



FORMER GFR FIREFIGHTERS SHARE PERSONAL SACRIFICES

Turn to A3

The East Carolinian



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FINDING HOPE

Local businesswoman gets second chance with holistic medicine

Madison Lawson
TEC STAFF

As the sun sets on Greenville, Village Point Market closes its doors for the day. Ginger Timms, the store's co-owner, is inside, performing her routine closing duties with a joyful smile. Customers often comment on how she seems to radiate a genuine eagerness for life and there is a good reason she does. About 12 months ago, Timms was diagnosed with early stage-four cancer and was told she only had weeks to live.

> HEALTH page A6

Ginger Timms carries food in her local Village Point Market. Timms says she got a second chance in life by changing her diet.

DOM D'ALEO | THE EAST CAROLINIAN

ECU Police offer break safety tips

Emmersyn Ruhmke
TEC STAFF

As winter break approaches, the East Carolina University Police Department is reminding students of the steps to prevent theft and other crimes while they are away from their dorms or apartments.

ECU Police Deputy Chief Jason Sugg said there are multiple ways for students to ensure the safety of their belongings such as documenting them, locking them up and taking them home.



Jason Sugg

"Take pictures of items, the serial numbers, note down a description, so if anything does happen, there is a record of the item," Sugg said.

Resident Advisors will give students a checklist they have to do before they leave such as emptying the trash, closing and locking the windows and turning the heat or air conditioning off, according to Lianna Lieberman, junior majoring in communication and RA of Scott Residence Hall.

"We want to make sure everything is secure, but also not waste energy before we leave. That's why we give the students a set list of things to do before they leave and we check the rooms just to make sure it's done," Lieberman said.

All residence halls will be completely locked up after RAs check rooms and secure the building, according to Lieberman.

"I haven't really thought of what I'm bringing home or things I need to keep safe so they don't get stolen," Kailey

> SAFETY page A2

ECU alumna educates on sexual assault

Taylor Nishimoto
TEC STAFF

As a sexual violence survivor, Morgan Mercer, an East Carolina University alumna, introduced a new company to the world in hopes of educating victims, as well as bystanders, involved with sexual assault, sexual violence and sexual harassment.



Morgan Mercer

The company, Vantage Point, is a virtual reality educational and training program at the collegiate and corporate level, Mercer said. The technology teaches people who have directly been affected, or are bystanders, on ways to deal with sexual assault, sexual violence and sexual harassment.

"I'm a victim of sexual violence myself and what you kind of learn when you grow up is that sexual assault, sexual violence, sexual harassment, things like that don't really stop or change," Mercer said.

Mercer said it really takes someone to speak up about the situation first in order for others to relate.

"It takes the form of being placed in a really uncomfortable situation and then you start talking to your friends about it, and then your friends will say, 'Hey, that happened to me too but I never told anyone,'" Mercer said. "You start to realize the more you talk about it, the more others talk about it. Then you realize that it's not that it doesn't happen, it's that no one wants to bring it up first."

Mercer said she chose to include virtual reality in the program because of all the benefits it offers and the tremendous amount of people it has benefited.

"You can simulate real life situations, but you can do it in a really safe environment and it's

> MERCER page A2



INSIDE | PAGE A5
"72 Plus" holiday events

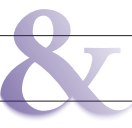
THOMAS WEYBRECHT | THE EAST CAROLINIAN

Santa Claus celebrates in faux snow. Uptown Greenville hosted Santa, a tree lighting and a reindeer carriage at the annual 'Greenville Gives.'

Uptown hosts annual tree lighting

Andy Li
TEC STAFF

Blessing Aghimien
TEC STAFF



volunteering with the ECU Ambassadors, a service group.

"We were here helping out with setup and everything," Harper Rhodes, a freshman, said. "Me and another Ambassador were elves for the Santa line."

It began to look a lot like Christmas Friday, Dec. 1, at Greenville Gives, the annual Christmas tree lighting festival, hosted by Uptown Greenville in Five Point Plaza.

The festival ran from 5:30 to 8:30 p.m. and allowed individuals to decorate cookies, shop from local artists and tell Santa their Christmas wishes.

"This is our seventh year," Bianca Shoneman, the president of Uptown Greenville, said. "We estimate 2,000 people attended. We had eleven live performances and tonight, it snowed in Uptown Greenville."

Shoneman pointed to the snow machine that sprayed artificial snow over the parking lot. Alongside the snow machine were a Santa impersonator, mistletoe ball and a trolley.

"My favorite was the jazz performance from the Pitt Community College," Shoneman said.

Several students from East Carolina University were also in attendance, some

Alongside old Saint Nick, several Greenville politicians made an appearance, including mayor-elect P.J. Connelly, City Councilmember-elect of District 3 Will Bell and City Councilmember-elect At-Large Brian Meyerhoeffer.

Although Greenville Gives is an annual tradition, this year featured the new addition of a holiday market, which featured 11 artists, according to Shoneman. One such vendor was Jenni's Ugly Chocolates. Owner Jenni Farrow was ecstatic her sweets could put some joy in the hearts of the night's attendees.

"The Uptown people are the best. I love being out with everybody and just watching everybody enjoy the Christmas atmosphere," Farrow said.

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THOMAS WEYBRECHT | THE EAST CAROLINIAN

A Christmas tree stands in Five Points Plaza.

ONLINE

» The film behind 'The Disaster Artist' lives up to horrible hype

» The Art Spot to host "Art, Soul and Poetry" at Crave Friday

SOCIAL MEDIA



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BRIEFS

ECU Center for Counseling and Student Development to dispel double standards

East Carolina University's Campus Recreation and Wellness and the ECU Center for Counseling and Student Development will host an event in Mendenhall's Hendrix Theatre tomorrow from noon to 1 p.m. to expose the myths and misconceptions about sex culture in society.

"CCSD FYI Series: Myth of the Slut" is a Wellness Passport approved presentation and will expose the concepts of virginity and slut-shaming as social constructs.

Posing discussions about sexual assault and interpersonal violence against women, "Myth of the Slut" will explore the meaning of "purity culture" while challenging the emotional and physical impact slut shaming has on women, offering tips on combating the societal issue in order to create safer and more equitable spaces for women.

East Carolina LGBT to provide ally training opportunity on campus

East Carolina University will hold a training session for its Pirate Ally program Thursday from 11 a.m. to 1:30 p.m.

Offered to campus faculty and staff for more than a decade, ECU's Pirate Ally program is modeled after Safe Zone training, where students are encouraged to become a part of an inclusive and inviting atmosphere for all.

The Pirate Ally training session will take place in Mendenhall Student Center's Room 221 and will provide students with an informative and insightful conversation about the lives of LGBT students on campus. This program will also highlight the significance of peer acceptance and increasing ally visibility among Pirate Nation.

To register for this event, go to the ECU LGBT Resource Office's homepage at ecu.edu/lgbt.

CORRECTIONS & CLARIFICATIONS

If you feel there are any factual errors in this newspaper, please contact Annah Schwartz at editor@theeastcarolinian.com.

Professor reflects on career, award

Melissa Glen
TEC STAFF

For Brittany Thompson, being a teacher was never part of her plan, but as soon as she stepped into the classroom, she never looked back.

Now, just two years after starting her job as a professor, she is the recipient of East Carolina University's first ever Faculty Impact Award.

"I knew I had been nominated, but I definitely didn't think I would win," Thompson, a professor in ECU's School of Communication, said. "I was blown away."

The award was given out on Oct. 25 at ECU's 2017 Faculty Symposium, hosted by ECU Career Services. Thompson was one of seven faculty members at ECU to be nominated for the Faculty Impact Award.

Carol Woodruff, the director of ECU Career Services, said the award was created this year to honor a faculty member who works with Career Services, specifically when it comes to preparing students for life after college.

"Brittany Thompson recognizes that part of her academic charge is to develop her students to their fullest potential so that after graduation they may successfully compete in the work force and once hired, thrive in their careers," Woodruff said in her nomination letter for the award.

Before she switched to teaching, Thompson owned a photography business, as well as a local wine and crafts shop in Farmville, North Carolina with her sister.

"We had pottery, we had photography, we had glass work, we had handmade jewelry, we had candles, we had a little bit of everything," she said. "It was called 'Milestone Gallery.'"

The decision to trade her shop in for a classroom came from Thompson's participation in a local high school's job shadowing program, where students shadowed her and her sister at work to learn about the business.

"It was that moment when I saw somebody learning something from me and in return, I was learning something from them," Thompson said. "I was like, 'I want to do this full-time.'"

What surprised Thompson even more than her decision to go into teaching though, was what she decided to teach, as communication was not what she studied as an undergraduate student. Thompson graduated from North Carolina State University with a bachelor's degree in Animal Science. She said her interest in communication came years later after having experience owning her own business.

"I did all of our communication like social media and marketing," Thompson said.

Thompson got her masters degree in communication from ECU in 2015 and landed a teaching job with the university following graduation.

"I love working at ECU, mostly because of the students," Thompson said. "I wanted to become a teacher to engage with students, and that's the environment that I surround myself with."

Thompson said what sets her apart as a teacher is her relaxed teaching style. She said she focuses on breaking down the barrier between students and teachers.

"I'm very laid-back. I am not much on sitting in the front of the classroom being like, 'Here I am and there you are,'" she said. "I try to bridge that gap, because I feel like if I can have you all



THOMAS WEYBRECHT | THE EAST CAROLINIAN

Professor Brittany Thompson is the first recipient of East Carolina University's Faculty Impact Award.

feel like you can relate to me, then I'm easier to approach (and) I'm easier to ask for help."

