

THE Hook

ECU's Student Interest Magazine

A Day in
the Life of

Dan

pg. 23

Wearin' What Your
Mama Wore pg. 43

Boneyard 101:
New Year, New Coach,
Same Pirates pg. 22

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ECU's Student Interest Magazine

Fall 2019

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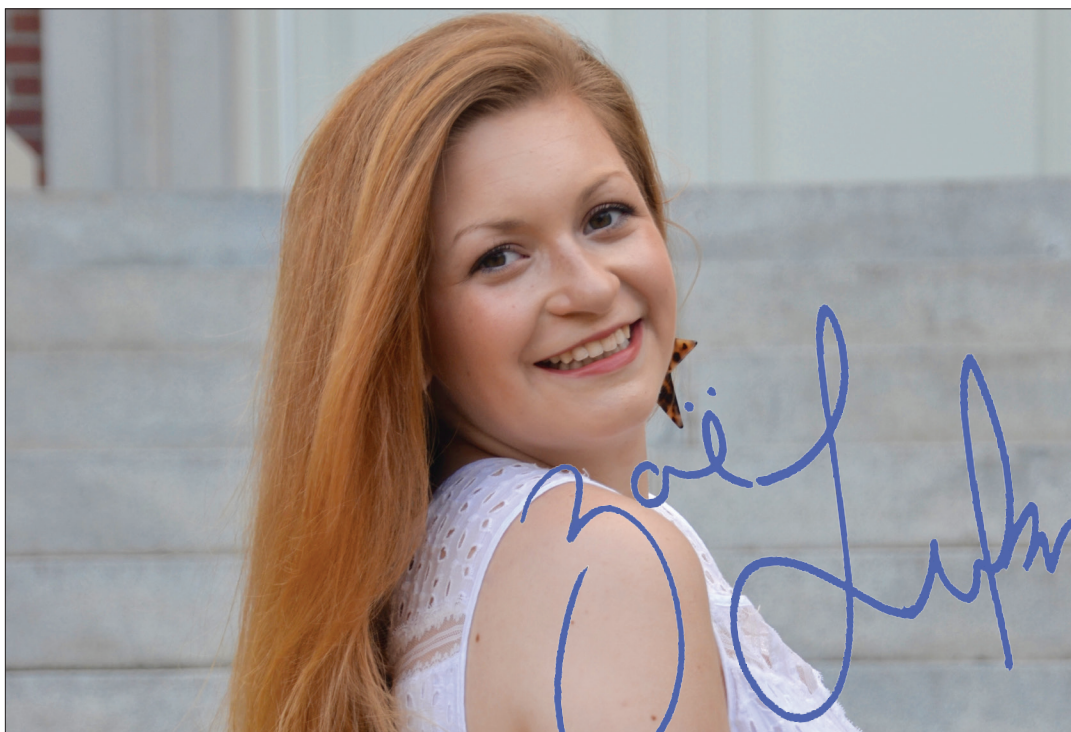
The Hook at ECU



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Letter from the Editor

Zoë Lukas



HEY PIRATES! EVEN THOUGH I am in my third year here at ECU, this year has been all about learning and new opportunities....at least, on my end it has. However, I do feel that maybe all of us in some way are experiencing it too – one could only hope.

With this being my first ever magazine to publish, I have been going back and forth between what I wanted to portray and share with my campus and what I shouldn't. Over summer, before the Fall 2019 semester even started, I knew there were specific things I wanted to include. One being our new Interim Chancellor, Dan Gerlach. "Chancellor Dan," as most of us refer to him as, was appreciated as an acting chancellor because his style of leadership was something we haven't had on this campus before. In light of recent events, I know this can be a controversial subject, but I felt the need to include Chancellor Dan in this magazine because to me he is the Robin Hood of ECU. Both online and in person, so many supportive tweets and messages have circulated about Dan and how within just a few months, he has acted as a Chancellor for the students of ECU rather than just a Chancellor of a university.

In this magazine, I wanted to connect the past and present of ECU. Unintentionally, of course, Chancellor Dan helped to bring my vision together. At first, I was unsure. Unsure of what ECU would think, unsure of how to handle this situation, but now I have never felt more connected to my purple and gold roots.

This is going to sound cheesy, but ECU is so much more than just a university. It is where careers are ignited, connections are made, and strangers are transformed into family. It is knowing people's stories and knowing their names, and maybe even the county they live in *wink wink, nudge nudge*.

I hope one, or more, of these of 48 pages reaches out to you. I hope you can connect with them or even take a trip down memory lane. With all the changes and new opportunities coming at us, at full speed, it is important to reground yourself with your roots.

Whew! Alright I'm done talkin', let's start readin'!

With Love,

Zoë Lukas

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I didn’t see myself
becoming a chancellor.”*

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Step Into Spring

HOMECOMING: DOWN THE *Decades*

By **Daniel Roberts**

Photos contributed by **Mike Amen**

ONE OF THE BIGGEST traditions to sweep across East Carolina University and the city of Greenville is the annual homecoming celebration. Each year alumni, families, faculty, staff and students come together to celebrate everything ECU for a whole week.

“Homecoming celebrates the diversity and excellence that East Carolina promotes,” Nina Chiha, a senior and ECU’s 2019 Homecoming Chair, said. “So this homecoming, we’re reflecting on the past year, and we are reflecting on all of the good things that happened, the things that have shaped East Carolina and the things that have shaped our community to be great.”

Taking place from Oct. 20-26, this year’s Homecoming Committee took on a few changes, the most notable being Cannonball, which took place on a Sunday in Uptown Greenville as opposed to a weekday on ECU’s Main Campus. Another new event the Homecoming Committee planned for the year was Cirque de Pirates, which took place Oct. 21 on the Main Campus Student Center lawn. Homecoming committee will have an Amazing Race competition that will take place all over ECU’s campus.

While the homecoming event lineup made a few changes, staples such as skit night, the banner competition, and the king and queen competition still were a go, with new organizations such as Collegiate 100 and Y.A.C.H.T. Club now in the running.

Chiha said that the school is not one that stays constant, it’s always changing and growing. Chiha said that the committee is always looking for change because they want homecoming to “be better than the year before.”

One of the biggest traditions



⤴ *The first PeeDee (left) next to a modern-day PeeDee (right).*

students look forward to each year is the homecoming game, which closed out the week on Oct. 26 this year. The first PeeDee mascot in ECU history, Mike Amen has not seen the school spirit and fan support fluctuate due to good production from the football team back in the 1980s.

“School spirit was good back then,” Aman said. “People that were

students or alumni loved the Pirates. Nowadays, as our athletic programs go from a win-lose standpoint, the fan support can go up-and-down as well because everybody loves a winner. After going 3-9 for the past three seasons with football, Coach Houston will help the level of school spirit, fan support and the atmosphere rise up in due time.”

Multi-Tasking Multitaskers: Say it 3 Times Fast



Time management is necessary to be successful in college

By Trajan Warren | Photo by Ashley Lewis

BEING A COLLEGE STUDENT requires a great amount of focus, time and being pulled in a million directions, which can overwhelm and stress out students. But, there are numerous tools and tips to help students get on the path to proper time management.

Karen Smith, an associate director in the Office of Student Transitions, has been with East Carolina University for 15 years. Smith teaches the Student Development and Learning in Higher Education (COAD 1000) course, which is designed as an introduction to college life and what comes with that.

Smith said that the curriculum covers a wide array of topics that the majority of college students will go through during their time here, that include much more than what happens inside the classroom in hopes that they will be effective in helping students be successful.

“We talk about time management strategies, we talk about academic skills, we talk about life skills, so how to manage the things that come along in college like alcohol and drug use, relationships, campus safety, and then we talk about career exploration as well,” Smith said.

Smith said that during her time at ECU, she discovered that the biggest problem for incoming freshmen not being successful in the regard of not having good time management skills is the vast difference between high school life and college life.

The consistent familiarity that goes along with being in high school is considerably different from the freedom a student has once they get to college.

“Learning how to move from the structure of high school and then coming here where there’s much more flexibility and then on top of that move from being at home where their parents help structure that time for them, now they’re to a point where they’re responsible for their time and their decisions,” Smith said.

Smith said she feels the majority of students arriving to ECU have problems with time management in high school, but since they are not on their own, it started to become a problem once they got to college.

Along with the COAD 1000 course, Smith said students can contact a learning specialist within the Pirate Academic Success Center to go over how to properly use a planner. Smith also recommends students talk with their academic advisor or faculty members that would be willing to work with them on planning properly.

Joseph Parker, a senior public health major, said he works a part-time job with the Student Recreation Center

and is a member of the Student Activities Board, on top of being a full time college student. However, he said he feels that he has good time management skills and makes sure to always complete tasks.

“I’m a multitasker by default,” Parker said. “So, my skills in that area are great. I’m constantly working on many different things at once, which can be difficult at times, but things have to get done.”

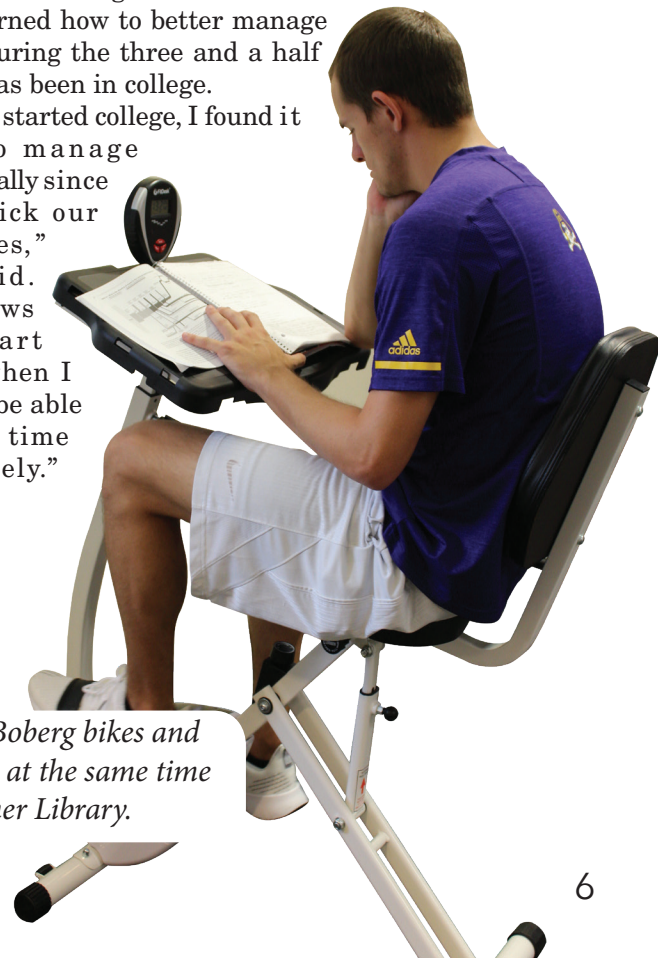
Parker said he has had good time management skills since high school as a result of being involved in a variety of activities and being in college, he said has improved on those skills.

“I would say that I’ve always had good time management skills. In high school I was quite busy with class, clubs, athletics and work,” Parker said. “So, it was important to have good time management skills. For the transition into college I kept those skills and improved to some degree, but I could definitely put forth the effort into improving those time management skills.”

Rushil Patel, a senior finance major, interns at Rainbow Finance as a loan originator and said that he has learned how to better manage his time during the three and a half years he has been in college.

“After I started college, I found it easier to manage time especially since we can pick our class times,” Patel said. “This allows me to start the day when I want and be able to use my time productively.”

» Trent Boberg bikes and studies at the same time in Joyner Library.



What's Your Sign?

Any and all things to know about zodiacs

By Lydia Ryan

DESPITE THE HEAVY DEBATE, zodiac signs remains popular in our culture. It has a long history dating back to ancient Egypt and is still widely used to characterize people and form horoscopes. Compatibility charts and “guess your zodiac” quizzes are often go-tos in times of boredom or curiosity.

The zodiac, which comes from the Greek word meaning “circle of animals,” is believed to have developed in ancient Egypt before being adopted by the Babylonians. Ancient astrologers already knew that it took 12 lunar cycles, or months, for the sun to make its way back to its initial position. They then discovered 12 constellations that were linked to the progression of the seasons and named them after certain animals and people.

The signs of the zodiac were subdivided into four groups to correspond with their element: fire, water, air and earth. Each of the four houses is assigned a quadrant or group of “houses” on a circle chart of the zodiac signs. The houses are divided based on Earth’s daily rotation and related to circumstances like relationships, finances, travel and more. On the other hand, the

division of the 12 zodiac signs is based on the earth’s year-long rotation around the Sun.

In today’s culture, zodiac signs are sought after more so for the personality traits and characteristics of each individual sign rather than for horoscopes. Some people, such as East Carolina freshman and Virgo Katelyn Riddell, only check their horoscope when they come across it or are bored scrolling through social media.

