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

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

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

"Right now, I am thinking about going for something in physical therapy," said Hardeman. "I am also thinking about becoming a physician assistant."

Hardeman, the 2017 Sun Belt Conference Preseason Player of the Year, is one of the most decorated athletes in Coastal Carolina history. She has won Player of the Year three straight years and Freshman of the Year. She also has been given 12

weekly conference awards.

With all the accolades, Hardeman doesn't pay much attention to them, but they are important to her.

"Beating a record of mine that I had previously set is not a huge goal for me," said Hardeman. "My goal is make myself better. Beating myself is a challenge. The records and the awards are nice, but the thing I like strive for is a record or award that I have never gotten before. It is definitely rewarding because my mom brings them up to me, and I play for mom. So, when she brings them up, it is very reassuring and more cool."

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

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

Coastal men's basketball sets sights on postseason **continued**

surprise," said Ellis. "He is a walk-on and is just tremendous. He has a really high basketball IQ, and he is showing he belongs here."

While there are five new players, Trevion Brown is the only freshman on the roster. Coastal did have some talented freshman coming in this season, but because they did not meet Coastal's academic requirements, they couldn't play.

Ellis elaborated on that situation.

"We had several guys that basically did not get admitted to school," said Ellis. "They were NCAA eligible, but not Coastal eligible. It is what it is, and we will move forward."

Coastal opens the season against Piedmont International on Nov. 10. With a win against Piedmont, it will be Cliff Ellis' 200th-career win here at Coastal.

Ellis talked about what that type of milestone means to him.

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

Coach Ellis is the winningest coach in the state of South Carolina. In his time at Clemson, Ellis went 177-128 and, here at Coastal, Ellis has gone 199-129, putting him at 376-257 overall as a coach in the state of South Carolina.

The team hopes to be making a fifth straight postseason, and their seventh postseason appearance in eight seasons.

The team opens up their season on Nov. 10, but fans can meet them at HOOPLA 2017, which will be Thursday, Oct. 26.

The time for HOOPLA has yet to be announced.



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Get on the O-Team

Alisha Petrizzo // Reporter

The deadline for the next round of applications to become an orientation leader is set for Oct. 24. Orientation leaders, also known as O-teamers, are responsible for introducing new students to the Coastal Carolina campus.

The process to become an O-Teamer starts with an application followed by an interest session that each applicant has to take. Once the sessions are complete, there are group interviews that could potentially lead to the final one-on-one interview.

Current O-Teamers discussed their experiences thus far in their position and what drove them to become a part of the team.

Taylor Moon, a senior at Coastal Carolina University, explained why she applied to be an O-Teamer in her junior year.

"I applied to be an O-Teamer because I wanted to share the positive experiences I've had at this University and I wanted to have a positive impact on students," said Moon.

Coming from the College of Charleston, Moon found a home in CCU because she felt like she belonged here.

"Coastal has had a lasting impact on my life," said Moon.



"I wanted to show students it can have one on theirs too."

Noelle Noble, a junior at CCU, talked about how this position has changed her.

"Mostly I have grown as a person individually, going from being very shy and barely being able to speak in front of others, to now being an outgoing person that I couldn't picture myself being last year," said Noble.

Another student who has grown from this experience is Jacob Strohl, a senior at CCU.

Strohl said, "I looked into what it actually meant to be on the O-team and saw it as an amazing opportunity for me to grow as a person, meet tons of new friends and welcome new people to one of the places I love the most: Coastal."

These O-Teamers gave some advice for the students who are considering becoming an

O-Teamer.

"To other students who are interested in applying: DO IT. Seriously," said Moon. "I was skeptical in the beginning of my process but I'm so glad I did. It takes a lot of time and emotional dedication, but it is so worth it."

Strohl agreed by stating, "You learn so much about your university and who you are as a person. It may seem tough or stressful at first but the end product is so worthwhile."

One last piece of advice came from Noelle Noble when she said: "If you are interested or even unsure just give it a shot, you have nothing to lose."

For more information on becoming an orientation leader, visit the orientation section located on Coastal Carolina's website.

Dirty romance novels with an agenda

Yaicha Ocampo // Assistant Editor

CCU celebrated National Coming Out Day by hosting a well-known author in the gay romance genre, K. Sterling.

