



HOW TO MAKE THE MOST OF YOUR SUPER BOWL WEEKEND

Turn to A5



The East Carolinian

YOUR CAMPUS NEWS SOURCE SINCE 1925

Thursday, 2.4.16

Print quota takes jump for summer

Javeria Salman
TEC STAFF

With the support of East Carolina University's Student Government Association, Director of Academic Technologies Wendy Creasey said ECU is set to increase the summer printing quota from \$5 to \$10, raising the total quota annually to \$30.

"[The Student Government Association] felt students enrolled in summer classes would benefit greatly if the quota was increased to \$10," said SGA President Mark Matulewicz. "Looking at the numbers it made the most sense financially."

Despite concerns over last semester's revised printing policy at East Carolina University, data shows the \$10 per semester printing quota has been a success overall, according to Creasey.

Creasey said Information Technology and Computing Services (ITCS) hasn't had many complaints from students recently and they have been receiving positive feedback not only from SGA and ECU administration, but students as well.

"Right now, it seems like it's doing pretty well. We've had a positive response so far," said Creasey. "We appreciate the great support and guidance we have received from the SGA and other student groups on campus."

Matulewicz said while the new print management system was "a big change," students have "adjusted well."

Toward the end of last semester, the ECU ITCS department surveyed the new print management system, implemented during Fall 2015, and measured about 128 computers from last year and discovered that printing went down overall by 44 percent.

According to Creasey, only five percent of the student body exceeded the \$10 and 95 percent of students printed \$10 or less.

"Looking at the numbers, the amount of printing has decreased significantly which is great as we move toward a more sustainable campus," Matulewicz said.

> PRINTING page A2

HOMeward BOUND

PIRATES SIGN 22 RECRUITS

Adam Decker
TEC STAFF

The December hiring of head coach Scottie Montgomery gave East Carolina a late jump into the recruiting process, a process that ended Wednesday with 22 newcomers to the ECU program.

Signing day allowed

Montgomery to get his first real chance of molding Pirate football into what he envisioned when he accepted the job.

"The East Carolina Pirates had a great day today. We are very happy about what we were able to accomplish," Montgomery said. "We're excited about our class, could not be hap-

pier at the group of the men that put it all together."

Montgomery and his staff brought in five more players than ECU did last season, with the breakdown of the new players showing balance, as well as the need to dominate North Carolina.

SIGNING page A10



>>MEET THE RECRUITS | A9



ARCHIVED | THE EAST CAROLINIAN
The Zuzu Acrobats from Mombasa, Kenya, perform tricks on chairs last year during Black History Month.

LWCC prepares for wave of events

Nneka Walson
TEC STAFF

The Ledonia Wright Cultural Center is kicking off Black History Month tonight with the opening celebration featuring cultural guest performers.

"We have done this differently in the past years, but the concept of it stays the same," said Tedrick Taylor, History and Heritage Leader for Ledonia Wright Cultural Center. "It is bringing people of the same culture together to celebrate Black History Month."

As a part of the opening celebration, Toby Foyeh Band & Orchestra will be featured. The band plays blends of Nigerian music and western styles such as pop, jazz and more.

Along with a performance of music and songs, they will dance in new and traditional styles.

Starting at an early age,

the leader Foyeh played and performed music in Nigeria. He studied music in a number of colleges such as Berklee College of Music and Howard University. His songs turned into hits and famous music videos. He grew to frequently perform with his band on television in Nigeria and continues to arrange and produce music not only with his band but in collaboration with other artists and musicians.

"The band and orchestra is definitely going to be more of an entertainment to students," Taylor said. "But because of the cultural significance of it, it will play both an entertaining and informative role."

LWCC will hold multiple events in celebration of Black History Month. According to Taylor, they will host a Black HIV awareness event along with a Tunnel of Oppression,

which will speak on oppressed cultures at ECU and in the world.

Later in the month, social activist Angela Davis will serve as the keynote speaker and a dinner is planned in Todd Dining Hall in collaboration with ECU's Black Student Union.

"The cultural center plays a big role on influencing African American students," Taylor said. "Because we are such a small population here at ECU, it gives people a place of shelter and comfort."

Taylor said LWCC focuses on all cultural students and acts as the voice for students when they prefer not to speak, or for those who have no resources or notoriety to be active on campus. The cultural center stands a channel between the students and administration.

"We have had creative

input from BSU and African Student Organization," Taylor said. "We do always look for assistance from cultural organizations when it comes to planning events like this."

According to Taylor, the opening celebration is out of the box for most universities.

"I encourage everyone to come to the opening celebration because this isn't something you typically see here at ECU," Taylor said. "Usually at events, you typically see the same things, whether it involves Greek students or people talking on a stage."

"I look forward to everyone coming out and I just hope that everyone has a great time," Taylor added.

The celebration begins tonight at 6 p.m. in Hendrix Theatre.

For questions or comments, contact news@theeastcarolinian.com.

ONLINE

» S.H.O.E.S. event postponed due to impending weather

» A look around The American in men's basketball

SOCIAL MEDIA



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BRIEFS

Teen health focus of symposium

People will meet for the 12th annual Jean Mills Health Symposium tomorrow to speak and learn about Keeping Teens Healthy at the East Carolina Heart Institute. Participants will address different aspects of teen health through workshops and presentations. The event will cover topics that most teens struggle with, including substance abuse, sexually transmitted diseases, violence in minority communities, promoting positive teen behaviors and eating disorders. The keynote presentation will feature Dr. Philip J. Leaf of Johns Hopkins University, director of the Center for Adolescent Health, Center for the Prevention of Youth Violence and the Urban Health Insurance. ECU faculty, students and organizations will also attend the meeting.

Anthropology hosts open house

East Carolina University's Department of Anthropology is hosting an open house celebrating World Anthropology Day. The event includes three short lectures by different members of the department's faculty on "Parasites, Petra, and Peru..." in addition to a reconstruction of an Egyptian tomb, lab tours, artifact displays and students/faculty available for a Q&A session. The open house will be held Thursday, Feb. 18 at 6 p.m. on the second floor of the Flanagan Building on campus. This event is free and open to the public.

CORRECTIONS & CLARIFICATIONS

If you feel there are any factual errors in this newspaper please contact Ryan Clancy, editor@theeastcarolinian.com



ECO-pirates and The East Carolinian would like to remind you to recycle this paper.

Students targeted for committee



KENNA WILLIAMS | THE EAST CAROLINIAN

Freshmen nursing majors Tanizha Shearin, Moriah Davis, Heavenlee Burt and Nyra Harris study in the Joyner Library. The library will experiment with longer hours.

Project plans to keep Joyner Library doors open later

Melissa Glen
TEC STAFF

Mark Sanders, assistant director of Public Service, and Heather White, director of Library Project Development, have teamed up in search of 10 to 15 students who are interested in serving on a student advisory committee for Joyner library.

