



The East Carolinian

YOUR CAMPUS NEWS SOURCE SINCE 1925

Tuesday, 3.24.20

VOLUME 92, ISSUE 42

Pass/fail option offered by ECU

Staff Report

Following a move to online course delivery and the closure of residence halls due to the spread of COVID-19, East Carolina University Acting Provost Grant Hayes and Acting Vice Provost Angela Anderson announced on March 23 in an email statement that all classes will be operating on a pass/fail basis for the Spring 2020 semester.

The announcement stated that students now have the option to make their courses into a pass/fail class. Students will have until June 30 to make the decision and further details regarding the process to do so will be announced later on after consideration, according to the announcement.

With the switch to digital instruction, the statement said that the decision was made for students who may feel a sense of "uncertainty" with the change. This decision follows in University of North Carolina at Chapel

Hill's footsteps, where it integrated the pass/fail option for undergraduates as of yesterday.

"Today is the first day of our moving courses to alternative delivery methods. It's been a massive undertaking by faculty and staff over the last week to prepare for this shift, and we are grateful for their work to implement. We understand that this change may cause some uncertainty and anxiety for students as we finish the spring semester," the statement said.

The release stated that any grade earned under a pass/fail class will not count towards a student's GPA, and all grade related recognitions, such as Honor Roll, Dean's list and Chancellor's list are suspended for the semester.

Additionally, incomplete courses from fall 2019 will not convert to F's at the end of the spring semester and will extend until Dec. 7, 2020.

The last day to withdraw from a course

without penalty has also been extended to April 1, and if a student decides to withdraw from a course due to COVID-19 related issues, the dropped class will not count toward the 16 withdrawal hours each student is allowed, according to the statement.

"We are making these modifications understanding the extraordinary circumstances this global pandemic has created for us all. This semester has been like no other. We know you may face unexpected challenges. A webpage, Tips For Online Learning has been created to list resources available to you," the statement said.

The statement said that students will be able to decide which courses they want to switch to pass/fail instead of letter grading. Students will also have the option to "mix and match" with pass/fail and letter grading between their classes.

If a student is taking five courses this semester, he or she could elect pass/fail for

two courses and standard grading for three. The quality points would count for those standard grading courses," the statement said.

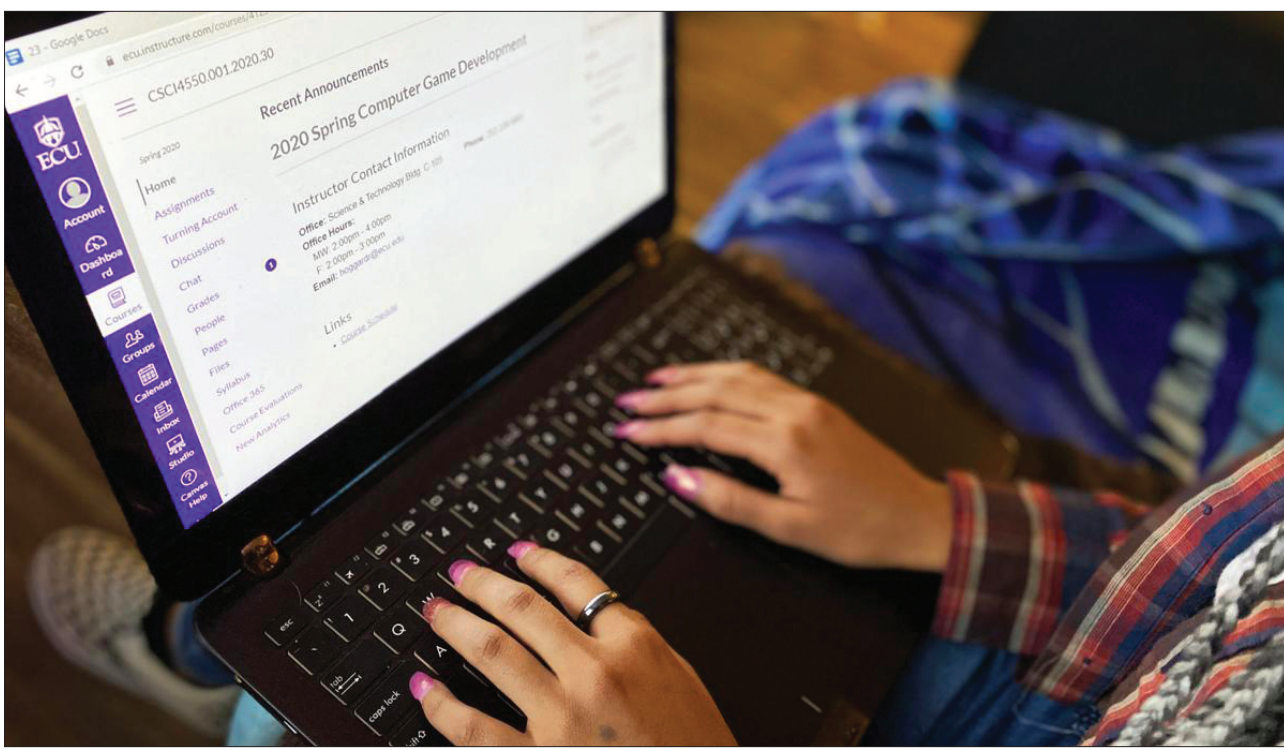
As of March 23, the pass/fail option is only available for undergraduate students while the Graduate School reviews options for feasibility, according to the statement.