“I think to a certain extent that horoscopes are true, but everyone’s situation is different,” Riddell said. “So what may be true for one person, may not be true for all people with that zodiac sign.”

Quizzes online and especially on social media are particularly popular. Websites like BuzzFeed have hundreds of quizzes to guess your zodiac sign, the sign you are meant to be with, or even your dog’s zodiac sign. These quizzes aren’t always accurate, but they are amusing and often can fill times of boredom or distract students from assignments.

Whether it’s Scorpio season or the crabby summer of a Cancer, everyone has a sign. Does yours align with who you are? Find out below:

Aries: Fire Sign
 Birthday: March 21 to April 19
 Ruling Planet: Mars
 Symbol: The Ram
 Traits: eager, dynamic, quick and competitive

Gemini: Air Sign
 Birthday: May 21 to June 20
 Ruling Planet: Mercury
 Symbol: The Twins
 Traits: versatile, expressive, curious and kind

Taurus: Earth Sign
 Birthday: April 20 to May 20
 Ruling Planet: Venus
 Symbol: The Bull
 Traits: strong, dependable, sensual and creative

Cancer: Water Sign
 Birthday: June 21 to July 22
 Ruling Planet: The Moon
 Symbol: The Crab
 Traits: intuitive, sentimental, compassionate and protective

Leo: Fire Sign
 Birthday: July 23 to August 22
 Ruling Planet: The Sun
 Symbol: The Lion
 Traits: dramatic, outgoing, fiery and self-assured

Virgo: Earth Sign
 Birthday: August 23 to September 22
 Ruling Planet: Mercury
 Symbol: The Maiden
 Traits: practical, loyal, gentle and analytical

Libra: Air Sign
 Birthday: September 23 to October 22
 Ruling Planet: Venus
 Symbol: The Scales
 Traits: social, diplomatic, fair-minded and gracious

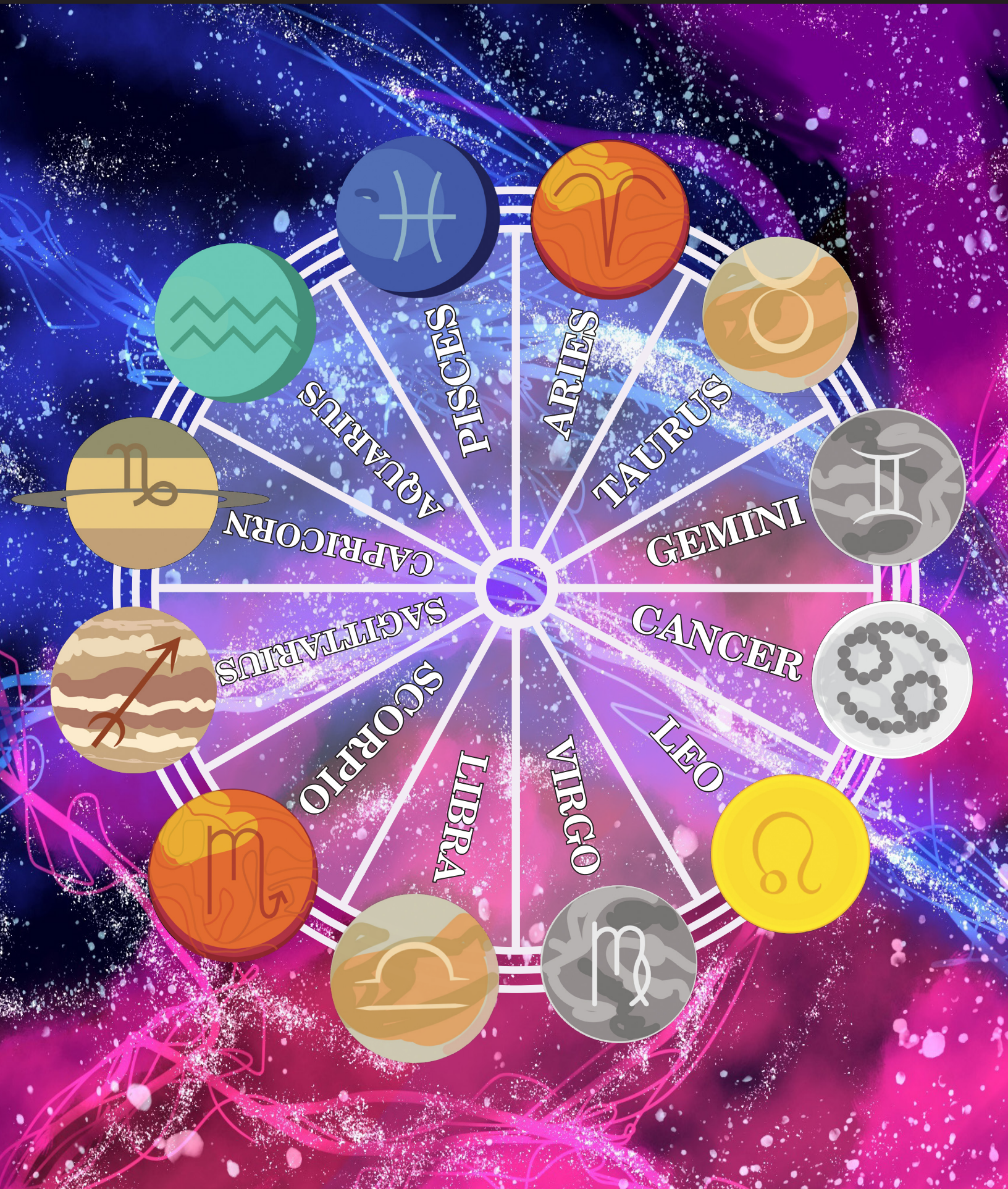
Scorpio: Water Sign
 Birthday: October 23 to November 21
 Ruling Planet: Mars
 Symbol: The Scorpion
 Traits: passionate, stubborn, resourceful and brave

Sagittarius: Fire Sign
 Birthday: November 22 to December 21
 Ruling Planet: Jupiter
 Symbol: Archer
 Traits: extroverted, optimistic, funny and generous

Capricorn: Earth Sign
 Birthday: December 22 to January 19
 Ruling Planet: Saturn
 Symbol: The Sea-Goat
 Traits: serious, independent, disciplined and tenacious

Aquarius: Air Sign
 Birthday: January 20 to February 18
 Ruling Planet: Uranus
 Symbol: The Water Bearer
 Traits: deep, imaginative, original and uncompromising

Pisces: Water Sign
 Birthday: February 19 to March 20
 Ruling Planet: Neptune
 Symbol: The Fish
 Traits: affectionate, empathetic, wise and artistic



Technical Reliance

Technology aids students in education | By Summer Tonizzo | Photo by Kate Francis

FROM ELECTRONIC DEVICES TO new found digital discoveries, advancements in technology are sweeping the modern world and there's no question that the society we live in today is completely captivated by it. Amongst the advancements, students have learned to blend the use of technologies with their education.

Education, as we know it today, cannot compare to what it was 20 years ago. The introduction of the internet to the general population in the late 1990s into the early 2000s was the beginning of a new era for everyone. Now, the internet is a staple in an average American's life -- where would society today be without its reliance on WiFi and smartphones?

Over the past decade, universities across the county have begun to meld curriculums with new technologies which have surfaced. In 2019, students use technological advancements as the backbone of their educations.

Educational Reliance

Emily McLamb, East Carolina University's chief of communications for the division of Student Affairs, believes the ability to have access to digital technology at a student's fingertips has had a mostly positive impact on education. McLamb said technological accessibility is something she did not have access to when she was in school.

McLamb received her Bachelor of Science degree in recreational therapy in 2001 from Mount St. Joseph University in Cincinnati, Ohio. Two years later, McLamb graduated from Cincinnati's Xavier University with a Master of Education and a sports administration degree.

McLamb said the accessibility has made classes easy on students, however, she wonders how it affects professors when a student takes

notes on their computer versus on a notepad.

"That is kind of the borderline where I do wonder if it is more of a distraction in the classroom versus maybe in years past," McLamb said.

For many people, it's turned into a habit to pick up a phone when they aren't focusing on something and immediately open a particular app, according to McLamb. The communication chief added that social media plays a large role in the potential "distractions" in the classroom.

Even though a potential distraction presents itself as technological advancements have been introduced to classroom settings, there are ways to combat them. McLamb said the professors have the ability to set the parameters relating to their preferences in regards to students using digital devices.

McClamb said she thinks the accessibility of technology allows for students to research more diligently than when she was in school.

"When I was in college, the internet was available. It wasn't to the extent it is now, so we were still using libraries heavily for research and materials," McLamb reflected. "The technology has shifted greatly and I realize that for students who are now in college, this is 'the norm.'"

Times have changed, according to McLamb. McLamb said as a society, people are adapting to "where our needs are" in the modern age and she believes technology will continue to grow.

McLamb views technological advancements as a positive effect on the world, and accessibility to it 24 hours a day, 7 days a week is "incredible."

"What I do love about technology is that it gives you the flexibility to work from a multitude of places," McLamb said. "Now you have the flexibility to take a laptop and go sit elsewhere (to do work)."

Kayla Ellis, ECU spring '19 alumna, said technology had impacted her experience as a student in her abilities to complete coursework. Ellis completed both her undergraduate and graduate degrees from ECU in public health.

"When I was in school I didn't have to carry around 20 pounds worth of books in my bag. Instead, I had them on the computers, so I used e-texts and things like that, turning in assignments," Ellis said. "I would say it's (technology) impacted me greatly to complete both my degrees."

Ellis said she believes the way technology affects someones' education depends on how a student learns. She said technology was an educational aid to her during her time spent in college.

Ellis admitted to not likely reading off a computer screen but she said it proved to be easier for her than carrying around a textbook. She said she is a visual learner, meaning she has to read a text or physically feel something to "comprehend" what she is doing.

"I did use technology equally in my undergraduate and graduate degrees, and I think that is due to the fact that both required me to make various types of presentations and also writing a ton of papers and things like that," Ellis explained.

Community is Family

By Trajan Warren | Photo by Joshua Clark

HISPANIC HERITAGE MONTH HAS been officially observed in the United States for more than five decades, and today, its celebration is needed more than ever in the current political landscape.

Hispanic Heritage Month was first observed for only a week after being signed into law by President Lyndon B. Johnson in 1968. 20 years later, it was expanded to last for a full 30-day period.

The “purpose of the month is to pay tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society,” according to the official Hispanic Heritage Month website.

East Carolina University will have helped in ensuring that the generations of positive impact of Hispanics are recognized by holding the “UndocuJoy: Shifting the Perspective in Undocumented Representation with Yosimar Reyes” event, presented by the Office for Equity and Diversity and the Ledonia Wright Cultrual Center.

Mariza James, associate director of the LWCC, said she feels the event will allow students to educate themselves on the history of the month.

James hopes that by having the activist and poet Reyes attend, the students who came to the event will leave with a scene of empowerment to become more involved in their own communities.

“I feel that it’s important because I feel it’s important for people to learn about Latinx heritage and also learn about their culture and I say that across the board about all cultures,” James said. “I think it’s just important to learn about culture or heritage that’s different than

your own and learn to appreciate and have an understanding for other people’s cultures.”

Sierra Lindo, a senior public health major and president of the Latino Student Union, said the LSU was in attendance for the event featuring Reyes. Lindo added that she felt the particular event is necessary because students, whether they are Latinx or not, should learn about the culture and accomplishments of Hispanics.

“We are important to America’s history, we are a very big piece of it and I just hope that people take away that America would not be the same without Latinos,” Lindo said. “It would be very different and we are very integral to society.”

Celebrating Hispanic Heritage Month is very important, according to Lindo, because of the disrespect she feels the Latino community is subject to with the current political climate.

“The climate right now is so anti-Latinos,” Lindo said. “So, I feel like if they were highlighted more in society and this community, even, that they would feel more accountable.”

Lindo, who is also a full-time intern with AMEXCAN (Association of Mexicans in North Carolina), said the Hispanic community in Greenville has achieved incredible things, a lot of which go unnoticed.

One of the things Lindo mentioned that AMEXCAN did in the Greenville community was reunite over 40 families for Mexican Independence Day in September. The organization was able to provide travel visas for people who may not have seen their family members in decades.

“That was just such a heartwarming moment for me to see people breaking down in tears and meeting their grandchildren for the first time,” Lindo said.

Positive moments like these are some of the things Victor Ramirez, senior information technology and computing services (ITCS) major and president of the Latin dance team Suavemente, wants discussed more often.

“It shows our culture, it’s an expression of our culture that a lot of people are forgetting,” Ramirez said.

One of Ramirez’ September goals was to get higher attendance to on-campus events in order to increase membership to the five Latin organizations on campus.

