

The East Carolinian

HOUSING GUIDE 2015

B2 HOW TO DEAL
WITH A CRAZY
ROOMMATE

B3 HEALTHY
EATING
HABITS

B6 OFF-CAMPUS
CRIME: HOW
BAD IS IT?



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How to deal with a crazy roommate

In Russ's third roommate situation she ended up moving out for a second time. "My third roommate had to be the craziest because she partied all the time, did not clean, got pregnancy scares and even threatened me," said Russ. "I should have told someone, but I just decided to move out so I would not have to see her again."

> **ROOMMATE** page **B3**

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Living with friends not always the best choice

Corey Keenan
TEC STAFF

When it comes to deciding who to live with, the choice isn't always as clear as it seems.

Living with your closest friends is the most common thing, but it can be the downfall of a friendship if not handled the right way.

Right away as roommates, you will feel the pressure to spend almost all of your time together. However, much like a clingy significant other, spending too much time with your roommates can make things go sour.

You'll start to break things down about your roommates and two months into the start of your time as roommates, you'll want it to be over. It is important to take time for yourself and spend time with other friends and engage in activities away from home during the week.

Though my roommates and I are all very close, we each have other groups of friends and other activities to engage in to take us away from spending too much time together. Finding a balance of spending time with your roommates and making time for yourself can be difficult but like much of college; it's just a balancing act.

Another issue can come with cleanliness. The phrase a cluttered space creates a cluttered mind could not be further from the truth for me. I work better under pressure and have always found that a small mess is okay.

My roommates do not understand this and can find this annoying and bothersome. The key is to find middle ground. I tend to keep our common areas (ie. our kitchen and living room) free of my belongings and clutter.

I have been able to maintain healthy relationships with my roommates on this premise.

My roommates and I were not the closest of friends when we moved in together, but we are very close now because we are able to compromise.

Living with your close friends will always be the first option but the most important thing is living compatibly with one another. It's not easy and riffs in relationships will certainly surface if no one is willing to compromise or break tension.

It can often be awkward to bring up conversations of cleanliness and getting space from your roommates and friends but it is essential to having a healthy roommate relationship and friendship.

Whether it's cleanliness or any other pressing issue, communication is key. Like any healthy relationship, expressing your needs and desires to the people that share the same roof as you is a must. For example, if you want to have a big party at your place, be sure to tell your roommates before and make sure that you have their approval.

On the flip side of things, don't be a jerk about letting your roommates have friends over. Even though my roommates and I share a majority of our friends, constantly saying no to letting your roommates have their friends over can create tension and deteriorate even the strongest of friendships.

This writer can be contacted at
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ROOMMATEcontinued from B2

Students are not the only ones who have to deal with crazy roommates. Resident advisers encounter many situations with crazy roommates on a daily basis.

"One situation was with two girls where one was a morning person and the other was a night person," said Cossio, who is a resident advisor in Fleming. "They were always going back and forth with each other."

Cossio explained she has even dealt with students who misinterpreted each other's glares to each other and roommates who argued over a box of pizza. One girl was even

put into a courtesy room because she was threatening her roommate physically.

"I definitely think there are ways you can handle with dealing with a crazy roommate," said Russ.

Russ explained that first you should find out the ultimate cause of the problem. Second, definitely try to talk about the problem and do not be submissive. Third, get an RA or coordinator involved. Fourth, move out if nothing else is helping.

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Healthy Cooking



HAILEY PORTER | THE EAST CAROLINIAN

Allie Vella, sophomore intended nursing major, cooks a healthy spinach omelet at her apartment.

Eating right on a tight budget

Arvanna Smart
TEC STAFF

As the school year comes to a close many students will be making the move off-campus, a move that is a big change for a lot of people.

One of the main differences with living off campus than living on campus is that students now will have a kitchen set in their apartment and will not have to use a common area kitchen that is for the whole floor as they have in the dorms. This may lead to many bad choices when it comes to students and cooking.