Thompson said another part of the reason she felt a pull toward this career was because her mother is also a teacher.

"My mother is a professor, and I grew up in higher ed," she said. "I would roam the halls, and I saw my mom's impact on students and the impact they had on her life."

She said her mom also had an untraditional journey to becoming a teacher, which inspired her to follow her call to teaching, even if it meant switching careers.

"My mother kind of did it all backwards like I did. She got her bachelor's and she went back to school with us and got her masters, and then she didn't finish her doctorate till she was 50," she said.

When teaching her classes now, Thompson said she just tries to remember what her mom would do.

"My mom always makes time for her students. They know who she is, she is loved, and they keep in touch with her 20 years later," Thompson said. "She is just a very strong woman, very kind, and that's what I try to be. I try to be like my mom."

Within the communication department, Thompson teaches a wide array of classes from the large introductory communication classes to the smaller, capstone classes for students who are concentrating in interpersonal and organizational communication.

"I teach a lot of classes, and I love interactions with students," Thompson said. "I learn from them. They make me laugh. I hopefully make them laugh, and I hopefully teach them something."

Caroline Alexander, a current student in Thompson's public speaking class, said this was her first class with Thompson, but she has already signed up for another class with her next semester. Alexander said she chose to take her class, because she had heard such wonderful compliments about Thompson from other students.

"She is really inspiring, and she gets to know you on a personal level," Alexander said. "It's not just about the material she teaches, she actually cares about her students and really just wants to make sure she can be there for you."

Thompson said the hardest part of her job is the fact that no matter how hard she tries, she

cannot change the life of every student she meets for the better.

"Reaching every student is the hardest part. I can't, realistically we can't, but my goal is to touch and make a difference on every student's life and sometimes I may not," Thompson said. "And that's the hardest part. That's a little bit of failure to me knowing that I didn't make an impact on every person."

While she has to accept she cannot reach every student, Thompson said the students she does influence make all the difference.

"When I have a student have that 'a-ha' moment of 'Oh, I can apply this theory to my life' that gives me joy," she said. "It can be as little as someone getting a concept to watching a semester-long project happen in front of my eyes."

Thompson remembered back on one particular student she had that graduated last year.

"He emailed me and said, 'I just wanted to let you know, I've changed careers and because of your class, I felt like I nailed the interview and I was prepared for everything.'"

Ryan Ross, a senior communication major who is in one of Thompson's classes this year, said this is his third class with Thompson as a professor.

"Anybody that asks, I recommend her. As long as I've been here, I've had some really good professors, but she is different," Ross said. "When you walk into her classroom, it just brightens your day."

Ross said he appreciates the fact that Thompson does not rely solely on lectures when teaching class.

"The material, she doesn't read straight from a PowerPoint. She knows her stuff," Ross said.

Linda Kean, the director of ECU's School of Communication, said during her time working with Thompson, she has seen how passionate she is about her job.

"She has that combination of being a very positive person, so she has that combination of being a very positive person and a very hardworking person," Kean said. "She always has the energy that she brings to the classroom, but she also brings that to faculty meetings, to committee meetings-- she wants to improve the student experience, but she also wants to improve the school experience."

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MERCER continued from A1

actually really effective," Mercer said. "People use it for voice therapy, to treat PTSD and psychological trauma."

Mercer said the program is not only directed towards victims of sexual assault, but also provides tools to bystanders on how to deal with acts they see.

"There really aren't any tools that train people on how to respond as a friend, as a community member, so I was like 'let's do it, let's figure out what we can do to change the way society addresses it,'" Mercer said.

Jessica McGettigan, an ECU alumna who is friends with Mercer, said she believes Vantage



Jessica McGettigan

Point is a tool which will benefit a number of people, not just students who have been assaulted, but perhaps students who have the chance to stop sexual assault from occurring in the first place.

"It's not necessarily that ECU students are going to need to use this as a reactive approach for therapy or anything like that, but this is certainly going to benefit students to help teach them how to handle these situations," McGettigan said. "Bystander intervention is

one of the pillars of Vantage Point."

By spreading the program through colleges, Mercer hopes the material benefits generations in the future.

"We wanted to start at the collegiate level, because if we educate future generations, then hopefully sexual assault won't be as big of a problem in the workplace. It all starts with educating and educating correctly," Mercer said.

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SAFETY continued from A1

Hummel, a freshman biology major living in Fletcher Residence Hall, said.

Bicycle larceny is common during breaks, Sugg said. One idea Sugg recommended, depending on ECU's Campus Living rules, was for students to put their bike in their dorm room.

"Whatever you can take home, if you feel comfortable taking it home with you, I would recommend taking it home with you," Sugg said.

ECU Police staffing and scheduling won't change greatly during the break. Sugg said ECU Police will continue to be on ECU's campus patrolling even though school isn't in session.

"I am happy we have a good police force to watch things, I wouldn't want to leave so much stuff here if I knew it wasn't being watched," Alex Baer, a freshman communication major, living in Clement Residence Hall, said.

Upon return to ECU, students may be returning with gifts or more valuable items from the holidays. ECU Police recommends following the regular steps to ensure the safety of these new valuables.

"We do make an effort to put out messages on social media and give them a lot of recommendations on what to do with their items," Sugg said.

"We do make an effort to put out messages on social media and give them a lot of recommendations on what to do with their items. "

-Jason Sugg

Recycling the boxes of valuable items or keeping them at home may prevent students from being targets on campus for theft, Sugg said. He recommended students use the recycling stations throughout Greenville to dispose of empty boxes.

Students are encouraged to lock their doors before they leave and secure any valuables in a safe or take them home according to ECU Police.

"I've never had anything stolen from me in the dorm so far, and I hope it stays that way over break," Hummel said.

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>> WHERE THERE'S SMOKE THERE'S FIRE



From top left: Matt McMahon, Jacob Valevich, Ken Denton and Robert Smith. From bottom left: Donald Henderson, Chris LaPorta and Jeff Giosi pose for a photo in front of Greenville Fire/Rescue's Engine 3. CONTRIBUTED BY MATT MCMAHON

Forged by flames

Firefighters talk passion which fuels careers, sacrifices

Matthew Prensley
TEC STAFF

Behind the oxygen mask, beneath the fire-resistant suits, firefighters don their fire helmets and run into a burning structure to save people they've never met. A thank you isn't requested. Simply put, it's their passion to help a community, which provides the greatest motivation of all.

Working in the fire service industry requires firefighters to sacrifice time with their loved ones, witness disturbing sights and put themselves into life-threatening situations routinely, all for the community in which they live.



Matt McMahon

"We (firefighters) feel it's an honor to work in the fire and rescue service," Matt McMahon, a firefighter who resigned from Greenville Fire/Rescue in October, said. "We have a passion to help others and a lot of us put our heart and soul

into helping folks we don't know."

McMahon said he resigned on Oct. 1 because he wasn't comfortable with GFR allegedly putting him and residents into dangerous positions. McMahon said he decided to speak out now because he's no longer fearful of GFR's leadership.

"I'm not afraid of retaliation now and I feel bad for the good individuals that are left who are in just a terrible situation and to make the public aware of it," McMahon said. "At this point there's nothing else that I can do besides share my story and if people choose to do nothing past this then it's on them."

McMahon said after making his story known, he can now put his head down on his pillow at night and rest easy, knowing that he did everything he could.

"I got placed in a few situations that were unsafe to me and to the citizens in which we serve and I was not going to continue to allow that to happen," he said.

McMahon spent 19 years serving the Greenville community with GFR. One GFR lieutenant, who spoke to The East Carolinian under the condition of anonymity, describes McMahon as "a trustworthy, loyal, knowledgeable and very competent person."

McMahon, who served as a lieutenant in the fire department, said GFR was a great department with really good firefighters. Gary Phipps, a retired staff support captain at GFR until 2013 said over the course of a career in the fire service industry, firefighters may become lifelong friends.



Gary Phipps

"I still tell my kids this when I teach that going in my first two weeks, we were a bunch of young guys, but over a 32-year career period...the guy beside you could become your roommate off-duty, he could become your best friend, the best man at his wedding, you could be a godparent to his child and for some you become their pallbearer when they pass away," Phipps said.

It's because of the passion for the job and the bond between firefighters that McMahon, Phipps, Chuck Owens, Tony Smart and dozens of other firefighters have spoken out about the conditions inside GFR.

"I would have been gone by now," Phipps said. "The current chief, I don't think he saw the value in me and honestly I think it would have been a situation where he would have taken me out of that position (staff support captain) and put me on shift to make it hard for me. A lot of the older guys who were on shift, they were basically ridden out if they didn't quit."

For McMahon, leaving GFR was never part of the plan. For this 6-foot-2 firefighter, working

at GFR for his entire career was the goal.

"To walk away after spending 19 years in one organization, it's like losing a family member," McMahon said. "I'm heartbroken, but I can't continue to work under those conditions and keep good mental health. It's very disturbing what's occurring."

However, McMahon isn't alone. Many firefighters before and after him have turned in their notice, packed up their lockers and left the fire department in which they devoted many years of their lives to.

"I felt like a part of me was gone. It was a part of my life. I started to work there when I was 18 years old," Smart, who retired as a battalion chief from GFR in 2013, said. "It becomes a part of your fiber. It's ingrained in your DNA."

Despite various theories as to why 76 firefighters have left GFR since 2013, McMahon made it clear the problem driving so many people to leave the fire department was the current management.