The role of this committee would be to meet a couple times a semester to give feedback on the current and upcoming initiatives and services of Joyner, as well as give ideas for further improvement. Sanders and White are stressing for diversity in this committee. They want representatives that target every type of student on campus whether it's the student who is involved with numerous activities and organizations, the transfer student, the student who spends all of their time in the library, the graduate student, or the student who is on academic probation and has not set foot in

“Ninety-seven percent of people that come in after 11 p.m. are undergraduate students. They are the one's using the library the most. They deserve a voice.”
-Mark Sanders

the library all year. Two changes Sanders and White would like to focus on once the committee is formed revolve around the library's current hours, specifically on the weekends right around the time of finals and before the start of a new semester. The library has gotten some complaints about students who wish the library would stay open later during these times of the year. “I looked at the gate count of people leaving, and I found out that at 9 p.m. we had 150 people leaving this library on those dates last semester,” Sanders said.

Sanders and White have decided as a trial run that for two weeks in April near the time of finals Joyner will close at 12 a.m. instead of its usual 9 p.m. closing time. Sanders wants this committee, because he believes students deserve to have a chance to make a positive impact for the place where they make up the majority. “Ninety-seven percent of people that come in after 11 p.m. are undergraduate students. They are the one's using the library the most. They deserve a voice,” Sanders said.

One student has already shown interest in being involved with this committee. Camila Mazariegos, chair for the SGA Student Welfare Committee, has chosen to help the library with their search and their committee plans as part of her responsibility to her position in SGA. “Joyner Library has been a second home to me as I finish my nursing degree here at ECU, and many students at ECU share my passion and love for Joyner as they too have spent countless hours there in an effort to achieve success in their respective majors,” Mazariegos said. “I'm excited to help this project come to a realization and to work alongside Joyner and other fellow Pirates.” Any students who are interested in being a member of this committee can contact Mark Sanders.

For questions or comments, contact news@theeastcarolinian.com.

PRINTING continued from A1

According to the survey conducted, due to the new print management system, ECU saved about 40 percent more trees than the previous year. The survey also showed that black and white printing decreased by 34 percent, while color printing decreased by 88 percent. Creasey said those numbers explain a lot.

“It means that some people were unnecessarily printing in color or abusing the free printing option,” said Creasey. ECU's main reason for implementing a printing quota last semester was in large part due to students taking advantage of the free printing, going as far as to print entire textbooks. Last academic year, ECU's printing costs averaged \$570,000 with the money to cover the printing quota coming from the student technology fees included in tuition and fees. The printing costs have decreased since the printing quota came into effect. Fall 2014's printing cost ECU \$268,489, while fall 2015's printing costs were \$138,000. “We will not know the real costs of printing this year and any savings until we complete an entire year, but so far it appears the quota is meeting the needs of the majority of the students who printed,” said Creasey. According to the ITCS 2014-15 Year in Review on Information

Technology, in 2014, 57 percent of students who responded to a print management survey were in favor of a print management solution. Creasey said ITCS will continue getting feedback from students so “we can create a print management program that's of service to students. We want to meet students' needs as best we can.” For questions or comments, contact news@theeastcarolinian.com.



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PIRATE RANTS

The East Carolinian does not endorse statements made in Pirate Rants.

Again, you fail at arguing because your grammar is awful. It's "are run by...", not "are ran by." If you're not educated enough to get that right, your argument isn't valid.

Anyone with questions about what is going on in this country should definitely look up the Cloward-Piven Strategy. Inform yourselves.

Don't you think it's a little sad that the only reason people pick up the newspaper is to read anonymous blurbs written by f***ing idiots. A well-educated community reads the newspaper. ECU community reads the pirate rants. 'Nuff said.

Make America Frat Again!

Only three percent of Planned Parenthood's services are for abortion. Put another way, of the 10.6 million services it provided in 2014 only 326,000 were abortions. #ProChoice

Why the f*** would a Campus Cookies "body shame" anyone. THEY LITERALLY PROFIT OFF OF YOU EATING MORE COOKIES.

How insecure do you have to be to think Campus Cookies is trying to "body shame" you literally over buying exactly what they are trying to sell??

#IStandWithCampusCookies

To everyone complaining about how "bad" the rants are: You want better rants? Submit better rants.

If you don't want your money to pay for someone's abortion then don't complain when your money is paying for someone else's child.

Complaining about Campus Cookies "body shaming" when you tweet about a fat girl getting fatter and uglier #skos

Questions regarding rants can be directed to Tyler Kelbaugh at

Poll results

Should Planned Parenthood receive federal funding?

Yes- 25.2%
No- 74.8%

Poll question

Is the NFL doing enough to prevent concussions?

Visit theeastcarolinian.com to vote.

Our view

Connect N.C. bond deserves approval

The Connect N.C. bond, signed by Governor Pat McCrory, has potential to have a profound effect on East Carolina University. On March 15, the residents of North Carolina will have the final say as to whether or not the state should borrow \$2 billion to improve the state's infrastructure.

We as an editorial staff believe that approving this bond is a risk well worth taking. The ECU community will undoubtedly benefit in the long term, as \$90 million will be given to the school.

In order to continue to improve the university's prestige, the bond will be used to build a 150,000 square foot life sciences and biotechnology building. Improved facilities will

help ECU attract top tier students, whose skills will then benefit eastern North Carolina at large.

As with any loan, there is absolutely a risk involved with borrowing a large sum of money. While McCrory claims that tax raises won't be necessary to pay the bond off, there is still no guarantee that he will be able to carry through on that promise. Still, the sacrifice is worth the reward in that worst-case scenario.

Legislators on both sides of the political spectrum support the Connect N.C. bond for good reason. It has the potential to greatly improve the lives of not only future ECU students, but also eastern North Carolina residents at large.

NFL concussion pity overblown



Adam Decker
TEC STAFF

The National Football League reported that concussions increased 58 percent during the 2015 season. There were a reported 92 helmet-to-helmet hits league-wide, compared to just 58 in 2014.

In years past, the dangers of concussions were largely a mystery. Now, extensive research, stories from former players and even a Will Smith movie have made everyone aware of just how risky playing football is.

Even without the detailed research, everyone knew that concussions couldn't be good for you. So then why do people choose to play football? And when they're finished, why do they expect pity when their bodies are paying the price years later?

While pity is certainly understandable for the older players, the modern athletes that knew the risks don't deserve the same sympathy. The concussion problem has been well documented and the players currently playing understand the risks. The entire basis of proper tackling has been rewritten, which has caused youth football to be taught differently.

The NFL has made a lot of changes to the game to compensate. They have reproduced new safety equipment, put new rules in place, increased the concussion protocol and hired independent doctors to give concussion tests before allowing players to re-enter the game.

The leading problem with the concussions

is that it causes players to inherit chronic traumatic encephalopathy (CTE.) Individuals with CTE can show symptoms of dementia, which can appear several years after the trauma.

To understand the severity of the issue, and confidence and passion Dr. Omalu, Smith character is "Concussion," has towards his research, ESPN reported that Omalu announced that he would bet his medical license that O.J. Simpson suffered from CTE.

