



THE **Hook**

ECU's Student Interest Magazine

**Sex Myths
Busted** p.12

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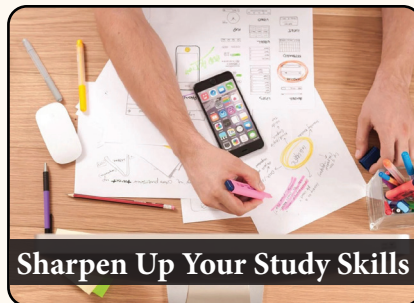
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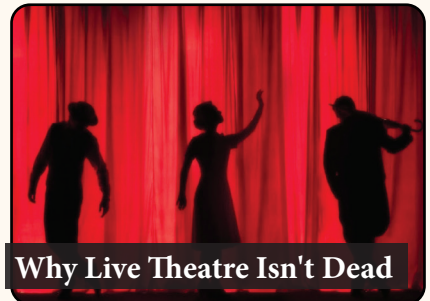
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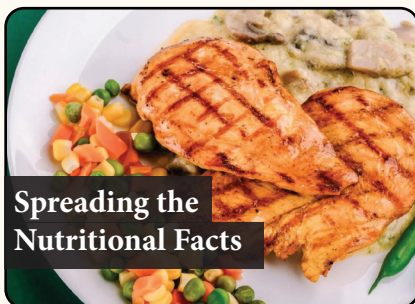
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Letter From the Editor

Reagan Blackburn



HEY PIRATES!

Welcome back to another issue of The Hook, our student interest magazine at ECU! I'm back for round three as editor, and I could not be more proud of all the hard work that has been put into this magazine. From the writers to the editors, and from the photographers to the designers, so much love and dedication was put into this publication.

But what does it mean to be a Pirate? As our enrollment nears 30,000 students, it's hard to encompass us in just a couple of words. However, there's one word that has always stuck out to me during my time at ECU: undaunted. Whether it's on game day or just the day-to-day, we continue to strive to be the best version of ourselves we can be to further ahead ECU into an age of acceptance, innovation, perseverance and compassion, no matter the obstacles.

We have a long way to go, but my staff and I are honored that we get the opportunity to capture a moment in time: this moment — and we cannot wait for what comes next.

With love and excitement,
Reagan Blackburn

Reagan Blackburn

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The Dr. Jesse R. Peel LGBTQ Center: *A Sanctuary* Amongst the ECU Community

By Kiarra Crayton | Photo Illustrations by Nia Cruz



⌄ Charity Ray, junior graphic design major, (pictured left and bottom right) and Karina Knight, freshman stage management major, (pictured right) show off their pride.

THE DR. JESSE R. PEEL LGBTQ (lesbian, gay, bisexual, transgender, and queer) center at East Carolina University was founded in 2011 and is located in Suite 209 on the second floor in the Main Campus Student Center. The center welcomes all students of gender, sexual orientation and ethnicity, and is open Monday through Friday from 9 a.m. to 5 p.m.

“Sometimes I’ll just come here and study if I’m waiting in the Student Center or if I have like an hour to kill,” Kimberly Cusack, junior fine arts major with a concentration in painting, said. “It’s a great place to have conversations about things you’re interested in because everybody’s kind of on the same level,” Cusack said.

Cusack volunteers at the center a couple of days a week, mostly in the morning, where she is known as a center assistant. She said she often finds herself lounging

in the center during some of her free time and hanging out after her volunteer shift is over just to stay and talk with some of the other students or study in a quiet place.

Additionally, there is safe zone training offered to faculty and staff. There is a list of previous and current individuals that have completed the safe zone training. The training helps educate the viewers on how to better handle a situation or student related to the LGBTQ+ community and it shows students that someone cares for and supports them.

Director for the Dr. Jesse R. Peel LGBTQ Center Mark Rasdorf has been a part of the center for eight years. Rasdorf said the goal for the center has been for minorities on campus to have a safe space and for the LGBTQ+ community to feel celebrated and seen. Rasdorf said the center has seen more foot traffic since the move from the Brewster building in 2019, but he would always like to see more students interacting and being part of the community the center has to offer.

has even held the training for Brody School of Medicine residents, such as the pediatric and psychiatric departments. He said because the residents aren't at the university for that long the list doesn't include their names, however, once the training is completed, a safe zone logo will be distributed to the trainee.

According to the Dr. Jesse R. Peel LGBTQ Center's website, "The Safe Zone program is a symbol of this University's commitment to diversity and inclusiveness and your participation in the Safe Zone training helps to create an ever-expanding network within the ECU community to support our students." The symbol can be displayed at the end of an email, in an office, as a pin or sticker, and in so many other ways. The three hour long training allows student members of the LGBTQ+ community to share their experiences.

"To me, the message it sends is 'I've done the training, I care. I'm not an expert but I care,'" Rasdorf said. "When folks see that, most people are gonna instantly assume



WE SERVE AS A RESOURCE, REFERRAL, EDUCATIONAL AND SOCIAL CENTER FOR THE ENTIRE CAMPUS. SO VISITORS ARE ALWAYS WELCOME.



Mark Rasdorf

Rasdorf said the center has received support from Chancellor Philip Rogers, who is the highest level in the university. For the LGBTQ Center's 10th anniversary in 2021, the center hosted a crowd-funded campaign with the university foundation. The campaign lasted six weeks and a fundraiser goal was set for \$15,000. By the end of the campaign, the funds were nearly double the goal and sat at \$36,000. Rasdorf said the campaign was the most successful in ECU history.

"I think this semester and probably this year is going to set a new highwater mark," Rasdorf said. "We serve as a resource, referral, educational and social center for the entire campus. So visitors are always welcome."

Rasdorf said the safe zone training has been completed by well over 900 faculty and staff since 2014. He said he

that person's safe; it doesn't make them an expert, it doesn't make them a counselor, but it means they attended a three hour training and they're trying to do better for the LGBTQ community at ECU."

The center hosts Coffee House Group as a way for students to talk freely about choice subjects during the week over a cup of coffee and snacks. The meeting lasts around 90 minutes and takes place in the conference room of the suite. Other events the center holds are National Coming Out Day, Bi and Proud Awareness, Transgender Day of Remembrance, Transgender Day of Visibility and World AIDS Day, just to name a few.

Additional details and information about the events can be found on the center's website or Instagram page. 📍

Being In love in college

By Ashley Wolfe | Photo Contributed by Aaliyah Suarez

SOPHOMORE SOCIAL WORK MAJOR,

Aaliyah Suarez, has been in a serious and committed relationship with her boyfriend since March of this year. As it goes, they actually met before then, in November of 2021. “Before we actually became official, it was one hell of a journey,” Suarez said.

Suarez never had back-handed compliments from friends, but she did have friends and family warn her about getting serious before being close to done with college. So, it took Suarez and her boyfriend from November until March to decide that their relationship together is something they both wanted.

She went back and forth between being in a relationship with him because she wasn't sure if it was just a “hookup” or an actual committed relationship. “It took a long time before we actually decided ‘okay, you're not going anywhere, I'm not going anywhere, this is a safe thing now,’” Suarez said.

It has been roughly six months since Suarez and her boyfriend became official. Since then, they decided they are committed to each other and that their views for the future are in alignment. They see their relationship going the distance. “I date because I have the intention to marry and he's just the same way,” she said.

Her boyfriend was the first to declare “I love you”, and this was before they even became official. The declaration was made after he had come back from a funeral. At the funeral, someone told him about the importance of saying you love a person before it is too late and they are gone forever.

Their first meeting was an instant connection for Suarez. She felt like she had known him for years and that they had finally found each other. “I would say I'm madly in love with this boy, I feel like I've found the one for me,” Suarez said.

Suarez was a freshman when she met her boyfriend, and because of that her friends and her parents discouraged the idea of her dating so early in her college career. Despite what her friends and family may have said, she and her boyfriend push each other to attend

class and make sure they perform well in their studies. Now, both their parents love each other and love the person their children are dating.

They don't know exactly what the future holds for them. Maybe long distance? He will graduate a year before she does, and this is something Suarez is aware of. Despite this, she believes they have a strong foundation to make their relationship a committed one.

Freshman nursing major Nev Hardy has a similar relationship timeline as Suarez. Hardy met her boyfriend in November of 2021, and they began dating in January of 2022. They met unexpectedly. Their story began when she came down from New York to visit her friend at East Carolina University and ended up meeting him for the first time. After her visit, she decided to attend ECU.

They decided to move in together for the Fall 2022 semester, and are currently living off-campus. They were together for roughly four months before they made the decision to share a living space. Hardy was nervous at the prospect of living with her boyfriend for the first time, but now it has brought the two of them closer together. “We decided at the time that it would be the best thing to save money,” Hardy said.

Her family thought it was sweet of her to move in with her boyfriend, and while her boyfriend's parents didn't necessarily give their opinion on the matter, they welcomed her with open arms when she started dating their son.