"It's really hurt me over the years to see the good people leave that department over poor management and a lack of looking out for personnel," McMahon said.

Again, McMahon isn't alone. McMahon and 38 other firefighters all told The East Carolinian the management of GFR, specifically Chief Eric Griffin and Deputy Chief Brock Davenport, have created many of the issues which have pushed firefighters to leave the fire department.

"These people (GFR firefighters) are miserable," Phipps said, who retired with 32 years of service to the city of Greenville.

Despite multiple efforts to get any comment from GFR in regards to this story, no emails were returned by city of Greenville Public Information Officer Brock Letchworth.

Owens, Phipps and Smart, who have a combined 103 years of experience, agreed that something should be done to protect the firefighters at GFR and the citizens of Greenville who rely on the fire department.

"You don't want anybody to lose a life and when you have people who are in positions that they are not comfortable with because they don't have the seat time, whether it's a citizen or a staff member there at the department, there's a potential for something tragic to occur that's not going to go well and that's not something anybody ever wants to see," Smart said, who retired with 38 years of service to the city of Greenville. "That's the reason why someone needs to intervene as far as taking a look at what's going on."

Part of the job of a firefighter is being the first on the scene to traumatic events. The memory of these events often haunt these firefighters for years to come. With all that being a first responder demands, the added stress of a dysfunctional department can push some firefighters to a breaking point.

Phipps said besides dealing with the stress of working within the current climate inside GFR, firefighters spend a significant amount of time away from their families.

"If you look at our shift schedule, most of us spend at least a third of our lives away from our family. Most of us have second and third jobs because we financially don't make lots of money so we spend even more time away from our family," McMahon said.

Phipps, Owens and Smart all recall different family memories they missed out on because of work. The lifelong firefighters also mentioned how responding to calls with individuals at their worst can leave them with lasting memories.

"We go into very hazardous, unclean and disturbing situations," McMahon said. "A lot of us suffer (from) Post Traumatic Stress (Disorder) over the years because of things we see."

For some seasoned veterans of the profession, some calls can leave memories etched

ONLINE |
FULL STORY



Tony Smart retired as a battalion chief from Greenville Fire/Rescue in 2013 after 38 years on duty. CONTRIBUTED BY TONY SMART

permanently into their brain. For Owens, who retired from GFR as the EMS Manager in 2013, that memory is clear: a plane crash he responded to in 1992.

"One morning, we got a call to a plane that was missing that may have gone down," Owens said, who retired with 33 years of service to the city of Greenville. "It was, I don't know, 9 a.m. So we're thinking that the story is he took off from Pitt-Greenville (Airport), he was on the Kinston radar for just a moment and then it vanished from radar."

Owens recalls the dense fog of that particular morning and as the low-lying layer of moisture lifted, first responders were able to find the wreckage of the six-person aircraft, which had two families on board.

"The arms from the elbow down, the arm and the hand, nothing was left," Owens said. "From the knees down were all burned to complete dust. So you had torsos from the knees up and the elbows up still in their seats and as we worked with those bodies, the smell of that entire crash site was human flesh all day long."

Owens said for the rest of the day, emergency crews investigated the crash and carefully removed the victims from the airplane. At the end of his day, Owens went home to his family, but showered extensively to try and cleanse himself of the stench.

"Again, after two showers, I could still smell the smell of burnt human flesh on my skin and that's when I realized that it wasn't on my skin, it's all in my memory," Owens said.

Owens said remembering that call brings back intense emotions for him.

"You hear things, you see things, you are closely involved in things, your hands are involved in things that are terrifying that you know it shouldn't be happening," Phipps said.

McMahon said the current status of GFR's EMS and fire services are being pushed too far by Griffin and Davenport. McMahon spent 19 years with many of the same firefighters who he says are being pushed to their limits.

McMahon said he is adamant that the city

of Greenville, the City Council or City Manager Ann Wall must intervene.

"There is no excuse that the council and city manager have not addressed the situation," he said.

Since the allegations against GFR, Griffin and Davenport came out, City Manager Wall has been investigating, however there is no timetable for when she will announce her findings.

The East Carolinian was unable to get a comment from City Manager Wall regarding her investigation of the allegations surrounding GFR. Despite multiple attempts for a comment, no emails were returned to The East Carolinian by Letchworth on this matter.

However, as of Nov. 15, Calvin Mercer the outgoing At-Large Greenville city council member said Wall is still working on her investigation into the GFR allegations.

"I am still working on it but hope to have it finished soon," according to a message from the city manager, which was relayed to The East Carolinian by Mercer.

McMahon said inside GFR, paramedics are being overworked to the point where many of them are considering leaving the department. As more paramedics leave GFR though, it creates added stress to other parts of the fire department and jeopardizes the quality of care.

"We are playing Russian Roulette when it comes to fire protection," McMahon said. "Part of that breaking point is the personnel that are being pushed to their limit. The guys who are riding the Squad truck are riding 20 plus calls a shift (and) are being pushed to their limit."

While at GFR, McMahon, Owens, Phipps and Smart made lifelong friends and helped people during their time of need without hesitation. Now they, among many others, have stood up to fight for the fire department they spent their lives serving.

"Once you get away from there, you really miss it," Phipps said. "It's your life and you kind of psych yourself up into thinking, 'Well, I need to get out of this place, I'm ready to go, but I'd be happy if I was there working. Well, not under the current circumstances."

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OUR VIEW

Perry brings fresh beginning after Lebo exit

East Carolina University's former men's basketball head coach, Jeff Lebo, has had seven seasons in his tenure, but after a rough start to begin this year's season, paired with three recent lackluster seasons, Lebo resigned from his job last Wednesday.

Lebo has been a great coach overall for ECU's program, becoming the winningest coach in program history with a record of 116-122, good for a .487 percentage. His first few seasons saw winning records with 2012-13 arguably being the most notable, where his team went 22-10 and won the College Insider Tournament championship.

We, the editorial staff at The East Carolinian, believe that Lebo's resignation was handled well and respectfully and came at the right time for the men's basketball program. In Lebo's last three seasons with ECU, the Pirates posted a losing record, not making it far in the AAC tournament the last three years. During the 2016-17 season, Lebo missed games due to having hip surgery, giving ECU its first glimpse of how interim head coach Michael Perry could run the team. Under Perry, the Pirates finished the final 14 games last season, going 6-8, getting the team to the second round of the American Athletic Conference tournament where they lost to Southern Methodist University.

Since Lebo's resignation last week, Perry already has a 2-0 record with the team, defeating the University of North Carolina at Wilmington and Delaware State University.

Lebo had a long and historic run as the men's basketball head coach and we wish him the best of luck in his new adventures after leaving ECU. Now, it is time for a new era and a new face to coach the team to begin a new identity at ECU and we feel it is the right decision with Perry at the helm.