While increased awareness has decreased the number of concussions in the last decade, other injuries have started to become far more common thanks to rule changes meant to combat head-injuries.

All the talk about head trauma and CTE has forced defensive players to aim low, resulting in increased knee injuries. A 2014 USA Today survey confirmed that NFL players are more worried about knee injuries than head or neck injuries. Of the 293 players surveyed, 46 percent said they were concerned about injuring their legs, while only 24 percent expressed concerns of head or neck injuries.

Some arguments say that a lot of these players come from poverty and don't have a choice but to play football. False. There is always a choice. These athletes are choosing that short-term big money contracts outweigh their long-term health.

Calvin Johnson, who was once the most dominant player in the NFL, is rumored to be contemplating his retirement at just 30-years-

old. While Johnson still has a lot left in the tank and hasn't been diagnosed with many concussions, repeated leg injuries have hurt his production on the field. He missed three games in 2014 due to a high ankle sprain, suffered a knee injury that required surgery in 2013 and played through the entire 2015 campaign in pain.

The real problem hiding behind the NFL's concussion problem is the lack of compensation players receive after retirement. There is no standard in place to help former players deal with the undoubted health risks. The NFL Players Association is fighting for more retired player representation because that is where the real issue lies. The union understands that getting retired players compensation is a goal that, unlike getting rid of concussions in football, is actually achievable.

There is only so much the NFL can do to make the game safer on the field. It is still a fast game being played by massive people. The NFL has already made attempts to make the game safer, it is time that they move onto taking care of the retired players.

At the end of the day, there is no way to prevent injuries from football. Football is football. If you want to play it, know that you are choosing to play a dangerous game.

Adam Decker is a senior majoring in communication and the Sports Chief. To contact him, email opinion@theeastcarolinian.com.

Sheaffer, TEC prove hypocritical



Alex Prunka
GUEST COLUMNIST

Let me begin by stating that body shaming is never right. It is absolutely disgusting to make a person feel less human for not fitting society's established description of "normal."

On Tuesday, The East Carolinian ran an opinion column titled "Campus Cookies shames customers," by Collyn Sheaffer. The piece appears to be an adaptation of her elaborate public Facebook post where she details her disgust over the company's response to her complaints.

Before jumping to conclusions, I actually looked into things. Campus Cookies has a marketing team that produces these boxes with a unique flair in bulk while the shop is closed. The employees then use them when the store opens. This way, there is no wasting time during the bustling late-night hours. These pre-made boxes are not targeted to individuals, they are used in the order they were produced.

The message was simple: shove cookies in your face! They are delicious, warm and fresh, so they want you eating many and coming back for more. Why would a marketing team body shame customers if such an act would actually discourage patronage

to the store?

Campus Cookies apologized to Sheaffer for the trouble and said they would be reaching out to the store. That is a thoughtful, adequate course of action. Sheaffer could not be satisfied. She decided to share her plight on Facebook—more than a week after and one day before her piece was published in The East Carolinian.

On Jan. 31, 2016, Sheaffer tweeted (on her public Twitter profile, which has since been made private and I have been blocked from viewing,) "The fat and ugly girl from grease got fatter and uglier #GreaseLive." This was not Sheaffer's first tweet or retweet demeaning body image. On at least three different occasions in 2015, Sheaffer tweeted or retweeted posts making negative comments about physical appearance in regards to body weight. I find it appalling that such a staunch activist would post the very shaming material she decries.

As for The East Carolinian, what happened to real journalism? Since Ryan Clancy took over as Editor-in-Chief at the beginning of the academic year, it appears that every opinion column was penned by either an opinion columnist or a guest columnist. Also since this time, all other pieces published to the opinion page were either from

the opinion board, the Editor-in-Chief, the opinion editor (Tyler Kelbaugh), or in the form of letters to the editor.

How was such a poorly constructed piece, clearly lacking research, allowed to be published? This is clearly a hit piece. If people truly wanted to have a discussion about body image and shaming, there are other ways to go about it than publishing a half-baked opinion column, written by the News Chief, utilizing a purely nonsense claim. Why are staff writers given opinion columns? How did Kelbaugh and Clancy not realize the implications this could have in terms of perceived journalistic integrity? Is this newspaper staff at all concerned Campus Cookies employees could very well lose their jobs because of the negative attention Sheaffer brought to Campus Cookies over her overreaction?

Reporting must be fair, unbiased, and should avoid conflicts of interest. The East Carolinian fails in all of these categories. Sheaffer and The East Carolinian owe Campus Cookies an apology.

Alex Prunka is a junior majoring in political science and a guest columnist. To contact him, email opinion@theeastcarolinian.com.

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Classifieds & Puzzles

theeastcarolinian.com

Thursday 2.4.16

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It's time to find and sign a lease for your new house!! We have the best and closest homes to ECU and they always rent quickly so go to www.pirateplaces.com and find a house you like that has a lease start date listed in the homes description that matches your move-in timeframe and let us know and we will set up a time when you can come see the home and sign a lease. Last year we were 100% rented by March so go to **PIRATEPLACES.COM** and find your house today!!

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HELP WANTED

Greenville Recreation & Parks Department is recruiting youth baseball umpires and scorekeepers for the spring baseball program for ages 4-8. Applicants must possess a good knowledge of baseball

rules and have the ability and patience to work with youth. Duties include but are not limited to: umpiring, setting up for practices and games, ensuring proper care of program/facility and some conflict management. Hours are from 5:00 PM to 8:30 PM, Monday – Friday, various times on Saturdays, and possibly some Sundays. Hours are flexible based on class schedules. Trainings will be held beginning in March with the program running from April 16 – mid-July. Umpires will be paid \$8.00 an hour. For more information, please contact the Athletic Office at 329-4550, Monday – Friday from 10 AM until 7 PM. To apply, please visit www.greenvillenc.gov. Applications accepted until Sunday, February 14.

Friendly Sales Associate at Once Upon A Child. Full time or Part time. Will work around school schedule. Apply in store Monday through Friday 10-5.

Greenville Recreation & Parks Department is recruiting youth soccer referees for the spring soccer program for ages 3-16. Applicants must possess a good knowledge of soccer rules and have the ability and patience to work with youth. Duties include but are not limited to: officiating games, ensuring safety of field/play, ensuring proper care of program/facility, conflict resolution, arriving to work on time and wearing referee uniform. Hours are from 8:00am to 3:30pm on Saturdays and 5:00pm – 9:00pm for some weekday games. Hours are flexible to class schedules. This program will run from March 19 – early May; trainings will begin in February. Officials will be required to attend one mandatory new staff meeting and three mandatory training sessions prior to the start of the season. Referees will be paid \$12.00 / \$14.00 a game. For more information, please contact the Athletic Office at 329-4550, Monday through Friday, 10 am until 7 pm. To apply, please visit www.greenvillenc.gov. Applications accepted until positions are filled.