We can see that finding love and maintaining a committed, romantic relationship in college does happen. Despite what the friends and family members of Hardy and Suarez said to them, they both believed in their respective relationships and the commitment they possessed. Some elders may also tell you that being in a serious relationship or being in love in college is a bad time, but all of that is relative. We only live one life on this Earth, and it's important to spend as much time with the people you love as possible. 📍



⚡ Aaliyah Suarez, second-year social work major, and her boyfriend, Isaiiah Mcilwain surrounded by their essence of love, walk through a greenhouse together.

Whispers of the Unconscious & Subconscious Mind

By Shatiece Starks | Illustrations by Audrey Milks

TO DREAM IS TO OPEN YOUR MIND

to new worlds and realities. To dream is to let your subconscious roam free in your psyche. According to the Sleep Health Foundation, we all dream every night. Some people remember, and some don't. Although most of our dreams rely heavily on the individual, there are a few common ones people experience.

Have you ever dreamt you were out in public? Maybe you were walking to a classroom or heading to a job interview. When things seem normal, you realize your clothes are missing from your body. Lo and behold, you're wearing your birthday suit!

According to angelnumber.org, there are two main interpretations for this awkward dream. On one hand, if you dream you're naked but not ashamed, it could reflect self-confidence and mean you're "living an important and emotionally healthy moment with yourself." On the other hand, feeling embarrassed could mean you're afraid of making a fool of yourself and may need to work on some underlying insecurities.

Another common dream many people have consists of losing their teeth. You don't need many details to feel unsettled and disturbed by the thought. According to the Sleep Health Foundation, a study suggested that 39% of the population experienced dreams in which their teeth fell out, rotted or broke. Although there's been no set connection, another study also suggested that college students experiencing depression, anxiety, helplessness and a loss of control also reported having dreams in which their teeth fell out.

These dreams could mean a variety of things, both positive and negative. For example, it could mean you're insecure or feeling vulnerable regarding something that has recently happened in your life. Losing your teeth

in a dream could also symbolize personal expansion. When we're kids, our baby teeth fall out to make room for the adult ones. So it could mean you're maturing and blossoming into who you're supposed to be.

Being chased is another dream that can be terrifying to experience. Waking with a jolt, your heartbeat is stomping in your chest, your skin is slick with sweat and you're out of breath as if you've just finished a 10k race. They're not fun. Dreamdictionary.org states that chasing dreams may be related to an inner conflict you're struggling to resolve. It's tucked away in your mind and manifests into whatever you're running from.

Sometimes, dreams can be manifestations of lingering thoughts. Devon Atkinson, a junior logistics major, said after the COVID-19 pandemic and with the rise of monkeypox, he had a strange dream. "In my dream, it was just me seeing people wear masks constantly all over the place because no one could really figure out when the next epidemic would come or how dangerous it would be," Atkinson states that he woke with a sense of curiosity. His dream could've been the result of making observations about the chaotic events happening throughout the world today.

Whether or not dreams have symbolic meaning and value is still debated. I tend to think it could be a little bit of both. Maybe you've been thinking of a tasty sandwich you had for lunch and ended up seeing it in your dreams. Perhaps you've been stressed out and overwhelmed, and those feelings, improperly dealt with, terrify you in your sleep. Dreams are a mystery. Why not have fun with them and contemplate the possible meanings and interpretations? They make being awake much more colorful. ☺



Sex Myths Busted



COLLEGE IS A TIME when many young adults are discovering themselves. It is also the time when questions of sexuality pop up. Sexual exploration is a common occurrence amongst college students, but not everybody is educated on the topic by the time they get to college!

The troubling misconceptions surrounding sex and pleasure.

By Ashley Wolfe | Illustrations by Olivia Magistro



Dr. Paul Joannides is an award-winning sex education professional and has numerous publications on sex education. He is here to debunk a number of the myths many college students, and young adults alike, share regarding sex.

“A good way to understand sex myths is to compare the average ECU student’s experience in middle school when watching ‘Fast & Furious’ versus porn. I assume ECU students who never saw porn in middle school were most likely raised in homes with no electricity and running water, or had conservative parents who believed the internet was the tool of the devil — not that I’d totally disagree!

When students who are in middle school or younger watch “Fast & Furious” or next year’s “Fast X,” they have a frame of reference that they experience on a near daily basis: they know their parents don’t drive quite that fast, nor do their parents have nitrous tanks in the trunks of their cars. So they can tell ‘Fast & Furious’ is entertainment, as opposed to a reflection of how people drive in real life. But how many middle school students have a frame of reference regarding porn? Maybe if they watched their parents having sex, but I’m not thinking too many ECU students sat at their parents bedside and watched them having sex. This means that someone whose main source of sex education was porn probably wouldn’t know that most women don’t want a male partner to ejaculate in their face, or that the one sex act that causes women the greatest amount of pain is anal sex.

Before the Internet, anal sex in straight porn was considered a kinky act. For perspective: adult videos were located in a special part of video rental stores, hidden behind floor-to-ceiling curtains. And videos with anal sex had their own tiny shelf space in the adult porn section, with titles like ‘Bongwater Butt Babes’ and ‘Little Anal Annie.’ There was only a small and select group of porn actresses who would even do anal sex scenes.

However, if you grew up watching porn on the internet, you might assume that any woman who likes sex can’t wait until the dude she’s with pulls his penis out of her vagina and rams it up her rear end. Women just love that, right? And what about the shoulder shove where a guy grabs a woman’s head and forces it down on his penis? That’s routine for porn, but it is assault in real life. It’s shocking to see how many women think this is a normal part of having sex—something they have to put up with. It also used to be that if a woman didn’t want to have intercourse, she might give a guy a handjob. But now, a lot of women and men assume that he should at the very least receive a blowjob — with porn having helped turn the blowjobs into the new handjobs.”

“Sorry to bust another sex myth, but a dude’s testicles won’t somehow explode if he has to go home and masturbate. Of course, a woman or man should be able to say ‘no’ when they want the sex play to stop as opposed to feeling they have to get a partner off.”

“Another myth that a lot of women have about sex is they think it’s nasty or strange for women to masturbate.

They assume masturbation is normal for guys to do, but not something women should enjoy. I consider this to be the masturbation equivalent of the glass-ceiling.”

“Penis size myths: Now that so many men are phobic about showering or dressing in front of other guys, they don’t get a sense of what average penis and scrotum sizes are. Instead, their reference point is the penises in porn, and some guys assume if they aren’t hung like porn actors—who are usually at the 95th percentile for penis size—that they are inadequate. As for how this might impact women, I’m not sure what a girl in middle school thinks when she sees porn actors with massive penises and wonders ‘How would something like that ever fit inside of me?’ Hopefully this doesn’t lead to her experiencing pain during her first sexual encounters due to her tightening her pelvic muscles from anticipatory anxiety, and hopefully she doesn’t assume that guys with an average-sized penis are not adequate.”

“And last but not least is the matter of foreplay or lack of it in porn.

Foreplay is the type of kissing, caressing, fun, and playfulness that happens before you reach your hands between a partner’s legs or give her oral sex. It’s what helps her change her focus from worrying about almost everything in life to allowing her body to enjoy having sex. We used to say foreplay should last for 20 minutes, but this can vary from woman to woman.

The trouble with showing foreplay in porn is in how we consume porn: on a flat screen with the only senses being stimulated are visual and sometimes auditory, assuming you don’t turn the sound off. This is why foreplay in porn often seems boring to watch, and why we fast forward ‘to the good stuff.’ But when you are having sex with a partner in real life, all seven senses are being stimulated or are hoping to be stimulated. Foreplay in real life is what builds excitement and helps turn sex into something that feels really good and makes you want to have more of it. So people who grew up watching porn might assume that foreplay is not necessary. In porn, the second a guy gets an erection, the couple has sex. There is no build-up of erotic tension like there hopefully is when you and a partner have sex in real life.”

Joannides gives us a lot to think about regarding sexual pleasure and sex myths which are common amongst college individuals. It is important to educate yourself on misconceptions regarding anything, not just sex, because the outcomes of being uneducated on something could have a negative impact on the rest of your life. 🌀



The Seven Chakras

By Shatiece Starks | Illustrations by Audrey Milks

THE HUMAN BODY is a complex machine. The medical field has come far in terms of figuring out the mechanics of our bodies. However, the spiritual aspect of our forms is quite mysterious. In this article, we'll talk about the energies of the human body, specifically the centers of that energy called chakras. According to the Cleveland Clinic, chakras in Sanskrit mean "wheel" or "circle." The concept of chakras is ancient and begins within the religions of Hinduism and Buddhism. Some say there are many different chakras. However, in this article, we'll be talking about the primary seven: Muladhara, Svadhisthana, Manipura, Anahata, Vishuddhi, Ajna and Sahasrara.

Ram Jain from arhantayoga.org says the **Muladhara chakra (Mu-lad-hara)**, also known as the "root" chakra is located at the base of the spine. The Muladhara is associated with emotions of survival, stability, ambition and self-sufficiency. Jain states that when this chakra is unbalanced within a person, it causes a ripple effect of negative emotions for them. They might lack ambition, lack purpose, are fearful, insecure and frustrated. Jain states in a complete guide to the root chakra, the best way to balance it is to stabilize the foundation of the body. He states practicing yoga, poses such as the corpse pose and child's pose will also help to balance the chakra.