“They’ll learn that we as a community are a family,” Ramirez said. “That we take care of each other, that we’ll back them up. That’s, for me, what Hispanic heritage is.”



Families celebrate at the Hispanic Heritage History Month Festival in Town Common. »

Music in Mayhem

Current and throwback tracks sound off about America's social issues

By Giana Williams

MUSIC IS KNOWN TO be the hidden language to people who do not know how to express their emotions in words. As we continue to see the music industry evolve, we have begun to see music artists taking advantage of their 1st Amendment rights. Artists are now using their musical talents to become more open about social issues that are going on in America, whether its feminism, racism, LGBT rights or any other social issue. It has become a lot more common in the music industry that an artist is willing to risk their reputation and career to speak on what's wrong with the world and what we as American citizens can do to change or mediate the problem.

Female Empowerment

We have seen many accomplishments women have made to society lately, but they often go unnoticed. As the idea of feminism and the #MeToo movement become a more talked about subject in the world, we also see many female artists creating songs that encourage women to be strong, continue to strive for success and break the glass ceiling society has created against them.

Whether it's about women knowing their worth and learning not to let their guard down or just a regular anthem for women to feel more powerful, these female artists did not back down and gave women the confidence they deserve.

SONGS: Truth Hurts - Lizzo, Girl in the Mirror - Bebe Rexha, GIRL - Maren Morris, Badass Woman - Meghan Trainor

Black Lives Matter

The Black Lives Matter movement was created by the black community as a campaign to raise awareness against violence and

systematic racism towards black people. Jaleel Gilmore, a junior political science and African American studies major and associate chair for NAACP, said artists such as Kendrick Lamar, J. Cole, NWA and Tupac have touched on a lot of issues about the disparities in the black community and police violence.

Gilmore said he has never had a direct encounter with police, but when hearing that another black person was harmed by a police officer on the news or upon hearing his favorite artist talk about the issue, Gilmore said he realizes the things actually going on in the black community.

"It [music] keeps me to be empathic," Gilmore said. "I haven't had a direct encounter with the police yet so it kind of keeps me on my toes. If I hear my favorite artists talking about it, then it kind of hits home."

SONGS: Alright - Kendrick Lamar, Be Free - J. Cole, Me Against The World - Tupac, Express Yourself - NWA

LGBTQ+ Community

Though the Supreme Court passed the law allowing same-sex marriage in June 2015 and same-sex relationships have become a lot more common in America, being open about sexuality is not easy for a lot of people and often times people find themselves feeling trapped and left with no one to turn to.

Many music artists openly share their struggles and battles of mental illnesses due to their sexuality. They have become a voice for the people who are still "in the closet" due to fear of what their family and friends may think of them or how they will be treated in society. Artists who are either part of the LGBTQ+ community or an ally have created songs for these people as a reminder that they are not alone and that it's okay to be who you are.

SONGS: In My Blood - Shawn Mendes, Battle Cry - Angel Haze ft. Sia, Garden Shed - Tyler The Creator, Him - Sam Smith

« From top to bottom:
Lizzo, Shawn Mendes,
Kendrick Lamar, J. Cole.

The 411 On Clean Cosmetics

By **Chloe Easton**
Photo by **Joshua Clark**

Mailyn Nelson flaunts » her stylish and clean makeup.



FROM GLEAMING HIGHLIGHTER,

ruby red lipstick and voluminous mascara, our favorite everyday makeup products are causing more damage than we think. Though everyone's skin type varies, there are a few select brands that not only look good from the outside but are treating your face with care from within.

What to Avoid

Ryann Carter, a sophomore business management major and self-taught makeup artist, entered the realm of makeup during her early years of high school and has been working with clients for an array of events such as showcases and weddings. Carter said she recommends staying away from products that contain heavy chemicals, such as MAC Cosmetics.

"MAC can have chemicals in it to make you break out and that's what a lot of companies go for, to put stuff in it (their products) to make you buy more," Carter said.

Amina Keenan, a hairstylist and makeup artist for Salon Mèche in Greenville, received professional training at the Raleigh at Douglas Carroll Salon. Keenan recommends staying away from products that include fragrance and contain multiple unnecessary ingredients.

"The fewer ingredients, the better. It's more of what is in the ingredients, than how many are in there (the product)," Keenan said. "You know you want good products, and you don't need the extras."

Brands to Love

Carter went into detail about how important it is for her to use regulated and natural cosmetics brands when handling her clients. Some of her favorite and most recommendable brands for natural makeup alternatives, include cosmetic companies such as Cover FX and Too Faced Cosmetics.

"In Sephora, there is only one brand that is actually made from a dermatologist, and it's called Cover FX," Carter mentioned. "It's (Cover FX) cruelty-free and made not to break out your skin."

According to the Cover FX official website, their products are not only vegan and cruelty-free, but "are packed with skin-loving ingredients like soothing green tea leaves and antioxidant-rich algae." The brand also prides themselves of always staying free of "talc, parabens, fragrance, mineral oil, gluten, sulfates and phthalates," ingredients that are damaging to the skin.

"Too Faced is really good, they're big on being cruelty-free, and they don't put any harsh chemicals in their products," Carter commented when mentioning another personal top favorite makeup brand of hers. Too Faced's vegan cosmetics line does not "contain any animal ingredients or animal-derived ingredients," and focuses on being paraben and collagen free, according to the company's website.

Natural Skincare

Expressing her love for healthy skin care, Keenan personally shared some of the best products to use on your skin after the removal of cosmetics. Using these brands regularly herself, Keenan recommends Sunday Riley Skincare oils and serums, alongside Tatcha's Water Cream and exfoliants.

Keenan also remarked on the Tatcha's Rice Polish exfoliator, saying it is both "gentle and amazing," as well as their Water Cream, which she said, "does not sit on the skin too heavy clogging that thick barrier."

Trading Out

Choosing which brands and products are your favorite is already difficult enough when unaware of what you're putting on your skin. Between unpronounceable harsh chemicals and unnecessary fragrances, the world of beauty has let unnatural terrors seep into our pores. However, with the help of some of these pure products, you're able to fight off those nasty blemishes and fine lines. It's time to make the switch to all-natural beauty.

The Diversifying Culture of Politics

By Elizabeth Johnson

CARMINE SCAVO, A PROFESSOR of political science at East Carolina University, said there are two parts to the increase of women and minorities in office — which is an “equity and agenda” issue.

The recent increase, according to Scavo, is an equity issue. The agenda issue is if minorities come into office with an expanded political agenda policies will change.

“So should the composition of the United States House of Representatives, for example, let’s take one body, the House of Representatives,” Scavo said. “Should that, you know, be 50 percent women, because 50 percent of the American public is women? Should it be around 12 percent African American, because it’s (the American population) 12 percent African American? Should it be 13 percent Latino, because it’s 13 percent Latino?”

America is now in a different era of politics, where politicians are no longer appealing to the middle. Scavo said 30 to 40 years ago, there was a bell curve for the left and right distribution of politics

which resulted in politicians appealing to the middle of the bell curve.

Most voters consider themselves in the middle meaning they don’t identify as extreme liberals or extreme conservatives, Scavo said. Political candidates have recently been able to ignore people in the middle and get elected despite only appealing to their base, the professor added.

“We see for example, President (Donald) Trump who has no inclination to appeal to the middle of the distribution of ideology or political issues or whatever but instead wants to turnout his conservative Republican base and appeal to those people,” Scavo said.

Many officials are running their campaigns based on the idea that they aren’t “part of the establishment” and will bring citizens values to office, Scavo said.

These officials, according to Scavo, are being elected due to the widespread social media campaigns of people who want people in office that are different and have never been elected to office.

“There’s two ways to think about it, one: it’s (having politicians in office who have never been elected) more volatile so its less predictable, it’s less politics as usual, it’s riskier but sometimes it’s refreshing,” Scavo said.

Kamari “KP” Purvis, president of the NAACP chapter at ECU, said he feels that students currently believe their votes don’t matter because the results or the “system” may not go in their favor.”

Students shouldn’t stop voting just because those who they want to be elected don’t get put into office, Purvis said. Students, according to the ECU NAACP president, should start advocating for college-aged people to vote and revalue the importance of a vote instead of not voting.

“I also feel as though when we

don’t see a candidate who may represent our specific appeals, we may automatically nullify our vote,” Purvis, a junior political science and communication double major, said. “Instead of saying, ‘Okay, but let me find a candidate who aligns the most with my views’ we instead say, ‘Let me not exercise my right to vote,’ which was worked so hard for.”

Purvis said he has learned as a political science major that college cities are very progressive. Having more progressives elected into office affects students “deeply” because 18 to 25 year olds are not often considered as a demographic to campaign to, Purvis added.

“Now that politicians are discussing topics such as college tuition, funding and other topics concerning college students, college students are being brought into politics,” Purvis said. “It’s important that students vote so they have a say within the system to prevent the same officials from continuing to be in office.”

District One Greenville City Council Member Monica Daniels said having women on the city council is important because women are qualified for the job and because people like to see people who look like them in “positions of power.”

Representation is important in politics because it allows young girls to know they are able to hold positions of power, Daniels said.

“So, I serve District One which is West Greenville and other areas. So there’s a lot of young black girls,” Daniels said. “So when they see another black women on the city council or places of power, they (young girls) say to themselves, ‘I can do that too,’ because they see me (Daniels) and other women before me, do it also.”





From top to bottom:
Ilhan Omar, Alexandria
Ocasio-Cortez, Sharice
Davids, Rashida Tlaib,
Deb Haaland and
Ayanna Pressley.

MainSTREAM

What apps and services give YOU the best bang for your student budget?

By **Chloe Easton**

BETWEEN HEAVY LOADS

OF homework, exams and projects, students constantly find themselves looking for a way to spend their downtime and help take their mind off the pressure of classes. Students then end up scrolling through the latest releases on their favorite steaming services to take their mind off of their busy schedules, but which services really provide the best options for students at East Carolina University?

TV & Film

Taking a large jump from delivery to a digital platform was Netflix, making movies and television shows accessible with just the scroll of a finger. However, the streaming-service began to up their prices from \$7.99 to \$8.99 a month for a basic plan and from \$13.99 per month to \$15.99 for a premium subscription with additional features. This service ranked number one in a survey which received 55 student responses.

Creeping around the video streaming corner came subscription-based service Hulu in 2007 with a monthly fee of \$5.99 and the addition of advertisements screened during watch time. Offering around “1,650 shows and 2,500 movies,” according to online informational outlet Diffen, Hulu was ranked second in a survey which received 55 ECU student responses.

If the word “free” is involved, college students come running and online video-sharing platform, YouTube, has

become popular just for that reason. Though viewers have been given monetary options through the service, ECU students have decided to stick to the free alternative offered by the platform.

Music

Between personal downloads and music videos, ECU students have ranked Swedish media streaming service Spotify as their number one option when listening to their favorite tunes. Spotify Premium for everyday listeners cost a total of \$9.99 per month, but for students, the premium subscription drops to the discounted price of \$4.99 per month.

Coming in second place when ranked among ECU students is music streaming service Apple Music, which offers similar genre varieties with over “45 million songs,” according to Apple informational platform 9to5Mac, with a flat-rate of \$9.99 per month and \$4.99 per month for college students.

Building Up

Working towards saving the pockets of student listeners and viewers, Spotify, Hulu and Showtime have partnered up to provide a bundle service for a low rate of \$4.99 per month for access to all three services.



Surprisingly, even though the bundle can save ECU students the most money out of any of the previously mentioned streaming services, most student respondents of the survey selected the bundle plan as their least favorite and used service.

Best Price for Student Budgets

When it comes to streaming your favorite television series and movies alone, subscription based service Hulu for \$5.99 per month with the addition of advertisements is the best option for ECU students. For tuning in to your favorite songs and albums alone, Apple Music with the use of a student discount for \$4.99 per month offers listeners the widest variety of music selection for the lowest cost. Overall, the best option for saving money is the Spotify, Hulu and Showtime bundle, which allows students to view their favorite shows, jam out and stay updated on the latest releases for only \$4.99 per month for all three services.

A true tale of saving a village

An incredibly moving film that will open the eyes of its viewers, "The Boy Who Harnessed the Wind" is one to watch in 2019.

By Anna Felber



A SURREAL LOOK INTO a young boy's life in Kasungu, Malawi beating all odds to help his community relish rather than just fade into the background, "The Boy Who Harnessed the Wind" is a film by Chiwetel Ejiofor, and it creates hope in the minds of its viewers.

The movie itself is based on a true story of a family that is struggling against a new government, poor weather for farming and lack of food. The main character, William Kamkwamba, is a boy focused on going to school and getting an education, but when his family can no longer afford payments, he still is determined. Defying all odds, he still shows up to classes, sneaking behind

professors and his dean. Although he is technically intuitive and knows how to fix radios, he realizes he has to do more in order to support his family.

