
The East
Carolinian

HOUSING GUIDE

Spring 2018



LIVING WITH RANDOM ROOMMATES | BALANCING A PET, SCHOOL | TIPS FOR HEALTHY EATING

The Davis logo features the word "THE DAVIS" in a stylized, outlined font within a square frame.

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A large photograph of three young adults smiling and talking. A young man in the center has headphones around his neck. A young woman with glasses is on the left, and another person is partially visible on the right.

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A large photograph of a group of young adults celebrating. A young woman in the center is laughing with her mouth open, wearing sunglasses. A young man is lifting her, and another young man is smiling in the background.

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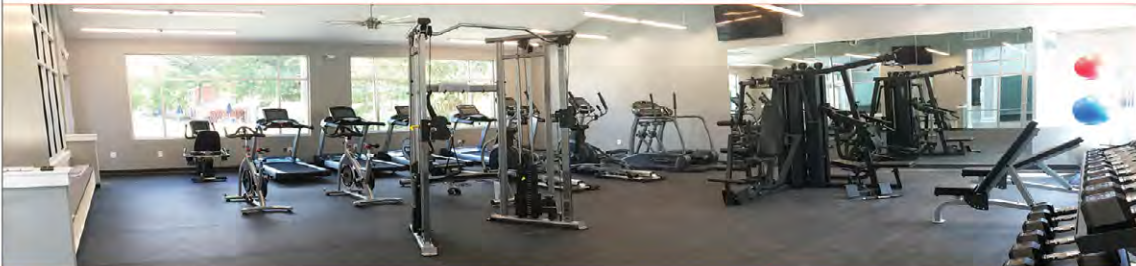
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Tips for eating healthy full-time while in school

Lauren Bright

FOR THE EAST CAROLINIAN

Between rigorous class and work schedules, extra-curricular activities and managing a social life, many college students find it almost impossible to adhere to a well-balanced diet.

Eating healthy while being a full-time student can be hard. You may begin to consider meal preparations, while also taking into account the ingredients in food products, the cost of healthier options and nutrition. All of this, on top of a heavy workload, can bring students more stress and fatigue.

“Just the thought of having all of this on your plate as a student, on top of managing your eating habits is enough to make you want to just order a pizza and sit on the couch,” Cali Pacheco, a nutrition science major at East Carolina University, said.

However, Pacheco eats healthy on a daily basis and now considers it second nature.

“I don’t even crave junk food, I don’t crave ice cream, tacos or a bacon cheeseburger. I’m just so used to it now,” Pacheco said.

Fighting temptation can be difficult when first beginning to monitor eating habits. Many people wish they won’t crave junk food while eating a salad, but can’t seem to help it.

“It takes time and persistence, you can’t change your whole diet overnight,” Pacheco said.

She admits one of her biggest challenges is choosing healthy options when going out to eat and hanging out with her friends. Most restaurants in the Greenville area, she said, are focused on what’s fast and convenient.

“I eat whatever I want, I just pick options that are best for you, like fruits and veggies, natural and fresh foods, no raw sugars, processed or artificial foods,” Pacheco said.

Bound to campus dining services by meals plans or the easiest options, students encounter a variety of obstacles to balanced eating. The time to prepare meals is often minimal for a college student with their busy schedules.

It is especially challenging to seek healthy options when living on campus. At ECU, first-year students have to live on campus in a residence hall, where only a microwave and a mini refrigerator are provided per room.

“You can’t cook your own meals. I wish I could just cook up a chicken breast and some vegetables for dinner but I’m restricted to snacks and ramen or the fast food that’s right outside of my dorm,” said freshman Zachary Lanto, who majors in construction management.

Students who do have that option of cooking, such as ECU junior Megan Lloyd, find ways to get around stressing herself out about what to eat.

“As a college student I am stressed about everything in my life, so eating healthy and exercising assures me I have it together,” Lloyd said.

On a recent night, Lloyd said she made zucchini noodles with alfredo sauce and shrimp for dinner. However, she often makes many foods in advance through her meal planning schedule.

“I prepare my meals in bulk. I choose foods that I enjoy and that will last me

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HEALTHY continued from B4

throughout the week, preparing them on Sunday night and making a different thing to eat for breakfast, lunch and dinner,” Lloyd said. “Preparation is key.”