Sterling has self-published over 30 novels and can be found on Amazon. One of her most successful novels, "Hide and Keep," is about a passionate relationship between Detective Lane West and Dr. Aiden Sharp.

Regardless of the genre of her writing, Sterling is happily married to her husband. She is an ally to the LGBTQ+ community and uses her novels to educate her audience to LGBTQ+ issues.

According to Sterling, "Gay erotica can change the world."

Sterling introduces straight, middle class women to gay couples and characters. Often enough, her characters are the first experience her audience has with gay couples, gay sex and gay experiences.

Her novels are meant to emphasize the similarities between LGBTQ+ and straight couples. She even had students read sections from her novels in order to prove her point.

One of the dialogues was focused on a disagreement about cleaning the dishes – specifically, not putting one's cereal bowl in the sink after it

had used it.

The scene received knowing laughs, and a few taunting glances between pairs in the audience.

"When I have your attention, I want to slip in things you need to know," said Sterling. She addresses topics such as feminism, white privilege, disability and homeless gay youth. It was also important for all of her characters to practice safe sex.

She hopes that her novels will give readers an idea about how to have conversations with those who aren't heterosexual about safe sex, dating and the harms of social media.

"Every book I write is an opportunity for conversation," said Sterling. "It's a conversation."

If you would like more information about Sterling and her books, visit our website.

The event was hosted by Women's and Gender Studies and the Office of Multicultural Student Services.

10 tips to stay focused during midterms and finals

Barijana Caldas // Reporter

While midterms just passed, finals are right around the corner. These tests call for one: stress, stress and more stress.

Here are 10 tips that will keep you feeling healthy, productive and a little less stressed.

1. GET SOME SLEEP

I know this might sound completely crazy, but yes sleeping does help. Studies show that getting a good amount of sleep before an exam can improve your grade drastically, and that cramming for an exam is the least productive way to study. On top of this, it helps you feel refreshed and ready for the next day. The less sleep you get, the more likely you are to suffer from depression, obesity and diabetes.

2. DO YOGA OR MEDITATE

Both yoga and meditating is good for your health and soul in all aspects of your life. Meditating for instance is a good way to take a break from staring at your laptop for three hours. Finding soothing music

and focusing on your breathing clears your mind and will help you focus when you return to studying.

3. STAY HYDRATED & EAT HEALTHY

This is important no matter what time of year it is. But specifically, during exams staying hydrated and eating healthy could keep you from feeling low. Eating some fruit or granola will keep your body and your brain feeling awake.

4. AVOID ENERGY BOOSTERS

Avoid Five-Hour Energy shots, monster energy drinks, or Starbucks energy shots. Although these might feel like they are working, they only work for a little while. They bring your body up then let you crash. Try to find alternatives to unnatural energy boosters. Orange juice, for example, is a natural booster that will get your brain started and help it continue working on high for your test.

5. FIND TIME FOR YOURSELF

Studying for your exams is important, but you also have to remember to take care of yourself. Taking breaks and doing stuff you love may help you relax and actually make studying more productive. Go out and take a walk, read your favorite book, watch an episode of your favorite TV show. Find something that is going to take your mind off your exams and studying.

6. DON'T STUDY FOR TOO LONG

Studying for long periods of time actually is counter-productive. If you study in shorter intervals over a longer period of time you actually retain more material than you would if you are studying for longer intervals. After a while our brains can turn to mush and we stop understanding what we are reading..

7. EXERCISE

Taking short exercising breaks allows you to not only take a

break from the cram, but also allows you to socialize and de-stress. Go for a jog, take a bike ride, go to your gym and run on the treadmill. Whatever way you choose to exercise, just remember that it helps you relax and gets your body in sync with your brain. With the extra energy you will have from exercising, you'll be able to hit the books, refreshed and better than you were before.

8. PICK A GOOD STUDY SPOT

Studying in your bed with the TV on and your phone in your hand isn't productive. I know it might be tempting to lay in bed and try to read that Shakespeare play that you have to write an essay on in English, but you're probably going to do less studying that way. Find a place that is quiet and allows you to avoid easy distractions.

9. PRIORITIZE AND ORGANIZE

Make sure you know what needs to be done and when it needs to be done. Make a list, physical or mental, that helps keep track of the number of

tests you have, when you have them and when you plan on studying. Make sure to throw in some "me" time and make that a priority, as well.