Basketball video editing help needed. Send resume to elite80@scoutsfocus.com

PUZZLES

SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

Level: 1 2 3 4

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

SOLUTION TO TUESDAY'S PUZZLE

2/4/16

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

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

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COMICS

BREWSTER ROCKET



WONDERMARK



FOR RELEASE FEBRUARY 4, 2016

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

1 It precedes Romans	2	3	4	5	6	7	8	9	10	11	12	13
5 Maestro Ozawa	14			15					16			
10 de somme: beast of burden	17			18					19			
14 "luck!"	20								21			
15 '50s-'70s senator who wrote "Humor of a Country Lawyer"	22			23		24	25					
16 Shuffle, for one	26	27	28			29			30	31	32	
17 Dishonest memoir, e.g.	33				34				35			
20 Ancient amulet	36			37	38				39		40	
21 Dark clouds, perhaps	41		42	43				44	45			
22 Pulitzer-winning book critic Richard	46			47				48				
24 Bear's team				49				50				
26 Place for permanent storage	51	52	53					54			55	56
33 Dedicatee of an 1810 piano manuscript	58				59	60	61	62				
34 Brand that includes N-Strike blasters	63				64					65		
35 Sarah McLachlan song	66				67						68	

- 3 Part of TTFN
4 Man cave features
5 Wreckage resting place
6 Throw the ball away, say
7 Campus climber
8 Smucker's spread
9 Suffix with neutral
10 "Cat on a Hot Tin Roof" matriarch
11 One-on-one sport
12 Conflicted
13 Slow Churned ice cream
18 1978 "SNL" Emmy winner
19 European capital
23 1994 Stanley Cup winners
24 Properly
25 Radio toggle switch
26 Hospital supply
27 Nicholas Gage memoir
28 suit
29 Hear again
30 Tribute title words
31 Flight segment
32 Like some small dogs
38 "le roi": French Revolution cry
- DOWN**
1 Leatherworker's set
2 Smart

Tuesday's Puzzle Solved

F	L	A	B	P	O	D	S	P	I	G	G	Y
C	E	C	E	R	H	E	A	O	T	E	R	I
C	A	M	E	T	O	A	F	U	L	S	T	O
K	E	R	R	E	N	E	D	U	K	E		
				C	A	M	E	R	A	S	H	O
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HOROSCOPES

Aries (March 21-April 19) -- Today is an 8 -- The next two days bring lots of career action. Prepare for a test. Find another way to solve your problem. The opposition holds out, and it could get tense. Take a time-out, if necessary.

Taurus (April 20-May 20) -- Today is a 7 -- Dream big. Plan your vacation today and tomorrow. Include a creative challenge. Get into study and research. Your wanderlust is getting worse. Travel, romance and fun are favored. Have a backup plan for obstacles.

Gemini (May 21-June 20) -- Today is a 9 -- Discuss shared finances over the next few days. Work together on the numbers. File papers. Create a roadmap and budget for future

plans. Take your partner to a new spot to celebrate completion.

Cancer (June 21-July 22) -- Today is an 8 -- Negotiate to refine the plan. Work with a partner over the next few days. Work out a disagreement about household matters. Take a carefully calculated risk. Navigate surprises gracefully. Finish and clean up.

Leo (July 23-Aug. 22) -- Today is an 8 -- Postpone shopping, and focus on your work today and tomorrow. Saving money doesn't need to cramp your style. Take a creative tack. Jump a hurdle. Soothe someone who's irritated. Relax after work with a colleague.

Virgo (Aug. 23-Sept. 22) -- Today is a 7 -- Get into your game over

the next few days. Enjoy your practice. Do something fun with someone interesting. Don't try to buy favor. Study your strategies. Play together with common passions. Create love.

Libra (Sept. 23-Oct. 22) -- Today is a 7 -- The next two days are good for making changes at home. Family takes priority. Technological fixes ease a breakdown. Adapt your place to new circumstances. Research options before compromising. Maximize savings with organized hunting.

Scorpio (Oct. 23-Nov. 21) -- Today is an 8 -- You're firing on all creative cylinders. Write, edit and broadcast over the next few days. Issue communications. Figure out solutions. A technical break-

through reveals new options. Resist impulsive purchases. Research and then choose.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 9 -- Take a pass on socializing for now. Work and make money over the next two days. Tap another source of revenue. Keep your deadlines and satisfy an authority. Take charge, and make something happen.

Capricorn (Dec. 22-Jan. 19) -- Today is an 8 -- Relax into a confident two-day phase. You're taking control. Listen carefully. Does the plan work for you? Everyone won't like everything. Compromise for what's most important. Aim for a happy ending. Keep a secret.

Aquarius (Jan. 20-Feb. 18) -- Today is a 6 -- Get into thoughtful planning mode. You're entering a two-day pensive phase. Clean, sort and organize. Schedule into the future. Travel later. Update the budget. Luxuriate in privacy. Settle into your cocoon.

Pisces (Feb. 19-March 20) -- Today is an 8 -- You're looking exceptionally fine. Set up meetings, parties and gatherings. The next two days favor socializing and networking. Intuitive insight increases. Heed advice from experts, even when you disagree. Go ahead and make a change.

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SATURDAY

Arts for All
Emerge Gallery & Art Center
9:30 a.m.- 4:00 p.m.

A. W. Duo- The Music House Spring 2016 series
The Music House
7- 11:59 p.m.

Black History Month The 6th Annual Pitt Community College Fine Art Exhibit
PCC- Fine Arts Galler- Goess Student Center
3- 11:59 p.m.
Friday- Sunday

2016 GMA Biennial North Carolina Juried Art Exhibit
Greenville Museum of Art
5- 11:59 p.m.
Friday- Sunday

SUPER BOWL '16

Greenville works out like the NFL players



Freshman chemistry major Jannell Oakley goes for a run along 5th street.

Victoria Schule
TEC STAFF

After feeling guilty for stuffing your face during Super Bowl 2016, the fit bodies of professional athletes like Cam Newton or Peyton Manning are inspirations for getting back in shape.

For ECU Sports Performance Intern Dennis Ray Wilson II, the key to getting in shape is simple: find something you like to do.

“If you hate running, try biking. If you hate biking, try weight-lifting,” said Wilson. “You probably hate running because you are bad at it, but you just might enjoy weight-lifting because you’re naturally strong.”

Getting in athlete-shape in general is challenging, but according to Wilson it is all about progression.

“A lot of people do not know about about progression, but that is how you start out,” said Wilson.

Wilson advises that lifting weights is a must if you want to get in athlete shape.

“If you’re trying to get in athlete-shape, I’d say you need to squat, bench, or either dead-lift,” said Wilson. “You basically need to pick something up off the ground.”

No matter if you are male or female, squats are the best exercise to help gain muscle or get toned.

“It is a pretty simple movement. It is difficult to be really good at squats, but you can’t injure yourself from it if you got the basic concept of it,” said Wilson.

Adding a overhead dumbbell press with your squats can help challenge your workout if regular squats are a little too simple.