Lloyd said she lives a healthy lifestyle because it allows her to feel more energized throughout the week and makes it easier with a hectic schedule to prep meals and have healthy options ready in the refrigerator.

Pacheco said one thing she emphasizes is “eating better not less.”

“Cutting out certain foods is cutting out different parts of energy needed to fuel your body, cutting out carbs and sugars isn’t always the solution,” Pacheco said.

In college, being surrounded by people from different communities, cultures, ages and body types, it is normal for students to feel self-conscious and struggle with their self image.

“Skinny is not always healthy, everyone assumes that if someone is tiny that they



A selection of bananas, avocados, carrots and potatoes. Many ECU students balance healthy eating with a full-time school schedule. HANNAH ROBBINS | THE EAST CAROLINIAN

must be super healthy,” Pacheco said.

Many believe that not eating is the solution to losing weight and living a healthy

lifestyle but realize the consequences later.

“The best kind of body positivity is being healthy for you, to feel good. Not to

look ‘good’ for others,” Pacheco said.

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JORDIN WILLIAMS | THE EAST CAROLINIAN

Ashlyn Odem loads up the trunk of her car with a suitcase. Junior nursing major Kate Elam recommends that students store belongings at their parents' house to keep packing minimal.

Move-in day brings stress, excitement

Danielle Schmid
TEC STAFF

When it comes to move-in day, things tend to get a little hectic. Between everyone moving in at the same time, overpacking all of your belongings and your parents lurking over your shoulder looking at all your things, move-in day can be a day full of struggle and anxiety for some.

While some first-time apartment renters such as freshman finance major Griffin Lavan, dive into apartment living with plans to hit the pool already lined up, junior nursing major Kate Elam brings experienced move-in day knowledge.

When packing for your apartment try to not pack items you won't use. According to Elam, it's better to cram your parents' house with extra things you don't use rather than your own.

Elam has lived on the seventh floor of residence hall Clement, the second floor of The Boundary and now lives on the second floor at The Province.

"The first time moving in you have no idea what to expect, then the second time you're half ready and by the third

try you know exactly what to do and how to do it," Elam said.

Lavan, will live on the third floor of a building in The Province next semester. Unlike some student-housing apartments, The Province does not have an elevator.

"When it comes to the stairs I'm worried about my stuff dropping and breaking," Lavan said.

When dealing with stairs, Elam suggests packing in smaller boxes rather than large plastic bins in order to have more control over what you're carrying.

"I packed in plastic bins and they were very annoying to deal with," Elam said. "Packing in boxes makes it easier to stack and you can even put them on a cart if you have an elevator."

Lavan and Elam both have parents help when it comes to move-in day.

"My mom will not leave until everything is totally unpacked and sometimes I'm just ready for my parents to go," Elam said. "But, I really appreciate them coming to help."

If dealing with parents on move-in day isn't your cup of tea or if by chance you can't find anyone to help you unload

your belongings, you may find successes in reaching out to a church group. According to Elam, her roommate was able to reach a church group and got the help she needed.

When it comes to what time to move in, The Province leasing professional Hannah Morrison, said The Province allows three buildings to move in at a time leaving less confusion and crowds.

"Something to take the stress off of move-in day would be to make sure all your papers are filled out properly that way when it comes to move-in day all you have to do is grab your key," Morrison said.

Despite the worry of move-in day, both Lavan and Elam express excitement when it comes to getting adjusted in their new places. According to Elam, it's best to go in with a positive attitude.

"I chose to live there to be by my friends and I know it will feel like home when I move in," Lavan said. "I also can't wait to enjoy the perks...like the pool parties."

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LiveSafe app aims to offer extra safety

Julie Estep
TEC STAFF

LiveSafe is an East Carolina University-affiliated app for your smartphone that makes it easier to contact police in both emergency and non-emergency situations where students might need help.

ECU Deputy Police Chief Jason Sugg said the app is not exclusive to ECU and other universities across the country use it as well.

“The people that started up that company had concerns about active-shooter type scenarios and wanted to provide a product to not just students but staff and faculty and other folks that are affiliated with the university where they would have a variety of emergency options,” Sugg said.

The feature Sugg said gets the most use is the chat function, which allows for someone to communicate with an officer at their 24-hour dispatch center.