The Svadhisthana chakra (Svad-histhana), also called the sacral chakra, is located in the abdomen and is associated with sexuality, creativity and self-worth. Jain says the sacral chakra might be imbalanced if a person feels irritable and "emotionally explosive." They'll lack energy and creativity, they'll feel manipulative and their thoughts could potentially be overtly sexual. For this chakra to be balanced, the person will feel satisfied, compassionate and intuitive. A few ways to balance this chakra include reconnecting with water — as water is the sacral chakra's element, yoga, reciting positive affirmations and meditation may also help with imbalance.

The Manipura chakra (Ma-nipu-ra) or solar plexus chakra is located between the navel and

bottom of the rib cage. This chakra is associated with generosity and joy. According to Jain, an imbalance could cause health problems such as digestive problems, liver problems or diabetes. A person might also struggle with self-esteem, anger and perfectionism. If this chakra is imbalanced, a person may feel jealous, greedy or possessive. As in the name, this chakra is associated with the sun and warmth. To balance this chakra, Jain states that participating in any physical activity would be beneficial, as well as soaking up the sunlight.

The Anahata chakra (A-na-ha-ta), also known as the heart chakra is located in the heart region. Jain says a person may be dealing with imbalance if they feel anger, lack of trust, anxiety, jealousy, fear and moodiness. Meditation, daily affirmations for love and confidence, breathing exercises and a green diet can be useful for helping to rebalance this chakra. Jain says practicing forgiveness may also help to rebalance the chakra, as it would aid in opening the chakra.

The Vishuddha chakra (Vishu-da) or throat chakra is located at the base of the throat. Imbalance in this chakra may be expressed through timidity, quietness or the inability to express one's thoughts. Jain states that when the chakra is open and balanced, it will increase feelings of freedom and empowerment of understanding your true self. To rebalance this chakra, Jain says practicing meditation and throat chakra affirmations speaking on open and efficient communication may be of use.

The Ajna chakra (A-ju-na) or third eye chakra is located in the middle of the forehead, between the eyebrows. According to Jain, if you meditate on this chakra, it will destroy the karma of past lives and "bring liberation and intuitive knowledge." Associated with this chakra are intelligence, intuition, insight and self-knowledge. Jain states an imbalance can make you feel non-assertive, afraid of success or egotistical. Reconnecting with nature is a great way to balance this chakra, Jain states. Being connected to the earth will soothe the mind.

Last but certainly not least, is the **Sahasrara chakra (Sa-has-rara)** or crown chakra. According to Jain, this is the chakra of spirituality, enlightenment and dynamic thought and energy. When imbalanced, it could bring about emotions of frustration, melancholy and other destructive feelings. According to goodnet.org, to heal or open this chakra, it is a good idea to burn Sahasrara incense and essential oils as aromatherapy.

Repeating positive affirmations of enlightenment and spiritual connection may also help. The exploration of chakras and what they are is a wonderfully mysterious thing. If you're interested in anything you've read throughout this article, why not take a little time to further explore the seven chakras? You just might like what you find. 🌀



BASKETBALL

101

By **Kristin Outland** | Photos by **Halie Miller** & Illustrations by **Olivia Magistro**

ALTHOUGH MANY PEOPLE may be familiar with the common rules and gameplay of basketball, surprisingly enough, some people may not fully understand the sport. There are several rules and terms in which most individuals are unsure of their meanings and importance. However, I will be your guide as I break down a basketball game in its entirety.

To play a game of basketball, there needs to be a team of five and an opposing team of five members. Games are usually played in a gymnasium or an outside court. In most organized games, players wear a uniform consisting of a jersey, shorts, socks and basketball shoes. The only equipment needed is a hoop to shoot the ball through and, of course, a basketball.

A basketball court has two different goals, one on each end of the court for each team, and they trade up after halftime. Each goal stands at 10 feet. Throughout each game there are two officials known as referees who make sure that the rules are followed.

There are five different positions on a team, including point guard, shooting guard, center, power forward and small forward. A point guard usually brings the ball down court, and calls the plays. A shooting guard is generally the better shooter of the two guards. The center is usually the tallest player on the floor. The power forward is generally a player who can obtain position and score closer to the goal. Lastly, the small forward is more of a shooting forward, who typically takes longer shots.

To move the ball around, you must dribble or pass, and you are only allowed two steps after you dribble. Anything more than two steps is called “traveling,” and this is considered a turnover, where the ball goes to the opposing team.

When playing defense, you are not allowed to hit a person’s hands when shooting or bumping into them. This is considered a foul, and the player is awarded two free throws. If the shot was taken behind the three point line, the player is awarded three free throws. In both cases, if the shot is made, the player gets one free throw attempt.

A turnover could be when someone steps out of bounds with the ball or loses the ball out of bounds, or hits the top of the backboard. All of these result in the opposing team getting the ball. A turnover is also when a shot is not taken within the limit of the shot clock that differs in various levels, all the way up to professional.

The obvious goal in mind for each team is to score as many baskets as they possibly can. Long distance shots are worth three points, but the accuracy is generally low. Closer shots are a higher percentage, however, a mix of both can be advantageous.

In the end, the team with the most points wins, unless there is a tie, which is when the game goes into overtime. Overtimes will be played until one team outscores the other at the buzzer. 🏀





⚡ Former ECU student Jayden Gardner (pictured top) and Tremont Robinson White, third-year university studies major, (pictured bottom) are locked in an intense game with Temple University.

WORDS TO KNOW

ON THE COURT

Referees

individuals who observe the game to ensure guidelines are being followed

Point guard

player who brings the ball down court

Shooting guard

best shooter of the two guards

Center

tallest player on the floor

Power forward

player that takes position and scores closer to the goal

Small forward

shooting forward who takes longer shots

Traveling

moving more than two steps, a violation of the game in which the ball goes to the opposing team

Turnover

occasion in which a player steps out of bounds, loses the ball out of bounds, or hits the top of the backboard

Overtime

period of time in which a game extends due to a tie between teams

Point

throws made in a game, can range from one to three points depending on where the shot is made from



healing your *inner child*

By Ashley Wolfe | Photos by Halie Miller

WE ALL HAVE an inner child inside of us, whether we want to admit it or not. All of us have a desire or experience from childhood which we may or may not heal when we grow up and become adults. For example, take the following three students at ECU.

Senior history major Amrina Rangar has healed her inner child because she has “gained the confidence she never grasped

as a child.” Junior public health major Anyanso Kalu has healed his inner child through gaining a “brotherhood” of boys he met at ECU who have gone through similar experiences as him. Last, but not least, senior biology and public health double major Hope Everingham has healed her inner child by finally being able to buy a car with her own money while in college.



Amrina Ranger, senior history major, and Anyanso Kalu, junior public health major, reflect on their growth from childhood.

AMRINA RANGAR: THE BEAUTY IN FINDING YOUR VOICE

Senior history major

“I grew up in a small town and a county that is historically known for its racism. I was one of two Indian girls in my grade, and in my early years, one of two Indian people in the whole school. When I started second grade, I was one of about five children of color, and [was] immediately placed into a speech therapy class. When I was in fourth grade, I was called a terrorist on the bus ride

grew up around because it truly influenced how I thought about myself for a very long time. I rarely voiced my opinion, and I was a ‘yes’ girl, always trying to fit in. As I have journeyed through college and been exposed to an environment where people have given me the opportunity to speak and grow, I’ve gained the confidence that I never grasped in my childhood. I now have the ability to speak

“ I know that little Amrina - child Amrina, would think adult Amrina is the coolest girl in the whole world. ”

- Amrina Ranger

home from school. I remember in first grade; I wished that I had blonde hair. When my dad, who was the head coach of my softball team for seven years, invited our assistant coach and his family to our home for dinner, the first thing he said was that he almost did not come because he thought the house would smell like curry. Now, these all might seem like minor instances, and to an extent, they are. However, I think it is important to note the atmosphere and rhetoric that I

in front of large groups of people without the concern that they aren't taking me seriously because of the color of my skin or my gender, and I'm no longer afraid to voice my opinion. Though I have my days where I doubt myself, just like everyone else, I know that little Amrina - child Amrina, would think adult Amrina is the coolest girl in the whole world. And to be honest, that's the greatest accomplishment I've made this far.”

ANYANSO KALU: THE POWER OF A BROTHERHOOD

Junior public health major

“I am president of a club called TEAM. I am an RA for White Hall and I am a junior public health major born in Nigeria but raised in Raleigh, NC. I think the way that I healed my inner child is having a brotherhood. Growing up, I had an autistic brother who I loved so dearly and still do. I was initially confused and awkward and it took me a long time to understand how to love him. Now he is my heart. Him being younger than me, but directly the closest one to my age, I always wanted to play with him. He was a big responsibility that I wouldn't switch for the world. As I got older, I felt like a dad because my mom became a single mother and I was the main male in the house. Being the oldest of 4 and being a first generation college student with foreign background is a lot. I didn't have many cousins to look up to on a daily basis. I think I accidentally turned my little sisters into tomboys.