William realizes that in order to save his community from starvation and poverty, he would have to find a way to get water to the farms in the middle of a drought. He sneaks into the library with the help of his teacher and learns about energy and how windmills work. However, during this time, his father tells him to stay away from the school because he needs help to provide for the family.

Against his father's wishes, William spends time with his friends, figuring out how to build such an incredible contraption. The boys pull scrap metal from a dump to build his windmill. At this point, his father could not say no and proceeds to let the boys set up the windmill to show him if it actually worked.

They all watch, completely focused on the tracks that would pour the water out onto the soil. William starts to believe that it is not going to work, but soon enough water begins to be pulled up and divided through the farm.

The last scene shows William standing at the top of his windmill with a full smile that is truly inspiring. This movie is important for people to watch because it is motivating and shows a different outlook on African society.

RATING:



The Hook

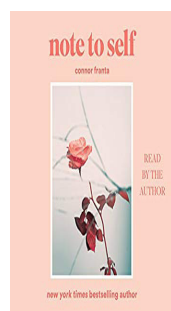
The Hook's Top Books

By Devin Raines

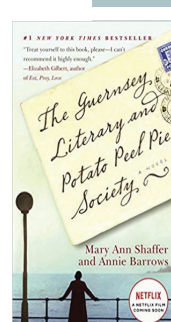
From the man who wrote "Bird Box," this haunting thriller follows a pair of young, awkward lovers as they traverse under the water to find a hidden home. In the house, everything is perfectly still and quiet...until footsteps and laughter change things forever.



This collection of poetry, stories and visuals follow online personality Connor Franta through the ups and downs of his own life in a way that leaves him vulnerable and spread out across the pages. It will leave readers desperate to read onward and discover what's on the next page.



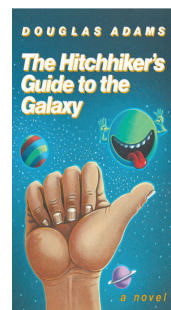
Post World War II, female author Juliet Ashton finds herself rich, single, homeless and silenced by her own male pseudonym. Chasing a chance to heal, Juliet finds herself sailing to the British Isles. Written in letter format, multiple perspectives unfold in a charming and comical way.



This book is a timeless classic that starts with The Pevensie children playing a game of hide and seek, which sends the youngest child Lucy into a mystical, transporting wardrobe. This book follows the siblings as they rescue each other while also fulfilling a prophecy.



This cult classic begins very literally with the destruction of planet Earth as we know it, leaving survivors Arthur Dent and his friend Ford Prefect, behind to search for the meaning of life on a road trip through the stars. With humor covering every page, this book is one to please.



By Kathryn Kroll | Photos by Ashley Lewis & Zoë Lukas

Revamp Your Wardrobe

Whitley Cheer shows off her DIY game day style before the game. ➤



DIY Tube Top

1

Grab the t-shirt you want to make your tube top out of. Cut off the bottom half of the t-shirt.

2

Cut down the middle of the t-shirt to create two halves.

3

Draw two equilateral triangles on the edges of the fabric.

4

Put the top on and tie the two sides together.

5

Stay in style this semester without breaking the bank!



Cut about a 5-inch v-neck around the neckline of the t-shirt.

Grab the t-shirt you want to make your crop top out of. Try on the t-shirt and make a mark using a pen where you want to cut your crop top to end. You can make it as short or as long as you want it.



Put your new revamped top on and enjoy!



Cut out the two triangles on each side of the piece of fabric.

Strut your stuff in your new top!



Cut straight across where you made your mark.

✔ Lindsey Bryant rocks her chopped top at a SPC tailgate.



DIY Crop Top



Tuition & Beyond

The Hidden Costs of Being a Student

By **Pat Polomchak** | Photo by **Ashley Lewis**

WHEN MOST PEOPLE THINK of paying for college, the first thing that comes to mind is always tuition, and for good reason. Tuition fees are easily the most visible financial aspect of university, and admittedly the ones that leave your wallet the most empty.

However, what about the less obvious costs?

The Obvious: Tuition and University Fees

Let's start with the basics. According to Affordable Schools, an online database for comparing college costs, the average tuition cost for public, four-year universities in the US (as of the 2015-16 school year) is \$9,410 per year for in-state students, jumping up to \$23,890 for out-of-state students. A full four-year degree adds up, and that is only assuming the student manages to graduate in four years, as well as discounting summer classes or study abroad opportunities.

Hidden Costs: Parking, transportation, room and board

Easily the second most expensive purchase in college is room and board. As human beings, students still need a roof over their heads and food options. Even after graduation, these can be some of the most costly purchases.

According to Affordable Schools, the average annual cost of on-campus housing is \$10,138 per year. Additionally, Affordable Schools says students who eat meals on campus usually spend between \$500-\$1,000 per semester on food, not including various meals off-campus.

However, many students move off-campus at some point in their careers, and while this saves money on housing, suddenly transportation costs start to rack up. Edén Silvers, a junior engineering major at East Carolina University, said one of the costs that surprised her the most was transportation.

"A fair amount (of money spent) on gas," Silvers said. "Because I am technically a commuter."

Hidden Costs: textbooks and access codes

According to Affordable Schools, the average annual textbook cost for four-year students is nearly \$1,300. The cost of textbooks has continued to be a controversial debate topic, and with the rise of the internet, access codes are beginning to take their place.

"For engineering, we usually have to buy a homework code so that we can do our online homework," Silvers said.

Money-Saving Strategies

Off-campus students can avoid buying a parking pass entirely if they are willing to ride the bus more often or utilize the various free-parking areas on the grid, provided they manage their time and factor in the extra walking distances.

While you do have to start keeping transportation in mind, living off-campus costs significantly less than a room on campus, and by utilizing your kitchen you can avoid exorbitant food costs by cooking at home.

The financial burden of college can be overwhelming. But by avoiding sneaky costs, living as a student is manageable and affordable.



⤴ Trent Bobeng shows off his new school year gear.

- Tuition - \$37,640-\$95,560
- Housing - \$40,000
- Food - \$4,000-\$8,000
- Parking - \$2,400
- Textbooks - \$1,300

More Than a Statistic

Native American students grateful for acknowledgement, but want respect for their culture

By Olan Bryant

Photo contributed by ECNAO

NATIVE AMERICANS ARE AMONG the most oppressed minorities in America, and given the history of their treatment, it is important that the struggles they have faced and continue to face are remembered.

In 1990, Congress passed a resolution designating the month of November to be “Native American Heritage Month” to honor the Native citizens of the United States. This, along with an official apology in 2010 for the crimes committed against Natives throughout American history, are signs of a shifting attitude in regards to how America addresses the issues surrounding its first citizens.

Founded in 1970, the East Carolina Native American Organization (ECNAO) has made strides to make Native students and allies welcome, hosting cultural events such as the annual powwow to bring their heritage to life.

Cheyenne Daniel, a senior rehabilitation management major, serves as treasurer for the organization. Daniel, who is also the titleholder of 2019 Miss Indian North Carolina, offered her thoughts on Native American


Heritage Month, and what non-Natives could do to help bridge the cultural gap and make Natives feel more recognized in today’s society.

“I like the recognition Natives receive from it and I think that it would be great if non-Natives could keep an open mind and open heart, and not make us feel like a historical exhibit,” Daniel said. “We’re trying to live in the world with everyone else, while keeping our cultural identity.”

Selena Lynch, a sophomore nursing intended major and fellow ECNAO member, gave her thoughts on how important it is for Native students to be involved on campus.

“I definitely feel like people should be proud of who they are because there are people out there who’d do anything for the culture we have,” Lynch said.

While Native Americans still face obstacles in overcoming oppression, their culture still lives on. As a Native ECU student, it is great to see that there are others like me, as well as other Native students around the country, who continue to live as examples of being more than a statistic.

 *Cheyenne Daniel smiles brightly after being crowned Miss Indian NC.*



SPOOKED IN STYLE

How to Save while Standing Out This Halloween

By **Elizabeth Johnson**
Photos by **Joshua Clark**



MANY COLLEGE STUDENTS ARE

on a tight budget, but that doesn't mean they can't stand out this Halloween with their costumes.

Delta Smith, assistant professor of costume design and stage makeup at East Carolina University, said people should consider the little details that make their costume recognizable.

"If they really, really want to be someone specific, they should really think about what it is that makes that character a whole," Smith said.

Smith said if someone really loves a character, it is perfectly fine if they make their own take on the character. She recommends pushing characters into the 21st century. The Netflix adaptation of Sabrina the Teenage Witch where Sabrina is dressed in modern clothing is an example of this concept, Smith explained.

To make the character more modern, you can get clothing from cheap clothing stores such as Forever 21, Goodwill or TJ Maxx and pay a little extra to add accessories to the costume, Smith said.

"If you're willing to explore the idea of different avenues and different ways of making this character happen, then I think you'll have more fun with it, especially if you're trying to create a character on a budget but enjoy yourself while you're doing it as well," Smith said.

Annagrace Saufley, a sales floor associate and makeup artist at Halloween Express in Greenville, recommends using body suits to create multiple costumes out of one item.

"For example, you can take one red bodysuit and be a devil, you can add a fire hat and be a fireman, you can add a stethoscope and be a nurse, like there's so many ways you can play up just one simple piece," Saufley, a junior health fitness specialist and psychology double major, said.

Saufley recommends that those who are thinking about dressing up for Halloween should start thinking about their costume two weeks in advance. This time period allows customers to order clothing weeks in advance and gives them time to find items in their size.

Masks at a Halloween store in Greenville.



ECU students show their Halloween spirit by sporting a bear and duck mask.



Boneyard 101:

By Jess Sabin | Photos by Kate Francis

New Year, New Coach, Same Pirates

ONE OF AMERICA'S MOST TIME honored traditions is....drumroll, please...college football! Students, alumni and general fans swarm to the team's stadium on a Saturday afternoon or evening to watch the game, cheer and sing the school's fight song.

East Carolina University has had college football since 1932 when it played its inaugural game. Since then, Pirate pride has been a staple of Greenville, with fans filling Dowdy-Ficklen Stadium whenever there is a home game.

The atmosphere of the stadium is a big part of the college football experience and the traditions of ECU help to build up the atmosphere and hype up the crowd.

Clyde "CJ" Shaeffer, a junior marketing major who helps run the Minges Maniacs Twitter page, knows all about the traditions of ECU.

"As far as traditions go, one of the obvious ones is the students dangling keys during kickoffs. We also really enjoy singing along to 'Hoist the Colors' played right before the opening kickoff," Shaeffer said. "I think the favorite tradition during games is when 'Livin on a Prayer' is played and we all sing along. That is certainly my favorite. Some of the chants we really like include the 'stick it in' chant that goes along with what the band plays during red zone drives and the purple (and) gold chant."

ECU has many traditions, from the alma mater, to the firing of canon after every score, the purple and gold chant, the fight song and many more.

Among ECU's various game traditions, what really separates the college games from the pros is the marching bands. The ECU Marching Pirates play a big role in creating

a unique atmosphere for Pirate fans and they sit right in the middle of the student section at home games. Playing "EC Victory" (the ECU fight song) at every tailgate, every time the team scores a touchdown, and at every pre-game show.

"It's probably the song our fans know best," Dr. William Staub, the associate director of bands at ECU and the band director of the ECU Marching Pirates, said. "They sing along to 'EC Victory.' You can hear it during pre-game. Everyone is singing along and gets really into it."

The band even tries to help the players on the field by playing consistently throughout the game. When ECU is on defense, the entire band is playing songs which makes it harder for the opposing team to call plays and communicate. This, mixed along with the roar of cheering fans, can make Dowdy-Ficklen Stadium a tough place for opposing teams to play at.

"ECU's game day atmosphere is unmatched here in the state of NC. We have a motto that always says we never lose a tailgate," Carmen Yarbourough, a junior journalism major, said. "Even though football has struggled for a while, the atmosphere here at ECU remains a southern staple. Pirate fans are some of the best fans in the country and we bring our passion every Saturday in the fall, win or lose."

HERE ARE SOME OF THE CHANTS TO KNOW:

THE ALMA MATER:

**Praise to your name so fair,
dear old East Car'lina,
your joys we'll share, and your
friends we'll ever be.
We pledge our loyalty, and our
heart's devotion,
to thee, our alma mater,
love and praise.**

EC VICTORY:

**Cheer for East Car'lina,
cheer for old E.C.,
we know we're the finest,
onward to victory!
GO PIRATES!!!**

**Cheer for East Car'lina,
cheer on for old E.C.,
loyal and bold,
we're the purple and gold,
WE ARE THE PIRATES OF E.C.U.!**



Whitney Walls shows her Pirate Pride at a football game. >>



Dan Gerlach gives no quarter during a football game.



