



The East Carolinian

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Month of July honors minority mental health

Rachana Charla
TEC STAFF

In an effort to raise awareness about the struggles that Black, Indigenous and People of Color (BIPOC) communities face regarding mental health, the U.S. Department of Health and Human Services' Office of Minority Health has appointed the month of July as National Minority Mental Health Awareness month.

According to the Office of Minority Health's website, National Minority Mental Health Awareness Month is celebrated every July, bringing awareness to racial and ethnic minority communities facing mental illness in the United States. Within the past few years, the COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.

Shanita Brown, teaching assistant professor for the Department of Counselor Education at East Carolina University, said minority mental health awareness month was established in 2008 and has become more prevalent following the COVID-19 pandemic with the rise in health disparities. BIPOC communities and rural communities, often with intersecting identities, do not have easy access to mental health resources, Brown said, especially in eastern North Carolina.

"We're still dealing with the Medicaid expansion in North Carolina, so that impacts a lot of rural communities and people that have Medicaid. I've been in mental health for over 20 years and I've served communities that have Medicaid. That's state funds, right?" Brown said. "And so when we are talking about the lack of Medicaid expansion, that really does hurt poor communities."

There is also a lot of stigma surrounding mental health in BIPOC communities, Brown said. She said these communities face structural racism, oppression and discrimination on a daily basis. This is in addition to a rise in social injustices seen in the past few years marked after George Floyd's death, Brown said, which has made mental health awareness in underserved black and brown communities all the more necessary. Racism directly affects mental health, Brown said,

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OLIVIA MAGISTRO | THE EAST CAROLINIAN

An employee holds a Juul Device at 252 Smoke Shop, located at 3010 E. 10th St., as legal disputes make the future of the brand uncertain.

Juul FDA ban stirs discussion

Experts discuss implications of youth vaping

Breanna Sapp
TEC STAFF

Following recent controversy surrounding popular electronic cigarette company Juul due to a U.S. Food and Drug Administration (FDA) ban on their products, local and national experts discuss the implications of the vaping product on young adolescents.

On June 23, the FDA issued marketing denial orders (MDOs) to popular e-cigarette company Juul before a federal appeals court temporarily blocked the ban. Prior to the block, the FDA MDO had ordered that Juul stop the sale and distribution of all company products: the Juul device, Virginia tobacco flavored pods at nicotine concentrations of 3 and 5%, as well as menthol flavored pods at nicotine concentrations of 3 and 5%.

The government entity claimed insufficient evidence regarding health concerns, according to its press release. Just days later, Juul was able to temporarily block the ban, allowing federal courts to review the case up until July 12.

"The agency has dedicated significant

resources to review products from the companies that account for most of the U.S. market," FDA Commissioner Robert Califf said, according to an FDA press release. "We recognize these make up a significant part of the available products and many have played a disproportionate role in the rise in youth vaping."

Marcella Bianco, national program director for CATCH MyBreath at CATCH Global Foundation, said she has been involved in tobacco prevention and control for 18 years. Tobacco prevention focused solely on cigarettes and traditional tobacco products until about a decade ago, she said, when e-cigarettes began to pop up on the market.

Though nicotine is proven to be addictive and harmful to the development of the brain, Bianco said synthetic nicotine and e-cigarette liquid pose a danger due to their lack of research and information regarding ingredients and their side effects. She said

it's also important to note that there are chemicals released when e-cigarette liquid is heated that are largely unknown.

Some short-term effects include mouth sores, dry mouth, inflammation, addiction, shortness of breath and more, Bianco said. Due to the inconsistency of ingredients produced in e-cigarettes, she said the effects of various products are often uncertain. Nicotine addiction is the most worrying aspect of e-cigarette and Juul use, Bianco said, considering many young adults can vape at any time of day, whether that be in the classroom or in bed at night.

"I think there's a couple of factors to look at when I talk about what are the dangers of electronic cigarettes," Bianco said. "The first thing that I always say that comes to mind is nicotine."

In 2018, Bianco said there was a huge spike in youth e-cigarette use due to popular marketing used by Juul. There have been studies done by tobacco experts in marketing, which she said all point to Juul

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COURTESY OF CHRIS FACEY

Pictured at Sir Walter Coffee in Raleigh, Tewksbury operates an espresso machine.



COURTESY OF CHRIS FACEY

Tewksbury pours steamed milk into a latte.



COURTESY OF CHRIS FACEY

Backstage Coffee will open fall 2022.

Alumna-owned Backstage Coffee to launch on Dickinson Avenue

Breanna Sapp
TEC STAFF

As local businesses continue to grow and expand in the Uptown Greenville area, the Dickinson Avenue Historic District will see its first craft coffee shop, Backstage Coffee, in fall of 2022.

Owned and operated by East Carolina University alumna Mackenzie Tewksbury, the shop will be located at the back of the Farmers and Makers Market at 714 Dickinson Ave and will offer coffee roasts from local producer Lanoca Coffee Company. The shop's expected launch date is between mid-August to September. Tentative hours are Wednesday through Sunday from 10 a.m. to 8 p.m.

The planning for Backstage Coffee began in March 2022, Tewksbury said, after chatting with owner of the Farmers and Makers Market Ryan Webb. After seeking advice about her business launching in the Dickinson Avenue area, she said Webb offered a 500-square-foot space in the back of the market for Tewksbury to set up shop. Though plans are still being made for the market, Tewksbury said the shop will offer acoustic music and other performances.

"We're still kind of working out the kinks for that, it's definitely not going to be, like, a music venue," Tewksbury said. "But we'll definitely have some, like, acoustic-y stuff. Especially for our opening, me and Ryan (Webb) are trying to plan a nice band for when everyone is back and everything is open."

The shop will offer a traditional coffee menu, Tewksbury said, including lattes, hot and iced teas, chai, cold brews, espresso and cappuccinos. She said

she plans on producing seasonal items like a spiced cold brew and an orange dreamsicle cold brew. The products offered at the Farmers and Makers Market will pair well with the coffees offered, Tewksbury said, including baked goods and chocolates.

The visual aesthetic for the shop will center around a comfortable, vintage image, Tewksbury said, fit with thrifted couches, beanbags, art and books.

A Greenville local for seven years, Tewksbury said she left the area for Raleigh to manage a coffee shop for three years. Because of her love for Greenville, she said she eventually made the decision to move back earlier this year to pursue her dream of operating her own coffee shop. Greenville has the opportunity to go in a "really cool direction," Tewksbury said, and the area needs young professionals to invest into local businesses and startups in order to do so.

"There's something special about Greenville, and I think there's special people here, and the people that get it and believe in the magic, get it and believe in the magic. And if you don't want to buy into it that's fine, but when you do, you find out there's a lot of special people here and there's really special things happening," Tewksbury said. "My thought for the coffee shop was that Greenville's not getting any smaller, it's only going to grow."

Because of the area's recent growth in entertainment and local businesses, Tewksbury said she believes Dickinson Avenue is the perfect spot for Backstage Coffee. Many restaurants and bars continue to pop up along

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ONLINE

» Check out our website for stories, photo galleries and more.