More information on the pass/fail option for students can be found on the ECU News Services website.

The statement concluded with a reminder for students to remain healthy and cautious while the virus is still a threat.

"Please take care of yourself and your loved ones, remember to practice social distancing, and know that faculty and staff are ready to help you finish the next six weeks strong," the statement said.

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



KACEY COURTNEY | THE EAST CAROLINIAN

East Carolina University student utilizes tools on learning management platform, Canvas, inside Joyner Library on campus.

ECU classes go digital

COVID-19 concerns causes virtual classroom switch

Sarah Hooper TEC STAFF

Universities within the University of North Carolina System have shut down and switched to online course instruction in response to the COVID-19, otherwise known as the coronavirus. East Carolina University began online instruction yesterday, in an unprecedented response to the pandemic.

Departments in the university which rely on face-to-face classes to succeed, such

as sciences, education and foreign languages have faced difficulties along with the hundreds of other classes at ECU during the transition.

Professor and Chair of ECU's Department of Foreign Languages and Literature, Katherine Ford, has monitored how change was implemented within her department.

"We've gone back to the course syllabi to think about what the students need to get out of the class. Faculty has come together and discussed materials and collaborated

with ideas," Ford said.

Ford said the switch to online instruction is a large adjustment for students who may be used to thriving in face to face environments. Ford also said students should reach out and speak with their instructors to keep the connection strong, which is vital to succeed for the rest of the semester.

Sophomore math education and math major Michaela Maradiaga said she believes

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East Carolina prepares for COVID-19

George Martin TEC STAFF

As fears concerning the spread of coronavirus, otherwise known as COVID-19, may continue to rise around Greenville, East Carolina University officials hope to keep the campus safe and will take precautions to slow the spread of the virus.

In a Facebook Live broadcast on March 18, Chris Stansbury, associate vice chancellor and senior operating officer for ECU, announced that as of March 25, all residence halls on campus will be closed in accordance with the Center for Disease Control. However, students with special circumstances will be allowed to remain after completing an application.

Currently, any discussion about refunds for students for time not spent living in the dorms due to the evacuation have been suspended until further notice, according to ECU News Services.

Bill Koch, associate vice chancellor of campus safety and auxiliary services, said in an email statement that the information surrounding the spread of the virus is ever changing, and that students need to check ECU's coronavirus updates page regularly for information.

"This centralized process is the best way for us to clearly and consistently communicate to campus on such a critical issue," Koch said through an emailed statement.

The preparations that have been taken by the university are constantly being enhanced, according to Koch. Recent measures include evacuating the dorms and making graduation an online event.

Lynn Roeder, associate vice chancellor and dean of students, said that with the situation surrounding the virus constantly changing, it's difficult for the university to maneuver and give concrete responses.

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SHS provides COVID-19 tips

Hannah True TEC STAFF

With the continued spread of the coronavirus and the increase of positive cases found, more countries and individuals are being quarantined.

Countries such as Italy have imposed strict rules in attempts to lessen the impact of the virus. The United States is enforcing more regulations and some states, like New York, have mandated that "non-essential workforce" must stay home.

Sophomore nursing major, Olivia Wardis, expressed that should North Carolinians find themselves in this situation, it

> TIPS page A6

Pandemic causes concerns

Harold Bloomfield FOR THE EAST CAROLINIAN

With the outbreak of COVID-19 and social distancing being strongly recommended by the government, many businesses and establishments began reducing their hours of operation or limiting its exposure to the public.

East Carolina University along with many other colleges and universities in the University of North Carolina System have closed residence halls and students are now to take classes online as an alternative to in-person classes. ECU students shared their thoughts and opinions on the situation.

Michelle Fiatsi, freshman construction management major, said she liked the idea of taking online classes at first but it turned out harder than expected. Fiatsi believes her economics class will be much harder online because it's a lecture-based class.



SARAH HOOPER | THE EAST CAROLINIAN

Outside East Carolina University Main Campus Student Center.

"I like that (taking online classes) but when my teacher started emailing me with more work online, then I knew I'd rather have face to face classes," Fiatsi said. "I'm actually

> CONCERNS page A6

ONLINE

» NEWS: ECU considers refunds for meal plans and board

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CDC SAFETY

Clean and sanitize hands often especially when exposed

It is advised for personnel to wash their hands with soap and water for at least 20 seconds especially after being a public setting, coughing, sneezing or blowing their nose. If soap and water is not available, it is recommended to use hand sanitizer with at least 60 percent alcohol. When hands are unwashed, avoid touching your eyes, mouth and nose.

Avoid close contact with those who are ill

Social distancing is advised with those who are sick. If COVID-19 is spreading within a community, members should keep distance among each other.