Junior nutrition major, Rachel Winn, has three easy, affordable, healthy meals that students can make in their new apartments. Winn has one meal for breakfast, lunch and dinner. Each meal is different, which adds variety into the day.

MIXED FRUIT MEDLEY

The first meal is breakfast. For breakfast, Winn suggests a Mixed Fruit Medley. Slice strawberries and apples; add blueberries and raspberries or blackberries to a Tupperware container together, totaling two to three



HAILEY PORTER | THE EAST CAROLINIAN

Fruit, such as cantaloupe and pineapple, is a relatively cheap yet healthy snack option.

cups. Add one tbsp sugar and let sit overnight. The next morning, enjoy over top a Greek or low-fat yogurt.

"This is a great day-starter because it includes probiotics, an important factor to keeping a healthy metabolism," said Winn.

Winn also suggests making smaller switches to your breakfast such as scrambled or boiled eggs instead of breakfast sandwiches or having a banana and peanut butter breakfast with whole-wheat toast.

> **HEALTHY**page B4



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Fuzzy friends



HAILEY PORTER | THE EAST CAROLINIAN
Some apartments have a flat-rate pet fee while others have a monthly rent for your dog or cat.

Apartments set policies on pets

Collyn Sheaffer
TEC STAFF

For college students living on their own can be a rush of freedoms all at once and no freedom is more enticing then the call of a furball of your own. Owning a pet in college can be tricky beginning with finding an apartment or house to shelter you and your new cat or dog.

The closest apartment complex to campus is The Province, which is within walking distance to class. If you complete the appropriate paperwork, stating that you would like to have a pet living with you for safety or emotional reasons, The Province is willing to work with students to find a compromise.

“The Province understood my request to have a pet and I just needed to give them the proper

paperwork ahead of time,” said Julie Thompson, junior university studies major and resident at The Province.

Another apartment complex that is extremely close to campus is First Street Place Apartments, which claims on their website to be pet friendly. After registering your pet with First Street Place, you are welcomed to have a pet live with you and it is known among students for being one of the most pet friendly places to live, according to Caroline Schachte, graduate from ECU’s Nursing School, who lived in First Street Place last year.

“First Street Place is right on the greenway which made it easier to take my dog on walks and exercise with him,” said Schachte.

One of the most common places students to choose to live is on the grid,

a neighborhood style group of houses right across the street from campus. The ability to easily walk to class and downtown makes the grid appealing, but most landlords have very strict pet policies. When signing your lease, you must know your landlord’s rules on pets.

Jenna Light, junior Hospitality Management major who currently lives in a house on the grid, explained the process that she had to go through in order to keep her dog. Light said that in order to have a pet, she was required to pay \$400. By the time she moves out, if there is no damage to the property because of her pet, she gets the \$400 returned to her.

She said that her land-

> PETS page B6

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Police offer advice on off-campus

ReAnn Melaga
TEC STAFF

The Greenville Police Department is speaking out about the safety of the city after students have recently expressed their concerns.

Sergeant Mike Broadwell of the Greenville Police Department says that despite recent events, crime is not any worse than it has been in the past.

“I’ve been here for 10 years as an officer and I haven’t really seen where it has gotten really bad or really good, either way it seems to be very consistent,” said Broadwell. “We are having the same crimes now that we had 10 years ago.”

Broadwell says that in college-based towns, certain crimes are always common. The crimes that occur most frequently off campus are larcenies and break-ins. The

difference between a larceny and a break-in is that a larceny occurs when someone steals from a person without breaking into their home or vehicle.

As for vehicle related incidents, the most frequent crimes seen are theft and break-ins as well. Broadwell says that 80 percent of vehicle break-ins in the area are due to people leaving their cars unlocked.

“The biggest piece of advice we can give to prevent vehicle break-ins is number one just lock your car, it’s that simple,” said Broadwell.