» Check out our website for a poll about Uptown Greenville restaurant Nash.

SOCIAL MEDIA

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CRIME LOGS

Editor's Note: The East Carolinian Crime Logs are derived from East Carolina University Police Department's (ECU PD) public crime logs accessible to all individuals. Crime Logs are done within the partnership of ECU PD and The East Carolinian, as this publication is meant to act as an additional resource for Pirate Nation. Below are listings of criminal activity that has occurred on or within proximity of main campus.

June 30, 2022

Warrant Service for Other Agency was cleared by arrest at 10th Street and Brownlea Drive at 6:50 a.m.

Assault on a Female was cleared by arrest at Joyner Library at 8:40 a.m.

July 1, 2022

Carry Concealed Weapon was cleared by citation at Sup Dogs PVA at Fifth and Reade Street at 9:01 p.m.

July 2, 2022

Possession of Marijuana < 1/2 oz. was cleared by citation and Possession with Intent to Sell and Deliver Marijuana was cleared by arrest at Third and Reade Street at 12:45 a.m.

CORRECTIONS & CLARIFICATIONS

If you feel there are any factual errors in this newspaper, please contact Emily Peek at editor@theeastcarolinian.com.

The current status of abortion in NC ECU community discusses effects of Roe v. Wade overturn

Rachana Charla TEC STAFF

Following the U.S. Supreme Court's historic overturn of landmark cases Roe v. Wade and Planned Parenthood v. Casey on June 24, East Carolina University faculty discuss the current state and future of abortion policy in North Carolina.

Within the U.S. Supreme Court's recent opinion in Dobbs v. Jackson Women's Health Organization the case discussed the constitutionality of the Mississippi Gestational Act and challenged the precedent set by Roe and was brought to the Court. In their decision, the Court determined in a 5-4 vote that the Constitution does not permit a right to an abortion.

Melinda Kane, associate professor for East Carolina University's Department of Sociology and co-director of Gender Studies, said abortion is currently legal in the state of North Carolina up to viability of the fetus, around 24 weeks.

"We could move from viability to 20 weeks but that's where it will stay for now. What could happen is after the election in November, if the legislature ends up with a veto-proof majority they can override vetoes by Governor Cooper, then I think our abortion laws will change."

The abortion restrictions currently in place in NC, she said, includes: required parental consent prior to a minor's abortion; the Women's Right to Know Act, which requires informed consent 72 hours prior to an abortion, no taxpayer or federal funding of abortion, and prohibition of the dispensing of abortifacient drugs.

Currently, Kane said NC legislatures who want to pass restrictive abortion legislation have a majority in both the state House of Representatives and Senate, though do not have enough votes to override a veto by the governor.

If either legislature manages to switch a few seats, Kane said there would be enough votes to override the governor's veto and therefore potentially pass restrictive legislation. Regardless, she said restrictive legislation will disproportionately impact people of color and those without the resources needed to travel across state lines.

"There is very much a concern that it will affect women of color, people of color, women



Melinda Kane



JAYLIN ROBERTS | THE EAST CAROLINIAN

Chalk artwork outside the Main Campus Student Center following the recent overturn of Roe v. Wade.

without resources and people without resources at much higher rates, than someone with resources you can make sure that you know they or their loved one travels," Kane said.

Rashmita Basu, assistant professor for the Department of Public Health in the Brody School of Medicine, said restrictive legislation on abortion can increase health disparities among black and brown communities that are often underserved and do not have access to transportation and resources.

For communities in the south, Basu said Medicaid expansion has been slow, so people without insurance or the ability to pay and access these services will be more susceptible to worsening health and economic consequences. She said the state-to-state decision has created an uneven patchwork of abortion care that will disproportionately impact rural areas, like eastern North Carolina.

"Adding restrictive abortion laws will add another dimension to those challenges about how to make available abortion care for (underserved) populations, coming from the public health perspective," Basu said.

For physicians, Basu said there is now an additional risk to treating patients who have geriatric pregnancies, pregnant minors or minorities who are pregnant. Basu predicts maternal mortality rates to increase due to restrictive legislation, she said, especially among Black women.

"Now I cannot imagine how the physicians would react because on the one hand, they want to deliver the care that they feel is needed or important to the patient, but then they also in back of their mind they would think, what's the ramifications, right, I mean if they do so today, whether they will be liable for violating the laws. What's going to happen to their license and their profession," Basu said.

Junior biology major Madison Price said she knows that abortion is currently legal in NC under 20 weeks. By voting in the midterm election, Price said she will be able to use her vote to help decide the state of abortion legislation in NC.

Price also said the closest accessible abortion clinic is in Raleigh or Chapel Hill and could pose a threat to students without transportation. She said she was taught abstinence in sex education throughout her time at public school and was informed about contraceptives, but never learned about abortions.

"I know about medical abortion options like Plan C and Hey Jane that can mail pills to you with no clinic visit required," Price said. "And I have heard some states refer to themselves as 'safe havens,' though I'm not entirely sure how far that goes."

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ONLINE | FULL STORY



OLIVIA MAGISTRO | THE EAST CAROLINIAN

A display case featuring Juul devices and pods sits at local tobacco shop 252 Smoke Shop.

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marketing their products to young people both directly and indirectly.

Juul has a history of appearing at federal and state courts, Bianco said, and was forced to testify at a U.S. Congressional Hearing sometime in 2020 due to their branding and marketing to young adults.

Though opponents of the FDA ban say Juuls

can be a healthier smoking alternative, Bianco said the product has not been approved as a smoking cessation device by the government.

"I think the big thing that was the big trigger factor was when Juul overtook the marketing share in 2018. I know, being in tobacco prevention for so long, it was like, wow, we knew e-cigarettes were out there, but wow, we didn't expect it to jump so far and so quickly," Bianco said.

Eric Soule, assistant professor for East

Carolina University's Department of Health Education and Promotion with a research interest in tobacco use and regulation, said e-cigarettes originally came to the U.S. around 2006 and looked like an actual cigarette. The product was not very popular in early years, Soule said, though interest in the product increased around 2011 to 2014.

Around 2015, Soule said e-cigarette use continued to steadily increase until Juuls were introduced into the market in 2017. The product created a huge increase for e-cigarette use among young adults, he said, and these rates peaked around 2019. That year, he said almost 30% of high school students were using e-cigarettes, with Juuls dominating the market.

With tobacco products like cigarettes, Soule said experts have decades of research to look at the long-term health effects. With e-cigarettes, he said products like Juul have not been around long enough to know all of their effects.

"Regardless of whatever decisions are made, if the products are authorized to be marketed in the United States, it still stands that these products, whether it's Juul or any other electronic cigarette product, is not appropriate for the use of middle school students, for high school students, or young adults or anyone that doesn't have any tobacco experience," Soule said.

Junior art major Hunter Diehl, who uses Juul products, said she has been vaping since after her freshman year of high school, though she didn't begin to use a Juul specifically until her junior year. Diehl had never used nicotine before vaping, and she said she gradually moved her nicotine concentration up over time.

Juuls were a lot more popular when Diehl was in high school, she said, though once disposable vapes came out the brand has fallen out of favor. As a college student, Diehl said she estimates that around 75% or more of her peers use some form of e-cigarettes, whether it be a Juul or a disposable vape.