10. DON'T BE AFRAID TO ASK FOR HELP

Feeling overwhelmed during exams is natural. Don't feel like you are the only one. Ask for help from your professors and peers. Go to study groups and have meetings with your professors about the things you feel you don't understand enough.

I hope that these help you stay focused and ready for your next exam, be it another midterm or finals. Remember, that your health is most important and taking care of yourself will have a positive impact on the other aspects of your life, as well.



SAT. 10/21	SUN. 10/22	MON. 10/23	TUES. 10/24
Dance Marathon 10 A.M. - 6 P.M. Williams Brice	Fall Gospel Concert 4:30 P.M. Wheelwright Auditorium Skate Night 7 P.M. Williams Brice	Farmers Market 11 A.M. - 2 P.M. Prince Lawn Homecoming Pageant 7 P.M. Wheelwright Auditorium	Paint the Campus Teal Judging at 3 P.M. Prince Lawn 90's Block Party 5 P.M. Downtown Conway
WED. 10/25	THURS. 10/26	FRI. 10/27	SAT. 10/28
Talent Show 7 P.M. Wheelwright Auditorium	Coastal Can-struct 4 - 7 P.M. Student Union Rotunda Hoopla 10 P.M. HTC Center	14th Annual Homecoming Golf Classic 12 P.M. NPHC Step Show 7 P.M. Wheelwright Auditorium	Homecoming Football Game vs. Texas State University TBA

16th October 2017

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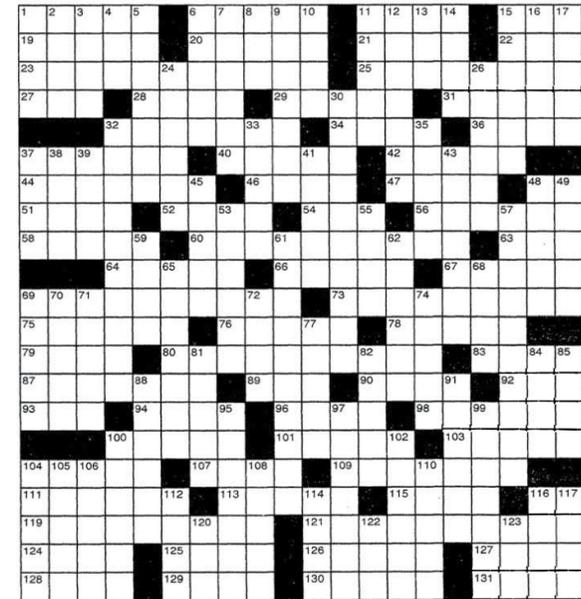
- 1 Certain
- 6 Move furtively
- 11 Twirled
- 15 Edging
- 19 Vowel string
- 20 Capital of song
- 21 Chukker sport
- 22 Actress Raines
- 23 Escritoire surface
- 25 Extinguishing of legal rights
- 27 NYC summer zone
- 28 Rioter's prize
- 29 Certain gowns
- 31 Aft
- 32 Result of a Vitamin D deficiency
- 34 Sparks and Buntline
- 36 Scuttles
- 37 Skin disorder
- 40 Knot again
- 42 Rotten
- 44 Stimulates
- 46 Sudden disappearance

- 47 Kind of pittance
- 48 The boy
- 51 ___ Alto, California
- 52 Dhaka dress
- 54 Nintendo console
- 56 Flying expense
- 58 Intelligent
- 60 Breaches of etiquette
- 63 "___ Around"
- 64 Mannerism
- 66 Like neon and argon
- 67 Pacific
- 69 Unhook
- 73 Key or knob
- 75 Persian Gulf ensemble
- 76 "Iron Mike" of football
- 78 Of a column style
- 79 Take-action type
- 80 Depictions
- 83 Victor
- 87 Counting calories
- 89 Over there
- 90 Lecherous look
- 92 "Would ___ to you?"