Cover cough and sneezes properly with tissues

When sneezing or coughing, individuals should cover their mouth and nose with a tissue or use the inside of their elbow and place the tissue in the trash. After sneezing or coughing, individuals should immediately wash their hands with soap and water for at least 20 seconds or use hand sanitizer that contains at least 60 percent alcohol.

Where a face mask only if sick

If an individual is sick they should wear a facemask around other people or when entering a healthcare office.

CORRECTIONS & CLARIFICATIONS

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

ECU considers refunds

Parking and tuition reimbursements discussed

Jennifer Sieg
FOR THE EAST CAROLINIAN

Following East Carolina University's decision to transition to alternative course delivery due to the COVID-19 outbreak, otherwise known as the coronavirus, students wonder if they will continue to get their money's worth when it comes to parking passes and classes.

Regis Gilman, executive director of Academic Outreach and Distance Education, said about 6,800 students are taking online classes.

"Nearly 50 percent of the students at ECU are in at least one online course," Gilman said.

She said online courses actually cost more to students when you consider the technology and software required. She also said that the tuition is favorable to individuals who cannot come to campus and student fees play a big part in tuition difference when it comes to online versus in-person courses.

However, when asked about any potential refunds of tuition and fees for those transferring online, Gilman said everything is very fluid and unanswered. She said everyone is pulling together to make sure they can serve the students efficiently and they are still making decisions that are in the best interest of the students.

"Usually in a system like we have in the state of North Carolina, much of that guidance will come from the system office," Gilman said.

Josh Puckett, Parking and Transportation enforcement supervisor, said usually the last day to do any type of returns for student parking permits is Jan. 31. However, he said any type of refunds or credit back due to this situation remains a possibility they hope to look into, but at this moment nothing is definitive.

Parking and Transportation is unable to make this vital decision on their own, so the directives and decisions regarding refunds will have to come from the UNC System Office, according to Puckett.

"If I'm a student and I have two months left, I'd like to see a little bit of credit, but that will be made at the board of governors level,"



Regis Gilman



HALILEY PORTER | THE EAST CAROLINIAN

Vehicles on East Carolina University campus fill up parking near West End Dining Hall.

Puckett said. "Everything we're doing right now is normal business, unfortunately."

Due to the unique circumstance the university and community is in currently, the university will gather data, discuss options, and make a decision at a later date, according to a statement provided by Puckett.

Puckett said the parking garage is open for normal business. However, he said the garage gates will be open for people to come in and out freely on the weekends and from 6 pm to 5 am during the week.

With a list provided by Puckett of how many students have purchased and obtained parking permits since July 1, there are currently 4,794 commuter permits and 1,062 resident permits. The prices range depending on which lot a student parking pass is purchased and the passes are valid from July to July of each academic year.

Puckett said they haven't had any students contact them about refunds, but they are prepping for it when they do. If students are unable to return for the rest of the semester, he said they will probably see an influx of students reaching out to them about their parking passes and money spent.

During this time, the garage prices will remain the same and permit prices will remain valid, Puckett said. He said they are trying to move parking permits closer to

campus, depending on how many students come back to Greenville, since they've been told that transit will not be running any routes for the rest of the semester.

"We've moved our bulk of our B1 permits, our faculty and staff into the A1 zones, to make room for when the students come back. We're going to plan on moving, if they come back, any that have the C permits into our faculty and staff zones, and our D zone permits into the C zones," Puckett said. "So we're trying and planning to move everyone up if we can."

Sophomore speech and hearing science major Alyssa Stanley has a B2 lot parking pass. She said she thinks money or some sort of credit should be given back to students since the passes are supposed to be used until July and now that classes are moved online, they are unable to use them.

However, Stanley said her biggest struggle with these changes will be obtaining the internet access she now needs for online courses.

"I think that it will be a struggle not just for me but thinking about other people who may be in different situations," Stanley said.

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ECU

2020

SUMMER SCHOOL

See your Think SUMMER advisor. summerschool.ecu.edu

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ONLINE continued from A1

the switch to online classes interferes with learning information and skills she needs for teaching.

"I understand the need for students to stay at home because it reduces the chance of infection and overall panic. Physically going to class is more than just attendance. It's important to have a teacher help students through material by answering questions and elaborating on difficult information," Maradiaga said.

Maradiaga said she completed her major's requirement for in-class observations in schools last fall, and does not expect to run into barriers regarding this requirement due to the online transition.

Interim Chancellor Ron Mitchelson said ECU's College of Engineering and Technology, Arts and Sciences and Education are just a few of the departments that may be more affected by online instruction than others. He said in-person labs, observations and other experiences are expected to be completely off the table of discussion for administration.

"The departments in arts and sciences that provide much of the undergraduate instruction in laboratory settings are in fact looking at a variety of simulation approaches. I don't know if they've made a final decision, but I think that

online simulations will be at least part of our tool kit as we try to substitute face to face activity. We're trying to reduce face to face interactions as much as possible," Mitchelson said.

Mitchelson said ECU's intention is not to delay graduation and that students completing their courses is the primary goal for faculty and staff across campus. He said while he understands students have anxiety about going online and may have never experienced it, he believes they will progress just as if they were attending face to face lectures.