Though Diehl uses Juul products, she said she actually hopes the company is successfully banned by the FDA. Diehl has wanted to quit vaping for a while, she said, and she hopes the ban will make it easier for other young adults to quit. The number of fruit flavors and product colors offered by brands seem to target teens, Diehl said, as well as their marketing tactics.

"It kind of sucks in a way, but I hope they (FDA) do follow through with banning it, and I hope that leads to other brands getting banned, I guess," Diehl said. "Because I just don't think it's good for our generation at all."

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because BIPOC communities have prolonged exposure to emotional and mental blows from society and are at increased risk for developing PTSD, anxiety and depression. It can be difficult to find quality mental health resources and culturally-competent counselors who are able to identify with lived experiences, Brown said. She said transportation, cultural stigmas, insurance and the associated high costs of healthcare are other barriers for many underserved communities.

"It is so important to have a culturally-affirming counselor or doctor, someone who understands that for the Black community we are spiritual. We're all spiritual beings, but for Black people, our faith in the role of religion and the role of faith plays a significant part in whether we're gonna seek God or seek a doctor first," Brown said.

With the goal of health equity, Brown said it is important to address the health disparities and the stigma associated with mental health in BIPOC communities. She said stigma, fear, as well as cultural and linguistic differences create a lack of trust in healthcare for underserved communities. She said this can be exacerbated by poor competency and not being able to understand the differences between mental illnesses and mental health.

Diversity training and cultural awareness can only go so far, Brown said, especially in a counseling industry that is significantly white and male dominated. She said it is important

to have a diverse counseling staff who can better address the specific needs of BIPOC patients.

In order to create an environment where Black patients feel seen, Brown said, she works to advocate for the need of Black professionals in the counseling industry and in healthcare. Diversification of staff also required some tough conversations, Brown said, and to really address the issue of minority mental health means looking inward at biases.

"You're asking how we can prepare ourselves to be more culturally competent. So part of that first is looking within and examining your biases, right, and how you show up. Examine how you feel about certain groups of people, I mean everybody has a blind spot," Brown said. "And so I think we have to really do some self work. And that's part of ethical practice."

Valerie Kisler-Van Reede, director of the Center for Counseling and Student Development at ECU, said awareness surrounding mental health and racial and ethnic minority identities is important to understand the barriers that are often associated with mental health for these underserved communities.

There are often cultural factors and different lived experiences that must be met by a culturally conscious range of services, Kisler-Van Reede said. At ECU, there are group therapy opportunities for specific identities like Sister Circle for African American female students and the LGBTQ therapy group, an established therapy group running every academic semester.

For students who are part of the BIPOC community and want a counselor to reflect that identity, Kisler-Van Reede said it can be difficult to reflect that there are fewer counselors available to cater to that student population. When a student is given the opportunity to meet with a counselor who has a shared lived experience, she said this gives students permission to let down

their guard, share themselves and feel more quickly understood.

"I think one of the priorities that we have is trying to hire diverse counselors because we believe in and know that that's very important and trying to retain our counseling staff so that we can offer students diversity in the counselors that they come to see," Kisler-Van Reede said. "We also are trying to offer diversity with respect to the resources that we have. So we have crisis resources available, we have counseling, we have individual and group counseling."

Senior communication major Olivia Williams said there is a need for accessible and affordable mental health resources for underserved communities, as well as services like discussion panels about mental health and accessible books, podcasts and apps on the subject.

Mental health resources for BIPOC matter because they are needed for minorities to continue to be healthy, thriving individuals, Williams said. She said having a month that highlights the needs of underserved communities of color can hopefully create a space where people can get the help they need.

"In the past, mental health resources were scarcely accessible for BIPOC. For many years there was a stigma that expressing your emotions was a sign of weakness within these communities. Now that BIPOC have granted themselves the permission to express their mental needs and concerns, the resources for them to do that are in need," Williams said.

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Shanita Brown



Valerie Kisler-Van Reede

EVENTS

TOMORROW

ECU Summer Guitar Festival 2022

East Carolina University
School of Music
A.J. Fletcher Music Center
7 a.m. to 8 p.m.
(252) 328-6245

FRIDAY

Christmas in July

Greenville Town Common
105 E. First St.
5:30 to 8:30 p.m.
(252) 329-4567

Emerald Express Uptown Circulator

Pitt Street Brewing Company
630 S. Pitt St.
1 to 5 p.m.
(252) 227-4151

Coffee Run at The Brew Cycle

Fleet Feet Greenville
709 Greenville Blvd.
Suite 104
7:30 to 10 a.m.
(252) 353-3338

SUNDAY

July Drag Brunch

The Scullery Coffee House & Creamery
431 Evans St.
10:30 a.m. to 1:30 p.m.
(252) 321-1550

Sundays in the Park

Greenville Town Common
105 E. 1st St.
6:30 to 8:30 p.m.
(252) 329-4567

FOOD REVIEW

Nash brings classic southern dining, live music



Breanna Sapp
TEC STAFF

Inspired by the eccentric southern-feel of Nashville, Tennessee, local restaurant Nash brings both live music, casual dining and a variety of southern dishes to the Greenville, North Carolina area.

Located in Uptown Greenville at 114 E. Fifth St., the restaurant welcomes patrons with a flashy ambiance right as you walk into the door. Next to the bar is a large sign reading Nash, lit up by Hollywood style vanity bulbs, and posters depicting Nash's branding line the walls of the wooden space.

A variety of live music and performances can be heard throughout the entire restaurant during both lunch and dinner. With acts ranging from soloists to live bands, the music and chatter of customers mix together to fill the restaurant with bustling noise. Add the sounds of the full-view kitchen, the space is anything but boring.

The comfortable setting creates a hometown vibe that would make any visitor feel welcome, perfect for late night drinking and laid-back dining. Tables feature a casual setup of condiments and silverware in a wooden basket, and food is served in a similar fashion.

The menu offers a variety of southern-inspired dishes, paying tribute to the restaurant's Nashville origins with menu titles like "Opening Acts" for appetizers and "Headliners" for entrees. Starters include the Grand Ole Sloppy Hot Fries, Roasted Street Corn Dip, Fried Picks and the Nash-A-Dilla.

My partner and I opted for the Roasted Street Corn Dip and Fried Picks, which were both served in a retro-style fast food basket. The creamy dip was served alongside homemade, crunchy tortilla chips, which you could immediately tell were freshly fried. The fried pickles were paired with the restaurant's signature Rooster Sauce for dipping, a sweet and tangy sauce that was gone before we even finished.

Since the food is the perfect pairing for a cocktail or beer, my partner decided to try the Music City Mule, Country Apple Pie and Honky Tonic cocktails during our visit. Served in classic mason jars, the drinks had



A Nash bartender serves and chats with patrons.

traditional garnishes and ingredients seen at many other restaurants. Though he enjoyed each one, it's important to note that the menu could've been more extensive in terms of its cocktail recipes and drafts.