“It is a full-body workout,” said Wilson. “Your legs are being worked out as much as they can be while also working on back and on core stabil-

ity as well. It is the most functional exercise there can be.”

According to Wilson, if you are going go into the student weight room, try Romanian deadlifts because they help build muscle for the hamstrings, gluteus maximus and lower back.

To work your chest and shoulders, good weight-lifting exercises are the bench press, shoulder press, cable crossover and dumbbell lateral raise.

“Guys tend to mainly go for the bench press because it tends to concentrate more on the chest area,” said Wilson. “For girls, I recommend the shoulder press.”

For someone starting out with weights, it is important to know when to add more reps or sets and when to add more weight.

“For week one, I would do all my exercises with three sets of 10 reps and then the next week of three sets of eight reps and increase the weight slightly then go down to five repetitions and then down to three and so on..,” said Wilson.

How many repetitions or sets you add depends on what goals one might want to achieve. Athletes, who want to gain muscle and strength, tend to use higher weights with fewer repetitions. High repetitions with lower weights help gain muscle endurance.

For those who are working out longer than an hour, it is important to keep hydrated and keep up with your electrolytes.

“You want to grab a Gatorade after about 45 minutes because your body’s sugar levels deplete pretty quickly when you sweat and work-

> EXERCISE page A7

How to throw the best Super Bowl party

Danielle Gentry
TEC STAFF

This Sunday, you’ll find Super Bowl parties going on at every sports bar and restaurant, but if you can’t get into the bars to watch the game, there are still plenty of ways to enjoy the game from your apartment.

If you’re one of the many Carolina Panther fans who can’t wait to watch your favorite team play but not necessarily with hundreds of other screaming fans, then you may be one of the many who choose to do their viewing in the comfort of their own home.

Wyatt Bland, junior history

major, is one of the East Carolina University students who is planning on hosting a Super Bowl party this Sunday. Bland hopes that he will be watching the team win its first Super Bowl title.

“The most necessary purchase that I wanted to make for [my Super Bowl party] was an ice-cold full keg,” said Bland. “Other than that, I’m planning on having oysters, buffalo cheese dip and also a low country boil.”

While Bland plans on hosting the events on Sunday night, he said all of the other guests would also be bringing some food for the night.

“The best way to host any type of

“ The most necessary purchase that I wanted to make for [my Super Bowl party] was an ice-cold full keg. ”

-Wyatt Bland

sporting event party is to supply most of the food, but also make sure that your friends are also planning on bringing additional snacks and drinks, so that there is enough for everyone,” said Bland.

Another tactic to planning a successful Super Bowl party, other than food and beer, is having the best

screen to watch the big game on.

Robert Flowers, junior business major, said he will be taking advantage of all the televisions that he and his roommates have in their house.

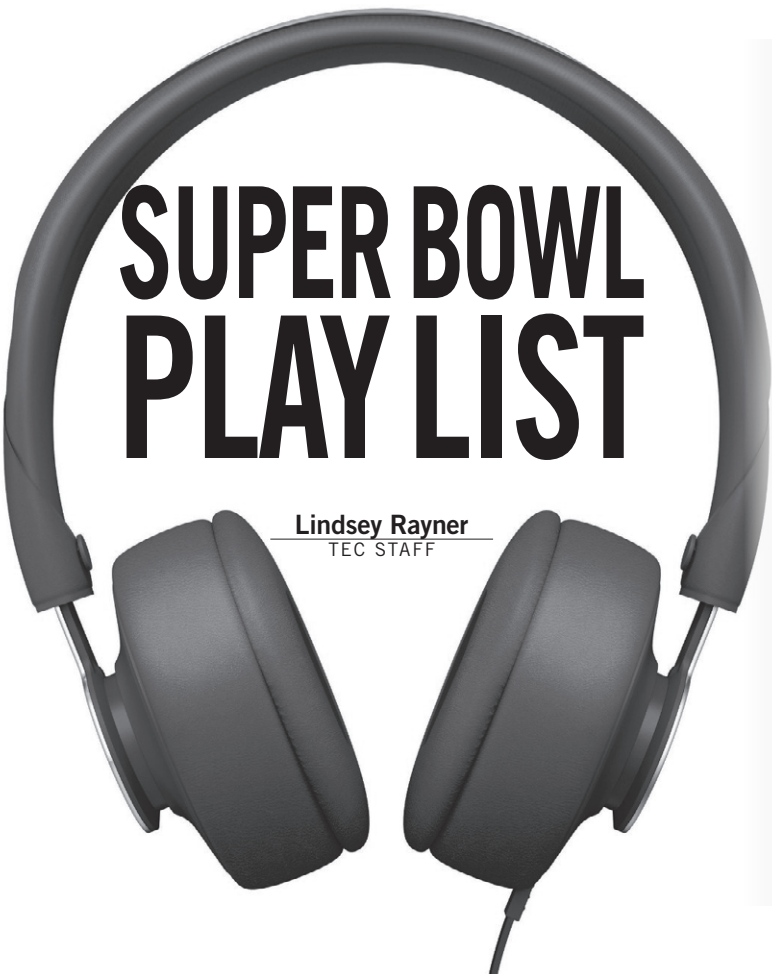
“The more televisions the better, we are really going for the ‘stadium’ feel,” said Flowers. “Our hope is to move all of the televisions out

of bedrooms and into the kitchen and living room area, because that’s where we will mostly be having our Super Bowl viewing party.”

As for party food, Flowers said that pizza and wings were his “go-to” options, while appetizers such as chips and dip, celery and carrots and pigs in the blanket will also be available.

The Carolina Panthers will take on the Denver Broncos at 6:30 p.m. in Super Bowl 50. It will without a doubt be one of the biggest days for sport parties in the Carolinas this year.

For questions or comments, contact arts@theeastcarolinian.com.



1 I Took a Pill in Ibiza
Mike Posner

2 My House
Flo Rida

3 Jordan Belfort
Wes Walker & Dyl

4 679
Fetty Wap

5 Hide Away
Daya

6 Hands to Myself
Selena Gomez

7 King Kunta
Kendrick Lamar

8 Sorry
Justin Bieber

9 Really Really
Kevin Gates

10 Love Myself
Hailee Steinfeld

Tiny art to take over Emerge

Anh Ha
TEC STAFF

This Thursday, Emerge Gallery and Art Center challenges artists to create miniature pieces of art as part of their annual fundraising event for the Tiny Art Show.

The show started soon after Emerge gallery opened up in 2000.

“We have been doing the Tiny Art Show since 2001,” said Cathy Hardison, programs and finance director of Emerge gallery. “Our executive director, Holly Garriott, is a professor at ECU. The idea for the show came from the group of students of hers.”

The concept of the Tiny

Art Show is to have more room for more pieces of art at an affordable price.

“All the art in this show is smaller than five-by-seven inches,” said Hardison. “The price has to be between \$5 and \$1 so it’s very affordable. [Also] space, this way we can accommodate hundreds of pieces. We’re always kind of constrained by the gallery space if we wanted to do something inside.”