A pass/fail grading system was also under consideration in coordination with the UNC System Office and ECU's accrediting body, the Southern Association of Colleges and Schools, according to Mitchelson. Before the decision



Ron Mitchelson

was made, Mitchelson said the pass/fail grading scale would most likely be a system wide decision.

"This is a hugely costly episode in our world, and like everyone else in the world, we have to bear the cost and be the resilient Pirates we all are," Mitchelson said.

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

SAFETY continued from A1

"We are trying to do our due diligence, but it's changing, like where we were last Thursday to where we are now is very different," Roeder said.

Roeder said that unfortunately, it is likely that either a faculty member, a staff member of a student will end up contracting the virus at some point.

The university's main goal is to limit the amount of contact that will happen between people on campus, according to Roeder. She said this has been done through the closure of certain on-campus facilities.

"The rec center is closed, that's an area where it's highly risky because of perspiration and things like that. No matter how much you clean machinery there's still a good chance that someone could contract the virus," Roeder said.

Roeder urged students to stay away from campus for the time being, and to follow the recommendations made by the government on how to operate during the outbreak.

Trying to promote the idea of social isolation and preventing the gathering of groups is essential to stopping the spread of coronavirus, Roeder said.

"We are kinda in drastic measures, as far as this country goes, something that none of us have

ever seen before, at least recently," Roeder said.

In an email sent out to all students, ECU Facilities announced that as of March 19, Joyner Library, the Main Campus Student Center are closed and all transit services are postponed until further notice. Other services, such as the Center for Counseling and Student Development (CCSD) have moved to entirely over-the-phone operations.

Roeder and officials at ECU, such as Vice Chancellor for Student Affairs Virginia Hardy, are constantly talking about how to effectively tackle the issue.

"Vice Chancellor Hardy has a meeting every morning on the books for about six of us to go in there and kind of talk through what the next steps are, and it's a fluid process, like we think we have it one way and something else changes," Roeder said.

Roeder said that it is difficult for anyone to give definitive answers to questions due to the rapidly changing situation surrounding the virus. However, she said there are decisions being made daily that have the utmost care for the campus community, faculty staff and students.

Updates concerning COVID-19 and how ECU is fighting against the spread can be found at ECU's News Services Coronavirus update page.

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

OUR VIEW

ECU helps displaced exchangees

In response to the rapid spread of COVID-19, also known as Coronavirus, around the globe there have been many precautions taken by national and state governments as well as school systems to decrease the risk of spreading the virus further, including moving all East Carolina University classes online for the remainder of the semester.

While these changes are for the safety of the public, they do pose some challenges for the foreign exchange students that are here at ECU. While currently the university's study abroad officials are not foreseeing it to be an issue for the students studying abroad to return to their home countries, if it does come to that the university is prepared to assist in any way that they can.

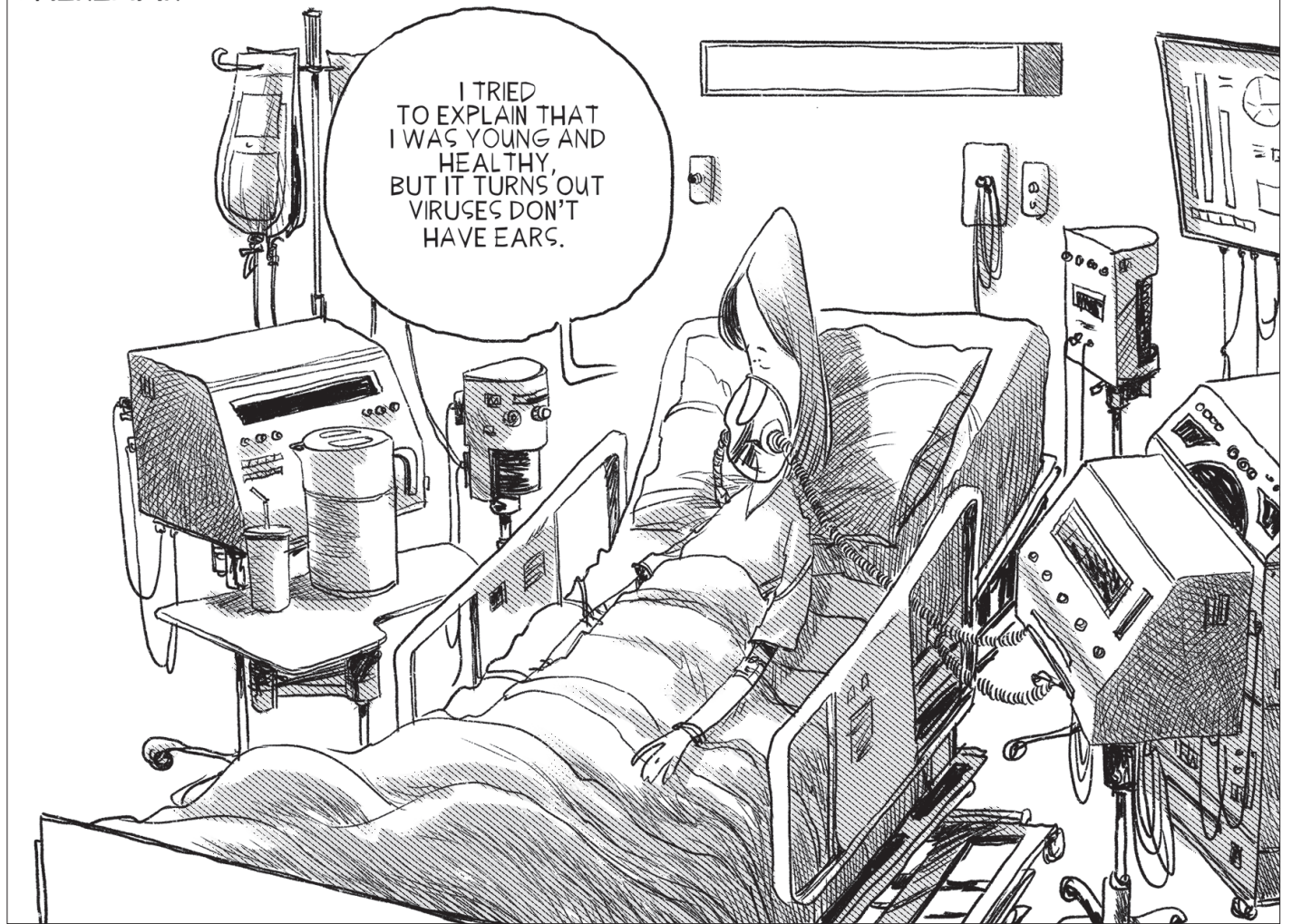
We, the editorial staff of The East Carolinian, appreciate that the university will make efforts to support exchange students who may be forced to stay later after their program is complete due to the measures taken in response to COVID-19.