“If they don’t feel comfortable calling up, they can use the chat function and send a message that way,” Sugg said. “They can use it to actually text live with our telecommunicators at our dispatch center.”

Sugg said he and his officers care more about the information of a potential problem than who is providing it and are grateful the app allows for anonymous tips.

“If they’re concerned about tying their name up in something or concerned about social ramifications of doing that, they can do it anonymously,” Sugg said. “It can be something not criminal at all, but if it’s someone that needs help and you can let us know about it, even anonymously, thank you.”

According to Sugg, ECUPD gets a variety of information through the app but most of the requests are non-emergency situations.

“Something like ‘Hey there was a fight over in the grid somewhere, you might want to send some officers to ride through’ it could be something as simple as that,” Sugg said.

Although Sugg said they receive information on the app daily, he stressed that more students should look into the app as



JORDIN WILLIAMS | THE EAST CAROLINIAN

A student pulls up the LiveSafe app as they leave their apartment. ECUPD’s Jason Sugg said the app’s chat function gets the most use.

“If they don’t feel comfortable calling up, they can use the chat function and send a message that way.”

-Jason Sugg

a way to keep the community safer.

“We just want the information so we can reach out and help someone or if we need to put someone in an area, whatever we need to do to resolve it, that’s what we’re concerned about,” Sugg said.

Other than the emergency options, Sugg said the app has many other functions such as a map tool called SafeWalk to help stu-

dents feel safer walking at night.

“It has other things built into it such as maps and you can watch your friend walk from one place to another,” Sugg said. “You ask a friend, ‘I’m leaving the library and am walking to College Hill, can you watch me walk?’”

Sugg said both people would need to have the app to do this, but you can see their

movement on a map.

“The whole point is if you see them stop moving halfway through and you get concerned, we can address that and we’ll know where they are,” Sugg said.

Emily Roden, a senior communication major, said she has used the map function of the app with her roommates to walk back to their house off campus.

“I live near campus and we sometimes use the map to watch each other walk,” Roden said. “From the library or from downtown, it’s easier than texting or talking on the phone the whole time.”

LiveSafe can be downloaded for both iPhone or Android through the Apple Store or Google Play.

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Risks, rewards to roommate matching

Anh Ha
TEC STAFF

Finding a roommate can be a daunting task and it's even scarier when you have one assigned to you. Roommate matching is the process an apartment complex goes through to find the perfect neighbor for your living space, but it can be a hit or miss.

Most off-campus student housing in Greenville will give patrons who have signed a lease a preference sheet that will allow them to fill out the requirements they look for in a roommate. The process is similar but sometimes a specific place might have their own way of doing things.

Kasai Marie, leasing specialist of Gather Uptown, said the apartment complex promotes its customers to meet roommates before they live together. To take it one step further, Gather Uptown hosts roommate mixers that allow people to interact with one another and find someone that is compatible for them.

"We host parties in our leasing offices where we invite everybody who has signed leases already to come have dinner on us and to meet people face-to-face," Marie said. "If they meet someone at our roommate mixer and they like them, we're happy to put them together."

Based on one's preferences, it's important to understand that the individual needs to be as precise as possible when filling out the forms. The more accurate the paper is, the easier it is for the apartment to match the individual with exactly what he or she needs.

Filling out a form requires to people not only understand their own habits but also what their needs are. Taking a realistic look at one's daily life can help figure out these things, according to Marie.

"I tell students that they need to be as brutally honest as possible," Marie said. "So, if you know that you're not going to have a good academic year, and you [don't want to be] with someone who is loud, it will probably be in your best interest to put that on the form."

Finding the perfect person to room with is only the first step. The real test is actually living together. After all, this



JORDIN WILLIAMS | THE EAST CAROLINIAN

From left: Katelyn Clarke and Maddy Carpenter chat in their dorm room. Random roommate matching is used in dorms and apartments.

person is still near a complete stranger and some habits aren't noticed until you actually cohabitate together.

For those whose apartments don't have mixers like Gather Uptown, it is wise to set a time to meet before moving in together to get a sense of who the person is.

Once a person moves in, it will be beneficial for them and their roommates to have a talk about what their rules and boundaries are. Whether it is on the first night, or the first weekend, it will be a good to do it early on.