Entrees included southern favorites like The Waylon, a blackened shrimp cajun po'boy and The Willie, a fried catfish cajun po'boy. Some leaner options included The Loretta, a traditional turkey burger, and a house and Blue Bird Boat salad. Though these menu items deserved their own mention, the star of the show is most definitely the restaurant's famous Nash Hot Chicken.

Well-seasoned and brined overnight, patrons can choose to have their chicken plain or sauced in one of two levels of Nashville Heat: hot or extra hot. As the menu puts it, "The choice is yours. Hot or nah? Trying to sweat a lil or a lot?"

Though there were many favorites to choose from, I decided to go with The Nash with one added level of spice, a sandwich made up of two buttered slices of Texas toast, two Nash Hot Chicken tenders and Rooster Sauce. For my sides, I went with the coleslaw and mac and cheese. My partner opted for The Willie with collards and fries.

The Nash was most definitely the highlight of my meal. Though the chicken wasn't



The Nash and The Willie, served with two sides.

as hot as expected, its pairing with the Rooster Sauce was the perfect daytime meal. Trying The Willie was a similar experience - the catfish was perfectly flaky, and the cajun remoulade had just enough of a kick.

As a comfort food fanatic, I was a bit disappointed with the collards and mac and cheese. Both were good, but the collards lacked flavor considering I prefer mine on the vinegary side. The mac and cheese was extremely cheesy, but many prefer theirs prepared the same way. The coleslaw, which can often be hard to perfect, was amazing! Coleslaw is a favorite side of mine, and Nash nailed it with its recipe.

To finish it off, I ordered a rootbeer float and subbed the rootbeer for Cheerwine, a southern classic. The service was fast and friendly, and our server made the experience top notch. It was the perfect end to a great dining experience, fit for anyone looking for a taste of the South.

RATING:



4 out of 5

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The East
Carolinian
CAMPUS NEWS SINCE 1925

Do the WRITE thing

Tryouts

Monday, Aug. 29
Wednesday, Aug. 31 or
Thursday, Sept. 1
9 a.m. to 12 p.m.
or 2-4 p.m.

Tuesday, Sept. 6
9 a.m. to noon

Wednesday, Sept. 8
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All majors welcome!
Students must have a 2.25 GPA or
higher to apply; freshmen may apply.

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COFFEE continued from A1

Dickinson Avenue, and she said foot traffic has increased within the last five years.

The shop will be the only spot to grab a coffee after 5 p.m. in the Uptown area, which Tewksbury said she hopes will attract late-afternoon coffee runs and restaurant patrons. The few offices in the area don't have many options for afternoon coffees, she said, and restaurant employees often have to run to the Starbucks on Tenth Street for later shifts.

As a lover of both the art of coffee and the local Greenville community, Tewksbury said she's very excited for the launch of an idea she's had since she was 16-years-old. She's always yearned to come back to the area, she said, and she hopes to give back to a town that has given her many of her experiences as a young adult.

"I did not think I was going to do it at 26, like to be super honest, I did not think this was going to happen this soon. A bunch of doors just literally opened right in front of me, and I didn't even really push them, I just started backing, you know what I mean? And every single door just opened, and I told people, 'This just makes too much sense to not do it,'" Tewksbury said.

Coffee is highly requested at the Farmers and Makers Market, owner of the local market Ryan Webb said, and Backstage Coffee is the



Ryan Webb

perfect opportunity for his customers to sip a coffee and browse the shop. Tewksbury is a popular and well-loved Greenville local, Webb said, which he thinks will further attract patrons to the market.

Because the market offers individual space and display cases for vendors to rent, Webb said it can be a great chance for owners to grow their small businesses before opening their own shop. Tewksbury's space is right next to a stage at the backdoor of the market, he said, where Backstage Coffee will feature live music and open mics.

Dickinson Avenue is successful because of its walkable streets, Webb said, and many

restaurant patrons and local employees will enjoy being able to walk to the shop for an afternoon coffee.

"As long as you're serving them good coffee, they're going to keep coming back for that. We have several offices in the area that I think will really enjoy having a coffee shop down here," Webb said. "We currently have, really the only place that serves coffee is Smashed Waffles, and they're currently closing at two in the afternoon."

Matthew Wright, owner of Lanoca Coffee Company, said the shop is located in neighboring town Farmville, North Carolina



Matthew Wright

and serves a number of coffee shops, markets and restaurants within a 60-mile-radius of the area. He said some of the local businesses he serves include the Scullery Coffeehouse and Creamery, Ford and Shep, the Farmers and Makers Market, SoCo and more.

Wright said he will be providing his products to Backstage Coffee starting fall of 2022.

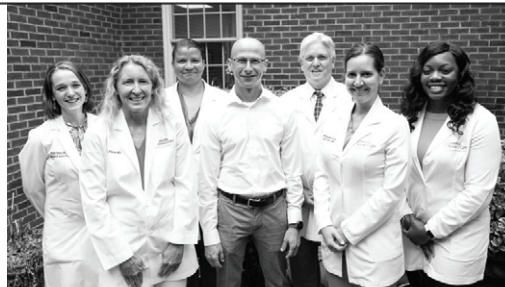
A self-described coffee lover, Wright said he began roasting his own coffee as a hobby over 10 years ago after traveling the world and trying different coffee roasts. Interested in a variety of coffee notes, he said Lanoca Coffee Company values fresh coffee ranging from light to medium roasts. His company focuses on single-origin coffees, Wright said, including coffee produced in Central and South America, Africa, Indonesia and more.

Wright is excited to offer his products to Backstage Coffee and for Tewksbury's future plans, he said, and he plans to provide a lighter and darker house roast to the shop, as well as an espresso. By offering quality products to local shops, Wright said owners are more inclined to be intentional about the coffee they're selling.

"It really has to do with sort of partnering with and educating the restaurants for their customers on what's going to give them the best experience with the coffee," Wright said.

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Greenville
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Providing comprehensive obstetric and gynecologic services to women throughout eastern North Carolina.

OUR VIEW

Recent rise in living costs impact ENC

The cost of living is reaching a noticeably high point around Eastern North Carolina and the rest of the country, and the impact is apparent to many. There are several reasons as to why this is happening and why it may be affecting a large part of the nation. Throughout COVID-19, there was less demand for certain goods that customers didn't need or couldn't get. However, now that the national lockdown is over and people have returned to the streets, the demand for those goods has increased back to a regular rate, which causes this national inflation.

We, the editorial staff of the East Carolinian, believe the rise in living costs are negatively affecting the students in Greenville. It is becoming more difficult for college students to maintain a steady income that can afford the college lifestyle.

According to Chair of East Carolina University's Department of Economics Haiyong Liu, the lack of supply causes the demand to be higher, which raises the cost. In this case, while home owning and the cost of living may be considered to be cheaper in North Carolina, it still has an impact on the state's economy. Combined with a lack of open houses and buildings for people and businesses to move into, the impact is felt.

Consumer price index (CPI) measures the changes in market-priced goods, and North Carolina's CPI has jumped 8.6% since May 2021. The world has still not fully recovered from the effects of the pandemic and it's taken another financial hit.