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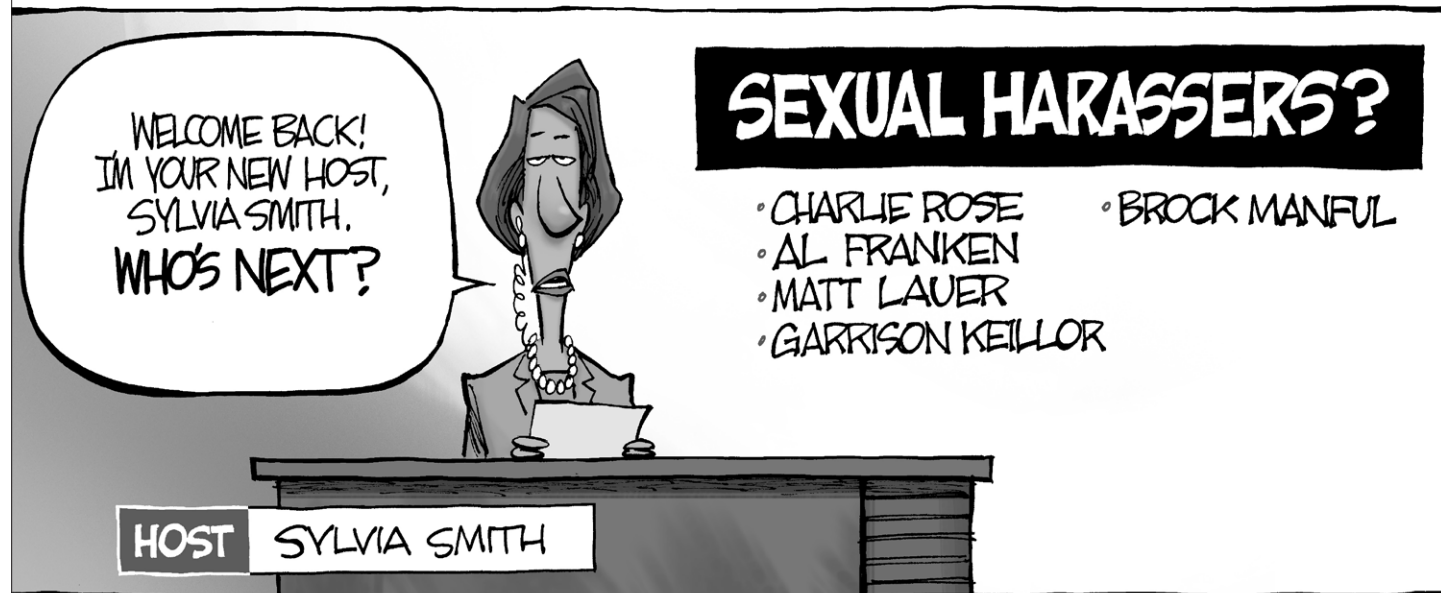
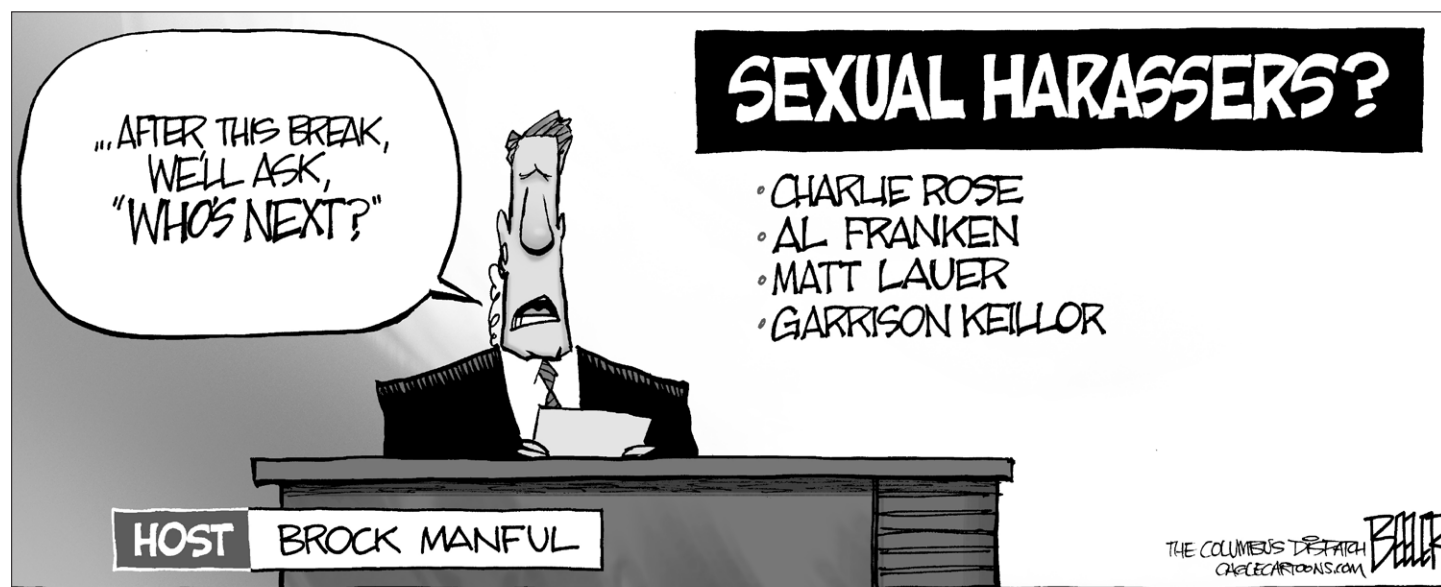
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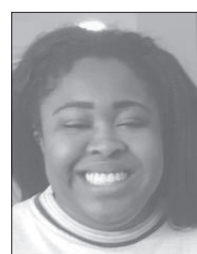
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Grammys give way for change



Bless The Press

Grammy season is approaching and here to get the Twittersphere up in arms with debates on who and who shouldn't be nominated is The Recording Academy, who recently

announced the nominations for the 60th Annual Grammy Awards, which will take place on Jan. 28.

While many snubs did not go unnoticed, such as Ed Sheeran's "Shape of You" not being nominated for Record of the Year and none of the five One Direction members receiving Grammy nominations, despite their well-received solo projects, it's hard to argue that next year's Grammy nominees won't bring some sort of positive change in terms of music recognition.

In the nearly 60-year history of the Grammys, there has only been one year—2005—when four artists of color were simultaneously nominated for Album of the Year, the award show's most prestigious accolade. The 2018 Grammys will also make history as the first year where no white men were nominated for the Album of the Year category, as Jay Z, Lorde, Bruno Mars, Donald Glover and Kendrick Lamar will contend for this award with their most recent bodies of work.

Along with setting history in motion in terms of race, the Grammys recognized underground talent as well. For being together in the Best New Artist category, nominees Lil Uzi Vert and SZA each have a body of work that positions them both as veterans of the music game.

At only 23 years of age, Lil Uzi Vert has been making his mark in trap music this year with hits such as "XO Tour Llif3" and "Bad and Bougie," but he started by being featured on tracks with DJ Esco and posting his own discography to Soundcloud in 2015. Exceeding Lil Uzi Vert's years active in music is SZA, who released her first EP "See.SZA.Run" in 2012 and has worked with Kendrick Lamar's label Top Dawg Entertainment as a songwriter and collaborator since 2011.

Age proved to be nothing but a number as well in terms of nominations, as 19-year-old Khalid and 21-year-old Alessia Cara are nominated for five and four Grammys, respectively. Khalid's debut album, "American Teen," peaked at No. 4 on the Billboard Hot 200, while Cara's feature for the suicide prevention song, "1-800-273-8255," has her contending for two Grammys alongside artists like Justin Bieber, Jay-Z and Lamar.

Bending the rigid restraints in terms of genre are nominees 6LACK and Daniel Caesar. With 6LACK's debut album, "Free 6LACK," the 25-year-old SoundCloud artist (whose real name is Ricardo Valentine) recorded an 11-track album with no features that was classified

into microgenres of cloud rap, trap soul and witch house. Following suit with his own debut album, "Freudian," neo-soul Canadian singer Caesar was catapulted into widespread acclaim for his 10-track debut, which takes a nostalgic 90s sounds to blend with gospel and alternative R&B.

SZA and Lil Uzi Vert's launch into mainstream can be attributed to peer connected social music streaming platforms such as Apple Music, Spotify and Soundcloud. Those platforms, along with Twitter and Facebook, have aided in the struggle to reach untapped markets of prospective fans for artists, including Lil Uzi Vert and SZA. Taking note of Chance the Rapper's streaming-only Grammy nods from 2017, The Recording Academy seems to have once again acknowledged the internet's impact on music and have recognized that mainstream music isn't the end all, be all for music consumers.

The 2018 Grammys will be a year of the new, the improved and of "the color." Hopefully, moves like this will continue to fuel the fire of change and The Recording Academy becomes more prone to nominating those who go under the radar of the mainstream. Such action will make future recipients of golden gramophones better reflective of the current music industry and more diverse in terms of race and genre, and all a listener can ask for in this day and age of music is this.

Blessing Aghimien is a sophomore majoring in communication and a TEC columnist. To contact this writer, email opinion@theeastcarolinian.com.

Moving on from print to producing



Senior Column

When I first started at The East Carolinian, I barely knew anyone. I recognized a few faces but had never really connected with them before. My friend, Andi Caruso, who at

the time was the multimedia manager, helped me secure my initial job as Video Editor for TEC. The editor-in-chief at the time was Seth Gullidge, and he was very welcoming when I joined the team. I slowly got to learn who everyone was and grew closer to those I had already met in the past.

I have made a lot of friends at TEC, some have already left and some will still be here once I leave. I have had the honor of working with reporters and candidates in helping them create news packages. Some of them had never touched a camera before and seeing how capable they all are brings joy to my heart, knowing that they can go even farther in their careers now with this skill.

As for myself, TEC has given me

" I am extremely excited to start my new career in the real world and I have not only ECU to thank, but also TEC. "

plenty opportunities to learn and grow. In my first year at TEC, I had my own staff of video reporters that would put out multiple video packages throughout the year. During that time, I also had the chance to shoot some of my own. A few of my favorites included filming Bob Woodward coming to speak on campus and also getting the chance to cover Donald Trump's rally last year.

Following my first year working for TEC, I was promoted to visual arts editor by the new EIC, Annah Schwartz, where I would take on the additional tasks of managing the photography staff as well as editing the photos for the paper along with still editing videos. The new positions gave me new responsibilities that would include also teaching the new candidate class how to shoot video and what goes into creating a news package. It was honor to see them all grow before my eyes. Each one of

them has great potential and I know they will all do great things as full-fledged reporters in the upcoming semester.

Working at TEC has been extremely beneficial to myself, so I know it will be beneficial to them. I was able to do with the paper what I didn't have the access to do with school. It has now helped me to secure a job in upstate New York as a news producer at a local broadcast station. I am extremely excited to start my new career in the real world and I have not only ECU to thank, but also TEC. So, I want to thank my professors and my coworkers for all they have done for me, for they have helped me grow into the person I am and have helped me succeed. Thank you!

Garrison Cooke is a senior majoring in communication. To contact this writer, email opinion@theeastcarolinian.com.

72 PLUS MAP OUT YOUR BREAK

TODAY

Santa's Workshop
The Painted Peacock
10 a.m.

Friday

**The Art Spot Presents:
Art, Soul, and Poetry**
Crave
6 p.m.

Slay-Bells-Ringing
WISO
Hair Salon & Spa
6 p.m.

**Ugly Sweater
Jingle Bell Bash**
Holiday Inn Greenville
8 p.m.

Saturday

The Nutcracker
Wright Auditorium
2p.m., 7p.m.

Sunday

The Nutcracker
Wright Auditorium
2p.m., 7p.m.

Dec. 16

A.J.'s Christmas Party!
AJ McMurphy's
8 p.m.

Dec. 23

**Billy Smith live on
Christmas Eve Eve**
Trollingwood
8 p.m.

Dec. 29

**Spazz Presents:
Paleface w/ William
Smith live**
Pitt Street Brewing
Company
8 p.m.

Dec. 31

**New Year's Eve
at Pitt Street
Brewing Company**
8 p.m.

NYE 2018
Hilton Greenville
9 p.m.