"It's good to talk about rules, I guess, and like what they want," Jamie Remington, a junior biology student at East Carolina University, said. "Usually at the beginning so that you can avoid any future conflicts."

On the topic of conflicts, it is likely for many people to encounter a problem at least once when they share a living space. This will be a good time for students to develop communication and social skills.

To be able to work through a problem, it requires both parties to take the time to be respectful and talk it out.

The bigger issues tend to start with tiny issues that never got resolved. It is important to understand that one should make suggestions on what they need instead of demands on what they want.

"Open communication is key to coexisting," Marie said. "A lot of the time, issues that get out of proportion started out with something very small."

If you manage to do all of these things and get along great with your roommates, the experience can be highly beneficial. Not only are you able to become a better person but you'll be able to form a bond with your roommate.

"The benefits of roommate matching is that sometimes you meet people that are your friends for a really long time," Marie said.

She believes college is a time where

everybody is maturing and communication skills are not something you can just snap and have. You have to work toward them and you've got to stretch those skills.

On the other hand, random roommates can be a disaster for some people. Aside from the fear of not knowing who's going to be on the other side of your wall, if two people clash, it can be difficult to co-exist.

"[The] disadvantage is stress if you don't get along," Remington said. "Your apartment is supposed to be your happy place or whatever; your safe zone."

Many apartment complexes recommend students try to work through their situations before coming into the office. If the problem cannot be resolved, then mediation is most likely to come up.

In some cases, if the case is really out of hand, some housing will initiate a transfer;

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JORDIN WILLIAMS | THE EAST CAROLINIAN

A dog sits at the fenced-in dog park, which is located at 200 N. Ash St.

Balancing school, new pet ownership

Jenna Price

TEC STAFF

Owning a pet is proven to help relieve stress and encourage people to achieve their goals. However, as a full-time college student it can be difficult to balance the responsibilities of pet ownership and coursework.

Madie Gell is a full-time East Carolina University student double majoring in chemistry and biology. She also recently got a puppy named Finn. She has had to reevaluate how she spends her free time since getting the dog, but says she can definitely tell that having Finn has brought a lot of joy to her life. However, she says it's definitely not easy trying to balance school work and entertaining the pup.

"I usually do homework while watching the dog, and my brother helps a lot if I'm busy by taking care of the dog," Gell said. "I feel he requires a lot of attention, and I feel like I can't always give him that attention because I have work to do. But, when I am with the dog, I don't want to do my work, I want to play with him. So it can be difficult to find a balance."

According to Scientific American, research has shown that having a pet not only helps people relax, but also can encourage people to achieve their goals. So, how can students balance being a full-time pet owner and a full-time student?

Many pet owners work on establishing a schedule for their pet. If you can train your pet's schedule to match that of your own it will make your life much easier, according to ECU student Amelia Coleman.

Coleman, a sophomore business marketing major says that she arranged her school schedule to make sure she would have time to check on her dog throughout the day.

"Well I have a couple of class breaks so I make sure that I can come back to my apartment and check on him," Coleman said. "I mainly make sure he goes out at least every five hours. It's kind of hard going out and doing stuff though, because I can't stay over at a friends house because it's like having a child."

As for the costs of having a pet, which can be a big deterrent for many students, Coleman says there are more cost-effective options to consider.

"I know college is financially tight for most people, but you can make it work," Coleman said. "There are places that do shots for less than an expensive vet if you get a puppy, or you can always rescue a full-grown dog that already has it's shot and is either spayed or neutered."

All in all, most college students that have a pet don't regret making the decision to get their pet. They can't imagine their lives without their pets, and are grateful to have them when times get hard.

"There was about a month where my dog stayed with my parents and it was awful," Coleman said. "I didn't realize how much I needed him to help stay calm and relaxed when I'm stressed out. He is my world. I love him so much, I don't even have words. He helps me so much. I would recommend that college students get dogs."

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

ROOMMATES continued from B12

however, that's not usually done. If there is a threat or danger, the apartment will most likely have your back. On the other hand, problems that aren't physically harmful, such as theft, should be handled through communication or mediation.

"Depending on the root of the situation, if it's a hostile environment and people don't feel safe, that's a completely different," Marie said. "If it's a situation that we can work

through, then we'll try that route."