A Day in the Life of Dan

Gerlach opens up about becoming ECU’s Interim Chancellor

By **Summer Tonizzo** | Photos by **Kate Francis & Zoë Lukas**

ON MAY 6, EAST CAROLINA UNIVERSITY welcomed a new member to its administration, Interim Chancellor Dan Gerlach, who since then has been making personal impacts to the campus community by reworking the university’s budget plan, attending a variety of ECU events on and off-campus as well as becoming directly involved in the student experience.

Gerlach was announced as ECU’s Interim Chancellor in early April by the University of North Carolina (UNC) System Interim President Bill Roper during a press conference in the Main Campus Student Center’s Trustee Parlor, room 318.

During the April 16 press conference, Roper said that the decision to bring Gerlach onto ECU’s staff was one made based on four reasons: he’s someone who knows the area of eastern North Carolina well, is trustworthy, has stature and gravitas and is capable of leading the university.

Upon taking the helm of the Pirate ship, Gerlach and his wife moved from Raleigh to Greenville full time, saying he knows the east and didn’t “need a map” to get to the city.

After being President of the Golden Leaf Foundation for ten years, Gerlach has adapted to his position as ECU’s Interim Chancellor well, taking the summer months to get acquainted with the position.

“My transition from the Golden Leaf Foundation up in Rocky Mount (NC) to Interim Chancellor has been just a dramatic

increase in energy,” Gerlach explained during an interview. “I worked at Golden Leaf for ten years so I knew the ropes, I traveled a lot in the state so I’ve been doing a lot less traveling than I did in that job, but really (I am) immersing myself with the complexity of ECU life.”

Gerlach compared the two positions of Golden Leaf Foundation’s president and ECU’s interim chancellor and said they are alike in a multitude of ways, such as being able to maintain high engagement with not only your coworkers and (in ECU’s case) students, but also with those involved in the community.

Gerlach took a moment to touch upon the importance of ECU’s esteemed motto, *servire*, and how it’s important to remember how in a powerful position you’re there to serve — not be served. The interim chancellor said, in leadership positions, the one in charge must be able to act thoughtfully and realize they’re not able to execute each task on their

own. In order to do the best job for the university, according to Gerlach, you have to benefit from teamwork.

“What does Pirate Nation mean to me?” Gerlach questioned. “Everybody’s proud to be a Pirate. I love the passion, and I’ve known a lot of ECU students and faculty and staff over my years working in the state...I love the fact that everyone is geared toward the success of each other and themselves, and I just feel a lot of the joy and excitement of being part of it.”

Being active while also being on-the-job is important to Gerlach, so much so that the interim chancellor makes a point

“

LIFE IS FULL OF SURPRISES. I DIDN'T SEE MYSELF BECOMING A CHANCELLOR. I THINK YOU'RE PUT IN PLACES WHERE YOU'RE MEANT TO BE SOMETIMES, AND I HOPE I'M MEANT TO BE HERE.

”

Dan Gerlach
INTERIM CHANCELLOR, EAST CAROLINA UNIVERSITY

each morning to start with a walk, some beginning as early as 4 a.m. By 10 a.m. on weekdays, Gerlach will often times have already reached 10,000 steps.

Now, keep this in mind: the recommended step count to maintain an active, balanced lifestyle is 10,000 steps per day.

“Walking every morning, that’s my jam. So I get up around, maybe 4:30 (a.m.), I walk around campus, I head to Starbucks over there at 10th and Evans (Street) and then I come back here and I go and I get ready for the day. I’m living close to campus,” Gerlach explained. “I come back into the office at 6:30 (a.m.), so it’s a quiet time before other people come in...we’re morning people here.”

As interim chancellor, there is no “typical day,” according to Gerlach. Every day is different than the next, which keeps him on his toes. He spends time throughout his days walking on campus, attending to his duties as ECU’s interim chancellor, and attending a variety of ECU activities such as athletic events, campus organization meetings and getting to know students.

It’s important for students to have a connection with their chancellor, Gerlach believes. When he has the opportunity to interact with students, the interim chancellor said he frequently asks them what town they’re from.

“I’ll meet students and they tell me the town and I’ll tell them the county they’re from, it’s my game,” Gerlach said. “There’s something to being, having leadership of an organization, to have some kind of knowledge of where you’re from in connection to it. That’s the best thing.”

Alongside spending time on campus, Gerlach makes time throughout his day to post to his social media accounts, specifically his favorite, Twitter.

“It feels good (to have a social media presence) because, you know, it’s got to be authentic. The ECU Chancellor (@ECUChancellor) tweets are ones that I approve,” Gerlach said. “That’s kind of my voice. I also have a personal account (@DanGerlach5), and I have a lot of followers on that too. So I think people kind of think it’s cool that somebody is not apart from them, but part of it.”

In terms of seeing increased success at ECU, Gerlach would like to see continued growth in the university’s graduation rate, enrollment and fundraising for athletics scholarships and additional public/private partnerships.

Gerlach described his job as interim chancellor as demanding, but he believes he can manage it as his time with ECU continues.

“Life is full of surprises. I didn’t see myself becoming a chancellor,” Gerlach reflected. “I think you’re put in places where you’re meant to be sometimes, and I hope I’m meant to be here. I hope the people feel that I care about the mission, care about the people, that’s important to me.”

Gerlach poses with students during the gold-out game.



Gerlach shakes hands with students in the boneyard at the first home game.



Dan Gerlach @ECUChancellor

Living my best life -- got my purple tie ready for my first day at @EastCarolina tomorrow. Can't wait to meet all the #Pirates who make up #ECU. It's an honor and privilege to join you. 🦇 - Dan

8:31 PM • 5/5/19



21 Retweets



295 Likes



Barstool ECU @barstoolecu

A little late but just want to wish our chancellor Dan Gerlach, @ECUChancellor, a happy belated birthday! It's been great having you a part of Pirate Nation!

1:45 PM • 6/24/19



1 Retweet



42 Likes



Carly Jarvis @caaarrlllyyy

getting to meet @ECUChancellor in the boneyard was UNREAL. he shook my hand (and the hands of all of my friends) and asked what our names were, where we were from, and chatted with us for a bit. he's so awesome.

3:54 PM • 9/23/19



7 Retweets



76 Likes



Sup Dogs @SupDogsECU

Any time Chancellor Dan has been in, he's been friendly and very respectful. ECU is lucky to have him!

8:15 PM • 9/29/19



90 Retweets



625 Likes

your Professor

By **Macie Tano**

Photos contributed by **Dr. David Knox & Sarah Tyson**

DR. DAVID KNOX is a sociology professor at East Carolina University with interests in relationships, marriage, family and sexuality.

Q. When did you start teaching at ECU?

A: *I walked into my first Courtship and Marriage class in August of 1969. I had received my Ph.D. about a month earlier. I was 25.*

Q. Why did you start teaching at ECU?

A: *My specific training at Florida State University was marriage and family. There were four courses in marriage and family taught in the Department of Sociology at ECU and the faculty member who had been teaching the courses was retiring. It is a perfect fit/transition*

since Marriage and Family courses were the only courses I was interested in teaching.

Q. What is the most memorable moment you've had with a student/students?

A: *There have been many memorable moments, but one was during the first day or two of class in 1969 when I was asked by a student in the Courtship and Marriage class, "How long have you been married?" My answer was "2 weeks"...and the class roared.*



SARAH TYSON is a teaching instructor in the department of Foreign Language who teaches Spanish.

Q. When did you start teaching at ECU?

A: *January 2010.*

Q. Why did you start teaching at ECU?

A: *My undergraduate degrees are in journalism and Spanish. I originally started graduate school at ECU to complete an international MBA as a way to integrate my passions for writing, marketing and Hispanic culture. Not far into the program, however, I realized that my favorite courses were those pertaining to international (and particularly Hispanic) studies. So, I switched to a master's in international studies with a concentration in Hispanic studies which was a great decision for me. I thoroughly enjoyed my coursework and had professors who really inspired*

me in the classroom. When I graduated, I was offered a teaching position in the foreign languages and literature department, and now those same mentors are my colleagues!

Q. What is a favorite course of yours to teach?

A: *There are aspects I enjoy about every level of Spanish that I teach, however; I might have a slight leaning toward SPAN 2003, as I have found that this tends to be a year when students seriously consider the possibility of continuing on in their Spanish studies to pursue a major, minor and/or study abroad.*

Q. A memorable moment you've had with a student(s)?

A: *My favorite are the simple moments in the classroom when I can tell that students are connecting with the language. Other very rewarding moments are when students come back and tell me that they decided to study abroad and/or pursue a major or minor!*

What Type of Professor Are You?

By Anna Felber

Are you impatient?

Yes

No

Do you get along well with others?

Do you have a good sense of humor?

No

Yes

No

Yes

Are you organized?

Are you outgoing?

Are you sympathetic?

Yes

No

No

Yes

No

Yes



Strict Professor: Although you may have your life together, you're still everyone's least favorite teacher. Hey, at least they actually learn something from you!



Boring Professor: You can lecture a whole classroom to sleep. It's not all bad though...at least you aren't the strict professor.



Energetic Professor: Some people love you, some people can't stand you. It's a good thing you are always happy though, because the people that can't stand you don't even bother you.



Sarcastic Professor: You're funny, but not typically funny. You are able to keep it fun in the classroom by poking jokes at students while keeping it light.



Funny Professor: You were probably voted class clown in high school, weren't you? It's nice to have a good laugh in the middle of all the stress of school.

THE CROWDED FIELD

2020 PRESIDENTIAL ELECTION

By Lydia Ryan

ALTHOUGH THE NATIONAL ELECTION is not until November of 2020, campaigning season is well underway. There are currently 20 Democrats and four Republicans running for president, including President Donald Trump. Primary voting begins in March and there has currently been three Democratic Primary debates.

This election, similar to 2016, has been very publicized. With the largest candidate field a party has yet to see in a primary, there are a lot of people and opinions to choose from and it is important to be as informed as possible before voting.

“It’s part of a trend. There was a similar number of candidates on the Republican side, chasing the nomination in 2016. I think it was 17 candidates. Now we have closer to 20,” Jonathan Morris, a political science professor at East Carolina University, said. “Large numbers of candidates pursuing the nominee for presidency from a major party isn’t unprecedented. Twenty is the largest we have ever had, but 2016 showed that the outcome is never a sure thing.”

According to the United States Census Bureau, of the people who voted

in the 2016 national election, only 46.1 percent of the 18-24 year old population voted. That percentage is significantly less than the older demographics. Although it did see an increase in 2016, it was still almost 13 percent lower than the next highest age group. This is a continuing trend that has been seen in the college-aged voter demographic.

“The notion that young people are going to decide the election is fantasy. The analysis shows that if every single 18-24 year old had stayed home in 2008, Barack Obama still would have been elected,” Jody Baumgartner, Distinguished Professor of ECU’s Thomas Harriot College of Arts and Sciences, said. “I expect it to remain relatively constant, certainly relative to other groups.”

Similar to 2016, there seems to be an increased level of social media presence and coverage ahead of the 2020 election. Platforms such as Twitter allow for instant, almost live play-by-play and commentary of rallies, debates, candidate speeches and any other need to know information. Facebook has yet to see as many advertisements as it did in 2016 for individual candidates, but it is still early. This may also be due to many candidates targeting the younger demographics, who have migrated to

Twitter over Facebook more since the last election.

As for the candidates, the number of Democrats running will likely dwindle as the March primaries approach. As of now, there are 20 and it allows for a wide variety of views from the same side. Using a visual scale to rank these candidates from furthest left to the closest to the middle, there are a variety of levels and the opposing side is quite similar in such regard.

“Typically, candidates to the party base during the primaries and then they have to pivot on some of their issue positions to the center to try to appeal to what we call the median voter. That is conventional wisdom, I don’t know if that will play out in 2020 or not.” Morris said.

Only time will tell the outcome in March of 2020. Meanwhile on campus, student organizations such as ECU College Democrats and ECU College Republicans are working together to get students more involved and informed in the election. Getting students registered to vote is not a partisan issue, according to ECU College Democrats President Wilson Brown, so both sides are working together on ways to make that happen.

REPUBLICAN PARTY



(1) William Weld
AGE: 74

*Fmr. governor (MA)
Leans more moderate
(2016) Ran for VP on the
Libertarian Party ticket*



(2) Mark Sanford
AGE: 59

*Fmr. governor (SC)
Fmr. member of the U.S.
House of Representatives
(SC’s 1st District)*



(3) Joe Walsh
AGE: 57

*A conservative talk radio
host (*The Joe Walsh Show*)
Fmr. member of the U.S.
House (IL’s 8th District)*



(4) Donald Trump
AGE: 73

*Sitting U.S. President
Has made immigration is the
centerpiece of his re-election
campaign*

DEMOCRATIC PARTY



Marianne Williamson

AGE: 67

A new age author and lecturer, whose written over a dozen self-help and spirituality books.