For the 16 to 18 students from around the globe that are currently calling ECU home, this is surely an unsettling time. For many of us it is as simple as a few hours in a car to return to our home and our families; for the foreign exchange students it isn't that simple and many means of travel have been limited.

It is important that ECU continues their support of the foreign exchange students. For many of them the people they have met here at the university are the only family they have nearby.

This is a rapidly changing situation that provides new challenges every day. It is difficult to imagine having your family and support system be so far away during this time. It is now more important than ever for ECU to work together in taking the steps to prevent the spread of COVID-19 and support each other in every way we can.

SHENEMAN THE STAR-LEDGER



Virtual ceremony needed

Safety of students had to come first

Down Pat



Pat Polomchak
TEC STAFF

A few days ago, every student at East Carolina University received an email from administration announcing that the Spring 2020 commencement would be moving to online. This was met with dismay by all of the graduating students, who took to the internet to talk about it.

On all social media platforms, I have seen my friends basically writing eulogies to their college careers. This isn't out of the ordinary; these posts would have been made in about a month and a half anyways.

However, what is being written now is tinged with sadness, frustration and disappointment. Not a single member of the class of 2020 expected their time in college to end this way, with campus being closed indefinitely due to a pandemic and their opportunity to walk across the stage ruined.

These feelings are perfectly valid. I have seen plenty of people making the opposite point online, saying that the seniors who are upset are being selfish

in the face of greater problems. But just because there are people suffering from illness, that doesn't mean students aren't allowed to be upset that their whole lives have been disrupted at such an important moment.

I also have to wonder how COVID-19 will affect these students as they enter the workforce. With the current state of the economy, they may have to wait to get started in their new careers despite all the work they have put in.

These students have put in four (or more) years worth of effort to get this degree. College requires a lot of blood, sweat and tears to make it through, and everyone wants that feeling of achievement that comes with having your name announced in front of your peers, parents and professors. Now, with the move to an online commencement, they have been robbed of this chance.

This situation isn't ideal for anyone. However, ECU's administration made the only choice they could in cancelling the in-person ceremony. A graduation would definitely qualify as a large gathering of people, so the university did not really have a choice.

Personally, I am happy to see the

school prioritizing the health of its students over all else. All many of us have wanted for so long is to feel like the university cares, and while things could be better, it is encouraging to see that ECU is putting measures in place to protect the student body, from moving classes online to closing the dorms (which are a really good place for viruses to spread).

There is a lot of uncertainty and fear surrounding us at this time. None of us have really experienced a pandemic like this before, as well as the whole world seemingly shutting down to combat it.

The most important thing to remember is that it isn't just about us. This virus has already had wide-ranging impacts across the world, and if we don't cooperate with officials, it could get much worse before it gets better. We aren't in this alone, and if we want to make it through this, everyone needs to be committed to doing what is necessary to limit how far it can spread until a vaccine is ready.

Polomchak is a junior majoring in communication and a TEC columnist. To contact him, email opinion@theeastcarolinian.com.

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Online classes bring challenges

Letter to the Editor



Joey Moore
GUEST COLUMNIST

I should be in Greenville, midway through my first week back from spring break and bustling between in-person classes. However, as most people likely know, COVID-19 has

already infected 72+ people in North Carolina and East Carolina University had to make emergency changes.