The point I'm trying to make is coming to college and joining the Talent Empowered

Aspiring Men (TEAM) Jarvis LLC freshman year, being an RA, being in the Black Student Union (BSU), being in the African Student Organization (ASO), ECU Club Track and much more has brought me so many male friends that I can either look up to or respect. That brotherhood I never really had to every extent finally came full circle because of it. Even though nobody is perfect I now have slightly older guys who have been through what I'm going through that can help me with the ropes. I now know guys who also have autistic brothers or very similar household stories where they struggled providing and being the man of the house. It's heartwarming and encouraging. So, I think that's my inner child healing. Because now it gives me even more drive to be successful and do everything for me and my family. I love the friendships I made here, man or woman.”

➤ *Healing your inner child may come in many unique and individual ways and scenarios.*

HOPE EVERINGHAM: THE PEACE OF INDEPENDENCE

Senior double major in biology and public health

“Growing up my parents did everything they could to provide for me but moving constantly in the military with three siblings ranging from 6-to-15 years younger than me [meant] money was tight. We always had everything we needed and wanted but I knew college would be on me and had no expectations for overly expensive gifts and definitely not

I got to college, my locks didn't work, my transmission was breaking down and even the seatbelt didn't click right. It got broken into over and over due to the inability to lock so finally, after being tired of seeing my dashboard contents thrown across the car, I was able to take my hard-earned money and buy a 2020 stick-shift. I had always wanted

“ It was a very healing moment to take over all of my expenses and not worry about my effect on my parent's finances. Since then, I have gained a lot of peace from my overall full financial independence. ”

- Hope Everingham

having a car gifted to me. My parents worked to save and build a \$3500-range surprise budget for my first car. I cried when I found out we were going shopping because I was just so shocked and grateful. My rough Jetta was the best first car anyone could ever ask for... for about three years. When

a manual car more than anything and the best part was it was safe, and completely on my own tab. It was a very healing moment to take over all of my expenses and not worry about the effect on my parent's finances. Since then, I have gained a lot of peace from my overall full financial independence.”

MAYBE YOU HAVEN'T seen that father figure in your life since you were two, maybe you haven't been able to swim in a lake you've dreamed of visiting since you were six, or maybe you haven't been able to unite with a long-lost friend from elementary school. All of these are stories not mentioned in this article, but have probably been relevant for somebody at some point, and probably for a member of Pirate Nation.

Whether you have healed your inner child or not, consider the stories of these individuals healing their inner child, and think of how you could do so yourself. 🗣️

Defining the PATRIARCHY



First-year biomedical engineering major Sarah Howard stands uncomfortable, surrounded by a group of men.

How systems of power can infiltrate lives for generations

By **Kristin Outland** | Photo Illustrations by **Jaylyn Gore**

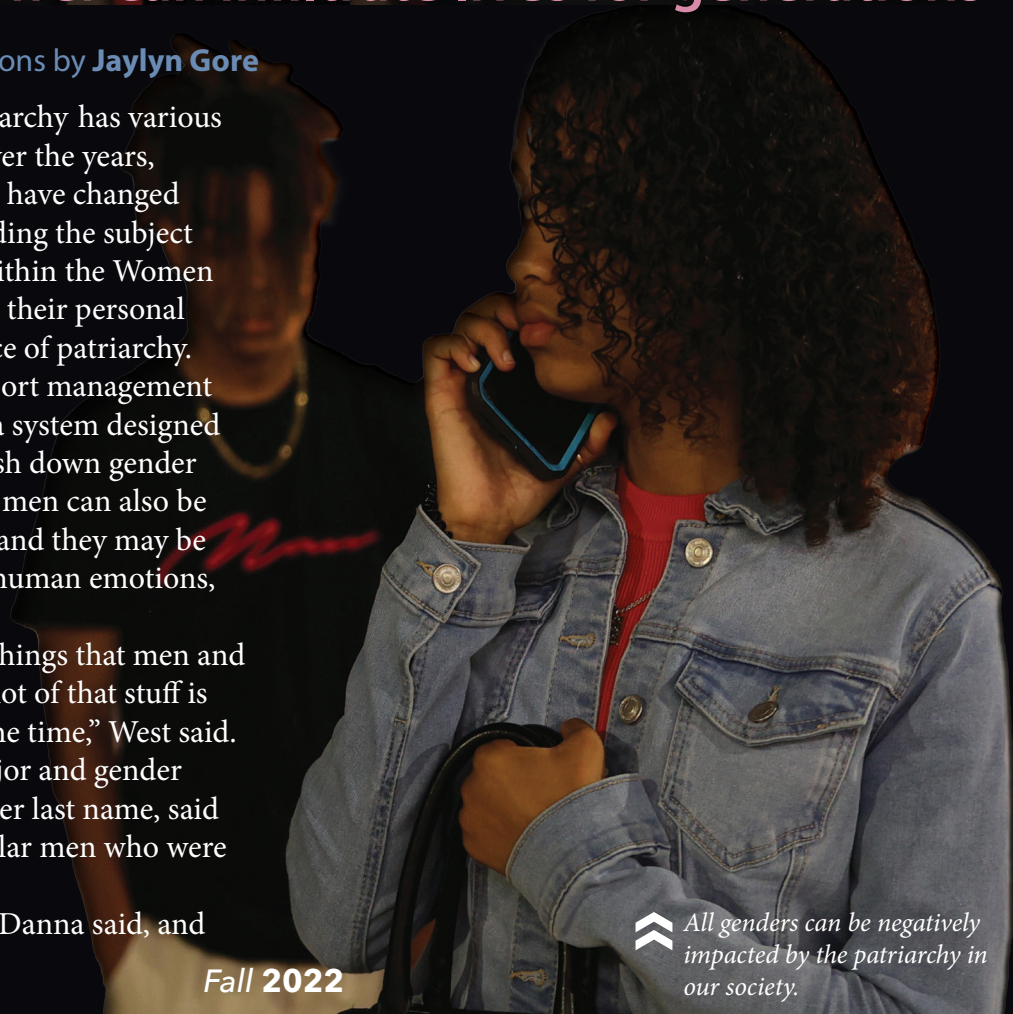
IT'S NO SURPRISE THAT patriarchy has various meanings to different individuals. Over the years, its definition has changed and people have changed their opinions and perceptions regarding the subject matter. I spoke with a few students within the Women and Gender Office (WGO) to discuss their personal definitions, beliefs and the importance of patriarchy.

Kori West, graduate kinesiology sport management major, said she defines patriarchy as a system designed for and made by men, which may push down gender minorities unintentionally. However, men can also be affected negatively by the patriarchy, and they may be categorized as “weak” for displaying human emotions, such as crying.

“Obviously, I think there’s a lot of things that men and women are different at, but I think a lot of that stuff is societal and not necessarily true all the time,” West said.

Danna, junior political science major and gender studies minor, who did not provide her last name, said patriarchy was created due to particular men who were in power throughout the years.

This was both unequal and unfair, Danna said, and



All genders can be negatively impacted by the patriarchy in our society.

some individuals tried to dismantle this issue, but male privilege seems to still remain prevalent in today's generation. However, the largest issue is the lack of importance and representation of gender minorities.

"It seems very erratic to dismantle something that's been so historically present, but it does bring down other gender minorities because it's never been thought of as important," Danna said.

When people think of the term patriarchy, the word dominance may come to mind. The social system of

patriarchy places males above females and ranks them higher in privilege opportunities. Throughout the years, many people have had the idea of dismantling males' privileged power and replacing it with an opportunity equal for both men and women.

Regardless of one's gender, each individual should receive equal and fair opportunities to their peers. This is an issue that remains in the workforce for many fields, and unfair advantages may be given to one gender over another.

“ **Regardless of one's gender, each individual should receive equal and fair opportunities to their peers.** ”

- Kristin Outland

There have been many false claims surrounding patriarchy, such as the idea that women are better than men. This claim could also be applied vice versa towards men. These remarks may affect both men and women negatively, as the truth is that no gender is superior to one another despite inaccurate claims and beliefs.

Overall, it's important to recognize and understand that the term "patriarchy" has changed throughout the years, as has feminism. It's also important to realize the effects of prioritizing one gender over the other. Equal, fair opportunities should be given for all individuals, regardless of gender or other factors. 🌐



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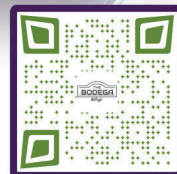


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SCAN ME

ENTERING THE WORLD OF birth control

By **Kiarra Crayton**

Photo Illustration by **Jaylin Roberts**

ENTERING THE WORLD of birth control can be daunting; that's why I am providing you with the facts and statistics that come from Planned Parenthood to help make your decision easier. There is a birth control method for everyone regardless of what you plan to use it against.

Starting with the effectiveness against pregnancy, abstinence is the most effective, with a 100% effective percentage. Abstinence is the act of not engaging in sexual intercourse of any kind.