Kamala Harris

AGE: 54

U.S. Senator (CA) who is known for her fierce questioning of Trump appointees.



Julian Castro

AGE: 45

Former mayor of San Antonio & Former HUD Sect. under the Obama Administration.



Joe Biden

AGE: 76

Served as U.S. vice president under Obama & was the frm. U.S. Senator for Delaware from 1973 to 2009.



Tulsi Gabbard

AGE: 38

U.S. Rep. (HI) who served as a combat veteran in Iraq and Kuwait.



Cory Booker

AGE: 50

U.S. Senator (NJ) & frm. mayor for Newark, New Jersey from 2006 to 2013.



Bernie Sanders

AGE: 76

U.S. Senator (VT) who also ran for Pres. in 2016. Sanders is a Democratic socialist.



Elizabeth Warren

AGE: 70

U.S. Senator (MA) & former professor who taught bankruptcy law.



Beto O'Rourke

AGE: 46

Fmr. U.S. Rep. (TX) who narrowly lost the Senate race against Ted Cruz in 2018.



Andrew Yang

AGE: 44

A former tech executive who founded an award-winning economic non-profit in 2011.



Amy Klobuchar

AGE: 59

U.S. Senator (MN) who went viral for her stern questioning of Brett Kavanaugh in 2018.



John Delaney

AGE: 56

Former U.S. Rep. (MD) who was the 1st Democrat to announce a 2020 bid.



Tim Ryan

AGE: 46

U.S. Rep. (OH) who's known for being a voice for blue-collar voters of the Midwest.



Steve Bullock

AGE: 53

Current governor & Fmr. attorney general (MT); only Dem. who won a Trump state.



Pete Buttigieg

AGE: 37

Mayor of South Bend, IN & veteran who would be the youngest Pres. if elected.



Tom Steyer

AGE: 62

Billionaire who has fundraised millions for Trump impeachment efforts.

Feeding Comfort

Food to ease the mind

By **Jenna Price**
Photos by **Kate Francis**



EVERYONE HAS A FOOD item that brings comfort to them during a difficult time. Whether it's your mom's chicken noodle soup when you're sick or your favorite sweet treats, there is something that most people crave when they just need to find something familiar in the unfamiliar.

For me, that recipe isn't anything complicated or special, but rather something that is quick and easy. As a fellow college student, I completely understand the need for simplicity and cost effectiveness, so that being said this recipe is super easy and super affordable.

Follow the instructions in the box to make the mac and cheese. I recommend using milk over water, but that is completely under your discretion.

Ingredients:

- 1 box of mac and cheese (whatever brand you want!)
- 1 bag of cheddar cheese
- 1 bag of mozzarella
- Bread crumbs (optional)

Follow the instructions in the box to make the mac and cheese. I recommend using milk over water, but that is completely under your discretion.

Once the mac and cheese is made, you'll add mozzarella and cheddar. You don't have to use those two specific types of cheese, whichever cheese you prefer will do the trick! I would also suggest using two different types of cheese. You can use as much or as little as you'd like!

Once you've added the cheese to your dish, you'll need a baking pan. Spread the mac and cheese across the pan. Then take more cheese and sprinkle that across the top. Another optional topping is breadcrumbs, as they add a nice crunch to the dish.

Heat the oven to 350 degrees and put the baking pan in the oven. Watch the dish until the cheese on top is melted. Once the cheese is melted, take the mac and cheese out and let it cool. Then it's ready to eat!

It's a very simple recipe, but it never fails to help add a little bit of tasty comfort to my life. Hope you enjoy!



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Say No to Fitness Fads

SRC provides healthy alternatives for students

By Jenna Price

WHILE IN COLLEGE, IT is very easy for students to become obsessed with fitness fads. Some of those things aren't bad. However, some of these things are not only bad, but can also prove to be unhealthy and dangerous. East Carolina University offers many resources for students to take advantage of while they are in school. I was able to talk to Tequan Dorsey, fitness coordinator at ECU Campus Recreation and Wellness, about some things that ECU has in place to help students maintain a healthy lifestyle.

Q&A

Q: Why is it important that college students maintain a healthy lifestyle as they transition from high school to college?

A: So when it comes to that transition from high school to college, you're definitely going to be on your own, so you're going to be exposed to a lot of new elements that may induce stress. So one thing that I always stress to students is if you get 30-45 minutes of workout each day, it will help out with your hormones, which will make you happy throughout your everyday life.

Q: Why is it important that students avoid crash or fad diets?

A: Those are just quick schemes that won't help you out long term. So you definitely want to avoid those things because most of them are buy-ins.

Q: Why is it important that students work with what their bodies tell them to work with instead of trying to do what they saw someone on Instagram do or push themselves beyond their limits?

A: Personally, I definitely think that social media can be a great benefit, but also can be a great inhibitor. You should definitely utilize the personal trainers we have here (SRC). They're definitely a great source to guide you through those fads and the things that you see on social media. They're very inexpensive and if you don't have the ability to pay for a personal

trainer, you can definitely come to the group fitness classes, which have different areas.

Q: ECU offers a lot of resources to help students maintain a healthy lifestyle, so what are your personal favorites that you would recommend to students?

A: So, my personal favorite is cycling. I am a cycling instructor and I am the self-proclaimed "king of spin." I always like to compare myself to the newest fad that we have going on today. So the newest thing that we have going on is Chick-fil-A and Popeyes. So what I like to tell people is every other cycling class that you may have experienced would be a Chick-fil-A class, but when you come to my class, I'm gonna give you that flavor that you never had before. If you just add a little more seasoning to that spin class, hence, you get the Popeyes.

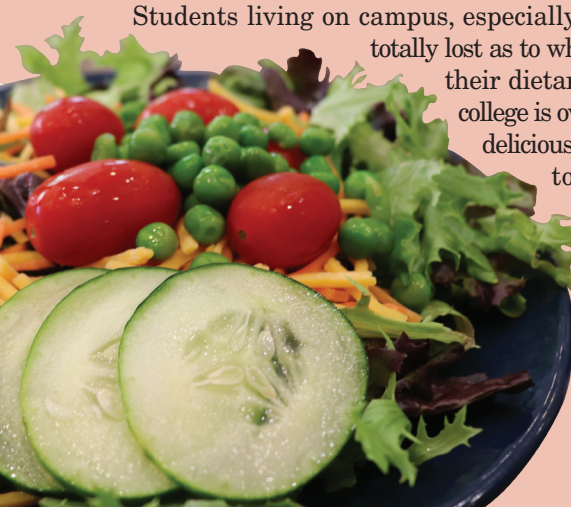
Unrestricted: A Look at Dietary Eating

By Margaret McCollum | Photo by Ashley Lewis

PEOPLE MAY THINK BEING vegan or vegetarian means their options for eating on East Carolina University's campus or at restaurants around Greenville are limited. This can be true at times, but there are plenty of healthy, tasty and easily obtainable options available.

On-Campus Options

Students living on campus, especially freshmen, may be totally lost as to where to find food to fit their dietary needs. Coming to college is overwhelming enough, delicious food sometimes falls to the bottom of the to-do list. But, there are a wide variety of foods and drinks for every preference or restriction.



Vegetarians

Veggie pizzas and black bean burgers are a great option for a hearty meal while remaining vegetarian. All retail food locations on campus have some sort of vegetarian option available to make your life a bit easier, such as Olilo's falafel grain bowl or a filling veggie burger from 1907 Grill.

Vegans

In both dining halls, there is a hot vegan entree offered at each meal time at the line station. There are also a variety of baked vegan goods, such as cookies for dessert, and breakfast breads for the most important meal of the day.

Off-Campus Options

If you're looking for vegan options within walking distance, try Winslow's, The Scullery and Chico's. Even at Starbucks, any drink can be made vegan with their non-dairy milk options. For example of a vegan caramel frappuccino, ask for soy milk, no whipped cream and extra pumps of caramel syrup, which aren't made with dairy or animal products.

Dining on a Dime

By **Brendan Gillespie** | Photo from **thewifecooks.com**

A LOW COST MEAL that all students can enjoy is certainly few and far in between. Finding a happy balance between cost effectiveness and great taste is tough, but I have found three recipes that taste great and cost little.

A naive sophomore just moving into an off-campus apartment, I had no recipes and frankly, no clue how to go about cooking myself a meal. Here are a few recipes to give you a head start as a college chef.

Salsa Chicken

Only three ingredients are necessary to make Salsa Chicken: Chicken breasts, salsa and taco seasoning. Preheat your oven to 275 degrees. Using about a pinch of taco seasoning for each side of each breast, coat both sides of the breasts. If you really want to ensure that the chicken will fully cook, cut each breast in half.

Afterwards, place the chicken on an ungreased baking sheet and pour a spoonful of salsa over each piece of chicken. The more the better, feel free to pour generous spoonfuls of salsa to ensure it covers all of the pieces completely and evenly.

Next, insert the baking sheet into the oven once it is finished preheating. Set a timer for 20-25 minutes, and wait it out.

Things you can do while you wait for the food to be completed:

- (1) ***Begin cleaning the utensils you have used in the process.*** This will speed up the clean up process after eating, making your life easier.
- (2) ***Call your parents/guardian(s).*** Your parents love you and they miss you

after leaving you at college, so just give them a call to say hey. Also: They might pay for your tuition (which in that case, **DEFINITELY** call them)

Once the time is up, pull the sheet out of the oven with an oven mitt on, and place on a heat-resistant surface. Let it cool for a couple of minutes and enjoy!

Crock-Pot Chicken

Arguably the easiest recipe of the three, Crock-Pot chicken and dumplings was a recipe I found while writing this article, and one that worked incredibly well for me once I made it for the first time. This is perfect to prep before heading to work or class for the day, and it will be ready and smell delicious for you once you get home later in the day.

For the preparation, you'll need four chicken breast halves (preferably boneless and skinless), two tablespoons of butter, two cans of condensed cream of chicken soup, an onion, and two ten-ounce cans of biscuit dough.

Place the chicken, butter, cream of chicken soup and onion in the Crock-Pot. I would recommend cutting the chicken into either strips or cubes, and dicing the onion. After those ingredients are added, add water until it completely covers all of the ingredients. Set the slow cooker to high, add the lid on top and let cook for five to six hours.

After returning for class or whatever you were doing for five hours, remove the biscuit dough and tear it into pieces. Then add it into the Crock-Pot and let it cook for another 30 minutes.

Following that 30 minutes, turn the heat off and enjoy.



A close-up photograph of a bowl of ramen. The bowl is filled with thick, yellowish egg noodles in a rich, reddish-orange broth. There are green leafy vegetables and some meat strips visible. A pair of dark wooden chopsticks is positioned diagonally across the top of the bowl, resting on the noodles. The background is slightly blurred, focusing attention on the food.

Sriracha Ramen Soup

In my opinion, this recipe is the diamond in the rough. After the first three weeks of surviving on ramen over the summer, I quickly became sick of the basic chicken-flavored ramen.

After some searching, I discovered this recipe on YouTube by the channel “Greg’s Kitchen,” who created a simplistic Sriracha soup that transforms basic ramen into a complex-tasting meal.

The recipe used in the video calls for about a third of an onion, which I omitted for the simple fact that I had no onions in my kitchen at the time. An onion will add a little extra flavor, but will mainly help with fragrance.

Add about a teaspoon of sesame seed oil to a decently sized pot, along with two tablespoons of Sriracha and the onion if needed. Turn up the heat to medium and heat until fragrant. Once all three ingredients begin simmering, add one cup of broth/stock of your choice and two cups of water. Personally, I decided to use chicken stock which worked really well for me, but other choices may work better for you.

Next, turn the heat to high and let the mixture cook until it begins to boil, where then you will add the ramen noodles. I would try to break up the noodles a little bit, but if

that’s not your cup of tea, you can put them in as a solid block.

Let it cook for about three minutes and remove from the heat and serve.

Adding cooked strips of meat, of your choice, or an egg can also help elevate this meal to another level.

Here’s three things to remember while making these meals:

Patience is key.

Being patient while making these meals is crucial, especially if it is your first time making it.

Learn from your mistakes.

I’ve burnt stuff before. I’ve set off the fire alarm before. Messing up and burning meals is honestly a good thing, because it teaches you what not to do.

Google.

In this day and age, Google and search engines are such a valuable resource for looking up easy recipes, when in doubt, Google it!

Bon appetit! Enjoy these three starter meals as a gateway to learning how to cook.

Ramen noodles: a college kid favorite made fancy.



DAY DRINKIN' IN DOWDY

AT THE END OF June, Governor Roy Cooper signed a bill into law, allowing North Carolina's public universities the option to sell alcoholic beverages at sporting events.

On July 12, East Carolina University's Board of Trustees decided to take Cooper up on his law and will now be allowing the sale of beer and wine at games. With the new ordinance, some students and parents have differing thoughts as to how the sale of alcohol will impact athletic events and the university as a whole.