The show takes a variety of art forms and is considered one of the best occurrences of the year for Emerge and features all kinds of artists no matter age and location.

“The art could be two

or three dimensional,” said Hardison. “There’s a little bit of everything, [ranging from] paintings, ceramics, textiles to handmade soaps and magnets.”

The show itself is both a challenge and a means of escape for the artists.

“Having graduated from art school, there was always an emphasis to make something big,” said Hardison. “So this is going in the opposite direction. It’s kind of cool to see how small we can make it. I think that the artists that participate gets to take a little break from their core body of work just to make something small and fun.”

One big point of the Tiny Art Show is that it is not marketed to a certain group of people and everyone can enjoy art.

“Art is usually exclusive,” said Hardison. “It’s cool to see tiny little kids come in and pick out art because it really encourages people of all ages to look at art and be able to buy art. They don’t necessarily need it, but they like it and it makes them happy.”

Hardison said that the



MICHAEL SEEGARS | THE EAST CAROLINIAN

Miniature paintings of wildlife along with other small creations will be displayed at the gallery today.

show is open to everyone.

“We have everybody from the four-year-old child to the accomplished professors,” she said. “The exhibit is advertised nationally, and we get all kinds of fun stuff in the mail. Most of the work is local

but we have pieces from New York to Ohio.”

Dinner will be served at 5:30 to 7:30 p.m. and the event is from 5 to 9 p.m. today at Emerge. The event is free-flowing.

The exhibit will open

up to the general public on Friday during the Uptown Friday Artwalk. It will remain up for most of February.

For questions or comments, contact
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Student Homecoming Chair

The homecoming committee is currently looking for a person to fill the 2016 position of Student Homecoming Chairperson.

The position calls for the applicant to:

Oversee eight (8) subcommittees

Manage a \$30,000 budget and process expenditures in a timely fashion

Chair all student Homecoming bi-weekly (Spring) and weekly Fall meetings

To apply for the position, all applicants must:

Be a full time student in good standing with the University

Have a minimum cumulative GPA of 2.5

Have a class standing of sophomore or higher

This is a paid student position. All applicants must fill out a student homecoming chair application. Applications can be found on OrgSync. For questions or more information, please email Emily McLamb, Homecoming Advisor, at mclamb@ecu.edu.

All applications must be submitted via OrgSync no later than February 5, 2016



TV REVIEW

FX re-visits decades old scandal



Jennifer Hines
TEC STAFF

By depicting one of America’s most famous modern crimes, “The People v. O.J. Simpson: American Crime Story” has brought the O.J. Simpson trial back to the forefront of America’s mind.

“The People v. O.J. Simpson” is a mini-series that debuted on FX Tuesday night. As a crime drama, the show centers around the legal proceedings surrounding the trial and how Simpson ultimately got acquitted.

The first episode in this limited series focuses on the beginning of the murder investigation including the discovery of the crime. From the first moment Cuba Gooding Jr. appears on screen as Simpson, the action starts and does not stop for the next hour and twenty minutes.

The bodies of Nicole Brown Simpson and Ronald Goldman were discovered within the first five minutes of the show, leaving the rest of the episode to focus on the effect the crime has on several famous lawyers, attorneys and Simpson himself.

Even though the results of the Simpson trial are widely known, “The People v. O.J. Simpson” uses several tactics that would usually cause suspense in viewers but instead causes doubt. This entire first installment paints Simpson in a guilty light which matches the widely held opinion of most Americans.

It is easy to tell that Ryan Murphy, the creator of “American Horror Story,”



WEB PHOTO | IMBD

Courtney Vance, who plays Johnnie Cochran, stands in front of an anxious courtroom.

is one of the main creative forces behind “The People v. O.J. Simpson.” As executive producer and director, Murphy composed shots throughout “The People v. O.J. Simpson” that are characteristic of “American Horror Story” with dark undertones and shots that move and zoom as the action happens.

Gooding’s layered performance as the infamous football star showed off several sides of Simpson. He portrayed Simpson as a complex and conflicted character that exhibited a myriad of emotions including grief, confusion and most famously, anger.

In fact, most of the scenes featuring Gooding were hard to watch, but not because the acting was bad. His portrayal of Simpson never pegged Simpson as guilty, but it never led audiences to believe he was innocent either.

Throughout several legal scenes, including interrogations and lie detector tests, Simpson’s alibi continuously changes and Gooding made audiences cringe with every word.

The rest of this star-studded cast delivered as well. Most notably, Sarah Paulson from “American Horror Story” plays Marcia Clark, one of the prosecuting attorneys. Her straightforward and serious performance certainly conveys the momentousness of the case at hand.

As an introduction to a limited series, this highly talked about episode lived up to its expectations. It reintroduced this famous case to new audiences as well as those who lived through the original trials.

The rest of “The People v. O.J. Simpson” will be highly anticipated as viewers wait to see how the rest of the trial will be portrayed.

RATING:



4 out of 5

For questions or comments, contact
arts@theeastcarolinian.com.

EXERCISE

continued from A5

workout,” said Wilson.

Along with trying to get in athlete shape, it is important to eat the right foods.

“For people who are trying to lose weight or get more fit, just switch it up and make simple, healthier changes,” said Wilson. “What you eat and put in your body is more important than exercise.”

Gaining muscle as an athlete is the key factor to getting in shape.

“For someone who is trying to get in sports-shape, you want to gain muscle,” said Wilson. “In order to gain that muscle, you want to eat lots of protein.”

Wilson said today, football players are eating at an estimated 4000 calories a day to gain muscle.

“For a guy trying to get in football shape, they should probably eat around 3000 calories, but if your are training a lot harder like the pro’s, one should eat more,” said Wilson.

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ECU falls in final ticks

Kai Jones
TEC STAFF

Tulsa broke East Carolina's heart once again with another one-possession win, 55-54, Wednesday night thanks to Ashley Clark's floating game winner in the final seconds.

The Pirates (9-13, 3-7 AAC) were downed by the Golden Hurricane's (8-15, 5-7 AAC) tandem of Clark and Erica Wakefield for the second time this season. Clark and Wakefield dominated from the start, scoring the team's first 10 points. The last time the two teams met, Wakefield and Clark scored 24 and 20 respectively.

After the first quarter ECU employed a defensive strategy designed around stopping Clark, and it worked as she was held scoreless in the second quarter and to only two points in the third. The senior was getting good looks but was failing to convert. In the fourth, the looks started to fall and she finished the game with 22 points, six rebounds and two steals. In the closing seconds, the ball was in her hands, and she drove to the basket and put up a shot that fell with 3.3 seconds.

"[Clark's] a very good player," said head coach Heather Macy after the loss, "and had a big game tonight. They did a good job finding her and getting her the basketball."

While Clark dominated in the first and fourth quarters, the play of Wakefield really kept the Golden Hurricane in it while Clark struggled. She finished with 13 points (6-9 FG, 1-1 3-point FG) and five rebounds.