There are certain tips that can help you protect your belongings and set standards for the apartment. Remington said she places name tags on her own cabinets to let her roommates know which ones are hers. She also has a board that has her and her roommates' names, so they can rotate chores such as the dishwasher and trash.

Overall, random roommates shouldn't be something to dread. If roommates get along great, then they have a new connection in life. However, even if two possible roommates

don't get along, then it will be a good learning experience to grow and gain new insights.

"[This] is the best time to figure out the type of person that you want to become and it's the best practice test for life," Marie said. "This is your time to try things out, trial-and-error, to push yourself to communicate and put yourself in those awkward situations."

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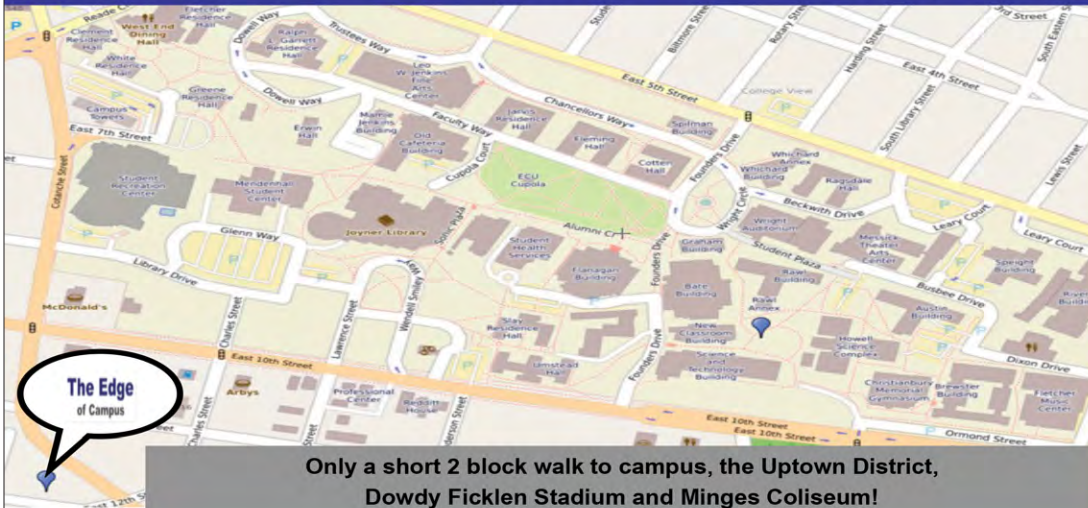
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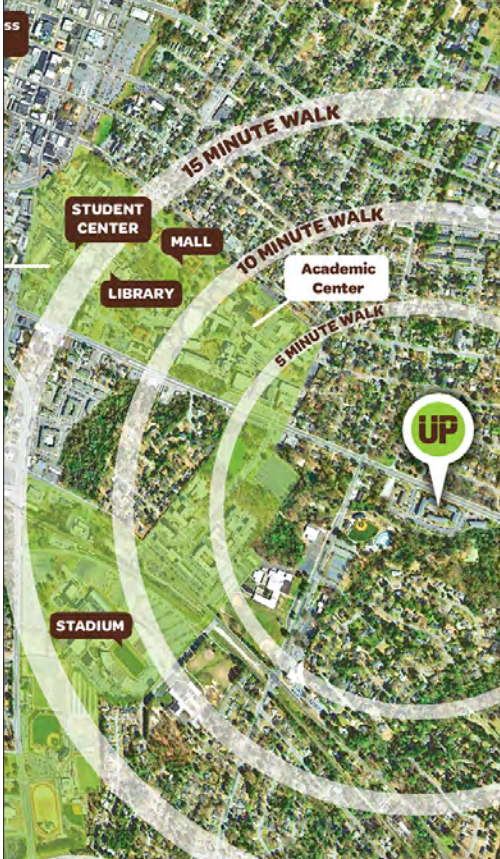
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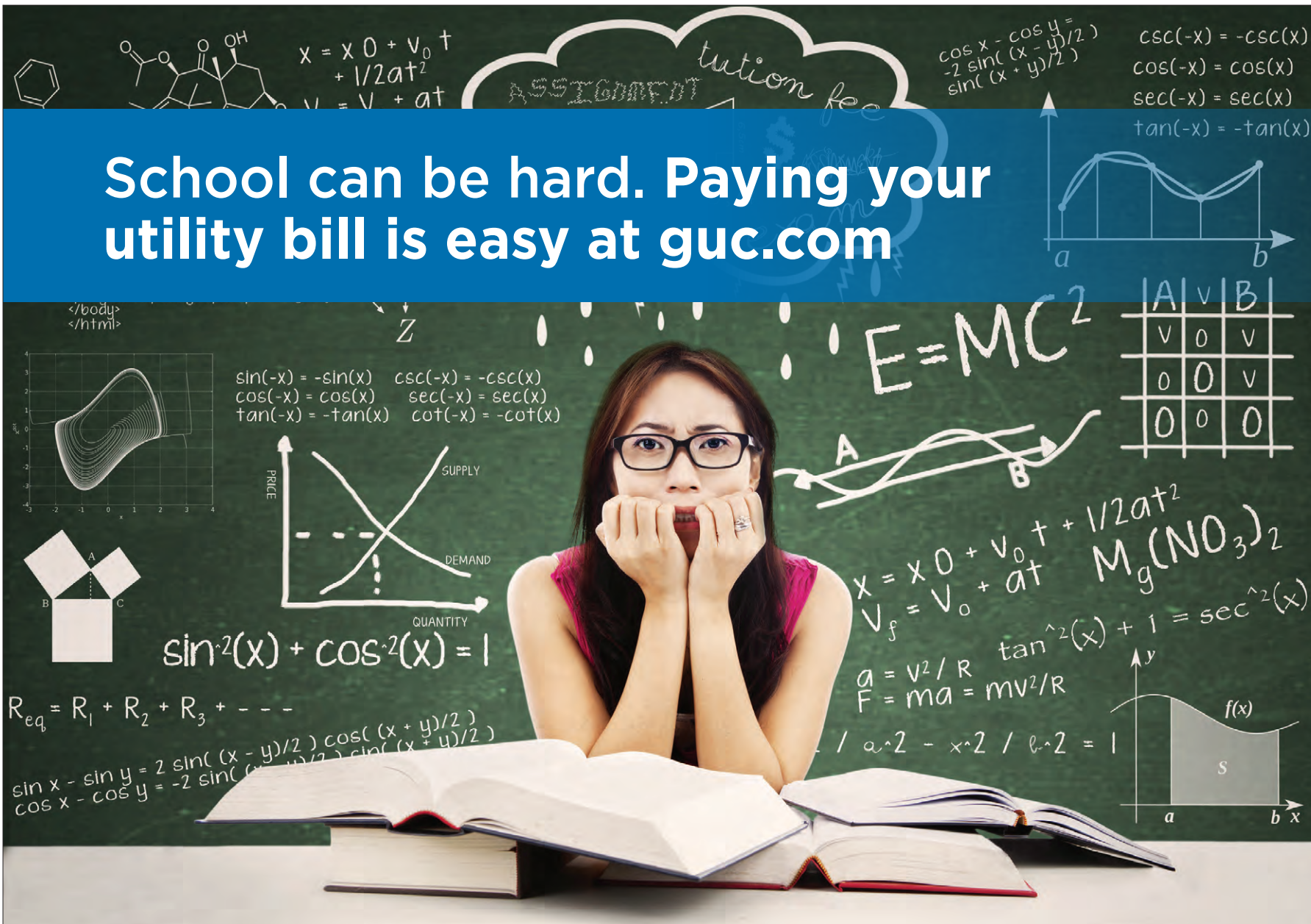
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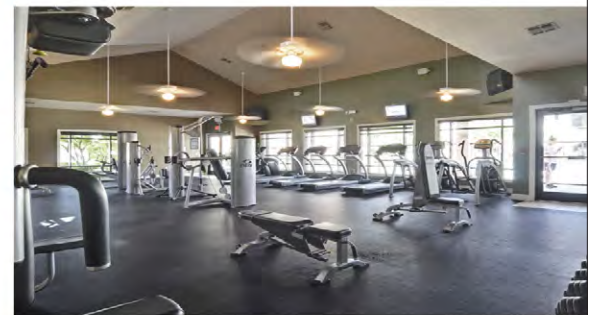
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