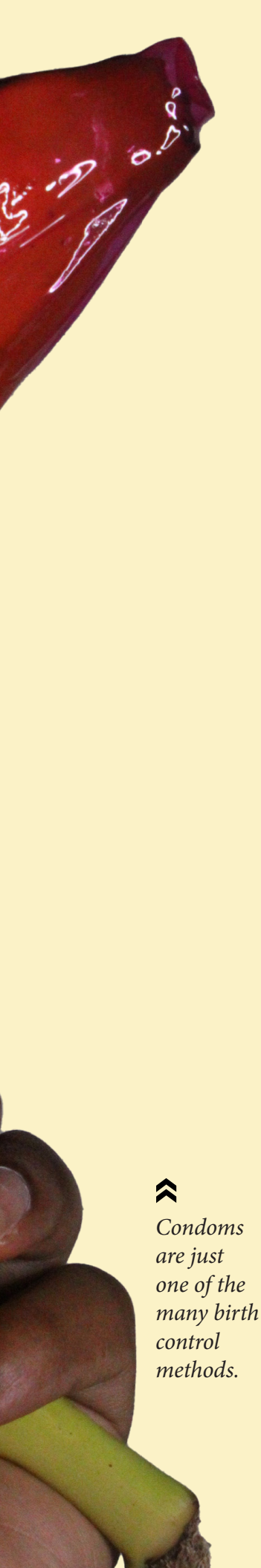
Going down a percentage, tubal ligation, vasectomy, the birth control implant and an intrauterine device (IUD) are all 99% effective in preventing pregnancy. Tubal ligation is a surgical procedure for people with fallopian tubes, in which the tubes are permanently closed, blocked or removed. A vasectomy is the cutting or blocking of the small tubes located in the scrotum that carry the sperm. This is the male equivalent to having tubes tied for females. A birth control implant is a small rod placed into the arm that releases hormones into the body. This method lasts up to five years, but if you want it taken out at any time, you can ask your doctor to simply take it out. An IUD is a small plastic device placed in the uterus that prevents pregnancy for 3-12 years depending on the brand.

The next tier on the effectiveness scale contains breastfeeding; the birth control shot, patch, vaginal ring and the pill. Breastfeeding leads the group with a 98% effective rate, the shot comes in a close second with a 94% effective rate; the patch, pill and vaginal ring all have a 91% effective rate against pregnancy.

When breastfeeding, the body naturally stops ovulating. Without ovulation you won't get your period and can't get pregnant. This only happens when breastfeeding is done the correct amount of times, meaning every four hours during the day and six hours at night.

The Depo-Provera (depo shot) is an injection given every three months. The shot works because it contains progestin; a hormone that stops ovulation therefore





»
Condoms are just one of the many birth control methods.

stopping your period and not allowing you to get pregnant. The patch prevents fertilization because it contains progesterone and estrogen which stops ovulation. The pill stops pregnancy by not allowing the fertilization stage to occur, stopping ovulation. The pill needs to be taken at the same time everyday in order for it to be the most effective it can be. The vaginal ring is a flexible, small ring inside the vagina that releases hormones into your body. The ring can last up to five weeks to a year depending on the brand you choose.

Down to final effectiveness tier, a diaphragm is 88% effective, a condom is 85% effective, a sponge is 76% to 88% effective, spermicide is 72% to 86% effective, a cervical cap is 71% to 86% effective, an internal condom is 79% effective, withdrawal is 78% effective and fertility awareness (FAMs) is 76% to 88% effective.

A diaphragm is a shallow cup shaped piece of silicone that is inserted into the vagina and covers the cervix. The diaphragm acts as a barrier covering the cervix, preventing fertilization. This can be inserted before sex and should be left in place for at least six hours after sex. A condom is a thin, stretchy pouch that covers the penis, acting as a barrier and collector for sperm. Condoms are put on before sex and are removed after collecting the sperm. A sponge is a small, round piece of plastic, that is inserted deep into the vagina before sex. The sponge is less effective to those that have given vaginal birth.

Spermicide is a gel-like chemical that stops the fertilization stage because it blocks the entrance to the cervix and stops the sperm from moving so easily within the uterus. A cervical cap is a silicone cup that is inserted deep into the vagina to cover the cervix. Cervical caps are smaller than diaphragms and half-moon shaped. An internal condom is the female equivalent to condoms. Internal condoms are inserted inside the vagina and act as a collector and barrier for sperm.

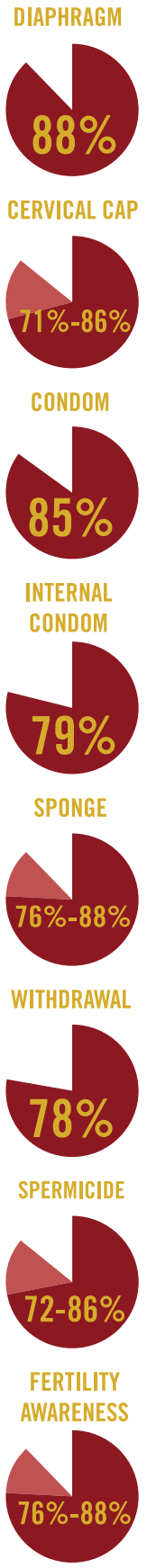
The withdrawal method, also known as pulling out, is pulling the penis out of the vagina during sex before ejaculation. The pullout method must be timed correctly unless it is being paired with another method. Fertility Awareness Methods (FAMs) are different ways to track your menstrual cycle so you know when ovulation occurs and what days you could be most susceptible to getting pregnant.

Condoms are the best ways to prevent STIs because there is no skin to skin contact due to the silicone barrier the condom provides. Finding the right birth control takes trial and error sometimes because of some of the side effects they have associated with them. The side effects can vary from person to person because everyone's body is different.

It is best to stay safe when having sex and using birth control is a helpful way to do that because the main purpose of it is to prevent pregnancy. Along with condoms preventing STIs. While engaging in sexual activities, all parties involved need to learn the importance of birth control and understand the risks when not taking a form of it. The process of finding the right birth control is trial and error and can sometimes be a long journey. However, some even find the right method for them the first time because they have done extensive research and know which method their body would be comfortable with the most.

Arguably, the result of using birth control and the preventatives of it make the process worth the hassle. 🌀

HOW EFFECTIVE IS YOUR BIRTH CONTROL?

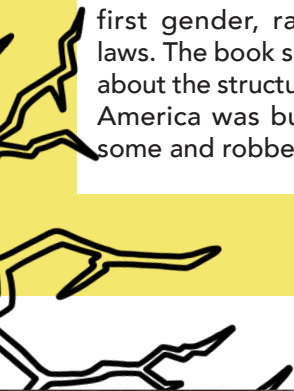


Birth control methods may have different effectiveness rates. The ranges are depicted above.



Fortune: How Race Broke My Family and the World And How to Repair It All

A Religion and Spirituality book written by Lisa Sharon Harper and Otis Moss



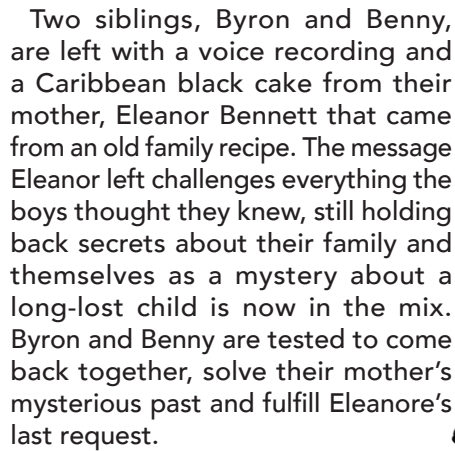
Lisa Sharon Harper, a leading Christian activist, reflects on her life journey to find her family's history. She spent 30 years figuring out her family's history through oral histories, DNA research, interviews and genealogy. The name Fortune came from Harper's first nonindigenous ancestor as they were at the forefront of the nation's first gender, race and citizenship laws. The book sheds light to readers about the structures and systems that America was built on that blessed some and robbed others.

Hook's TOP BOOKS FALL 2022

By **Kiarra Crayton**
Illustrations by **LC Love**

Black Cake: A Novel

A fiction novel written by Charmaine Wilkerson



Two siblings, Byron and Benny, are left with a voice recording and a Caribbean black cake from their mother, Eleanor Bennett that came from an old family recipe. The message Eleanor left challenges everything the boys thought they knew, still holding back secrets about their family and themselves as a mystery about a long-lost child is now in the mix. Byron and Benny are tested to come back together, solve their mother's mysterious past and fulfill Eleanore's last request.



You Truly Assumed

A fictional young adult book written by Laila Abreen

Sabriya has her summer planned out in Virginia until it is interrupted by a terrorist attack happening near her home. The terrorist is assumed to be Muslim and Islamphobia surrounds her following the attack. Sabriya goes to her journal for support but when her blog goes viral so does the hate and pushback that come along with popularity. Fellow Muslim teens find comfort from the blog, even more so as two more teens, Zakat and Farah join Sabriya to run the blog, You Truly Assumed. The three girls form a secure friendship but are distrubed by threats and hurtful comments made on the blog.