Allison King, a parent of an ECU student and an avid Pirate football fan, finds the sale of alcohol to be a good idea. King thinks that the sale of alcohol will help the university financially and socially.

"I think it is a very good idea. It brings more money to the university and they can control alcohol consumption better inside the stadium," King said.

Danny Kruger, a 21-year-old history major at ECU, thinks that the sale of alcohol at sporting events will only benefit the university.

"I think it is a very good idea. It probably will increase presence at the games and if the game is boring, it does make it a lot more entertaining," Kruger said.

Some students, such as Krueger, question how football customs such as tailgating would be impacted by the sale of alcohol in the stadium.

"I feel like East Carolina has always had a pretty predominant presence at tailgating events so I do not believe that will change the amount of people that tailgate. People care more about the ECU football team being good than the sale of alcohol," Kruger said.

Rachel Zack, a freshman elementary education major at ECU, thinks that the sale of alcohol in the games might change tailgating before football games.

Zack expressed her concern for the tailgating aspect but still thinks that the sale of alcohol in the games is a good idea.

"Don't get me wrong. I think that Dowdy selling alcohol in the games is a good idea, but I think that it might take away from the idea of pregame before," Zack said. "I think the tailgates are one of the best parts of the games. I guess we'll just have to wait and see what changes and what doesn't," Zack said.

Zack also expressed her concern about how the sale of beer and wine at sporting events may be abused. Zack said that because people can now keep drinking after they enter the gates, there might be problems with over-intoxication.

"I feel like some people might end up drinking a little too much at the games and become aggressive or belligerent. This could become a safety issue or a nuisance to security and other fans in the stadium," Zack said.



▶▶ An ECU student raises a Michelob Ultra in the Boneyard.

By **Kathryn Kroll**
Photo by **Zoë Lukas**

Greenville's Music Scene, Defined

By **Giana Williams**

Photo courtesy of **The East Carolinian**

Local music artists give harmony to Uptown Greenville

UPTOWN GREENVILLE IS KNOWN

locally as the heart of all forms of arts and entertainment. Many of our local singers/songwriters and musicians started showcasing their talents at bars and concerts around the town to get their name out there. Greenville is home to many talented singers and bands that vary in genre. As Uptown Greenville continues to grow in size, new and upcoming artists begin to arise, in hopes to one day make a name for themselves outside of the eastern North Carolina region.

Marye Amanda

Marye Amanda is a sophomore political science major at East Carolina University who got into music when she was 14 and has found herself loving it since then. Amanda describes her music genre as “alternative” and has also released a few songs on streaming platforms such as Spotify and YouTube. Amanda hosts a songwriter series on WZMB, where she plays mostly local singer-songwriter songs on the radio and brings them on air.

“I notice around here [Greenville] like, yes there’s a music scene, but it’s kinda hard to get on the radio,” Amanda said. “I let people send their music to me and I play them and it’s kind of like a gateway experience for them.”

Amanda recently released her single “To Be With You” on all streaming platforms and one day sees herself playing at the CMA Fest.

William Seymour

A full-time musician from Greenville, William Seymour always had an interest in music at a young

age when he started playing the piano. He started playing the upright bass in the 7th grade. By high school, at the age of 18, he was writing songs and playing in bands.

Seymour describes the genre of his music as a combination of singer-songwriter, blues, rock and Americana. He released his full-length digital album “Quicksand” on all streaming platforms in April and is currently working on another solo album. Currently, Seymour can be found



⤴ Greenville musician William Seymour strums his guitar.

posting YouTube videos and touring with an Asheville rock band, The Broadcast.

TRIUMPH

As the executive director for the non-profit organization, Greenville Theater Arts Center (GTAC), Terri Campbell-Payton is known as her alter ego, TRIUMPH, whom she made into a comic book character based off of X-Men and Afro-Samurai.

Her debut album, Triumph: The Girl Next Door, was released at the end of September and tells a story about TRIUMPH and how she has conquered many love, wars and battles facing each color and phase. She hopes to share her story on the album.

“I hope one day I will be able to turn this album into a full-on Sci-Fi Broadway Production,” Campbell-Payton said. “This album is finally my debut of the story and what ‘Triumph: The Girl Next Door’ really is.”

Near Death Experience

A heavy metal band based out of Greenville, Near Death Experience (NDE) consists of sophomore business major Nicholas Futral on guitar, Salinger Pagano on bass and vocals, and Zack Smith on drums.

Upon realizing there was not many metal or rock bands in Greenville, NDE’s goal is to bring metal and rock music into Greenville and get their names out to the community by performing all over eastern North Carolina.

“[Live concerts] are always fun, even if you don’t like metal music,” Futral said. “It’s always fun to just see a live show in general.”

Good Cop, Bad Cop

ECUPD Deputy Chief shares his perspectives on policing

By Jenna Price

WHEN STUDENTS COME TO college, the relationship between themselves and the local police could change due to both positive and negative stereotypes around the men and women in the police force.

East Carolina University deputy chief of police Jason Sugg said he thinks ECU students typically have a pretty positive perception of the police. Sugg said students sometimes have a more “traditional view” of police officers when they first arrive at ECU.

“In our community, at ECU, with our police department, I think it’s generally been pretty good. There has been some changes in perception, for example, I think just police in general have gone from more of that traditional view of just strictly law enforcement to there are different perceptions today,” Sugg said.

Sugg said while those things are true, campus police do more than just enforce laws. The ECU Deputy Police Chief added there are way more service oriented things that people begin to realize that the police are involved in once they are placed in a campus environment.

According to the International Association of Campus Law Enforcement Administrators (IACLEA), the presence of an on-campus police force is very necessary to ensure the safety of the community. Campus police agencies date back to the 1800’s.

According to the IACLEA website, there are clear distinctions between the local police and campus police, with the clearest separation being the expectations of the general public and community.

There has been a change in perception of the role police officers have on campus, according to Sugg. He said he thinks this perception shift is a good thing and helps members of the community understand that police do more than write tickets and arrest people.

“I think that the more traditional view is that cops are just out there doing the enforcement thing. They’re writing the tickets, they’re just out here to arrest people, that kind of thing but I think over time with social media has helped,” Sugg said.

ECU Police are involved in several different service things on and off campus, Sugg said. He said ECU Police has more opportunities to interact on a personal level with students outside of performing the role of a typical police officer.

Sugg said he understands that some students may have a negative perception of the police from past experiences. He said his goal isn’t to try and ignore this or pretend that the police are perfect, but to encourage students that ECU police are active in their community as more than just enforcers.

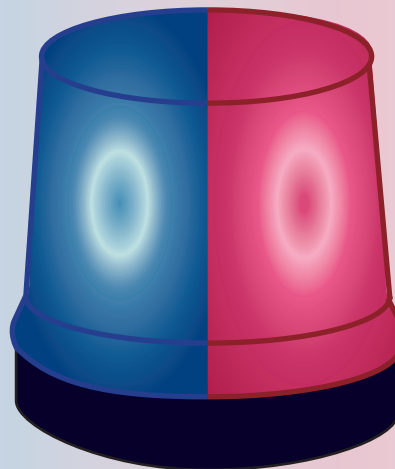
“We do also do a lot of positive things. We do interact with the community. We’re not perfect, we’re never going to be, nobody is, the community isn’t either, it’s just we try to work through all these things together and try to come out with the reasonable and agreeable solutions in general,” Sugg said. “But that’s the thing. We’re there, not just as an enforcement thing, we’re there to do other things.”



I THINK JUST POLICE IN GENERAL HAVE GONE FROM MORE OF THAT TRADITIONAL VIEW OF JUST STRICTLY LAW ENFORCEMENT....

Jason Sugg

DEPUTY CHIEF OF POLICE



THEY’RE WRITING THE TICKETS, THEY’RE JUST OUT HERE TO ARREST PEOPLE...

Jason Sugg

DEPUTY CHIEF OF POLICE



Virtual Reality

One of the many Technologies Reshaping the Way Students Learn

By **Daniel Shepard** | Photo by **Kinley Orians**

TECHNOLOGY, ACCORDING TO GOOGLE,

is “the application of scientific knowledge for practical purposes, especially in industry.” In recent decades the field of education has seen some of the biggest changes, all due to advancements in technology.

“Technology that we’ve always had in the classroom has been the chalkboard and chalk,” Brian Massey, associate professor for East Carolina University’s School of Communication, said. “That’s a medium for conveying information on the spot, what we call real-time communication, with students to illustrate points or whatever you need to write on the chalkboard.”

Where students once learned on chalkboards and paper handouts, they are now using their phones and laptops to dissect lectures and take notes. Much of that has been made possible by improving technology that has shrunk the size of computers, making them portable, with increased speed and stability of wireless networks.

No Need to App-ologize

In the age of smartphones, there is a saying that “there’s an app for everything.” On the campus of ECU, there are two new applications that are gaining a following. One of those apps (called “ECU Rec and Wellness”) was released on June 10 and according to the app’s description, it “allows you to stay connected and keep you up-to-date on the latest programs and services offered at all CRW facilities.”

“There’s a new campus rec app that just came out this semester, which is pretty cool,” Morgan DeHart, a sophomore elementary education major, said. “I haven’t used it too much, but what I’ve heard is that you don’t need to take your 1 Card

to the gym anymore, (because) it’s on that app.”

Sophomore psychology major Josh Slocum is staying on top of things around the Greenville area with an application that has been around for some time, but is helpful nonetheless.

Called “Wildfire,” the app is used to keep the user informed of important events happening nearby and “makes it easy to spread the word quickly when something significant happens,” according to the app’s official description.

“I got the new Wildfire app that we are using,” Slocum said. “Wildfire sends alerts to your phone based off your preferences and allows you to chat with other people about stuff that is going on nearby.”

Tech & Tools

While companies are developing technology for devices like smart glasses and robots that would make route tasks a thing of the past, virtual reality could very well be the future of education. More specifically, a process called immersion would allow students to experience environments without physically being in them.

“Virtual reality, as far as immersion is concerned, I really love that,” DeHart said. “In education, we get to set-up a fake classroom and teach, so I’m really excited for that.”

For now, the experience is limited to virtual reality headsets that project an image and give the user a feeling of being able to move around a false place. The goal for many technology companies, however, is a completely immersive virtual reality for both pleasure

and education.

ClassVR is one of those companies playing a factor in making virtual reality commonplace in classrooms across the country. They offer everything from the physical hardware to lesson plans and curriculum content for teachers and professors to use.

“Ensuring students are engaged, motivated and challenged throughout their school career is a key priority for teachers,” ClassVR spokesperson Andrew Shelton said. “We believe that ClassVR’s Virtual and Augmented Reality experiences are a fantastic example of this technology and as we develop further, we have untold possibilities in the years ahead. As a teacher myself, what better way to inspire and engage your students than through experiential, multi-sensory learning?”

Virtual reality is a far cry from the technologies available in the classroom nearly 30 years ago when Massey first began teaching. Perhaps for that reason, the associate communication professor is apprehensive toward many forms of newer technology.

“The thing with technology is, whatever the inventor had in mind for it is not how it’s going to be

used,” Massey said. “I keep it simple with the PowerPoints (while teaching). I try to have a discussion and I quiz people out of the book and the PowerPoints and what I say, too.”

Whether teachers embrace every form of new technology in the classroom or side with a more traditional approach like Massey, the future will likely be filled with new hardware, prompting adaptation from everyone involved. Virtual reality is attempting to reshape the way students learn, but looking ahead 50 years, who knows what to expect in the technology scene?

“Anybody who predicts what’s coming up in the future is wrong,” Massey said. “The only thing you can predict is that technology will be a part of it. Exactly how that would look is anybody’s guess.”



Chris Jester being taken away from reality with his virtual reality goggles.

FINDING A WAY

By Daniel Roberts
Photos by Frank Byungura

From ECU Transit to a stroll from Bate to Brewster, how can students weigh out the best way of transportation?

STUDENTS ALL OVER THE country come back to school for the new year looking to get off to a good start in and outside of the classroom. Many students, including ones at East Carolina University, have to figure out how to navigate to and from class.

There are freshman and upperclassmen that stay on campus, so getting to and from class or any other location on campus requires nothing more than just getting out early enough to either catch a bus or walk to various locations on campus. Some have found it to be tiresome or inconvenient and others have found it to be very beneficial to their wellbeing as well as the environment.



« ECU students flood into the 301 Gold bus, which makes its way to West End from the Main Campus Student Center.

Students, faculty, and staff make use of the many bike racks on campus.



Walking has proven to be able to improve people's health physically and mentally. People aspiring to perhaps lose weight only have to walk a total of 150 minutes each week to burn up to 3,000 calories (depending on how long and how fast you walk), according to an article published by verywellfit.com. For senior sports studies major Carlos Babilonia, walking is enjoyable because of the feeling he gets when he walks to and from different locations on campus. "I choose to walk because I am able to get a breath of fresh air, I get to see new things, I get to see people I know and I just enjoy it," Babilonia said. "Sometimes, if you do not have any time to see your friends, you might be able to see them while you are walking by and you just continue your walk. If you do not have time to exercise, you can get that walk and that is exercise."