PIRATE RANTS

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

We should be able to vote out SCOTUS representatives. OR SOMETHING. They should feel like their jobs are on the line and not comfortably sit under the promise of a "lifetime appointment." Our entire judiciary framework needs to be reevaluated.

It's so hot outside it's unbearable! THIS should make us want to do something about climate change because if it gets any hotter than this we're actually all going to disintegrate.

Steak and shake is mid.

I hate that we can't get in certain clubs because of how we're dressed smh.

When are we gonna get the Mr. Beast/ ECU collab we deserve? Beast Carolina field day lit.

It's the wanting a dog but being a college student with two jobs and not having the time or money to put into a pet for me.

Greenville summers suck when your job relies on customers and tips.

It really is blowing my mind that people are proud to celebrate a country that is constantly moving backwards..

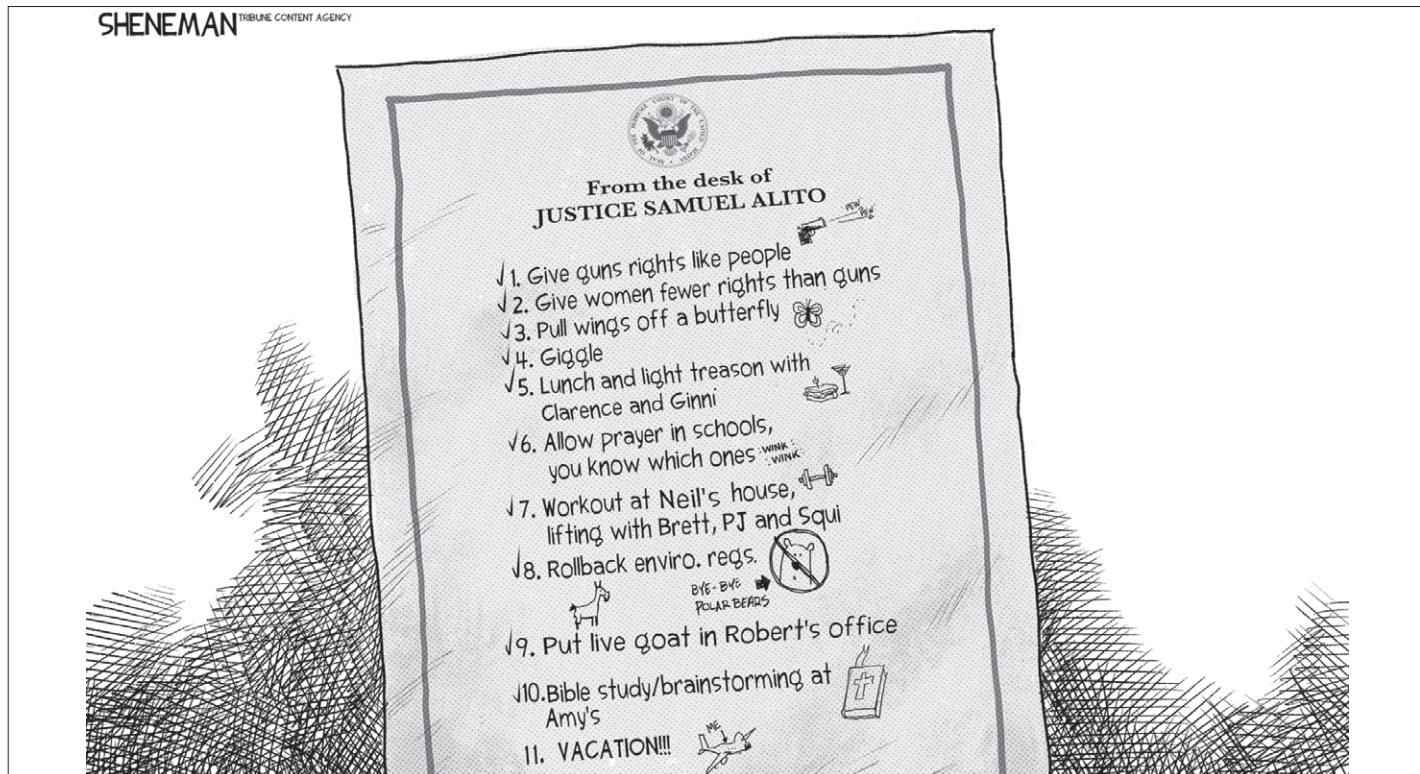
We need more music venues in town, I wanna see more bands come to Greenville.

We need more attractions around town (roller skating, trampoline park, etc.)

Time to fix the potholes pls..

Questions regarding Pirate Rants can be directed to Emily Peek at opinion@theeastcarolinian.com.

Submit your Pirate Rants on our website under the opinion tab or scan the QR code.



Women need better representation Sports media lacks space for non-male reporters

Abbie Clavijo
TEC COLUMNIST

Though it is 2022 and times are changing, there is still a scarcity of women in the sports industry.

About 20% of sports journalists are women, compared to the 80% that are men, which I believe is because the industry makes women feel unwelcome.

When I first entered the industry I was given advice about working in sports, and making sure to be aware that the athletes may try to flirt with me during an interview was among the advice. The fact that I had to be warned about this type of thing was absurd to me. I knew that my male counterparts had not been given the same advice but hearing this still made me nervous as a new reporter.

So far I've never had to deal with an athlete acting inappropriately during an interview, in fact I usually feel more respect from the athletes themselves than other people. Maybe it's a generational thing. I receive respect from athletes my age but not older men who follow the sport.

I've learned to become comfortable being the only woman at post game interviews or in the press box now that

“ Until I find my place, I will continue to take my place as one of the few women in the room, learning, writing and growing until I am the best journalist there. ”

- Abbie Clavijo

the male journalists from other outlets are familiar with me. However, I do frequently still get responses of surprise when I tell people for the first time that I plan to continue sports journalism in the future.

I will admit that I am still learning. There are aspects of certain sports I've had to be taught during my time as a reporter. For example I know next to nothing about hockey. There's nothing wrong with that. It isn't a sport that I grew up interested in and I shouldn't be expected to know everything. Being the only girl in the room, sometimes I still feel the pressure to know everything, to prove myself.

Maybe I will end up that reporter, who as I've heard many times from people who doubt my plans for the

future, stands on the sidelines looking pretty and asking the athletes generic questions after games. But what if I don't? And so what if I do? It doesn't make me any less legitimate than the men who are sitting at the desk in the studio or writing award winning articles.

Until I find my place, I will continue to take my place as one of the few women in the room, learning, writing and growing until I am the best journalist there. Until girls who want to do what I am doing feel more comfortable doing so.

Until we act like we as women belong here, we will continue to be made to feel like we don't.

Clavijo is a junior majoring in Communications. To contact her, email opinion@theeastcarolinian.com.

Wilson Medical Center needs radical change

Convictions with Chris



Chris Long
TEC COLUMNIST

Recently, the Wilson Medical Center of Greenville's neighboring Wilson, North Carolina came into the news cycle regarding the possibility that it may lose its Medicare funding and it more than likely should.

"In a letter from the Centers for Medicare and Medicaid Services on June 24, federal regulators warned Wilson Medical Center that Medicare payments to the hospital would be terminated on July 17 without 'specific corrective measures,' a rare regulatory threat that carries dire implications for the hospital's financial future," according to an article by the Raleigh News and Observer.