Spring break was extended by a week, and all the university's in-person classes were moved online for the remainder of the semester. Even on a personal level, I have conflicting feelings about the decision. I would never bemoan a lengthened break, and I think that gave the university and students time to react and prepare. All-online classes will be a different pill to swallow, however.

In my opinion, the move to online classes was the right decision but it won't be felt equally across the board. Subjects like computer science, my major, could move online with minimal disruption. However, physical education classes, welding, or any other hands-on material will suffer greatly from the distanced learning. Is it fair for these students to be expected to grasp the material to

"In my opinion, the move to online classes was the right decision but it won't be felt equally across the board."

the same degree they would if it was taught naturally?

Other than the obvious concern of hands-on classes being affected by this change, there's also the question of how well all students can adapt. Personally, I tend to avoid online classes whenever I'm given the opportunity. At face value, online classes look highly appealing—you don't have to leave your home, you can work on your own time and move at your own pace. However, in my years of learning I've found that it also comes with its own unique challenges.

You are distracted by all the enjoyable things in your home while trying to learn, and with no rigid structure of when to be in class it can be hard to remember due dates and responsibilities. Having spoken with other students I know that I am not alone in this, others fear their ability to stay on course without structure and organization in their academic life.

Does this mean that I think the university should have kept in-person classes? No, it is important that the

university takes action to protect us from infection as much as possible. This is a complicated issue, and I don't personally have a perfect solution.

Classes haven't resumed yet, and already I've seen multiple petitions by students online to move all classes to pass-fail, or better yet to pass all students for the semester. These are distant dreams in my opinion, but they're reflective of a greater fear and worry on the part of the students. No one entered the semester prepared for such a shift like this, and negative grades resulting from it could set countless students back.

With classes days from resuming, the University no doubt has countless complex issues to tackle. I am hopeful that we as a school can excel in light of these circumstances, and that the virus will have waned to the point that normal operations can resume by August.

Moore is a junior majoring in computer science and a guest columnist. To submit a column, email opinion@theeastcarolinian.com.

» ANALYSIS

Pirates' season brought to abrupt end

ECU women's tennis 2020 campaign shortened by coronavirus pandemic



Dylan Woolard
TEC STAFF

There was a surprise ending to the spring sports season for East Carolina University athletics, the American Athletic Conference and most, if not all of the colleges and universities across the nation due to the spread of the COVID-19 virus. With that in mind, we're left with no conclusion to many of our favorite college teams seasons.

The ECU women's tennis program was looking to finish the season strong and establish first-year head coach Kirstin Burgess. Burgess took over for long-time Pirate head coach, Tom Morris after he retired on March 1.

After a 22-3 record in the 2019 season, the Pirates were not off to the start they had hoped for in 2020 as their record up to the season's cancellation was 6-7. The Pirates flirted with a .500 record for most of the season, but with injuries to two of their best performers from the 2019 season in junior Alisa Diercksen and senior Nastja Rettich, there just wasn't the same level of play out on the court for the Pirates.

With eight matches left to play on the season and no ranked opponents remaining on the schedule, ECU was set to play just three of those remaining competitions at home.

First up, a likely loss at Davidson College on March 20. The Pirates defeated the Wildcats last season on the backs of Rettich, Diercksen and ECU alumna Celia Ruiz. None of these three would have played in this year's contest for the Pirates. Yes, both teams struggled this season as the Wildcats also hovered around .500 for much of the season, but even at 6-5, the Wildcats did maintain a fair home record of 4-2.

Next up, a trip to Charlotte on March 21 where the Pirates would have faced the University of North Carolina at Charlotte 49ers. Both the 49ers and Pirates faced off against top-10 opponents, North Carolina State University and the University of North Carolina at Chapel Hill. Both squads suffered sweeps at the hands of the Tar Heels and the Wolfpack.

This is another in-state matchup that I just don't think the Pirates would have been able to win. Each squad took on Coastal Carolina University and Charlotte's dominant 5-2 win over the Chanticleers compared to East Carolina's competitive, but tired 1-4 loss just holds more weight.

Against the College of Charleston on March 28, the Pirates would more than likely have earned a win against a team that, for the most part, had been taking advantage of less competitive teams and just winning when they should.

Before a run of conference matches, the Pirates would have hosted Richmond University on March 31 who closed out the season very hot with three straight



Junior tennis player Ho Chiao Hsia plays in a match earlier in the 2020 campaign before the announcement of the season ending. COURTESY OF ECUPIRATES.COM

victories in dominant fashion. Richmond also managed a tight 4-3 victory over Davidson. In my opinion, the streak combined with the Davidson victory is enough evidence to give the Spiders an edge in a matchup with the Pirates this season.

The first match in conference play for the Pirates would have been the Tulane University Green Wave on April 3. Tulane was fortunate enough to have played mostly home matches this season. Even with 11 matches at home, the Wave only managed an 8-7 record. Without a doubt, the Pirates have the lineup to take down the wave, especially at home.

The last match at home for the Pirates, a tough 8-5 University of Memphis on April 5. Another loss for the Pirates as the Tigers were on the road or at a neutral site for 11 matches and still boasted several blowout victories throughout the season and a well over .500 record.