T.E.A.M creates bonds

Trish Willis
TEC STAFF

The excited energy in the T.E.A.M meeting on Thursday evening in Bate 1031 was insuppressible and filled every corner of the space, as roughly 45 members circled the room greeting one another.

"T.E.A.M stands for talented, empowered, aspiring men," T.E.A.M President Aaron Roebuck said. "We're a family in here."

This organization is a group that engages in several community service events around town such as mentoring at Wellcome Middle School or adopting a highway to clean up.

Though the men participate in service acts, and receive volunteer hours for their work, Roebuck says the main goal of T.E.A.M is to provide the members with a family of likeminded men on campus.

The family aspect was apparent as the young men gathered on East Carolina University's campus for their weekly meeting, and the genuine smiles bowed in prayer as a member led the group in its traditional opening.

"We pray to open the meetings as part of tradition," Roebuck, a senior finance major, said. "But I thought about taking it out because everybody might not pray."



Aaron Roebuck

According to Roebuck, T.E.A.M aims to be very inclusive and open its arms to men of all colors and creeds. T.E.A.M, which is solely on ECU's campus currently, prides itself on embracing people who, in the past, could not see themselves in such a social environment.

"The best part of being in T.E.A.M, for me, has been the brotherhood," junior industrial engineering major Adam Douglas said. "My first two years here I was pretty to myself and not very outgoing, but this organization has given me the opportunity to form friendships with people I never would have met."

Brotherhood is a big part of T.E.A.M's foundation, as the theme of family stands as one of its four pillars.

"Love, faith, loyalty, family," Roebuck said. "These concepts represent T.E.A.M. We always show love and treat each other like family. We show loyalty so it's known we are there for one another and we give faith so they can not only have faith in themselves, but have faith in one another as well."

The pillars were evident in the buzzing



Members of ECU's organization, T.E.A.M, gather in Bate 1031 for their weekly Thursday night meeting.

room, as all the young men embraced each other in close hugs, telling each other "I love you, brother" and "Text me when you make it home so I know you're safe."

During the meeting, members engaged in discussions about current events and gave each other tips and tricks on how to survive colleges toughest moments. Some individuals opened up and shared their victories and successes of the week, such as earning internships or graduating on time, followed by applause and a chorus of encouragement.

To many, being so personal and open with a room full of other men might seem intimidating, but in T.E.A.M, it is part of the bond.

"It's okay to feel vulnerable in this space," Justus Ellerbe, a sophomore criminal justice major, said. "Our bond is so intimate that you feel secure in one another. It's pure."

This brotherhood, while accepting men as they come, is not so easy to get into. There is an induction process before being considered a member.

"We are pretty exclusive, but still try to be open," Roebuck said. "Quantity doesn't always equal quality. We want to make sure that the people who represent us are a certain type of quality."

The process is a hard one, according to Roebuck. This is the first year where the organization has had such a large influx of new members, and everyone who intends to join might not be selected.

"When I got inducted, we had less than

18 members," Roebuck said. "There was not a lot of people."

After a popular event drew new prospects to the group, T.E.A.M noticed a spike in numbers, as 30 new members were inducted the following year in 2016, according to Roebuck. He added that to be a member of T.E.A.M, prospects have to go through an induction process, which is not publicized, and not everyone makes it through the process.

"This year has been the most inductees we have ever had, and cutting good men who are dedicated to this cause and believe in the same things as us is going to be so hard to do," Roebuck said.

Once you can wear the T.E.A.M name proudly, however, the induction process is worth it, Fabian Hector, a junior nursing major, said.

"We're a band of brothers," Hector said. "The connections are a big thing; we're all just young men trying to shine and make something of ourselves. We're a family."

The members of T.E.A.M form such close bonds that once students graduate, they still come back occasionally to spread knowledge and self help to the remaining members, Hector said.

According to Roebuck, everyone needs somebody to help them at times, and T.E.A.M wants nothing more than to be that somebody.

This writer can be contacted at
arts@theeastcarolinian.com.



From left: David Hamilton Jr., Jon Reed, Cameron Brown, Joey Vachon and Brandon Hucks, Of Good Nature band members. The band will take the stage Dec. 16.

Of Good Nature to make return

Danielle Schmid
TEC STAFF

Modern reggae band Of Good Nature will return to Greenville for a free show Saturday Dec. 16, when it will perform at Pitt Street Brewing Company beginning at 8 p.m.

The band has played in Greenville a handful of times, however it will be the band's first time hitting Pitt Street's stage, which is located at 630 S. Pitt St.

"Greenville's cool and it's a new brewery so we're excited," lead singer and guitarist Cameron Brown said.



Cameron Brown

The band's lineup consists of Brown, percussionist Joey Vachon, trombonist Brandon Hucks, bassist

Jon Reed and drummer David Hamilton Jr.

Of Good Nature's alternative reggae sound draws attention from people of all ages. According to Hucks, the group's sound attracts audiences from college kids to their parents. The mellow rock reggae sounds the band serves have feel good relatable lyrics to go along with the band's feel good name.

"The hardest thing in the world is picking a band name to be honest," Brown said. "We wanted something positive that had a good feel to it and then we kind of landed on Good Nature and then Of Good Nature just made it a description and a movement of some sort."

Since its last performance in Greenville, the band has officially signed with a booking agent with the Empire Agency out of Hollywood, California, and just recently mapped

out a nationwide tour, which will consist of headlining and opening shows, according to Brown.

The signing isn't the only thing the band can celebrate. Of Good Nature plans on releasing an EP in early 2018, Brown said.

The group will also celebrate Reed's birthday the day of the Greenville performance.

"This show's the day of my birthday, so yeah we're going to have a nice birthday soiree," Reed said.

The guys of Of Good Nature are no strangers to the stage, having recently performed at The House of Blues in North Myrtle beach, which had a crowd of at least 100 people, according to fan Katie Shelby.

The guys agreed their favorite performance of this year took place on the Sail Across The Sun Cruise, which consists of a five-day music festival. The band is signed up to

play in 2018 on the same cruise which will stop in Cozumel and will feature acts like Train, MAGIC! and Gym Class Heroes.

According to Sail Across The Sun Cruise responder, Jerry Mckenzie, the cruise already has 1,452 fans booked and ready.

While the boys enjoyed performing on sea, the band always loves a good home town show in Charlotte, their native area, Reed said. As for the Pitt Street show next Saturday, the band will bring out crowd favorite and most streamed song, "Bother." It will also perform its most recent single, "Sit Around," which features reggae band, Sun-Dried Vibes.

"It's going to be extravagant," Hamilton said.

This writer can be contacted at
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HEALTH

continued from A1

"In October 2016, I was diagnosed with early stage four peritoneal carcinomatosis, which is a metastasized cancer in the peritoneal cavity that holds all of the organs together," Timms said.

According to the International Journal of Surgical Oncology, gastric cancer is the fourth most common cancer and 53-60 percent of patients die within one to three months after diagnosis. The website said all studies pertaining to this type of cancer agree on the necessity of cytoreductive treatments such as radiation and surgery to minimizing the tumors.

In November 2016, doctors performed a hysterectomy on Timms to remove a tumor on her ovaries and discovered she had low-grade serous. A serous is a subtype of cancer that is chemotherapy resistant. Due to this unfortunate discovery, her doctors predicted she would only have eight to 24 weeks left to live.

As the days ticked away, Timms, her mother and husband went into overdrive looking for alternative medicines and ways to slow the progression of the cancer. With hope fading, Timms said she prayed to God for an answer and when she took his hand, she received that answer.

While researching her condition on the internet, the term "apoptosis" appeared. NCBI.org describes apoptosis as programmed intracellular death - when cells are not needed they die and vice versa. According to Timms and her research, bad cells such as bacteria and cancer thrive in very acidic environments. The food she was eating contained high salts and sugars, which she said made her body the optimal environment for cancer growth.

"My theory was, 'Well, if we starve these little cells to death and they don't have anything to eat, they might go away,'" Timms said. "As simple as that sounds, it seems to me that that is what has happened."

Timms immediately set forth to test this theory by changing her diet and cutting out all the foods she loved to eat such as cajun fries, wine and cheese. While the market she owns is known for it's healthy, low sodium meals, Timms said she often reached for box meals at night because it was easy and convenient.

However with this drastic dietary change, Timms said she was able to suppress all tumor activity and subsequent blood tests would seem to support her theory.

On the day of her hysterectomy, Timms was given a cancer antigen test called the CA 125 which, according to MedicineNet.com, tests for a protein in the blood that is a so-called biomarker for tumors. A normal range for this test is said to be anywhere from 0-38, and on the day of her surgery, Timms' CA 125 read at 1,025.

"After I changed my diet and went back to the doctors, they watched my numbers dwindle and were shocked beyond belief," Timms said. "By February, just three months after my surgery, my number was at 38, by July it was 29 and by September I was down to 24. This is with no chemotherapy or medications, just a simple change in what I ate."

In her research, Timms discovered that eating foods such as dairy, high salt, high sugar, soy, processed meats, including most pork and beef, alcohol and fried foods created the acidic environment in the body. Now, Timms says she follows a healthy diet that consists of all fresh, natural foods that make her body



Ginger Timms, co-owner of Village Point Market, located at 620 Red Banks Road in Greenville, prepares a plate from the cold case.

more alkaline.

"I laugh because people always say to me, 'Well, what do you eat?' I eat a lot of things," Timms said. "My diet now consists of a lot of fish, chicken, turkey, avocados, walnuts, spinach, almond cashew milk, alkaline water, salad and fruit. I had a customer ask me once what the hardest thing to give up was...and I told them life."