The Pirates once again hit a detrimental offensive drought, which came in the fourth quarter. ECU managed just nine points in the quarter. Senior guard and leading scorer Jada Payne tried to put the team on her back, but

seemingly ran out of gas in the final minutes.

With the game on the line and the ball was in Payne's hands. Tulsa double teamed her on the catch, she split the double, only to be stripped by Tulsa's Teanna Reid.

"We did a good job getting her the ball," Macy said. "We wanted her to be super aggressive trying to get the shot up at the end."

Macy also said that she was not expecting Payne to get the foul call and expressed that to her. Payne finished with 16 points, 13 rebounds, three assists, two blocks and two steals. Payne was visibly tired in the fourth as she played 38 total minutes, the ninth time in conference play that she's played 35+ minutes. Macy however brushed off the idea that Payne may be tired.

I'Tiana Taylor had a rough night with foul trouble, as she fouled out with 5:06 left in the fourth quarter. Taylor finished with seven points, seven boards and a career high seven steals.

"What hurt us was when [Taylor] fouled out, and fatigue starts to set in," said Macy. "We just don't have the rotation to be able to sub through [the fatigue]."

The bright spot for ECU was freshman Alex Frazier. Frazier played poised tonight and finished with four points, which included the go-ahead layup in the closing seconds and a career high six assists.

The Pirates now have 13 losses. Macy hasn't lost this many games since her second year at ECU, and with two games coming up against UConn, it may get worse.

For questions or comments, contact sports@theeastcarolinian.com.



ECU leading scorer Jada Payne drives the ball through the lane during Wednesday evening's game against Tulsa. MICHAEL SEEGARS | THE EAST CAROLINIAN

Pirates shift attention to undefeated UConn

Carson Cherry
TEC STAFF

East Carolina will have to play nearly perfect to try and compete with Connecticut (20-0, 10-0 AAC) to end its undefeated season Saturday afternoon in Storrs.

If there's one thing people know about women's college basketball, it's that UConn is a dominant program and has one of the best, if not the best, dynasties in sports. The Huskies (20-0, 10-0 AAC) have won the last three national titles and have 10 overall. UConn has appeared in the last eight final

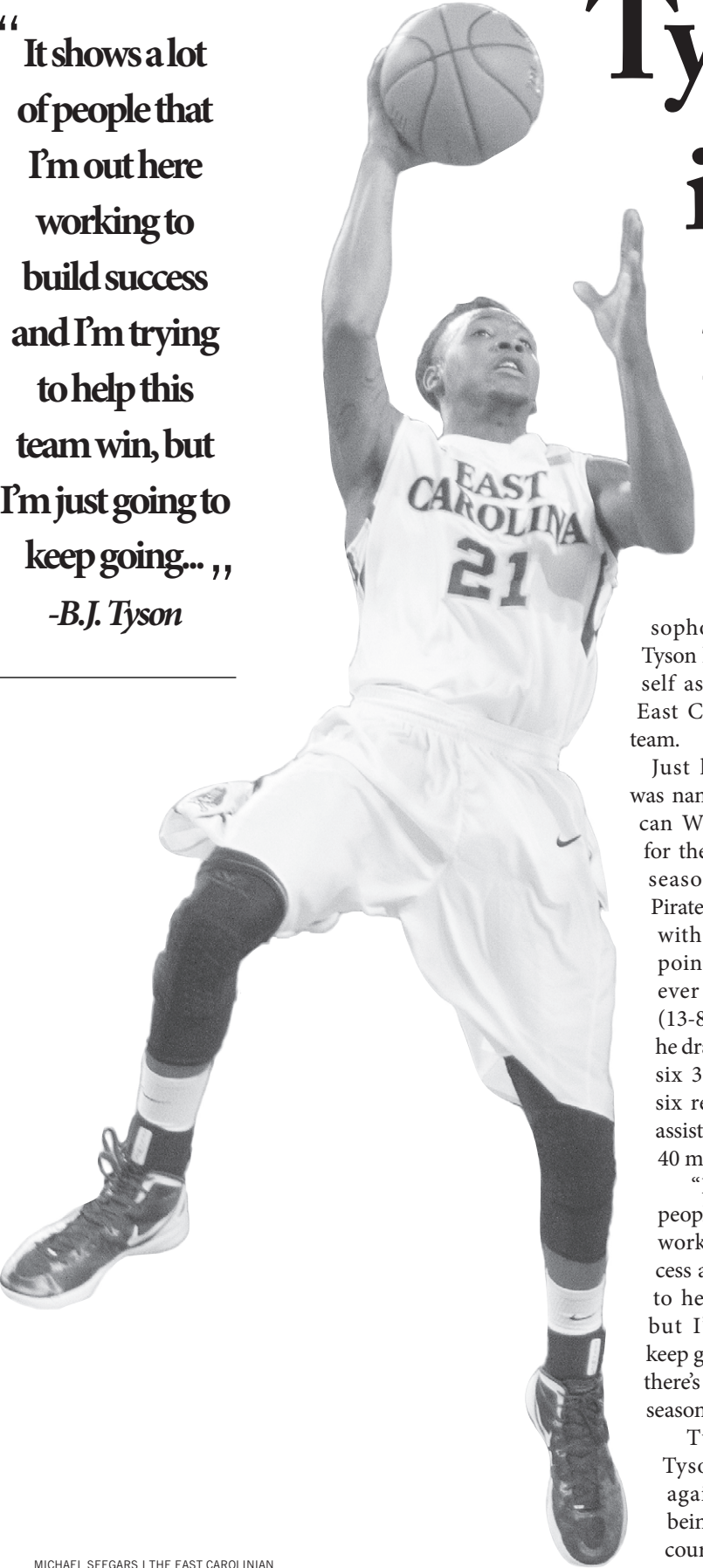
fours and has made an appearance in every NCAA tournament since 1989. The Huskies' last loss was back on November 17, 2014 in an overtime thriller against Stanford.

"You have to respect the team, the head coach. They're the best team in the country," ECU head coach Heather Macy said.

The Huskies have had numerous players play pro and on Olympic teams. This year's team definitely has players with that kind of potential. UConn's star

> WBB page A10

"It shows a lot of people that I'm out here working to build success and I'm trying to help this team win, but I'm just going to keep going...,, -B.J. Tyson



Tyson proves invaluable for Pirates

Allison Jobe
TEC STAFF

After proving to be a standout off the bench last season, sophomore guard B.J. Tyson has solidified himself as the backbone of East Carolina's 2015-16 team.

Just last week, Tyson was named to the American Weekly Honor Roll for the second time this season. Tyson led the Pirates (10-12, 2-7 AAC) with a career-best 26 points in ECU's first-ever win at Memphis (13-8, 4-4 AAC) where he drained a career-high six 3-pointers, adding six rebounds and four assists while playing all 40 minutes.

"It shows a lot of people that I'm out here working to build success and also I'm trying to help this team win, but I'm just going to keep going and hopefully there's more to come [this season]," Tyson said.