Back on the road, the Pirates would have faced off with the University of Cincinnati on April 10. These two teams met twice last season and split the meetings at one win each. The Pirates beat the Bearcats at home 4-3, but the Bearcats got the last laugh as they defeated the Pirates

4-1 in the American Conference Championships.

I believe the Pirates 2020 matchup with the Bearcats would have resulted in a victory for the Pirates as the Bearcats seemed to rollover against competitive opponents and the Pirates this season were a tough win to earn for any team that beat them.

Lastly, the Pirates would have finished strong on April 11 at the University of Connecticut. The Huskies were less than impressive this season, finishing just 3-7. This is a matchup the Pirates dominated last year, winning 5-2.

With what was left of the season, the Pirates would have won four and lost four. Totalling a 10-11 record on the season for the Pirates.

The Pirates were not a bad team this season, but they were a team plagued with injury and they were scheduled to play just six matches at their home court and a home court that isn't even on their campus at that. It's a shame that this season was cut short as the time spent with coach Burgess would have been far more important than any win or loss this season.

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

Students can remain healthy at home



Jess Sabin
TEC STAFF

You don't need to go to a big fancy gym or have a bunch of equipment to stay in shape while quarantined. There are plenty of things you can do and at the end of the day, it is also a great way to pass the time and stave off boredom.

With so many stores, restaurants and other places closed down for the foreseeable future due to the coronavirus epidemic, people all over the world are being told to quarantine and stay in their homes. Large social gatherings are no longer allowed and this leaves people with nothing to do but watch Netflix or play video games or otherwise be lazy.

"The best exercises depend on available equipment, goals and ability," Julie Johnson of Body Discipline Fitness said. "But assuming that you have nothing available and no injuries, I'd probably focus on push-ups, squats or jump squats, lunges, planks and ab exercises."



Julie Johnson

When you are at home and don't have much or any equipment one of the best types of exercises you can do is bodyweight exercises. Push-ups, burpees, crunches and planks are some of the more popular exercises and they can be done essentially anywhere and anytime.

Push-ups are some of the easiest exercises to do and have many variations that can target different muscle areas. When done correctly push-ups will work the triceps, pectoral muscles and even your shoulders.

Push-ups can also strengthen your lower back and core. The variations can be anything from spreading your hands out wide or in close or making a diamond shape with your hands. You can also stagger your arms by putting one further in front of you than the other.

Burpees are a full-body workout. With each repetition, you work your arms, chest, quadriceps, glutes, hamstrings and core if done correctly. Burpees are different because when you do them they work many different muscle groups at once compared to just one and they burn a lot of calories.

Crunches and planks are core exercises and are



Mika Stambaugh runs up and down the stairs inside her condo. COURTESY OF TRIBUNE NEWS SERVICE

great if you are trying to get six-pack abs. Crunches are almost purely working your core while with planks your arms and shoulders are also engaged. They help strengthen the core muscles and aid in improving posture.

Doing planks strengthens your spine, your rhomboids and trapezius and your abdominal muscles. Having a strong core is also important to help prevent injury in the future.

Cardio is also very important as it is great for burning calories. Be it jumping jacks, going for a run, or even just a walk every little bit helps.

In an article written by Dr. Melina Jampolis on

CNN.com entitled "How do I effectively exercise and stay active now that my gym has closed or I'm quarantined?" she says, "You should aim for at least 30 minutes of cardiovascular exercise each day plus strength training at least twice a week. More than that will prevent weight gain (especially if you are diabetic or pre-diabetic), as most people are probably burning far fewer calories than they normally do because of drastic limitations in daily activities."

With most people working from home and/or taking online classes dedicating just 30 minutes a day is nothing and should be easy for almost everyone.

ECU alumni Susan Johannesmann who is a health and wellness coach and clinical exercise physiologist also recommends a similar amount of time be dedicated a week.

"Try to get some exercise daily even if it's only 10 minutes," Johannesmann said. "Once you are consistent with daily exercise then start adding from there. For optimum health, you should be getting about 250 minutes a week. If you are trying to lose weight, you might add more."

At the end of the day, it is all about getting and staying motivated. While being cooped up in your house set goals for yourself and keep track of them. It is important that you maintain your drive.

"It's really important to not allow being stuck at home to cause you to lose sight of your goals. This is a great time to push harder, come out of this stronger than you went in," Johnson said. "I tell my clients minimum is twice a week if you want to see results, but if you want major results, that's going to jump up to 5-6 days a week."

Even if you don't know where to start there are many websites and apps that can help guide workouts and give details about how you should approach different exercises. You can also go on YouTube and find many different videos on at-home workouts. Some of Johannesmann's preferred are Zombies! Run!, ACE fitness library, Fitness Blender and Grokker.

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



Susan Johannesmann

CLASSIFIEDS

FOR RENT

Townhouses/Duplex for Rent Near ECU: 1103 E. 4th Street- 2-3 Bedroom, 1.5 bath townhouse/duplex. \$1000.00 per month. 1102 Johnston Street - 2 Bedroom, 1.5 bath townhouse/duplex. \$800 per month. 802-A

Forbes Street- 2 Bedroom, 1 bath duplex. \$660.00 per month. For more information contact Wainwright Property Management 252-756-6209.