The threat to remove funding was prompted by a visit from state health officials that found "immediate jeopardy" to the hospital, which is defined as "placing the health and safety of recipients in its care at risk for serious injury, serious harm, serious impairment or death."

To anyone from Wilson, however, this is not news. The Wilson Memorial Hospital opened its doors on Sept. 1, 1964, and

for years served as a literal lifeline to the community. Over time, however, things began to change. I experienced this change first hand through COVID-19.

My grandmother fell ill with COVID-19 during the pandemic. In Jan. 2021, she was hospitalized and by Feb. 26 she passed away.

"She was not being taken care of," my dad said, recounting the events to me. "Her blood pressure was too high. I talked to the doctors several times and they did nothing about it. I spoke directly to the doctors about her preexisting conditions and they were certainly not terminal. The doctor told me, 'She is in her 70's, you know.' That is why they didn't apply the correct care. What kind of doctor says that, having taken a hippocratic oath?"

My grandmother was always a fighter. No matter what, she would fight through thick and thin until she could not fight anymore. She was not ready to give up.

"She had bruises and rub marks where they were restraining her but if they had restrained her properly, then that would not have been necessary." My dad continued. "The marks on her wrists were purple and blue and black. Her vitals were so low and she was doing so badly. I walked in and she had grits hanging out of her mouth and that is when I said enough was enough. She could have choked and died right then and there."

This was not an isolated incident, from what I understand.

"We took her to Wake (hospital) and they were concerned about her care. She had internal bleeding that she did not have before. She was dehydrated. She was tired. She didn't want to fight anymore."

Growing up, the Wilson Medical Center has always been a joke. Lightheartedly, if someone were to get injured or fall sick, it was always the question: "Do you want me to take you to Greenville, or Rocky Mount?" Now, seeing the state of disrepair that the facility and its management faces, the jokes aren't funny anymore.

According to hospitalsafetygrade.org, Wilson Memorial faces an overall grade of a C with grades in the red regarding the majority of safety problems, communication, responsiveness and safe medicine administration. It is completely without exception that the health of the public should not be required to be put into the hands of a facility with such issues and lack of care.

Removing funding should not be the means by which change happens. Wilson Medical Center, in its present form, is unfit to care for the public and needs to be seriously evaluated.

Long is a senior communications major and a TEC columnist. To contact him, email opinion@theeastcarolinian.com.

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ECU House for Rent! 3 Bedroom 1 1/2 Bath, 1909 East 4th St. \$1500.00 month! Call 252-756-3009.

HOROSCOPES

Aries (March 21-April 19) — Today is an 8 — Enjoy the company of an interesting partner. Don't try to force anything. Patiently untangle a misunderstanding. Two heads are better than one for solutions.

Leo (July 23-Aug. 22) — Today is an 8 — Patience and a sense of humor serve you well. Miscommunications abound, and you're especially skilled at untangling them. Don't push. Listen generously, with heart.

Sagittarius (Nov. 22-Dec. 21) — Today is a 7 — You may not have the full story with a community controversy. Listen to multiple views. Withhold judgments or criticism. Defer gratification. Wait for developments.

Taurus (April 20-May 20) — Today is a 7 — Prioritize health and wellness. Avoid risk or controversy. Notice pitfalls and hazards. Slow the pace for tricky sections. Nature, beauty, art and music recharge you.

Virgo (Aug. 23-Sept. 22) — Today is a 9 — Lucrative connections require patient correspondence. Simplify and clarify communications. A reputation for excellent service gets especially profitable. Provide extra value for extra reward.

Capricorn (Dec. 22-Jan. 19) — Today is a 7 — Your work keeps you occupied. Keep your patience with coworkers and a professional challenge. Sidestep a conflict of interest. Research more before launching.

Gemini (May 21-June 20) — Today is a 7 — Relax. Enjoy the game without expensive risks. Learn from others. Connect with your creative muses and inspiration. Focus on what and who you love.

Libra (Sept. 23-Oct. 22) — Today is a 9 — Savor special alone time to indulge personal passions. Try a new style. Eat ice cream in the bath. Treat yourself with love and kindness.

Aquarius (Jan. 20-Feb. 18) — Today is an 8 — Expect traffic with communication or transportation delays. Research and investigate before dashing off. Monitor current conditions. Revise the itinerary as needed. Explore options.

Cancer (June 21-July 22) — Today is a 7 — Things could get busy at home. Keep your patience with misunderstandings or chaos. It's temporary. Ask for help when needed. A clean kitchen brightens everything.

Scorpio (Oct. 23-Nov. 21) — Today is a 7 — Reduce overstimulating elements. Find a peaceful corner to review plans. Adapt with changing news. Replenish reserves and recharge batteries. Consider options and possibilities.

Pisces (Feb. 19-March 20) — Today is a 7 — Proceed with financial caution. Avoid risk or unnecessary expense. Misunderstandings can spark. Collaborate without a lot of discussion. Faithfully contribute to the shared pot.

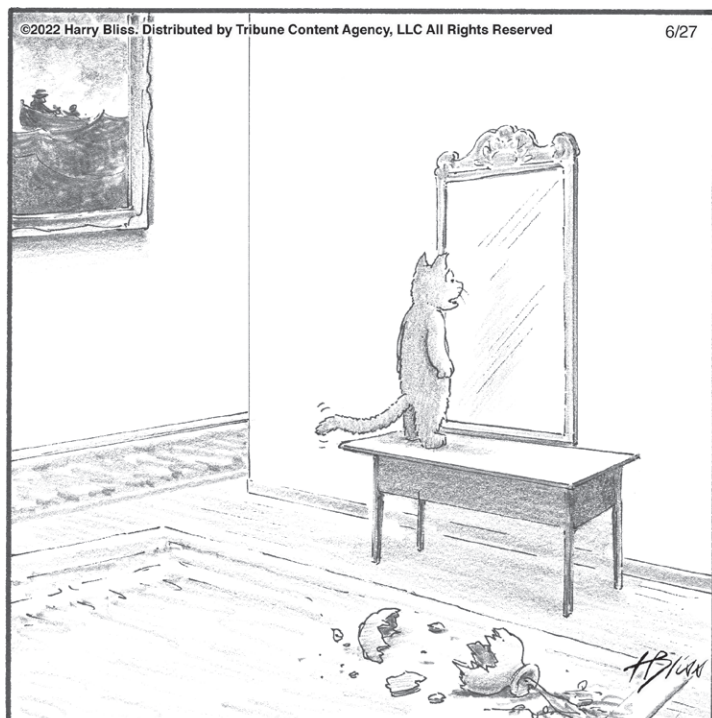
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BREWSTER ROCKIT