Broadwell says that the other 20 percent of vehicle break-ins are due to people leaving valuable items in plain sight. Items such as purses, GPS’s and computers are most frequently taken from vehicles.



JUSTIN JOHNSON | THE EAST CAROLINIAN

The first step to preventing vehicle break-ins is to lock your door, according to the Greenville Police Department.

According to Broadwell, both vehicle and residential crimes can easily be avoided by taking a few simple steps. He suggests leaving homes and cars locked at all times, never leaving valu-

ables in plain sight and making sure guests are always someone students are familiar with.

As for crimes that occur downtown, Broadwell says that the most common issues occur when students are walking to-and-from parties, clubs and bars. In an effort to combat this issue, the Center

City Unit of the Greenville Police Department was developed.

Officers in the Center City Unit can be found in areas where college students heavily hang out. These officers can be found patrolling

> CRIME page B7

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PETS continued from B5

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Practicing the quiet college lifestyle

Amanda Adkins
TEC STAFF

Many students prefer a quiet and tame lifestyle while attending college. Although going out every now and then may be fun, staying in most nights can have plenty of pros.

“I prefer a quiet college lifestyle because of my personality which is very laid back and the fact that it is safer to be a quiet student verses a party student,” said Alyassa Cox, senior psychology major. I think that some of the benefits are better grades and more time to study.”

Students who do not go out to bars or clubs save money that would have been spent on alcohol, appetizers, or club entry fees.

Another way that the quiet lifestyle saves money is you will not need to purchase clubbing

clothes because spending a night at home is usually spent swearing sweats and a shirt, not heels and a dress.

The quiet college lifestyle will lead to parents trusting you more because they know that their thousands of dollars are not being spent so the student can party with friends most nights.

“I prefer a quiet college lifestyles because I like how comfortable it is. Yes, I do go out, but I would much rather stay in and hang out with friends because life is more than partying,” said Sharon Arhin, sophomore public health major. “Benefits would be having time to myself to reflect and evaluate my life.”

Although it is not immature to go out and party, it is a mature decision to stay in and enjoy the quiet lifestyle

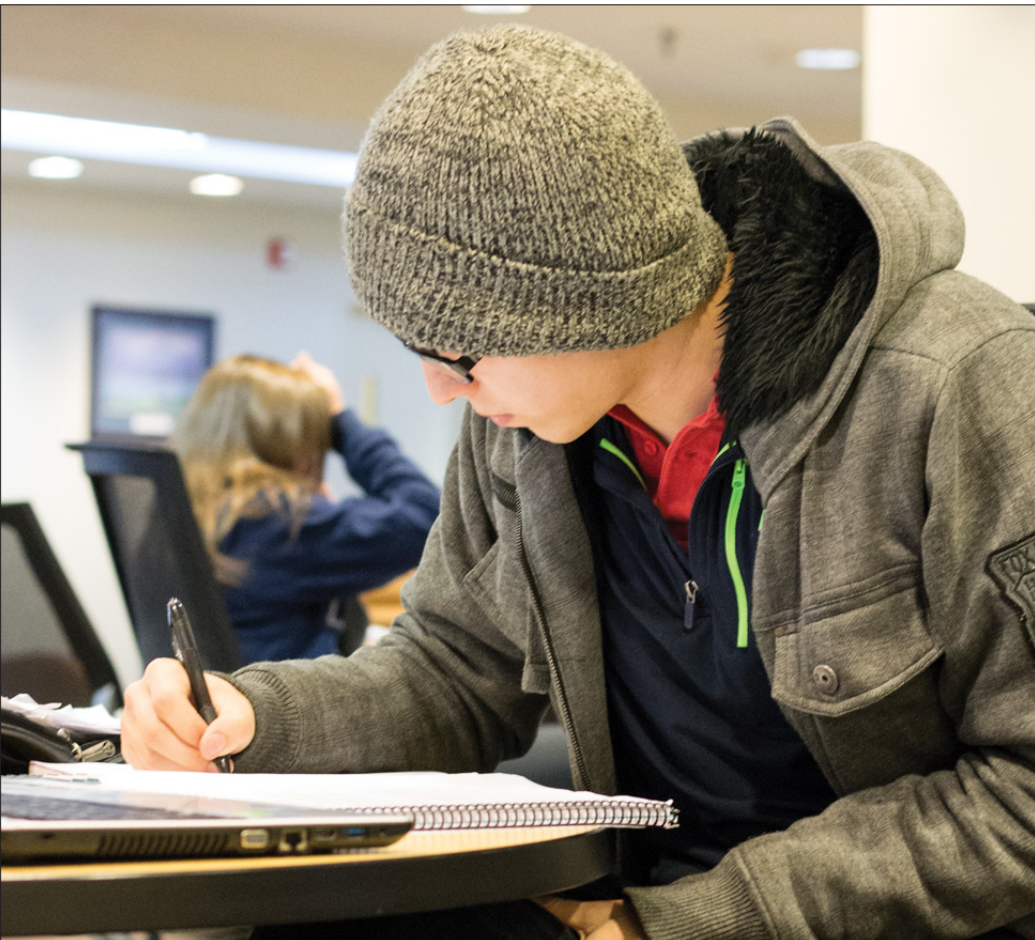
because it prepares you better for the future when you will have a career that doesn’t give you the time or energy to go out for thirsty Thursday.