ECU Transit offers rides for students to various off campus housing places and gives rides to most places across the main campus and the Health Sciences campus. They also work to accommodate to those who may not want to either walk or drive yet choose to live off campus. Additionally, due to ECU Transit, students get to save gas money and not leave their location as early.

Those who have chosen to live off campus have to deal with commuting to and from campus. Some students choose to drive their cars and find parking spots either on or near campus so they do not have to worry about waiting on a bus and can leave campus whenever they want. What has happened as of late that has caused students to be hesitant about driving to campus is the amount of construction that has been going on in Uptown Greenville. The spots that

are available, students have to pay for. There are few parking areas that allow students to park for free, but not enough to take care of all of the student drivers.

"My experience has been okay commuting to campus all this time. Traffic is almost always bad in the heart of campus along 10th Street and there are often times doesn't feel like there's enough parking around campus for the general public unless you want to spend money on the garage," Garrison Pulley, a senior communications major, said. "I don't think ECU has made enough of an effort, or any effort at all to allow us college students to save as much as we can throughout this experience."

One of the biggest additions ECU has added in regards to the parking situation is a parking garage right by the Main Campus Student Center. However, the new parking garage doesn't come without a charge. For each hour a car is parked in the garage, there is a \$1 fee charged to students. That expense, according to Pulley, has not been a problem for students who have chosen to park in one of the 709 parking spots in the garage.

"The parking garage is nice to have on campus," Pulley said. "It's super convenient for me as a journalism student if I am running late and can't find a free spot somewhere else."

There are some at the end of the day who may not have cars to drive themselves to class, and there are those who live too far away to just walk to campus and class. The one thing that has proven itself is that students have managed to find their way to class within the means of their circumstances to maintain good credibility with their teachers and professors.



Student takes advantage of the Center for Counseling and Student Development in Umstead Residence Hall.



Hannah Said and Dagem Messay express different emotions.

Weathering the Storm: Coping with Seasonal Depression

As the year comes to a close, thousands of students across the country are faced with more than just a case of “the winter blues.”

By **Macie Tano**
Photos by **Kinley Orians**

AS FALL AND WINTER are approaching and the temperatures slowly drop, students and faculty at East Carolina University are bracing for the cold weather to come. Some of us dread the colder season, while others embrace it. However, there is something that creeps up during this time and affects many students and staff: seasonal depression.

Seasonal depression, also known as seasonal affective disorder (or SAD), affects more than three million people nationwide each year, according to the Mayo Clinic. Seasonal depression is a mood disorder that occurs around the same time every year. While it technically can happen at any time of the year, it is typically seen in winter due to less sunlight, colder temperatures and shorter days. While it is only temporary, the effects can definitely be detrimental to one’s mental health.

Some of the symptoms of seasonal depression include feelings of sadness and hopelessness often times during the day or for an extended period of time, loss of energy and fatigue, loss of appetite, little to no interest in activities that would usually interest you, having issues concentrating, problems with getting and staying asleep and/or oversleeping, weight gain or loss. In worst cases, there can be feelings of suicide and self harm.

It is important to seek medical help immediately if you are experiencing these feelings.

Seasonal depression is not to be taken lightly as it can cause problems in your life, such as withdrawing from friends and family, abusing substances and issues with getting school work done.

So if you feel yourself coming down with a case of the “winter blues” and are asking yourself what you can do to combat these feelings, it is important to first reach out for help. Talk to your close friends and family. They may not know exactly how to help you, but they will always try their best to support you. If you don’t want to talk to them about it, try reaching out to a close professor. Most professors are very open to talking and listening to their students, and can even share some advice with you. However, the best decision is to reach out to a medical professional who can properly diagnose you, give you trusted medical advice and may even prescribe you proper medication if they see fit. They may also recommend light therapy, a treatment specialized for those suffering from seasonal depression that involves sitting next to a device that gives off a bright light that mimics the natural light you may not be getting due to the season. The light affects brain chemicals that are related to your mood, and can in turn improve these feelings with

continued use. This is often used as a safe alternative to medication, according to the Mayo Clinic.

ECU offers a counseling center right on campus, the Center for Counseling and Student Development (CCSD), which is located at the backside of Umstead Residence Hall. They offer services such as individual or group counseling sessions that are free to students. All you have to do to make an appointment is call 252-328-6661 or walk in and schedule an appointment at the front desk. The center also offers a pre-screening to match each student up with a counselor that can best serve their needs. They treat a variety of issues including seasonal depression. The CCSD also offers crisis services, which you can visit if you start experiencing suicidal thoughts or plan to self harm. You can walk in for a crisis screening, or call them. They can be reached during their business hours, Monday through Friday from 8 a.m. to 5 p.m., and also through their 24-hour hotline for anyone who is in need of immediate assistance.

Counseling, therapy, and in certain cases medication can all help students who are experiencing seasonal depression cope, but there are also certain things they can do to ease their symptoms. Physical exercise and meditation has been proven to have miraculous benefits on not only the body, but the mind. Doing an aerobic exercise 20 to 30 minutes five days a week can help to ease symptoms of seasonal depression, according to the Mayo Clinic. Seasonal depression is not something anyone wants to deal with, but unfortunately, it happens to the best of us. It is important to remember that you are not alone, and that you should seek help from local resources and loved ones if you need it.

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SEASONAL DEPRESSION IS NOT SOMETHING ANYONE WANTS TO DEAL WITH, BUT UNFORTUNATELY, IT HAPPENS TO THE BEST OF US.
Macie Tano
OPINION EDITOR, THE EAST CAROLINIAN
”

WEARIN WHAT YOUR MAMA WORE

By Margaret McCollum
Photos by Kinley Orians

THE 1970'S, 1980'S AND 1990'S

were all interesting and crucial decades for clothing. Some amazing staples of fashion were born in these time periods, some of which are still around today.

Some of the most fashion forward trends today are inspired by fashion your mom may have worn at one point in her life (crazy, right)? Some examples of the 80's and 90's fashion statements which are still thriving today are flare jeans, scrunchies and non-prescription glasses, to name a few.

Flare jeans have made a major comeback over the past couple years, surprisingly not just in casual fashion, but for going out. Paired with the right pair of heels, flare jeans create a killer look a noticeable amount of girls have embraced. Flare jeans can be found in basically any mainstream retail store where jeans are sold.

Although your mom may laugh at the thought of this comeback, scrunchies are actually popular again (who would have thought, right?). This hair tie originated in the 1980's and girls today are loving them. Not only are they colorful and fun, they actually serve a functional purpose. Girls who were born in the late 90's or early 2000's know the struggle of hair bands all too well, being that they tug at your hair and yank out strands if taken out the wrong way. Scrunchies, on the other hand, glide right out of your hair

with no tug-of-war required.

Another trend which is insanely popular now and has been over the past few years, is the crop top and high-rise jeans look. Arguably the most popular trend that came from the past, these are a staple of modern fashion. Crop tops originated in the 70's with hippie culture and have only grown in popularity. High-waisted jeans and shorts are a classic look today's youth have embraced as well. Crazy to think that even the two together have become popular (shorter than normal shirt, higher than normal pants... makes sense).

Moving on from high-waisted jeans and flare jeans, another style of jeans which have stayed popular are "mom" jeans. And no, flare jeans and mom jeans are not the same thing, in my opinion. When I think of mom jeans, I think of loose-fitting jeans with rips, worn with sneakers. These jeans can be super versatile, although they are mostly worn casually. Try wearing them with Converse (another throwback trend) or vans for a laid-back look.

It's not just us everyday people who have embraced these looks. Fashion icons such as Rihanna, the Kardashians, Emma Roberts and many other celebrities have posted pictures in 90's fashion inspired looks. From classic overalls and floral prints to grungy looks with combat boots or Converse, even celebs rock these throwback staples on a regular basis.

According to Harper's Bazaar's "2018 Most Popular Fashion Styles from Around the World," many of the looks are inspired by older trends which have been revamped to be modern looks. "Wide leg trousers" and leather jackets are a couple on the list.

Throwback fashions can even be seen in clothing stores around Greenville. Catalog Connection has a great selection of some super cute styles inspired by throwbacks. Some trendy examples of their selections are bell-sleeve tops, ruffled crop tops and maxi dresses.

If all of this seems out of your comfort zone or not your style, give it a try anyways. You might just end up liking these looks — after all, there's probably a reason they've stayed so popular over time.

Converse have never gone out of style.



Scrunchies have made a comeback since the eighties and don't seem to be going out of style any time soon. >>



>> Taylor Sledge shows off her mom wearing the same shades and outfit.

Life@ECU

By Anna Felber

Rate My Professor: Dr. Brian Massey

Q: What are some of your thoughts on the website Rate My Professor?

A: "Well, to be honest with you, I don't think that I have any thoughts on it because I don't think about it that much. I'm aware of it, but if I was to think about it right now because you asked me, I would say it is more gimmicky than anything else."

Q: Is it important for you to have a good rating?

A: "Not really. I mean, I do my thing. When it comes to the official one, then yeah, I do. By in large, no because if you are confident in who you are, then what other people think about you shouldn't matter."

Q: Is it at all stressful that you pretty much have students judging you on these rating sites?

A: "Life is all about being judged. I mean, I can see why it might be for some people if they are not confident in their skin and in their own skills or knowledge as a teacher. Or if they are a junior faculty member and they are not yet tenured."

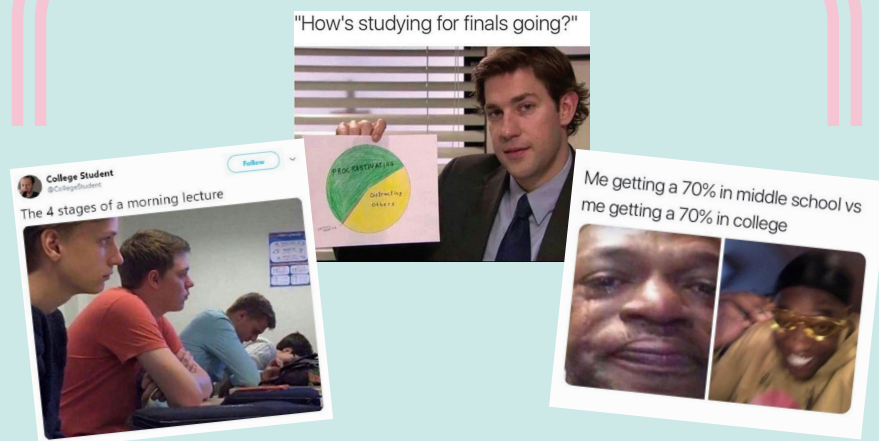
Q: Do you think this website is a beneficial source for students to have?

A: "Well you know, it's like restaurant review sites. How helpful are they? If you assume that everyone is telling the truth, then I can see why it would be helpful, but I don't make that assumption."

Q: Do you think the generation gap between professors has an affect on if they check the site or not?

A: "Oh yeah, because they are social media oriented. They're in that generation where it's not that they are just checking Rate My Professor, but they are also checking Instagram and Snapchat. It's just part of their social media routine."

What Do You Meme?



Step into Spring

Tips and tricks to help you get through next semester

By Anna Felber

Stressed about next semester? Well, no worries! It won't be as bad as you may think. Some simple steps to help you out are to get yourself a planner and schedule out your days. It can reduce a lot of stress and may make your work seem less than what you originally thought it was. Also, plan to meet with your academic advisor! It is very important that you do so that you can schedule classes and let them know how you are doing. It is also a good idea to join some clubs, such as the two below:

Best Buddies

Best Buddies is an international nonprofit 501(c)(3) organization. They are dedicated to making one-on-one friendships and leadership development for people with intellectual or developmental disabilities (IDD). This organization was founded at East Carolina University in Sept. 2018. This club is good for students to join because it creates valuable friendships and opens up possibilities for the next steps in life. There also is no requirements to join, all you would have to do is take a quick survey so they can match you with your buddy as they best see fit. "It's beneficial for students to join because they are getting the opportunity to meet someone that they may not have necessarily had the chance to be friends with," Sophomore Hanna Martin, the president of Best Buddies at ECU, said. "It also really opens a lot of people's eyes to how important inclusion is."

Drastic Measures

Drastic Measures is an co-ed acapella group that takes place right here at ECU. Besides a 2.5 GPA, Drastic Measures only requires a low-scale vocal audition to join, which takes place at the beginning of every semester.

"We're like a huge family," Senior Lauren-Paige Smith, the president of Drastic Measures, said. "It is definitely something different that you are not going to find anywhere else on campus."

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