

A rustic autumn-themed background featuring a weathered wooden plank wall. In the foreground, several red and yellow apples are scattered, some resting on a woven basket. Yellow and orange autumn leaves are also visible, some overlapping the wooden surface. The overall scene is warm and inviting, typical of a fall harvest display.

Welcome to Friendsgiving!

Make sure to sign in!!

Elections for Spring 2020

Congratulations to our new board members!!

New Secretary: Cristina Derespinis

New Student Liaison: Victoria Boseman

Thank you to Marla and Shelby for serving this semester and happy graduation!

Upcoming Service Opportunities

- **Operation Sunshine**

- THURSDAY 11/21 @ 3:30pm (1328 Chestnut St, Greenville, NC 27834)
- Help lead physical activity and nutrition activities for about 8 kids
- Sign up with Shelby after the meeting or email PHO

- **Hygiene Drive**

- Benefiting the immigrant farm workers that Dr. Kearney partners with
- If you forgot to bring items tonight and would still like to participate, bring items to us in the library on reading day or reach out to PHO to drop off

- **DE service opportunity**

- If you still need to complete a service point for the semester, participate in a service opportunity somewhere and complete the DE service form that was emailed
- Send completed forms to the PHO email by **December 12, 2019.**

Upcoming Conferences

- **41st Minority Health Conference**
 - February 28, 2020 @ UNC Gillings School of Public Health
 - Deadline to submit abstracts to present: December 4th @ midnight
- **Rural Health Symposium**
 - February 26-28, 2020 @ Eastern AHEC in Greenville
 - Deadline to submit abstracts to present: January 3, 2020 @5pm

Reach out to Dr. Bell or Sara for more information on either!!

Fall 2019 Graduation

- If you are graduating in December please send the following information to Marla (allenm14@students.ecu.edu) for the graduation slides
 - The name you would like listed on your slide
 - A quote
 - A photo of yourself (must be appropriate)
 - Optional
 - If you would like a thank you to family/friends/faculty/staff you can.
 - Another photo for that slide if you would like
- Please try to send all information by **November 25th**

Spring 2020 Graduation

If you would like to nominate someone for our graduation speaker please let PHO know.

So far nominations include:

- Doyle “Skip” Cummings, PharmD
 - Research Division Director at ECU, and is a professor of rural medicine and in the department of public health
- Katherine Turner, MPH
 - Founder and President of Global Citizen, LLC and adjunct faculty at UNC Gillings School of Public Health

Extra 5 hour GA Available

- Dr. Sousan, needs a GA for five hours a week
 - Would complete literature reviews
 - Would communicate over email/phone not in the lab

Contact Kelly Bass if interested

T-shirts are in!!!

See Marla after the meeting to pick up your t-shirt if you ordered one.

Graduation cords

If you are graduating in December and have been an active member this semester and last, see Casey after the meeting to pick up your graduation cord!

Reading Day Study Break Room

- **When:** Wednesday, December 4, Time TBA
- **Where:** Laupus Room TBA-Look out for an email from PHO *We will put a sign on the door so you can find it!
- **What:** coffee, snacks, destress activities, socializing -> (a study break)
- **Why:** because you've been working hard and can use some fun/a treat!

Good luck on exams and Happy Holidays!

We will see you at our first general body of the spring semester on January 27, 2020 at 6:15 pm.