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Kristin Outland - Staff Writer
Show: *Never Have I Ever* | Netflix

Summary:

"Never Have I Ever" follows the story of Devi, a young Indian-American girl learning to navigate through high school, relationships and family drama. Devi has to learn how to take responsibility for her own actions, and ultimately shows a lot of growth by the end of the third season."

Why Kristin Recommends it:

"Never Have I Ever" follows the story of Devi, a young Indian-American girl learning to navigate through high school, relationships and family drama. Devi has to learn how to take responsibility for her own actions, and ultimately shows a lot of growth by the end of the third season."

Kiarra Crayton - Staff Writer
Show: *How to Get Away With Murder* | Netflix

Summary:

"The show is about a young group of law students trying to navigate the messy and chaotic world they were thrown in. With the emotional murderous lawyer and an attractive hit man, the students get deep into issues they never imagined themselves in."

Why Kiarra Recommends it:

"This show is mentally stimulating because of how much happens in one episode. There is always something to catch up on or puzzle together in this show. *How to Get Away With Murder* is not a background show; to really understand the plot, all of your attention needs to be on it."

Ashley Wolfe - Staff Writer
Show: *The Man in the High Castle* | Amazon Prime Video

Summary:

"The premise of the show is that the setting is 1960s America, but in an alternate timeline where the Germans won World War II and the Nazis have taken over the eastern half of America. The main character, Julianna Crain, witnesses the mysterious death of her sister, which she finds out is in connection with someone called "The man in the high castle." The man in the high castle smuggles mysterious films amongst the resistance groups in America, the resistance groups that oppose the Nazis that is, and these films show a different reality. In some cases, they show a reality where the Nazis did not win the war."

Why Ashley Recommends It:

"The series "The Man in the High Castle" is simply breathtaking and a gripping experience to watch. This show is a gripping experience because it entertains the truly horrific scenario where the Nazis are in power in a nation like America, which is supposed to be a democracy, and not allow somebody like Adolf Hitler to be in control. It is truly chilling, yet fascinating, to witness the "nuclear families" in America, living in beautiful houses in places such as New York State, who are all Nazis."

Staff Recommends: TV Shows
Four TV Shows From Four Pirate Media 1 Writers

Shatiece Starks - The Hook Chief Editor; Arts & Entertainment Chief Editor
Show: *Lovecraft Country* | HBO Max

Summary:

"Lovecraft Country is set in the 1950s and is about a Black man named Atticus (Tic) who fought in the war and came home to look for his father. Tic, his uncle George, and his friend Leti set out on a journey to find his father and they learn that Tic is the blood heir to the man who founded a powerful organization. Tic and his family fall down a rabbit hole filled with monsters, magic, and other horrors while fighting off racism faced during that time period."

Why Shatiece Recommends it:

"It is terrifyingly beautiful and might even teach someone a thing or two that they didn't learn in school. This show is unique and fresh; the acting is spot-on and it will give you chills. The characters both main and side are richly complex; this show will make you feel like you're there in the action. It's bound to keep you on the edge of your seat."

Zodiac Signs Explained

By Kiarra Crayton | Illustrations by Audrey Milks

ZODIAC SIGNS HAVE STARTED to become a mainstream conversation since the rise of spirituality. The signs can be put into four different categories: earth signs, fire signs, air signs and water signs.

Fire signs include Aries, Leo and Sagittarius, and they are considered to be hot-headed and impulse driven. The Earth signs, known as Capricorn, Taurus and Virgo, tend to be more practical and reliable. Air signs are known to be emotionless and good communicators, and these signs are Aquarius, Gemini and Libra. The Water signs are Cancer, Pisces and Scorpio which are known to be emotional and creative.

Each person has a sun, moon and rising sign as well. However, the basic level most people know about is their sun sign. The sun sign is based on the day and month you were born. For example, my birthday is February 5, so I'm categorized as an Aquarius because that sign holds authority over January 20 through February 18. Sun sign are supposed to be symbolic for the outline of one's personality, strengths and how one interprets life.

According to Blossom, Moon signs represent the subconscious. Moon signs are the raw emotions we hide on a day-to-day basis and they tend to show when we are most vulnerable. Allure explained the rising sign as the way people perceive you. For example, if someone's rising sign is a Virgo, they are seen as rambunctious and talkative but that might be the version the person allows others to see. Rising and moon signs can be found by using an astrological calendar and calculator which can be found online.

The following information was gathered from Astromix about the individual zodiac signs.

Starting with the fire signs, Aries are known to be full of energy, courageous and have strong leadership skills. Some negative traits of an Aries are the explosive temper that comes along with being a fire sign; they are very competitive and often seek attention. Leos are known to be loyal, protective and generous. On the flip side, Leos can't handle criticism, are too prideful at times and always need to be recognized. Sagittarius are friendly, adventurous and ambitious but they can also be too honest and can be seen as rude, overconfident

and restless.


Capricorns are persistent, believe in the facts, and can be team players because they know how to mingle with various people. Taurus pay attention to detail, base their decisions on common sense and practicality and value honesty but they tend to be hard-headed, get jealous easily and are perfectionists. Virgos are critical thinkers, modest and one of the more responsible signs. They can be picky, anxious and get annoyed quickly.

Aquarians are open-minded, free-spirited and easy-going but have negative character traits like being unpredictable, detached like most of the air signs and being too modest in unfamiliar situations. Gemini are curious, possess good leadership skills and are flexible. A Gemini's fault is their immaturity, they tend to gossip a lot and have unpredictable mood swings. Libras are extroverts, good listeners and value romance but they are indecisive, self-obsessive, and manipulative.

Cancers are caring, sentimental, as all the water signs are, and faithful. On the flip side, they tend to be moody, love to get their revenge and are prone to being insecure because of the overwhelming amount of emotions they have. Pisces are empathetic, generous and often forgiving. However, they tend to have extremely high expectations, chasing their dreams to no end and hate accepting help from other people. Scorpios tend to be passionate, ambitious and honest but are also resentful, controlling and intimidating.

According to Time, they originated by the Sumarians and Babylonians and were later used by the Greeks. The signs have always been based on constellations. With each sign having its own constellation they also have their own symbol. For example, Leo is a lion because they portray the same traits as a lion.

A horoscope is supposed to give you an accurate prediction of how your future will go. You can find horoscopes for your sign for the day, week, month, or year and even see how your love life, health and career life will be.

The possibilities for figuring out your future are endless with zodiac signs but do you believe in them? 



ARIES

March 21 -
April 19



TAURUS

April 20 -
May 20



GEMINI

May 21 -
June 20



CANCER

June 21 -
July 22



LEO

July 23 -
August 22



VIRGO

August 23 -
September 22



LIBRA

September 23 -
October 22



SCORPIO

October 23 -
November 21



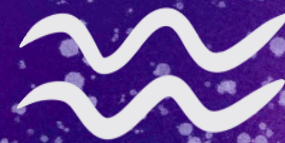
SAGITTARIUS

November 22 -
December 21



CAPRICORN

December 22 -
January 19



AQUARIUS

January 20 -
February 18



PISCES

February 19 -
March 20

Reversing Reproductive Rights

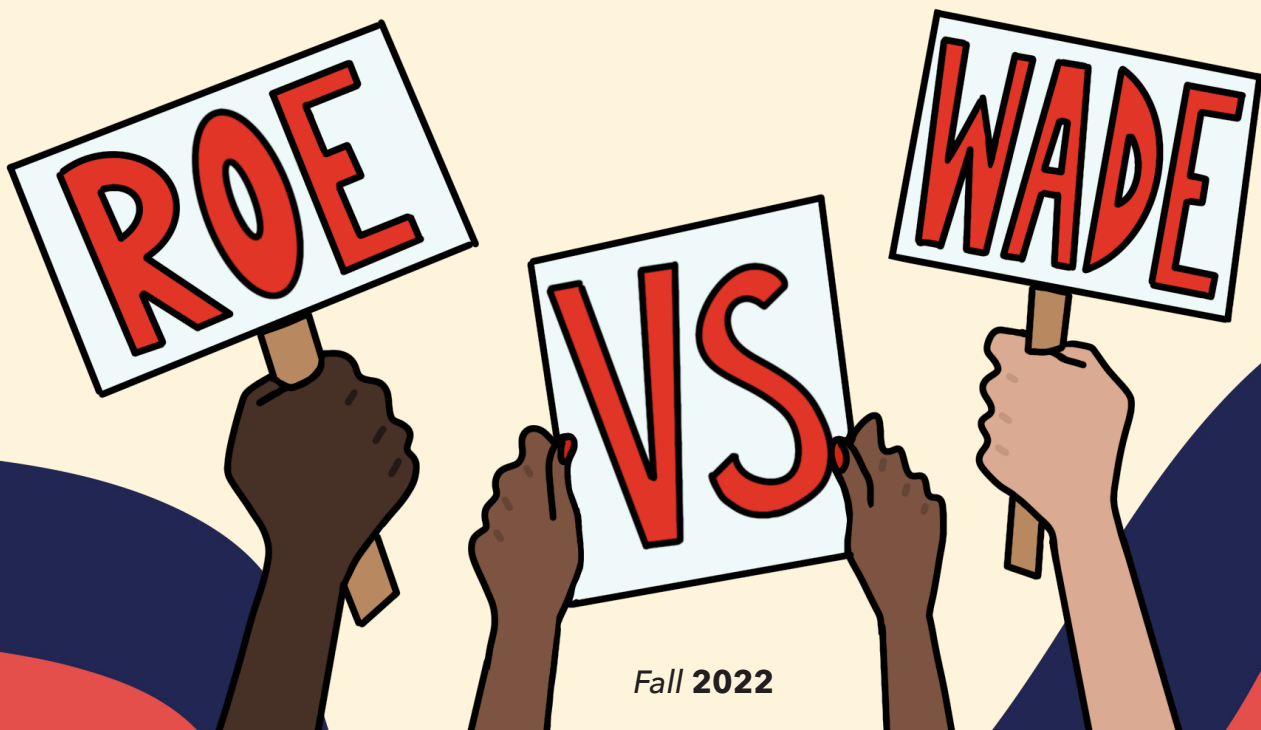
By **Ashley Wolfe** | Photo by **Madison Grifaldo** & Illustrations by **Sheridan Lycett**