With the rise of boxed meals and artificial preservatives such as sodium in today's foods, Timms said she is convinced it wreaks havoc on the body. Dr. Richard Baybutt, chair and professor of East Carolina University's Department of Nutrition Sciences, said one of the biggest culprits in a person's diet is sodium.

"In some people (sodium) could increase their risk of hypertension," Baybutt said. "Carcinogens, those things that cause cancer, are co-transported with sodium and therefore, if you have a high sodium diet, you increase or facilitate the uptake of these

cancer causing compounds. A low sodium diet would make it more difficult."

Although to Timms, her story felt like a miracle from Heaven, she was surprised to discover that other residents in the Greenville community have also experienced a similar scenario.

Jeff Charles, also known as "The Voice" of Pirate Football, was diagnosed with stage three colon cancer in December 2012. Charles is a play-by-play announcer for Pirate Radio.

Tired from the 612 hours of chemotherapy treatments he received during his first diagnosis, Charles was again diagnosed in February 2016, this time with lung cancer. Apprehensive to endure another round of chemo after his first experience, he also decided to take a more homeopathic approach.

Seeking answers online, Charles found a woman named Ivelisse Page who battled her cancer using mistletoe therapy. Desperate

for another way to fight his cancer, Charles went to the Namaste Health Center

in Durango, Colorado, and tried it for himself. Now 18 to 19 months into the treatment,

Charles said he feels great and continues to inject himself in the stomach three times a week with the extract. The natural plant is said to strengthen the immune system to fight off diseases and prevents the cancer cells from spreading into the blood, according to Charles.

"It's a wonderful, all-natural drug and the reason we don't know a lot about it is because it's a fraction of the cost of chemotherapy," Charles said. "Chemotherapy in this country is a 200 billion dollar a year industry. 99 percent of Americans don't even know what mistletoe is and it's been used in Europe for 100 years, in Switzerland and Germany. A doctor I had once told me it was nothing but an internet fad, but it's not, it has saved

thousands of lives."

Although there is no medical research to back up homeopathic approaches to cancer and other chronic illnesses, Charles said now is the time to begin. With cancer topping the charts as the second leading cause of death in America, according to the National Cancer Institute, alternative natural remedies in addition to medications and chemotherapy should be offered, Charles says.

To people going through any life changing event, Timms said to never give up.

"The main thing I would insist on is hope—that is the hardest thing to put in a bottle or prescribe," Timms said. "If there isn't a way out of it, spend those days and those hours the best you can. Forgive the past, forgive all the things that didn't go right and start on a clean slate. Most importantly, have a happy rest of your existence... whether it's 30 seconds or 30 years."

This writer can be contacted at arts@theeastcarolinian.com.

ONLINE |
FULL STORY
AND VIDEO

CONGRATULATIONS FALL 2017 GRADUATES

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ECU

STUDENT INVOLVEMENT
AND LEADERSHIP

CLASSIFIEDS

PLACES FOR RENT

PIRATEPLACES.COM It's time to pick your perfect house across the street from ECU for next year. We have over 90 of the best and closest houses next to ECU. Go to **PIRATEPLACES.COM** and then send us a list of your favorite houses and we will put you on the waiting list for those houses. Current tenants have until January 15th to renew their lease but if they do not renew we start signing new leases on January 16th for leases that start in June, July & August. If we know a home is not renewing then you can see it and sign a lease for it now so you know your house is locked down for next year. Last year all of our houses were rented by March so don't miss out. Go to **PIRATEPLACES.COM** today!

Lofts on 5th Apartments, short-term leases available January through July 2018. 2BR with 1.5 Baths, \$800 monthly.

Or studio with 1 Bath, \$600 monthly. Contact davidcarpen-ter252@gmail.com.

Roommate wanted; \$300 pr month, includes utilities, FIRST MONTH FREE master bedroom, master bathroom, new appliances, courtyard, fireplace & loft, swimming pool, med/grad student, call asap: 334-400-3710.

HELP WANTED

Computer-experienced typist needed by retired prof. Will pay \$1 per page. After initial 70pp batch, more will follow. Call 830-3607 after 7pm.

FOR SALE

FOR SALE: 2004 TOYOTA PRIUS - 4 DOOR HATCHBACK * Premium Package * Color: Salsa Red Pearl * Interior: Tan * HID Headlights * Built-in Navigation * JBL Premium

Radio with CD - 6 speakers * Smart Entry and Start System * Tilt Steering * Power Windows w/Auto Door Locks * Overhead console with Map Lights * Anti-Lock Brake System (ABS) * Traction Control * Vehicle Stability Control * Integrated Fog Lights * 100% maintained by dealer * Always garage stored * Auto dimming rear view mirror * Hands Free Cell Phone connectivity * Mobil One fully synthetic oil changes at 5,000 mile intervals - (Mobile 1 oil used exclusively) * Original Owner - Maintenance records available * New Tires * Hybrid Battery in excellent condition * Typical Fuel Mileage: 44 to 51 mpg * Mileage: 224,000 * Toyota Dealer serviced, last dealer Service on 11-16-2017 * OVERALL EXCELLENT CONDITION - EVERYTHING WORKS. * INEXPENSIVE RELIABLE TRANSPORTATION PRICE \$4400 PHONE: 252-495-1040 Photo's on request: kf4hr3@yahoo.com

HOROSCOPES

Aries (March 21-April 19) -- Today is a 7 -- Focus on home improvement today and tomorrow. Clean, sort and organize your stuff. Give away what you no longer need. Domestic projects satisfy.

Taurus (April 20-May 20) -- Today is an 8 -- Communications and networking provide rewards over the next few days. You can learn whatever you need to know. New possibilities stretch old boundaries.

Gemini (May 21-June 20) -- Today is a 9 -- More income is possible today and tomorrow. Here's where you start making profits. Stick to your budget to maximize them. Self-discipline pays off.

Cancer (June 21-July 22) -- Today is a 7 -- Focus on personal matters for a few days. Use your power, confidence and energy to forward your own agenda. Give up something you don't need.

Leo (July 23-Aug. 22) -- Today is an 8 -- Begin a two-day philosophical phase. It's easier to finish old projects. Private self-examination delivers valuable results. Slow down and contemplate your past and future.

Virgo (Aug. 23-Sept. 22) -- Today is an 8 -- Friends are a big help over the next few days. Schedule time together. Share ideas and information. Envision team goals, and strategize for accomplishment.

Libra (Sept. 23-Oct. 22) -- Today is a 9 -- You're attracting the attention of someone important. Plan for two days in the spotlight. Dress to impress, and smile for the camera.

Scorpio (Oct. 23-Nov. 21) -- Today is an 8 -- Expand your territory through travel, exploration and research. Get into a two-day adventurous phase. Do your homework, and watch where you're going.

Sagittarius (Nov. 22-Dec. 21) -- Today is an 8 -- A lack of funds could threaten your family plans. Collaborate to manage finances over the next few days. Heed the voice of experience.

Capricorn (Dec. 22-Jan. 19) -- Today is an 8 -- The next two days favor negotiations and compromise. Refine plans with your partner. Privacy suits your mood. You could even kindle some romance.

Aquarius (Jan. 20-Feb. 18) -- Today is an 8 -- Balance rising demand for your services with your health today and tomorrow. Shift your schedule to adapt. Prioritize peaceful rest, exercise and good food.

Pisces (Feb. 19-March 20) -- Today is a 7 -- Prioritize fun, family and romance for a few days. Relax and enjoy hobbies with people you love. Reconnect around shared enthusiasms.

CROSSWORD

THE TV CROSSWORD

Edited by Wayne Robert Williams

1	2	3	4	5	6	7	8	9	10	11	
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- ACROSS**
 1 "Wife ___"
 5 "The Godfather" crowd
 8 William of "The Greatest American Hero"
 12 "The ___ Ranger"
 13 Rowboat rower
 14 "Sopranos" star Falco
 15 "Star Wars" character
 16 Hwy. sign abbr.
 17 "The Fountainhead" author
 18 Columnist Bobbeck
 20 Marlo or Dave
 22 King Arthur's magician
 24 Play about Capote
 25 McBain and McMahon
 26 Jordan's nickname
 28 Veronica of "Hill Street Blues"
 32 Sonny Shroyer series
 34 Distress signal
 36 Irene of "Fame"
 37 Country singer Tucker
 39 Aliens, briefly
 41 Cary Grant movie, "Gunga ___"
 42 J.D. and Turk, e.g.
 44 Francis or Dahl

- 46 "Beneath the ___ of the Apes"
 49 Playwright/actor Coward
 50 "___ Alone"
 51 Braves of the NL
 53 Morrow and Damone
 56 Judith of "Down Home"
 57 Charlotte of "The Facts of Life"
 58 Landers and Jillian
 59 Dykstra and Deighton
 60 "Jaws" star Scheider
 61 Sofer of "General Hospital"

- DOWN**
 1 Stallone or Stone
 2 Ling of "Ally McBeal"
 3 Harry of "Dave's World"
 4 Minnie of the Grand Ole Opry
 5 "Honey, I Shrank the Kids" star
 6 Cereal grain
 7 Butler of "Grace Under Fire"
 8 "On the Road" author
 9 Arkin or Sandler
 10 Fey of "30 Rock"
 11 Knight and Danson
 19 Farrow or Sara
 21 Letters for the Queen of England
 22 "___ the Fockers"
 23 Ferber or Best
 27 "Sheila" singer Tommy
 29 Kahn or Stowe
 30 "___ Brockovich"
 31 Nathan of "The Birdcage"
 33 Greenstreet and others
 35 Director Donen
 38 "People ___ Funny"
 40 No-seats-available letters
 43 Bart or Kenneth
 45 Burton of "Roots"
 46 Collins or Donahue
 47 "I ___ Lucy"
 48 Sitcom co-starring Clifton Davis
 52 "The ___ of Steve"
 54 24-hr. information source
 55 Retirement letters