- 93 Pt. of the Mideast
- 94 Concorde et al.
- 96 Admin.
- 98 "Give me a single example!"
- 100 Dvorak or Bruckner
- 101 Water nymph
- 103 Tennis star
- Patrick
- 104 Curt
- 107 XL, e.g.
- 109 Uninvited ones
- 111 Melancholy
- 113 Controversial publisher
- Larry
- 115 Singer Jenny
- 116 EPCOT st.
- 119 Romantic partner
- 121 Changing tacks, in sailing
- 124 "___ Woman in Your Life"
- 125 "Ignore my correction"
- 126 Due to be paid
- 127 Ground: Fr.
- 128 Baby blues
- 129 John Major's party

- 130 Hang-ups
 - 131 All gone from the plate
- DOWN**
- 1 Gave existence
 - 2 Bird feeder morsel
 - 3 Meat
 - 4 Korean soldier
 - 5 Opposite of ridiculous
 - 6 Spy, slangily
 - 7 Second of two
 - 8 Gotham
 - subway: abbr.
 - 9 Must
 - 10 Actress Russell
 - 11 Bowling score
 - 12 '45 conference site
 - 13 Last mo.
 - 14 Hurricane-tracking org.
 - 15 Kind of bean
 - 16 Pilgrim John
 - 17 Judge's assistant
 - 18 Deserves
 - 24 Neighborhood residents
 - 26 Publisher

- 30 1963 hit by The Chiffons
- 32 Measuring stick of a sort
- 33 Moderately warm
- 35 Imprecate
- 37 Omar of "In Too Deep"
- 38 Prepare for finals
- 39 Runner Budd
- 41 Dubuque resident
- 43 Shudder of emotion
- 45 Vaccine doctor
- 48 Actress Uta
- 49 Peace goddess
- 50 Ticker in a Checker
- 53 For mature audiences
- 55 Japanese box set
- 57 Stationhouse honchos
- 59 Walked (over)
- 61 Running mate for Paul Ryan
- 62 Star: Fr.
- 65 Metrical foot
- 68 Magnificent
- 69 Pedestal parts
- 70 Left-handed humor
- 71 Daub
- 72 Metropolis
- 74 Al of the Indians
- 77 A.A. Milne character
- 81 German kings
- 82 Sacrifice table
- 84 Many
- 85 Dig for ore
- 86 Look searchingly
- 88 Say it ___!
- 91 ___ to go (eager)
- 95 Brandy glass
- 97 Region between 34th and 59th in Manhattan
- 99 Order
- 100 Odors
- 102 Mating (out)
- 104 Grin
- 105 Mead ingredient
- 106 Tell the crowd
- 108 Polish coin
- 110 Radar noises
- 112 Once, of old
- 114 Sgts.
- 116 Stronghold
- 117 Worm alternative
- 118 "... o'clock scholar"
- 120 ___ Z (the gamut)
- 122 Actress Dillon
- 123 Actress Lillie



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		9				3		
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Level : Medium
Date : _____
Start time : _____
Time to solve : _____

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			8				3
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Puzzle number : 734499752
Level : Evil
Date : _____
Start time : _____
Time to solve : _____

The Chanticleer is the editorially independent student produced weekly newspaper of Coastal Carolina University. The first issue of The Chanticleer was released on October 23, 1963. The Chanticleer is published weekly in the fall and spring semesters. Letters to the editor are welcome from the Coastal Carolina University community. The Editor-in-Chief reserves the right to condense and edit submissions for libel and space. A letter to the editor does not guarantee submission. Advertisements reflect the views and opinions of the advertiser, not the views and opinions of The Chanticleer. Articles represent the views and opinions of the author and/or people in the article. The Chanticleer is committed to accuracy. If you find an error or mistake in an issue of The Chanticleer, please let us know. Mistakes can be reported to thechanticleer@g.coastal.edu. Corrections will be printed in the following issue.

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Editor's Note

Kaley Lawrimore // Editor-in-Chief

Midterms are upon us, and like usual, I'm trying to figure out a schedule of when to study, when to sleep, when to eat and when to have fun. A lot of times during midterms, and even finals, we wait until the very last minute to get everything together.

This causes us a lot of panicking and stress.

Midterms are different than finals, though. This is a time when we really should kick it into high gear to save our grades. We actually have a fighting chance to get a good grade! Whereas finals, it's pretty much done with before the test begins.

Your grades may not necessarily be bad, but they could be better, right?

I know there's one class that I am not doing so well in. Is it my lack of studying? No, not really. Is it my lack of understanding the class? That's some of it. But what is the big factor for my grade? Here's a hint: it's stress.

By being in a state of something that is considered "normal," it sure does have a lot of health problems associated with it.

Long-term stress can cause the life-saving responses in your body to act up. Your body will suppress your immune system, which is why I'm probably always sick.