BLISS

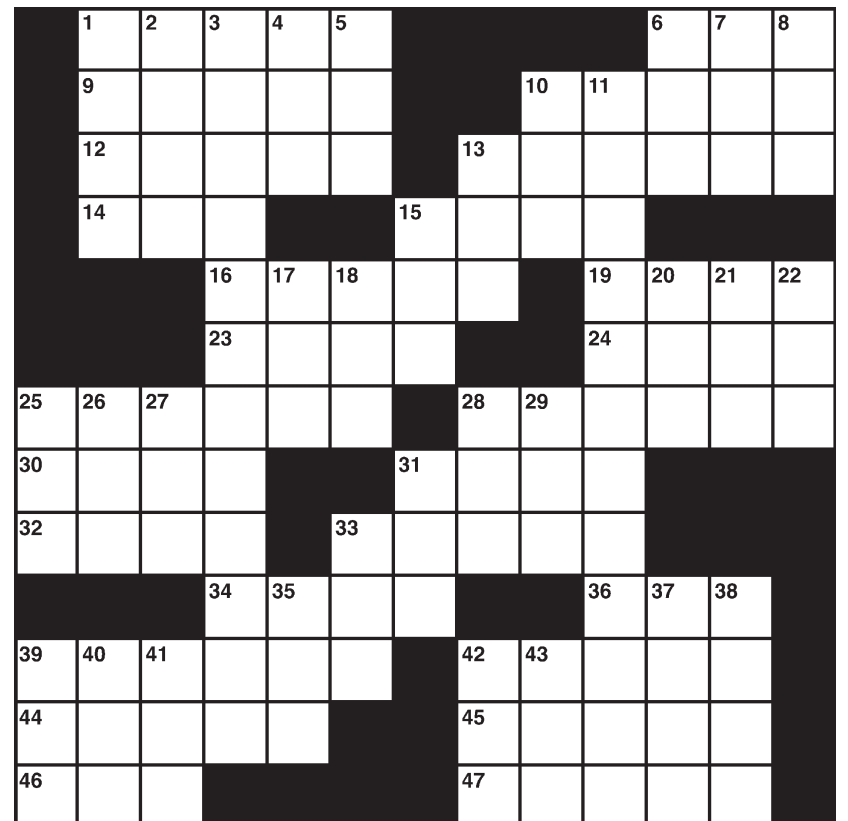


"What have you done?"

CROSSWORD

THE TV CROSSWORD

by Jacqueline E. Mathews



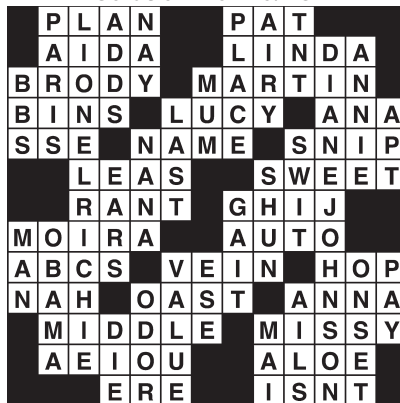
Created by Jacqueline E. Mathews

- ACROSS**
 1 Falk or Finch
 6 "___ About You"
 9 Blaze residue
 10 Frighten
 12 Went on a shopping spree
 13 Housemate for Ned
 14 "___ Life to Live"
 15 "How I Met ___ Mother"
 16 "___ for a Day"
 19 City NW of Provo
 23 Author Leon
 24 Falana or Glaudini
 25 Actor Ray
 28 Barney or Betty
 30 Early fratricide victim
 31 Neighbor of Ecuador
 32 Oscar-winning movie for Leslie Caron
 33 "Easy ___"; Hopper/Nicholson/Fonda film
 34 "The Twilight ___"
 36 Capture
 39 Hayes & Hunt
 42 "___ Jacques"; classic nursery rhyme

- 44 Actress/comedian Anne
 45 Davis, for one
 46 "Grumpy ___ Men"; Lemmon/Matthau movie
 47 Prefix for act or view

- DOWN**
 1 "El ___"; John Payne western film
 2 "Pardon the Interruption" network
 3 Queen Latifah series
 4 Suffix for eight or velvet
 5 File drawer, perhaps
 6 "The Bernie ___ Show"
 7 "The Kids ___ Alright"
 8 Actress Susan
 10 "The ___ Erwin Show" (1950-55)
 11 "The ___ Show"; Emmy winner in 1975
 13 "Sanford and ___"
 15 "___, Dear"
 17 Fancy vase
 18 End of each "Old MacDonald" verse
 20 Morrow or Lowe
 21 Building annex, often
 22 West of Hollywood
 25 "___ Doll"; song for The Four Seasons
 26 ___-Wan Kenobi
 27 Ryan, for one
 28 Role on "The Blacklist"
 29 Suffix for advert or press
 31 Dessert choice
 33 ICU personnel
 35 "Man ___ Ledge"; Sam Worthington film
 37 "Laugh-In" regular
 38 Norm's drink on "Cheers"
 39 Kaiser or Humana, for short
 40 As slippery as an ___
 41 Youth
 42 "___: Most Wanted"
 43 Cartoon pooch

Solution from 6/29



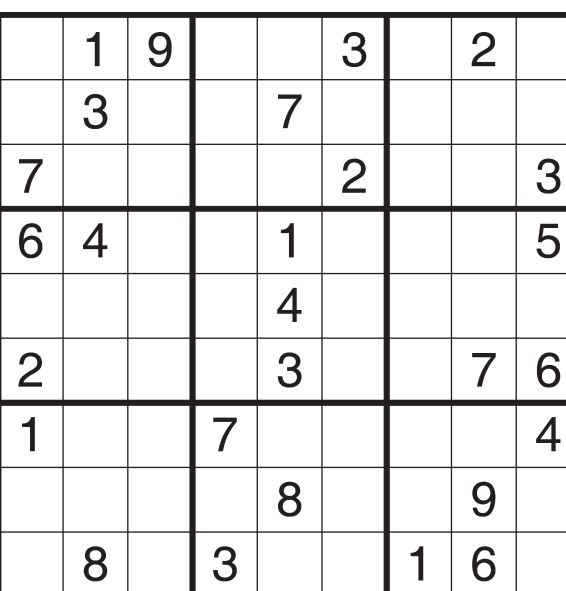
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SUDOKU

SUDOKU

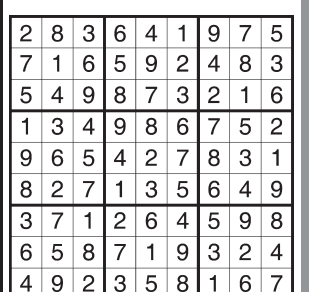
THE SAMURAI OF PUZZLES By The Mepham Group

Level



Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, please visit sudoku.org.uk

Solution from 6/29



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Sophomore infielder/right hand pitcher Zach Agnos holds his follow through after a swing at the ball from home plate. Agnos showed strong improvement over the course of the season. COURTESY OF ECUPIRATES

Agnos named TEC's June Athlete of the Month

Chris Long
TEC STAFF

Following a breakout junior season for East Carolina University baseball (46-21, 20-4 American Athletic Conference) that finished one win away from the College World Series, junior infielder Zach Agnos has been named The East Carolinian's July 2022 Athlete of the Month.