“I usually stay either in my room or at a friends room when I am not out. Catch up on work and gain more knowledge in general,” said Arhin.

Staying inside ensures that you don’t have to do something you don’t want to, like possibly feeling pressured to take one more shot. Instead, you can spend the night however you please..

While it can be fun to go out with friends, it is still enjoyable to spend most of your time in college living a quiet lifestyle.

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Justin Johnson | The East Carolinian
Joyner Library is filled with students who are putting their studies before the partying going on downtown.

PARTY continued from B4

College life includes academics, friendships and for some people, partying. The ECU community can find parties downtown at local clubs and venues such as the Greenville Convention Center or at friend’s apartments. With those many options, do students actually enjoy the partying lifestyle here?

“The party life at ECU is fun but it depends on what type of person you are,” said Sarah Yohanis, sophomore international business major. “You have to know for yourself what type of environment you want to put yourself in.”

Joseph Mace, sophomore accounting major, views partying

at ECU in a positive manner. “Universities are huge collectives of young individuals and partying is going to occur at any place,” said Mace.

According to Travis Hixon, owner of Still-Life nightclub in Greenville, Pirate nation parties crazier than most universities and that a positive aspect to partying is the social life.

“You have the ability to meet friends and make memories while doing so. A negative aspect would be enjoying partying too much and not focusing on chill,” said Hixon.

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CRIME continued from B6

on foot in the downtown area from 11 p.m. until 3 a.m. while the other hours of their time is spent in the university neighborhoods where they do a lot of awareness training and programs for college students.

“They [the officers] just address any problems in that university area that they see to try to keep students safe,” said Broadwell. “Our increased presence and our increased patrol has definitely helped drop those numbers over the past few years.”

Broadwell also says that students should follow basic safety tips in order to keep themselves and others safe. Broadwell recommends never walking alone, always making sure there is a safe way to get home and reporting any activity that seems suspicious.

“If you see something odd, a person out of place, that gut instinct kicks in and the hair sticks

up on the back of your neck and you know something’s not right, call the police department and let us know what you’re seeing so we can go check it out,” said Broadwell, adding that many crimes he responds to are due to someone not trusting their instinct to call the police.

Broadwell says that although there tends to be negative stigmas associated with the area, he believes that times are changing and the future is bright for Greenville.

“I can absolutely say crime now isn’t worse than it was but I can say our media and our crime attention is significantly faster and we are in an instant-media type lifestyle so we get all that information real-time 24-hours a day and I definitely see a huge difference,” said Broadwell.

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