Solution from Thursday

S	T	O	P		E	R	S		D	A	D	S	
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SUDOKU

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: **1 2**
3 4

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9	6			3			8	
5				6				
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3	6		7	4			2	1
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Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Solution from Thursday

2	5	7	6	3	1	4	9	8
4	1	3	8	9	2	7	6	5
8	6	9	7	5	4	3	1	2
6	9	4	5	2	7	8	3	1
5	2	8	9	1	3	6	4	7
3	7	1	4	6	8	5	2	9
1	3	6	2	7	5	9	8	4
9	8	5	1	4	6	2	7	3
7	4	2	3	8	9	1	5	6

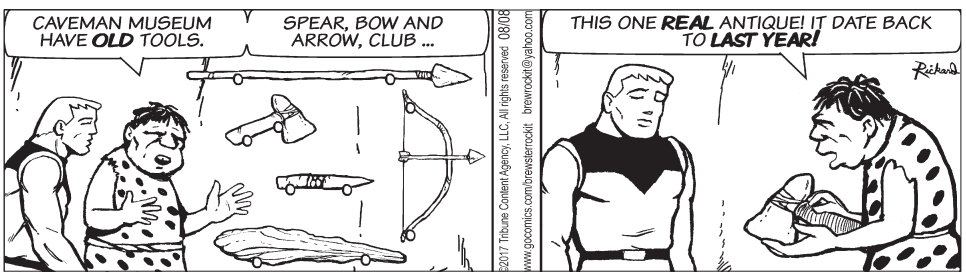
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COMICS

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Ashton Mares ends historic career

Samantha Smith
TEC STAFF

Through adversity and injuries, one of East Carolina University's volleyball athletes has battled her way into the program's record books in more than just one category during her tenure, which concluded Nov. 24 against the University of Cincinnati.

Ashton Mares began her career with ECU back in 2014, garnering playing time as a freshman and beginning a dynasty with the volleyball team. Mares said while she had a handful of other offers, the Pirates won her over with a great campus, athletic facilities, the team and Greenville as a whole.

"I loved how the city of Greenville was all about ECU and ECU Athletics," Mares said.

Mares started as a freshman, but said she had a hard time coping to the fast pace of collegiate play. The transition from high school to college was something that took her a while to adjust to.

"I lost some of my confidence that year and it took a little while to come back, but this year was a lot different. I was more comfortable and obviously more experienced," Mares said. "The new girls that came in really raised the level of play in the gym and pushed me to play my best at all times if I wanted to be on the court."

Before becoming one of the 11 people in ECU history to receive 1,000 career digs and 1,000 career kills, Mares attended Rocky Mountain High School in Fort Collins, Colorado. While there, she was awarded two-time first all-conference selections, was a four-year letterwinner and went to the state tournament as a sophomore.

Mares' demeanor on the court has set a precedent for many of the younger additions to the Pirates.

"Out of all the players on the team, Ashton is the one that I look up to the most. She has been through multiple challenges and surgeries and is still one of the best all around players I have ever seen," freshman setter Logan Smith said.

At the end of her sophomore season,



RYAN CUMMINS | THE EAST CAROLINIAN

Ashton Mares (9) high-fives teammate Brandee Markwith (10). Mares finished her career as one of 11 people all-time with 1,000 digs and kills.

Mares was injured with a left knee lateral meniscus tear, which she had surgery on the following December.

Mares said, despite extensive rehab, she never quite got back to the level of play that she was at prior to her injury. She started her junior season playing only three rotations out of the back row, compared to her typical position as a six-rotation outside hitter, but was occasionally given a chance at front row.

During one of the team's practices toward the beginning of last year, Mares re-tore the same ligament along with a new injury to her medial meniscus and proceeded to have a second surgery, which kept her out of all play until March 2017.

"It was really tough having to sit out. I had never been hurt during a season before so it was hard having to sit out while they were playing," Mares said. "I felt pretty distant from the team seeing them play and being on the sidelines, I felt like I wasn't even on the team."

After seeing what she went through to get back to the game and seeing her outstanding

comeback this season, many of her teammates, including sophomore transfer Maggie Hallow, have nothing but the highest respect and admiration for their teammate.

"She is someone who leads by example. She is also someone who has shown that anyone can overcome adversity," Hallow, a defensive specialist, said. "She had two knee surgeries in her collegiate career and still returned as one of the best players, even our coach said she returned from her injury as a better player."

Mares said the Nov. 5 match against the University of Central Florida was one of their biggest games of the season, partly because of a hard loss ECU took from UCF earlier in the season.

"We knew we could have beaten them," Mares said. "I was holding onto that game because I had a rough offensive match so I couldn't wait to play them again to prove myself as well."

In that later match, she reached her 1,000th career dig and the team beat them in four games, proving her drive to succeed once again. Smith said Mares' biggest strength is her

intelligence and her volleyball IQ.

Apart from her volleyball career at ECU, Mares said she also piles on a heavy school load, majoring in mechanical engineering.

Her parents have also been like family to the ECU volleyball team, making meals for other players and treating them like they are a part of Mares' family outside of school.

Mares had support from her family from the very beginning and has said she doesn't think she would have survived her four years without them, or her previous coaches that lead the way for her.

"This experience has taught me to be resilient when things get tough. Not everything is going to be easy or great, but that if you keep working at it, good things will come," Mares said. "I'm also coming out of this experience with some great friends. I've been through a lot with these people, and they have been the best part of this whole experience. Even when things were tough, I was still surrounded with some great people, which made it all worth it."

This writer can be contacted at sports@theeastcarolinian.com.

ONLINE |
FULL STORY

>> MEN'S BASKETBALL

Fleming provides spark for Pirates

Tyler Gavin
TEC STAFF

Despite a less than ideal start to the season from East Carolina University's men's basketball team, point guard Isaac Fleming has consistently delivered high energy and passionate performances on the court.

Fleming grew up in Wilmington, Delaware. He attended the National Christian Academy in Maryland, and went to the University of Hawaii for the first two seasons of his collegiate career before coming to ECU. While Fleming was at Hawaii, he received a lot of playing time as an underclassmen, averaging 23.3 minutes per game.

Fleming said his ability to get to the basket and finish over taller guys was as much of an asset while playing on the island as it is for him now at ECU. Fleming was averaging 9.5 points, 2.8 rebounds and 2.2 assists per game as a Rainbow Warrior. After the team began struggling, however, Hawaii fired coaches Gib Arnold and Benjy Taylor in back-to-back seasons,

and Fleming decided it would be best to find a new university to play for.

"I wasn't really looking at ECU," Fleming said. "It was between the University of Colorado, Washington State University and Virginia Tech, but then when my coach had called me saying (Jeff Lebo) is my guy, he's going to take care of you, I just felt more comfortable coming to East Carolina."

Due to NCAA transfer rules, Fleming was required to sit out his first full season at ECU. Last year's team was loaded with guard play so Fleming's absences were noticeable. But this year, he is a necessity. Without three of last seasons top guards, Caleb White (graduated), Jeremy Sheppard (suspended from the team for violating team rules) and Elijah Hughes (transferred to Syracuse University), Fleming is the only one left to command the

Pirates' offense.

ECU has had a disappointing start in its first eight games, but Fleming has been a major asset. He currently has 13.8 points, 3.3 rebounds and 4.5 assists per game in 29.6 minutes, which have provided a lift to this team, but his energy has been even more important.

After defeating the University of North Carolina at Wilmington last Thursday night, Fleming lead the Pirates into the stands for a meaningful celebration after an important win. He has described his game and personality with one word.

"Passionate. I just play with a lot of passion," Fleming said. "Growing up I come from nothing. In the inner city we didn't having anything, we had to go get it on our own. It's just that hunger and that passion, the love for the game. I think people sometimes look at it as cockiness but it's just my confidence."

Fleming is a self-described emotional player and without all his aggressiveness on defense, he may not be the same player on offense.

Kentrell Barkley, one of the team's most experienced players, knows the team needs Fleming to play the way he does, but that requires him staying on the court.

"He's trying to be a leader and he's really trying to change how he was in the first couple of games," Barkley said. "He knows that's not him, he just let his emotions get the best of him."

Only three games remain in the Pirates' non-conference schedule and at 4-4 their record isn't what they hoped for prior to starting American Athletic Conference play. For ECU to succeed in one of the toughest conferences in college basketball, Fleming, Barkley and B.J. Tyson will have to continue their dominant play. This trio has carried the Pirates so far this season and Fleming thinks if they can all stick together, this team will be just fine.

"As long as everybody's on the same page and everybody sticks to their role, even after a slow start I still think we can win a

championship," Fleming said.

In Perry's two games since he has taken over head coaching duties for Jeff Lebo, who resigned on Wednesday, he has been extremely impressed with the way

Fleming and Tyson have been able to create offense for each other, as well as the rest of their teammates.

"Yeah they can do that," Perry said about their ability to get ECU through tough offensive stretches. "Not only them scoring themselves, they also create opportunities for each other, and other guys."