Agnos improved in almost every statistical category from previous seasons, showing his growth as a player both on and off the field. Between both ECU and his 2021 Summer League assignment, the Bourne Braves of the



Sophomore infielder/right hand pitcher Zach Agnos gets ready to throw. COURTESY OF ECUPIRATES

Cape Cod League, Agnos has spent plenty of time honing his craft. The result for Agnos was finding himself atop the batting rotation for ECU during the most recent season.

The biggest story surrounding Agnos leading into the season was the loss of his father due to COVID-19. Pirate nation donated over \$50,000 to aid the family.

"Before every game I used to try to find my parents and I knew my mom was always right above the 3rd base dugout with the families in the bleachers. I always knew my dad was in right field," Agnos said in a January interview with WITN. "I remember looking up at my mom, and she had her sunglasses on, and I could tell she was upset just by body language. I looked out to right field and didn't see him. I came back into the locker room and I lost it."

During the 2022 campaign for the Pirates, Agnos played in all 67 games. In those 67 games, Agnos came at bat 267 times. In those at bats, Agnos hit a personal best 88 pitches through his way for an average of .330 on the season. He was only struck out 66 times, which is 13 more than the 2021 season, but he did complete 52 more at bats.

With 88 hits, Agnos created 15 doubles, two triples and seven home runs. With the appearances on base, he was also able to bring home 42 runners that were on base. The 42 RBIs were only one short of Agnos's career best, as he achieved 43 in 2021. His 56 runs created were a career best, topping the previous year's 38 runs.

In a number of different statistical categories, Agnos was also able to top his previous bests. His nine bases stolen in 2022 nearly doubled his 2021 season's five. With nine bases successfully stolen, he was never once caught stealing. That too tied a record for his career. The season was not all sunshine for Agnos, however, as he was also hit by the most pitches of his playing career, getting struck by



Zach Agnos

the ball three times in the 2022 season.

"I just think Agnos is a great college baseball player," Virginia's head coach Brian O'Connor said during the post game press conference on June 4. "To play shortstop and make the plays he made, and to come finish that game, it speaks to the kind of player he is, the character he has, and the competitive spirit he has."

When Agnos got an opportunity on the mound, he showed his improvements there as well. In three games recorded, he has a 1.000 record, winning three games and losing none. Agnos pitched in 21 games for the purple and gold during the 2022 season, creating three saves across 21 innings pitched for an average of one inning per game.

In those 21 games, Agnos did not start nor finish a game on the mound. His role as a relief pitcher in the system was utilized often to close out tough innings. Across the innings he played, Agnos allowed 11 hits, six runs, and no home runs. His run average across nine innings is 2.31 which places him in the upper echelon of the National College Athletic Association.

"He's one of our better arms when it comes to closing out innings and when it's crucial," head coach Cliff Godwin said during the post game press conference on June 10. "We have guys that are jam guys. Zach's a jam guy."

Following the standout 2022 season, Agnos was given a laundry list of accolades to pin to his collegiate career. Agnos was selected to two All-American honors. First, the D1Baseball was named as a second-team selection listed as a utility player. The next week, Agnos was named to Baseball America's second-team.

Along with the All-American honors, Agnos was named to the second-team ABCA All-Regional honors. He was also selected as a 2022 Collegiate National Team roster invitee and reported to training camp in Cary, North Carolina.

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

» ANALYSIS

Way too early Pirate basketball season predictions



Chris Long
TEC STAFF

East Carolina University basketball is approaching a season of change following the firing of former head coach Joe Dooley on March 11 and the hiring of new head coach Michael Schwartz on March 16. With six recruits signing letters of intent and two transfers joining the program, here are my way too early realistic predictions for the 2022-2023 basketball season.

Michael Schwartz's defensive minded style of coaching creates a culture at ECU that lasts a decade.

Coach Schwartz was brought into the program based off of his expertise on one side of the ball- defense. During his time at the University of Tennessee, Schwartz's scheming led to a SouthEastern Conference (SEC) best scoring defense both in 2018 and 2021. While he built the program defensively, the Vols were regularly ranked at the top of the SEC defensively, leading the conference in blocks and scoring defense several times during his tenure.

Schwartz also had responsibilities with recruiting as well as coaching. Some notable players that played under Schwartz include Philadelphia 76ers forwards Jaden Springer and Admiral Schofield, Boston Celtics forward Grant Williams and New York Knicks guard Keon Johnson.

Schwartz brings with him a defensive culture and approach that former head coach Dooley was unable to develop within the program. With the members of the American Athletic Conference (AAC) shifting soon, Schwartz's window for a rebuild of culture is lined up perfectly for the Pirates to be a conference powerhouse in the years to come. A relocation to ECU and a new roster could be the deciding factor.

Redshirt senior center Ludgy Debaut in the running for the AAC defensive player of the year honors.

As a redshirt junior, Ludgy Debaut was a defensive anchor for the Pirates in his role and created more defensive disruption than a stats sheet can describe. Against Radford University, Debaut grabbed a season high eight rebounds. Through the season, he averaged a block per game in the 2021-2022 season during his limited role through much of the season and created two or more blocks in five games played.

His defensive consistency led to a sixth place finish in the American for blocks per game, which will only improve with the larger role that he will take with former forward Vance Jackson having graduated and Schwartz at the helm. Debaut's presence in the paint is sure to severely disrupt the opponent's offensive game planning should he take on a larger role in the Schwartz system.

Transfer guard Quentin Diboundje's chemistry with Schwartz makes an immediate impact for the Pirates.

When transfer guard Quentin Diboundje was recruited from Montpelier, France, Schwartz was the one to make it happen. The recruiting of Diboundje was handled directly by Schwartz to Tennessee, so it is no surprise that the two have been closely connected through their time together as player and coaching staff.

After averaging a disappointing 1.7 points and 1.1 rebounds per game during the 2021-2022 season, it is no surprise that Diboundje followed the man that wanted him in the program to begin with. Schwartz is familiar with Diboundje and how he plays, so it would be surprising to see him take a lesser role in the upcoming season.

The three star recruit out of highschool was pushed further down the Tennessee rotation and never really got the opportunity to showcase his skill sets. In his senior year of highschool, Diboundje averaged 18 points, 5.7 rebounds and 1.7 steals per game. With a greater role in a rebuilding offense, it is likely that Schwartz will give Diboundje the keys to the offense.

Sophomore forward Brandon Johnson takes a leap in efficiency and becomes the Pirates leading scorer.

Before his untimely injury last season, Johnson flashed moments of greatness in terms of scoring and efficiency.

Scoring is largely based in momentum, and when he gets going, Johnson is a hard man to slow down. With notable scorers Tristen Newton and Brandon Suggs transferring out of the program and Vance Jackson graduating, there is a gap offensively that is Johnson's for the taking.

During the 2021 season, Johnson scored 51% from the field but fell short behind the arc, scoring only 21.4% from three point range. Johnson started only five games during the 2021-2022 season. His freshman season was capped off with a season high 16 points against Old Dominion University, while scoring the most field goals against the University of Tulane with six in the most minutes he played during the season.

Johnson never attempted more than two three point shots in any game during his freshman season, leaving plenty of room to grow as a perimeter shooter. However, his efficiency from inside the arc is impressive and has the potential to make him ECU's leading scorer for the season to come.

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



Brandon Johnson