THE DAY IS JUNE 24TH, the year 2022, when the groundbreaking decision by the United States Supreme Court is made to overturn the ruling of *Roe v. Wade*, the landmark 1973 case that made abortion a constitutional right in America. Now, abortion rights are at the mercy of each of the 50 states and their governments.

Maps have quickly spread online showing which states are more strict with abortion laws and which are not as strict. According to gutmacher.org, some states are identified as “trigger states” because they have abortion laws designed to be “triggered” to take effect automatically or by quick action if *Roe v. Wade* no longer exists. There are 13 such states as of the time of this publication. Furthermore, more than half of America, 26 states to be exact, are likely or certain to enact bans on abortion.

There are hundreds of thousands of individual, unique stories which are the result of the court’s decision. It’s important to zoom in on each community in America to hear these stories. One such community to look at is Greenville’s Pirate Nation.

Essence Hunt, a third-year communication major at ECU, is a part of the Black female community and fears for her fate if she were to need an abortion in the future. Due to her race, she believes she could potentially be a victim of medical racism. This issue makes the current reality of abortion rights scarier for the Black population. Now, with *Roe v. Wade* being overturned, many Black women in America could be forced to take the risk of encountering medical racism if they are even able to succeed in getting an abortion.



“Black women are more affected when it comes to the mortality rate of childbirth,” Hunt said. She believes the court’s decision on Roe v. Wade will hit Black women harder. “Healthcare doesn’t really take Black women seriously.”

According to the American Academy of Family Physicians (AAFP), medical racism is “the systematic segregation and discrimination of patients based on race and ethnicity, the effects of which persist to this day.” Certain medical facilities originally intended to serve racial and ethnic minorities are understaffed and under-resourced. Due to these issues, inequities of access to and quality of health care currently exist between white and non-white communities.

“My mother did have a miscarriage before, so I know that she had to get that removed due to her health,” Hunt said. “I do feel a sense of connection with other women and how it affects them in this world.”

Hunt said if her mother had not gotten an abortion, she would have gotten a deadly disease and passed away. Hunt would have grown up without her mother.

Thomas Halvas, a junior history education major at ECU, has differing views compared to Hunt. A self-described pro-life individual, Halvas believes abortion is not just a female topic but a male one also. Additionally, he agrees with the court’s decision

able to freely express their concerns on abortion rights and the overturning of Roe v. Wade. He said he will be there to support their expression even if he does not support what it is that they are expressing.

“Right now, I believe that I can be an ally to women by helping them express their views,” Halvas said. “Whether it is them supporting Roe v. Wade or not, I will be there to help them express their concerns, even if I disagree with them.

Lexi Karaivanova, sophomore political science major at ECU, said she’s has been emotionally affected by the court’s decision because she fears for her rights as a gay individual possibly being overlooked by the court now that Roe v. Wade has been reconsidered and overturned.

She said that while she suspected what would happen after the court’s draft opinion decision on Roe v. Wade was released by reporters in May of 2022, she still couldn’t believe it happened. For Karaivanova, she said, it wasn’t just about Roe v. Wade for her but about the rights she has regarding contraception and queer rights that she believes are at stake now.

“Things that I have accepted as rights I’ve had are being taken away or are possible of being taken away,” Karaivanova said. “As a queer person with a uterus, it’s like, ‘wow, what rights am I going to have in the next five years?’”

“ **Whether positive or negative, the Supreme Court’s recent decision to overturn Roe v. Wade will undoubtedly affect the lives of millions for generations to come.** ”

- Ashley Wolfe

to overturn Roe v. Wade because he thinks it should be up to the states to decide if abortion is legal and in which circumstances.

“For example, primarily democratic states like New York and California can keep abortion legal, which will make their voters happy since most of their populations vote Democrat,” Halvas said. “Where states like Texas and Florida can make it illegal, which makes most of their voters happy since they lean more conservative.”

While the court’s decision doesn’t affect him physically, he said it will affect his future when he decides to start a family and marry a woman in the future. He believes he might have disagreements over abortion with his wife, but because of how politically divided people have become, the possibility of having a partner who disagrees with him on abortion hasn’t left his mind.

“I believe Roe v. Wade hasn’t affected me too much as I am only a college student, and I do not plan on raising a family or having children anytime soon,” Halvas said. “However, I think it will only affect me if I and my future spouse have disagreements on having children or even if we have different political views on abortion.”

Halvas believes women should be

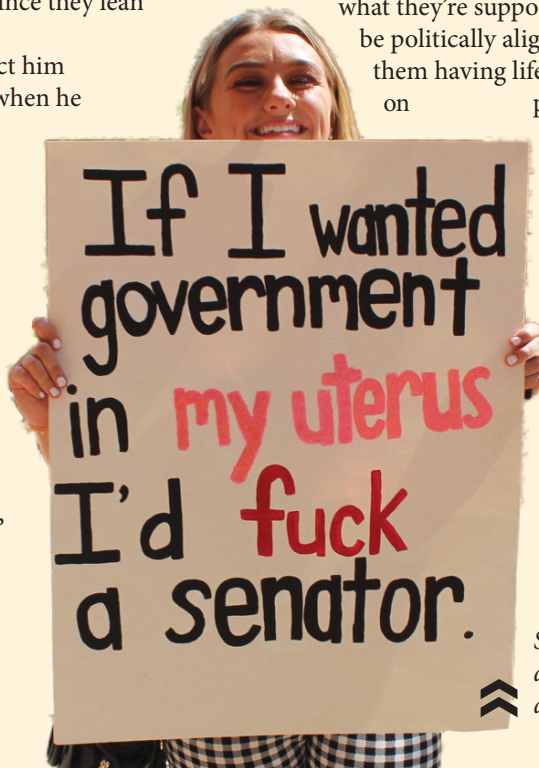
Karaivanova said the current Supreme Court justices have influence from their own personal beliefs, which contributed to the overturning of Roe v. Wade. She said they’re putting everyone else’s rights on the table as a discussion rather than accepting them as fundamental human rights.

“As a concept, it’s great, assuming that they’re going to do what they’re supposed to do because they are not supposed to be politically aligned,” Karaivanova said. “That’s the point of them having life tenure so they can make decisions based on precedent and based on the constitution.”

East Carolina University is only one community out of many in the United States which have a variety of viewpoints and life experiences that are causing individuals to be affected by the Supreme Court’s decision. Some, like Halvas, are happy with the decision, while others, such as Karaivanova and Hunt, are now having fears over their future rights as Americans citizens.

Whether positive or negative, the Supreme Court’s recent decision to overturn Roe v. Wade will undoubtedly affect the lives of millions for generations to come. 🌀

Since the reversal, people from all backgrounds have protested against the decision.



How to Craft the Perfect Playlist

Ensure you have the perfect music for every occasion

By Kristin Outland | Photos by Jaylin Roberts | Illustrations by LC Love

MANY PEOPLE WOULD describe music as an essential part of their life, and creating a playlist can be difficult. The organization of songs can play a large factor in one's idea of a "perfect" playlist. Most people base their playlists on their mood or emotions, as seen with Tim Walker.

Senior communication major Tim Walker stated he believes crafting a playlist is based upon mood, and different genres and artists can be added to a certain playlist depending on the environment.

"If I'm just driving, it's got everything. If it doesn't have everything, I'm not gonna listen to it. It's got to have some of everything. Some rock, classic rock, modern rock, a little bit of country. Some rap, I mean it's got to have some of everything," Walker expressed.

A perfect playlist would consist of artists from various genres, Walker said, and include songs that have connection or personal meaning attached to it.

"I wanna hear something that actually means something, if it doesn't mean something, I'm not about it. Most of the songs on my phone, I've heard at a time where I needed to hear it, or I have something attached to it," Walker declared.