Fleming has proved in just eight games of action that he won't back down from a challenge and he's not afraid to talk about just how good he thinks this ECU team can be.

The Pirates will be back in action against Campbell University tonight, with tip-off scheduled at 5, for the final game before an academic break for finals.

This writer can be contacted at sports@theeastcarolinian.com.

ONLINE |
FULL STORY



Isaac Fleming

>> WEIGHTLIFTING

Conner lifts his way to National Championship

Dylan Woolard
TEC STAFF

Power lifting is not currently an East Carolina University official sport, but that hasn't stopped freshman Harrison Conner from earning a national title in the event.

Conner is a health and fitness major weighing in at 145 pounds. Before he began powerlifting, Conner dabbled in cross country, and in the ninth grade, ran a half marathon in only one hour and 37 minutes. To put that into perspective, that is equal to a less than an eight-minute mile pace. The half marathon included a field of 1,000 people of all ages, but Conner finished 50th overall.

No doubt an impressive feat on feet, but the most impressive thing about Conner might just be his weight lifting totals from the powerlifting national championship he attended on Oct. 13 in Orlando, Florida. At the meet, Conner maxed out at 457 pounds in squat, 282 pounds in the

bench press and 530 pounds in the deadlift, all adding together for an ultimate 1,270 total pounds. Conner used these numbers and good lift marks on 5-of-9 of his lifts to propel him to the powerlifting national title.



Harrison Conner

Conner's hard work and dedication has impressed those around him as well. His roommate, Jalen Spruill, a junior political science major, sees it first hand and says it inspires him.

"I am in awe to see someone his age be dedicated and have a ton of discipline when it comes to his training," Spruill said. "I can honestly say it is quite inspiring and rubs off on others around him, myself included."

To the naked eye, it might seem pretty simple, but the sport gets quite complex. To

succeed, the athlete has to know his or her body very well. Conner said the lifter needs to know what his or her body is capable of, weight wise, in order to ensure they don't get stuck on a weight they can't lift.

"You get three attempts on squat, bench and deadlift," Conner said. "You also have three judges at three different angles to determine if the lift is a bad lift or a good lift and once you decide to attempt a lift you can't go back down, you can only try that same weight again or go up."

Conner's routine is consistent with the lifts of a football player and the food consumption of a swimmer. Conner also drinks more than a gallon of water a day just to keep his muscles and joints healthy. But even with all of the sleep, food and water, Conner says he still feels the aches and pains in his muscles and joints from lifting weights all day.

"Powerlifting is a big commitment because not only do I train for two to three hours a day,

I also have to get eight hours of sleep to ensure a proper recovery," Conner said. "I have to eat four to six meals a day, and sometimes when I'm not even hungry, I have to eat just to fuel my body. I am still sore for most of the week, but in the end it's worth it."

Aches or not, Conner is a national champion. He said he's proud of it and attributes it to all his hard work and dedication.

"It feels reassuring being a national champion because of how much work I put in day-in and day-out to get stronger and become a better lifter and stronger person," Conner said.

Conner can now call himself a national champion after achieving the ultimate goal in his year-long training in order to defend his title that will be on the line again next October, with the date not yet set.

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>> WOMEN'S BASKETBALL

Oliveira named starter after injury

Robert Romero
TEC STAFF

East Carolina University's women's basketball team's senior center Thais Oliveira is off to the best start of her Pirate career. Through the first eight games, Oliveira put up career-highs in points (9.5), rebounds (eight), blocks (two) and field goal percentage (46.7), leading the team in all four categories.

This success comes after Oliveira played limited minutes off the bench last season due to a nagging foot injury that impacted her play during the season, offseason and summer workouts.

"I was really feeling upset, frustrated and just unhappy overall because basketball is a big part of my life, so it just felt like my life was

terrible," Oliveira said. "I also would get upset because people would say, 'You know, sometimes people don't play the same after an injury.' I wanted to prove them wrong but I was not playing a lot, or even well, to shut them up."

Oliveira averaged just 10.3 minutes off the bench in 25 games last season while averaging 2.1 points, two rebounds and just 0.3 blocks per game.

Although a lengthy rehabilitation process for her injury was frustrating, Oliveira said she learned several lessons she now uses on the court.



Thais Oliveira

"The only good thing I took out of all of this is that I am not a quitter; my mind was always telling me to quit on one side while the other was saying, 'You got this,'" Oliveira said. "I come into every game just thinking about the basics: Defend and rebound, because at the end of the day, that's what keeps you playing on the court."

Oliveira's motivation is driven by not letting the people who believe in her down, particularly her former junior college coach Tommy Jones at Central Florida College. With Oliveira playing so well off her injury, her tough mentality has also rubbed off on her teammates.

According to ECU forward Dominique Claytor, Oliveira gives the team an extra spark all around the

court in various aspects of the game coming off of her injury.

"Thais coming back from injury just gave us confidence," Claytor said. "Just being able to come back and be cohesive with the team is just pretty good to see that she is healthy now and playing hard."

Head coach Heather Macy said she is impressed by Oliveira's progression this season post-injury.

"I mean, Thais went from where she was last season to being our starting post (center), so that's some huge strides," Macy said.

If there were any doubts Oliveira would be as good of a player after her injury, she silenced those doubters opening day when she posted a 13 point, 14 rebound double-double on 50 percent shooting from the

field, while also recording four steals and two blocks.

Oliveira said she is still trying to get her rhythm back after missing all that time, a good indication for Pirate fans that they will be seeing more of her production on the court all season long.

"I would rate my performance as pretty average," Oliveira said. "I feel like I used to feel when I was in junior college, but my footwork is getting better and my defense is definitely better."

Oliveira will look to continue her strong bounce back season tonight as the Pirates will take on Kennesaw State University in Kennesaw, Georgia.

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>> TRACK AND FIELD

Horton prepares for his 'Savage Season'

Gabby Cates
TEC STAFF

When East Carolina University's Hakeem Horton thinks about the upcoming track and field indoor season, two words come to mind: "Savage Season".

After having good seasons in his past years as a Pirate, Horton said he wants to come back even harder with a more competitive mindset than before. He said this season will be his "Savage Season" because he plans to show off his skills in every event and dominate in every meet as this indoor season approaches.

Since Horton became a member of the track and field team two years ago, he has proved his versatility.

Through his hard work and dedication, Horton hopes that he will receive an athletic award from the NCAA at the end of the season.

"If the season goes as planned, the NCAA should know that I'm a contender for being one of the best athletes," Horton said. "I've been

working on my finish, so I've been trying to improve my overall strength and endurance."

Before attending ECU, Horton ran track at I.C. Norcom High School in Portsmouth, Virginia. He received the title of New Balance National All-American, which the top six finishers of each event get. He also won the state championship titles in the triple jump with a 44-inch 7.0, 22-inch 10.25 high jump and a 46-inch 8.25 in the Virginia High School League 4A Outdoor State Championship in 2015.

Teammate Naomi Whittaker went to the same high school and got to see Horton's success firsthand.

"I've known Hakeem since high school, I knew he was a go-getter," Whittaker said. "He's very independent and he doesn't need people to tell him to go the extra mile because that's his mindset from the beginning."

In his years as a Pirate, Horton has had many accomplishments throughout his collegiate career that further prove his passion and devotion to the sport. In the 2015-16 season, as a freshman, he placed first in the 200-meter in the Dick Taylor Carolina Cup

with a time of 21.96 and placed 10th in the Dennis Craddock Carolina Relays 110-meter hurdles with a time of 14.87 seconds.

He was also a part of the 400 meter relay team that placed second at the AAC Outdoor Championship in Orlando, Florida with a time of 39.97 and third in the 4x100 at the Bill Carson Invitational, which took place at ECU, clocking a time of 41.06. Adding to his list of accomplishments, Horton managed to obtain a team best with a 7.26-meters score in long jump in the 2015-16 outdoor season at the Camel City Invitational at the JDL Fast Track in Winston Salem, North Carolina.

Even with those accomplishments, Horton said this season is still going to be his best yet.

"I'm really looking forward to my 200-meter dash because that's my favorite race and my best event. I feel like that's the event that's going to take me the furthest in my track career," Horton said.

Horton managed to qualify for the NCAA East Preliminary competition in the 200-meter dash last year which took place in Lexington, Kentucky. This year his main goals are to make Indoor and Outdoor Nationals. He said he also

hopes that with training, improving on his flexibility and maintaining a positive mindset, he can receive an individual title within the conference.

Behind the scenes, Hakeem isn't just a well-developed athlete, but he's a good teammate as well. With his display of drive and energy, he makes the season more enjoyable for everyone, according to Whittaker.

"He is a model for us to make sure not only that we're winning, but to make sure that we're having fun while doing it," Whittaker said.

Horton hopes to kickoff the season with a good start on Jan. 13 against the University of North Carolina at Chapel Hill in this year's Dick Taylor Carolina Cup. He has prepared himself for a successful season with hopes to fulfill the many goals he has set for himself.

This writer can be contacted at sports@theeastcarolinian.com.



Hakeem Horton



Naomi Whittaker

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Moola for Management
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Dough for Dance
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Mon., Dec. 11 - Thurs., Dec. 14: 7:30am - 6pm

Fri., Dec. 15: 8 am - 5pm

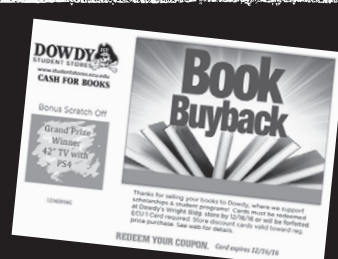
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