It can suppress your digestion and sleep, as well.

Some symptoms people experience when dealing with long-term stress is headaches, sleeplessness, sadness, anger or irritability.

Again—all describe me to a "T."

So how can we help our bodies out which are clearly crying for help?

There are some steps to help relieve some of it.

First, you need to recognize the symptoms. If any of what I described above sounds like you, then you may be suffering from a lot of stress.

Second, talk to your doctor to get the proper care for your new or existing health problems.

Also, try to exercise regularly or try a relaxing activity, such as yoga, tai chi or meditation.

It's important to set goals and priorities, too. Decide what you need to get done now and what can wait.

Also, don't be afraid to say "no" to new tasks if they're overwhelming you. Don't forget to note what you have accomplished at the end of the day.

Don't forget about your support system. There are people to talk to who can provide emotional and other support.

If all else fails, consider a clinical trial.

I hope some of these tips help you to start feeling better, and take control of your midterms.

Best of luck!

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Meet the Team

Kaley Lawrimore

Editor-in-Chief

Kaley Lawrimore was promoted to Editor-in-Chief of The Chanticleer for the Fall 2017 semester. New to Coastal, Lawrimore decided to join the paper as a reporter after deciding to pursue broadcast reporting in October 2015. After reporting for only a semester, she was promoted to Assistant Editor. When Lawrimore is not on campus, she works part-time at WPDE ABC 15 News in Conway. There she does a multitude of behind-the-scenes work which includes editing video, gather video and information from breaking news scenes and writing web stories. Lawrimore graduates from Coastal in December 2017.

Yaicha Ocampo

Assistant Editor

Yaicha Ocampo is the Assistant Editor of The Chanticleer for the fall 2017 semester. Ocampo is a junior English and philosophy major at CCU with a women's and gender studies minor. She focuses on social issues in her writing and began to pursue journalism in hopes of educating and disillusioning the public to false information. Ocampo will graduate from Coastal in May 2019.

Alexa Stress

Art Director

Alexa Stress is serving as the Art Director for The Chanticleer. After transferring to CCU her junior year, she immediately began working around campus as a graphic designer for organizations such as Tempo Magazine, The Athenaeum Press and the Career Services Department. She is excited to revamp the visual narrative of the newspaper to create a more engaging publication. She hopes to work for a design firm after she graduates from CCU in May 2018.

Jason Renne

Business Manager

Jason Renne is the Business Manager for The Chanticleer, studying communication at CCU. Since becoming part of organization, Jason has been focusing on building relationships with potential clients and serving the student body. He hopes to work for a large advertising agency once he graduates and knows that his experience with The Chanticleer will help him along the way. Jason will graduate from Coastal in May 2019.

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jtrenne@coastal.edu

Interested in...

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October Movies

The Coastal Theater Box Office hours: Friday and Saturday, 5 - 11 p.m.

Ticket prices: \$2, includes one free popcorn.

Tickets may be purchased in advance from the Lib Jackson Student Union Office (A-103) during regular business hours, 8:30 a.m. to 5 p.m. Must show a CINO Card, CCU Alumni Association Card or HGTC ID card to purchase a ticket.



Oct. 6 - 7



6 p.m.: "Despicable Me 3"

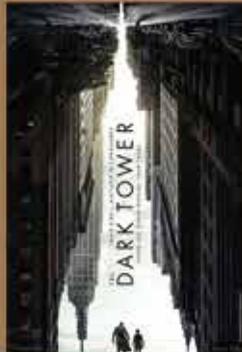
9 p.m.: "Valerian and the City of a Thousand Planets"

6 p.m.: "Valerian and the City of a Thousand Planets"

9 p.m.: "Despicable Me 3"



Oct. 13 - 14



6 p.m.: "The Dark Tower"

9 p.m.: "Atomic Blonde"

6 p.m.: "Atomic Blonde"

9 p.m.: "The Dark Tower"

Oct. 20 - 21



6 p.m.: "Halloweentown"

9 p.m.: "Annabelle: Creation"

6 p.m.: "Annabelle: Creation"

9 p.m.: "Halloweentown"



Oct. 27 - 28



6 p.m.: "Hocus Pocus"

9 p.m.: "Wish Upon"

6 p.m.: "Wish Upon"

9 p.m.: "Hocus Pocus"



Movies are subject to change due to availability

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