Two weeks ago, Tyson had 16 points against Tulsa before being helped off of the court after landing on awkwardly and injuring

his left shoulder.

The sophomore was then expected to miss the Memphis game, but shocked purple and gold faithful when he matched his career best of 26 points, to lead ECU to a much needed 84-83 victory over the Tigers.

"I just came in and I didn't even really think about my shoulder," Tyson said. "I just came in and played my game. After the game I felt the pain in my shoulder, but I just came in really focused."

The Pirates have had their share of difficulties this season. They have battled injuries all season and faced a six-game losing skid, needing a turnaround in conference play. Tyson's game against Memphis helped the Pirates get the momentum that they needed, as they went on to defeat Temple a few days later, giving them a two-game winning streak.

After starting out slow against Temple, Tyson tallied 14 points, most of which came in the second half.

"Our coaches talk to us about facing adversity, so we're having a hard time doing that," Tyson said. "I think the guys are starting to come along now after we got the two wins under our belt, so I think Sunday should be great for us."

The Wadesboro, North Carolina, native currently leads the team in scoring with 15.1 points per game, ranking fifth in the American. He also ranks seventh among the conference leaders in minutes, playing 32.3 minutes per game. His 74.7 free throw percentage

> TYSON page A10

TAKEAWAYS

- FOOTBALL**
- The Pirates wrapped up Signing Day by inking 22 new prospects to the 2016 recruiting class.
- TRACK & FIELD**
- Senior high jumper Avion Jones was named the AAC field Athlete-of-the-Week for the second time.
- WOMEN'S BASKETBALL**
- ECU lost, 55-54 to Tulane Wednesday night in Minges.
- MEN'S BASKETBALL**
- The Pirates (10-12, 2-7 AAC) will travel to Storrs for a matchup with conference foe UConn Sunday.
- MEN'S TENNIS**
- ECU (4-0) will host Xavier and Presbyterian Friday and Saturday respectively.
- CAROLINA PANTHERS**
- The Panthers will play in Super Bowl 50 Sunday against the Denver Broncos.

ONLINE



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SIGNING continued from A1

Recruiting is a never-ending process, resulting in Montgomery and his assistant coaches to work day in and day out, not getting a day off since Jan. 3.

“The state of North Carolina is where our footprint is,” Montgomery said. “We’re really happy about the young men that we are bringing in directly connected to East Carolina and Greenville. We were able to sign 11 kids from our state.”

To add to the balance, 11 of Montgomery’s signees are projected to play offense, with the other 11 expected to play defense.

To add to the class’s balance, Montgomery and his staff brought in 11 in state players and 11 out of state players.

“We are competing now all over the country for our players,” Montgomery said. “We are not just competing with schools from our state, we’re competing with schools from the SEC, ACC, that is the level of commitment that we’ve given to recruitment.”

The Pirate staff inked players from seven different states, maintaining crucial pipeline states, from Georgia, South Carolina, Florida, California, Mississippi, Texas and North Carolina.

From the beginning of Montgomery’s signing day press conference, he made it a point that both the offensive and defensive lines were a priority, as well as adding depth to the defensive backfield.

“We went after our offensive line position for one reason and one reason only. We were able to sign five offensive linemen,” Montgomery said. “Offensive lineman is the bedrock of every great football program. We had a lot of graduation at that position. We wanted to attack it.”

The Pirates were also able to sign three linemen on the defensive front, all three of which combine for around 900 pounds.

ECU solidified six defensive backs as well to compensate for the pass heavy American Athletic Conference. Of the six commits

safety Javontay Smith stands out, as he is ranked as the second highest ECU commit. Smith chose the Pirates while mulling offers from powerhouse SEC schools like Alabama and LSU, as well as in-state rival North Carolina.

“In this league, the AAC, that you’re going to have to defend the pass,” Montgomery said. “What we wanted to do is go out and get defensive backs with a tremendous amount of length, speed and an understanding of the football game.”

Montgomery’s undoubted biggest signee is Jacksonville, Florida running back Hussein Howe, who is the highest rated ECU commit according to ESPN. Howe chose the Pirates over North Carolina, Utah, Mississippi State, Duke and West Virginia.

New ECU special teams coordinator Shannon Moore has ties to Florida, a relationship that Montgomery admitted was crucial.

“We knew that we were going to be in a battle for the back (Howe),” Montgomery said. “I love him. He is one of those kids that I think has a very good chance at being special here.”

And to close out the recruiting class, the Pirates hit on a position that seems to be called into question every year, the quarterback position, signing three-star Raleigh native, Reid Herring. Although recruited by old ECU head coach Ruffin McNeill, Herring chose to stick with Montgomery and the Pirates at the end of his recruitment process, choosing ECU over Miami (FL).

“A recruiting class isn’t a recruiting class if you don’t have a quarterback if you need one. And this year we needed one,” Montgomery said. “We knew people around the SEC and the south east knew about [Herring]. But more than anything this kid can throw the football. We are exceptionally excited about him.”

For questions or comments, contact sports@theeastcarolinian.com.



ECU head coach Heather Macy yells out a play to her team during Wednesday's 55-54 loss to Tulsa in Minges.

UConn continued from A8

player is senior forward Breanna Stewart who leads the team in scoring and rebounding with 19.5 points and 8.3 rebounds per game.

The team has several other options too and is not limited to just one standout player. Redshirt junior forward Morgan Tuck and senior guard Moriah Jefferson also put up impressive stats. Tuck averages 14.9 points and 5.9 rebounds, while Jefferson averages 13.3 points and 2.5 rebounds per games.

The ECU players look forward to going up against the reigning champions and are eager to play the stiff competition. For them, it provides an opportunity to stack themselves up against the best competition that college basketball has to offer.

“A lot of these teams have players that have a chance to go pro,”

said redshirt junior post player Marina Laramie. “I think anyone gets excited to play UConn, to play in an atmosphere like that, and putting yourself out there to compete with people on that level lets you gauge yourself personally against players at the that level.”

The Pirates lost both times they played in the regular season versus the Huskies last season with scores of 89-38 at home and 87-32 on the road. It will be difficult for ECU to score and defend against UConn. The Huskies have scored on average 89.7 points per game and have held their opponents to 49.1 points per game. UConn is ranked No. 1 in offense and No. 2 in defense nationally.

“You just have to go in and give in your best,” said Macy. “Especially against UConn.”

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TYSON continued from A8

also ranks 15th in the conference.

As a freshman, Tyson was unanimously voted to the American Athletic Conference All-Freshman Team by the league’s 11 head coaches. He was also a four-time AAC Rookie-of-the-Week. Tyson became the third freshman in the school’s Division I history to lead the Pirates in scoring. He also made 11-of-11 free throw attempts against Fresno State, the most free throws without a miss during the season by an American conference player. In his ECU debut, he became the first Pirate freshman to score 20 points in the shot clock era.

Still, with two more years of eligibility, there’s no telling how much more Tyson can accomplish during his time at ECU.

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