For example, the first time Walker heard "Wild Boy," by Machine Gun Kelly, he was in Florida and has a specific memory attached to the song from his time during the visit.

The perfect playlist, Walker asserted, needs to contain music that has emotional attachment to it or music that has some kind of meaning behind it.

Personally, I would definitely say that the music I listen to is based upon what mood I'm in. If I'm in a more upbeat mood, I would listen to pop music. I could create a playlist with songs from artists such as Ariana Grande, Taylor Swift or Halsey. If I was in a more relaxed mood, I could create a playlist and

include artists such as Post Malone, Mac Miller and The Weeknd.

Overall, the "perfect" playlist would consist of artists from various genres and artists. I have a personal playlist of songs I would consider to be some of my favorite songs. The songs range from a wide variety of genres, including pop, country and rap.

Some people may struggle to make playlists, because it can be difficult to gather a set of songs that match the same type of vibe an individual is trying to create. The biggest tip I can provide to overcome this is to include songs from various artists within playlists.

In reality, it's difficult to create a "perfect" playlist, as individuals listen and discover new music each day. However, it's important for it to consist of songs that include emotional meaning behind the songs.

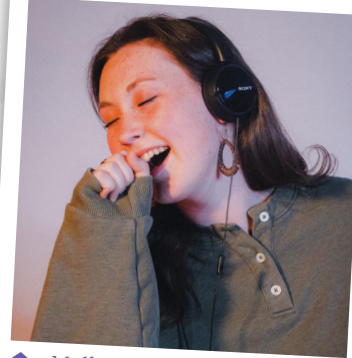
For example, I would consider my favorite song to be "breathin," by Ariana Grande. In this song, Grande sings about past experiences and struggles with anxiety. So, whenever I become anxious about something, the song instantly relieves my stress and puts me in a better mood.

Some songs, however, do not necessarily have to represent emotional meaning but I do believe that it is important to include some songs which have an attached meaning to your personal life or previous experiences.

Overall, when creating any playlist, it's important to include songs you may associate with a past memory, experience, or ones that have a special meaning behind it. Songs can be much more meaningful when there is a connection to personal life experiences, and the connection music provides to these experiences is what makes music so special for many people. 🎧



➤ Aniyah Lindo, sophomore psychology major, enjoys her favorite tunes.



➤ Molly Eckert, sophomore child life major, sings.



➤ Kolbi McLean, sophomore graphic design major, vibes with his headphones.

Scan the QR code to discover one of our perfect playlists, including songs like:

"cardigan" by Taylor Swift,
"Heartless" by Kanye West, and
"Wrapped Around Your Finger" by Post Malone!

Why We Need Libraries

The kingdoms of knowledge and resources

By Kristin Outland | Photos by Nia Cruz | Illustrations by LC Love

AS THE INTERNET and technological resources are becoming more advanced, some people believe libraries are becoming less relevant, however, the importance of libraries in general and their resources should not be overlooked. Staff and faculty from ECU and Joyner Library discuss the impact libraries have had on them and their strong need for presence even in the modern day.

Rita Soulen, assistant professor of library science in the College of Education, believes many people have the perception that libraries are simply “warehouses” of books and are not fully aware of the importance of access to resources.

“So, a lot of people think that libraries are just warehouses for books and that librarians are just the custodians of those warehouses, but really the purpose of a library is to give students access, or not just students, but anyone access to information and ideas,” Soulen said.

Many students want to rely on the internet for information and resources, Soulen declared, but this is an issue because accessing information through a search engine may not mean that it is credible. Soulen believes the rise of technology might make libraries more useful to individuals, since libraries will always be necessary for gathering accurate information.

“The library is the warehouse of knowledge that will always be fundamental to our society, and we will always need libraries to provide valid, reliable, credible resources to our people,” Soulen stated.

As a librarian herself, Soulen revealed in order to reach her current position, she needed to rely on the libraries for resource information. She stated she prefers using online resources, especially peer-reviewed

journals. Soulen believes that the features and functions of the online library, which allow users to easily select recent sources from a specific time period, are “great.” To Soulen, the library itself serves her as a safe space to complete work and get things done.

“If I’m writing a research paper and I’m working on that final draft, and I really need to focus, I’ll pack up my laptop, go over to the Teacher Resource Center, because I’m in the

field of education and I love that part of the library, and I’ll just sit there for a whole day and work,” Soulen mentioned.

Mark Sanders, assistant director of Public Services in Joyner Library, said one of the reasons libraries are so important is because of their expert presence, which can help students save time and possible frustration when completing assignments or projects.

The expertise of librarians and the economic savings for students, Sanders believes, such as providing free textbooks and accessible databases for information are some of the factors which make libraries essential.

“Our librarians are experts in locating information, evaluating it, using it, and citing it. That expert assistance that librarians can bring — it is one of the reasons we still have libraries,” Sanders stated.

Libraries had always appealed to him, Sanders expressed, as a “comfortable” space, which is for anyone regardless of their department on campus. Additionally, Sanders said the use of libraries gave him a resource for information that has only grown and expanded throughout the years.

“Libraries gave me that information and that just made it faster and faster and faster and opened it up more and more and more,” Sanders asserted.

Ronnie Woodward, public communications specialist of Joyner Library, revealed when he was an ECU student many years ago, he wasn’t aware of the many resources offered by the university. He revealed he had utilized many of the personal spaces in the library and learned about research resources upon becoming employed with the library.

“I think me going from a student to now an employee, I’ve learned a ton in the last year of all the different ways you can use the library. I think especially to either personal use or research use, that can appeal, I think, to students and faculty as well,” Woodward stated.

Overall, libraries and the resources they provide are essential to students and communities in order to ensure they are receiving accurate, credible information. Everyone does not have access to a reliable internet source, and not everything is on the internet, despite common beliefs that this is so.

It is important to have a safe place to go, free of distractions that also provides reliable information and a wide variety of access to resources. 📍



Savannah Thornton, second-year fine arts photography major, wanders amongst the shelves of books in Joyner Library.



What Is Your Love Language?

By Shatiece Starks

THE ICONIC HADDAWAY once sang, "What is love?" and that is the very question we ponder in our day-to-day lives. The concept of love is as beautiful as it is complex. It's given and received differently depending on the individual. Dr. Gary Chapman, a pastor, international speaker, and author wrote a series discussing five love languages: quality time, words of affirmation, giving/receiving gifts, physical touch and acts of service.

1. WOULD YOU RATHER YOUR PARTNER...

- a. Take you out on a quiet lunch date
- b. Tell you how much you mean to them
- c. Give you a small gift for no other reason than just to make you smile
- d. Give you a hug
- e. Cook all of your favorite foods

2. WOULD YOU RATHER YOUR PARTNER...

- a. Put away their phone and talk with you
- b. Write you a love letter
- c. Give you a bouquet of your favorite flowers
- d. Cuddle up next to you all night
- e. Take care of you while you're sick

3. WOULD YOU RATHER YOUR PARTNER...

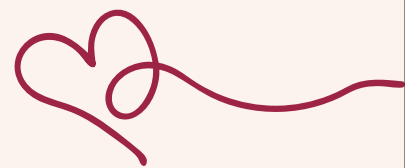
- a. Go on a walk with you after dinner
- b. Tell you they love you throughout the day
- c. Give you a gift card to your favorite restaurant
- d. Rest their head on your shoulder after a long day
- e. Make you breakfast in bed

4. WOULD YOU RATHER YOUR PARTNER...

- a. Go stargazing with you
- b. Tell you how proud you make them
- c. Buy you your favorite snack at the store
- d. Hold your hand while walking through the park
- e. Organize your cabinets/workspace



Answers



QUALITY TIME ANSWER CHOICES:

A'S

You appreciate when your partner sets aside time for you and gives you their undivided attention.

WORDS OF AFFIRMATION ANSWER CHOICES:

B'S

You appreciate your partner's verbal and written expressions of love.

GIVING/RECEIVING GIFTS ANSWER CHOICES:

C'S

You appreciate the thought and effort that goes into receiving a gift from and giving a gift to your partner.

PHYSICAL TOUCH ANSWER CHOICES:

D'S

You appreciate your partner's physical touch and physical expressions of love.

ACTS OF SERVICE ANSWER CHOICES:

E'S

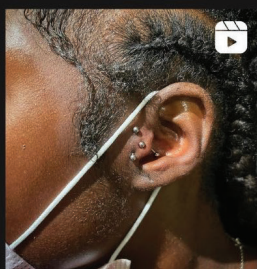
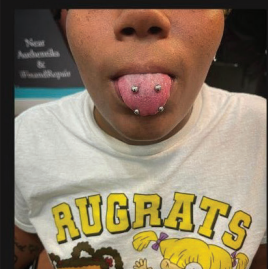
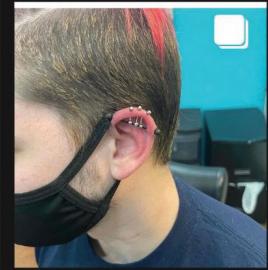
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