Did someone say FREE?

ECU students can submit a classified for FREE!

Contact smaa@ecu.edu for more information.



HOROSCOPES

Aries (March 21-April 19) -- Today is a 9 -- A new personal phase dawns with this New Moon in your sign. Take charge. Take your talents, capacities and skills to new levels.

Taurus (April 20-May 20) -- Today is a 7 -- Insights, breakthroughs and revelations sparkle under this New Moon. Dreams seem within reach. Practice benefits a philosophical, spiritual and mindful phase. Make long-term plans.

Gemini (May 21-June 20) -- Today is an 8 -- Take a group endeavor to new heights. Breakthroughs in friendship, social networks and community provide cause for celebration under the New Moon.

Cancer (June 21-July 22) -- Today is a 9 -- Professional opportunities shine under this Aries New Moon. Accept new responsibilities as you prepare. Develop a project from an idea to reality. Innovate and create.

Leo (July 23-Aug. 22) -- Today is an 8 -- Study with a master. Education, travels and exploration sprout under this New Moon. Consider different views and perspectives. Reach out for a long-distance connection.

Virgo (Aug. 23-Sept. 22) -- Today is a 9 -- Find creative ways to grow your family's nest egg. A lucrative phase dawns with this New Moon. Launch a profitable initiative together.

Libra (Sept. 23-Oct. 22) -- Today is an 8 -- Support each other through changes or transformations. Partnership blossoms under this New Moon. Collaboration flowers beautifully with nurturing. Begin a new chapter together.

Scorpio (Oct. 23-Nov. 21) -- Today is a 9 -- Your physical moves seem energized. This New Moon sparks growing health and strength. Put your heart into your actions. Practice for strong performance.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 7 -- This New Moon initiates a two-week family, fun and passion phase. A romantic relationship transforms. It's all for love and love for all.

Capricorn (Dec. 22-Jan. 19) -- Today is a 7 -- Wrap your love around home and family. A new domestic phase arises with this New Moon. A seed planted long ago flowers.

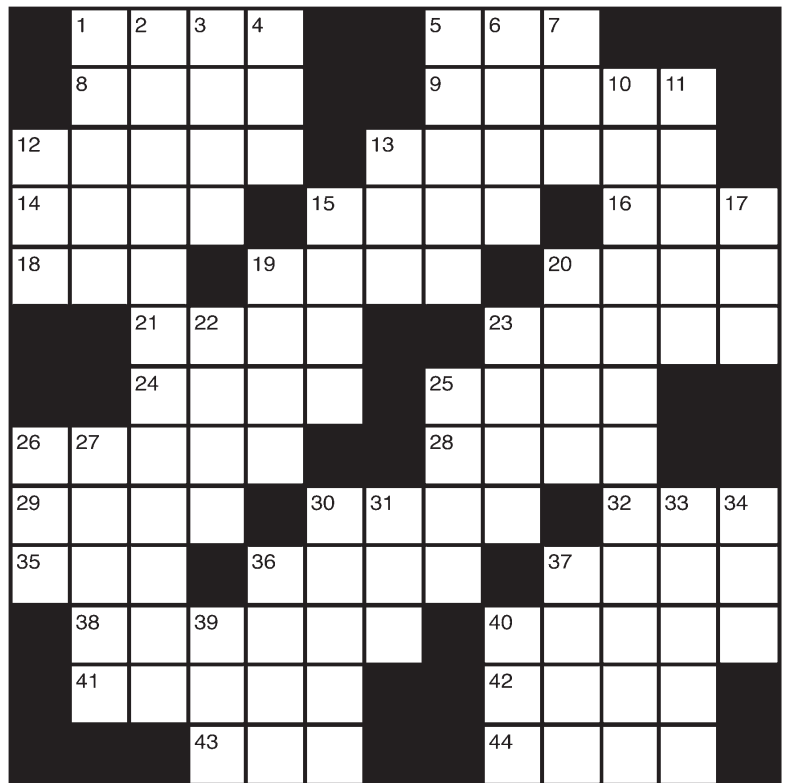
Aquarius (Jan. 20-Feb. 18) -- Today is an 8 -- Profit through communications. Breakthroughs arise in conversation under this Aries New Moon. Share gratitude and appreciation. Reach out for a powerful connection.

Pisces (Feb. 19-March 20) -- Today is a 9 -- Generate new income. Use creative communications for sales and marketing under this New Moon. Step into new levels of prosperity. Begin a lucrative phase.

CROSSWORD

THE TV CROSSWORD

by Jacqueline E. Mathews



Created by Jacqueline E. Mathews

ACROSS

- 1 __ Harper of "The Good Doctor"
- 5 "What __ to Wear"
- 8 "__ Rock"; Simon & Garfunkel song
- 9 Actor Ballard
- 12 Gray and Moran
- 13 Stephanie __ of "S.W.A.T."
- 14 Johnny Carson's successor
- 15 Actress Ward
- 16 Recipe amt.
- 18 "Love __ Many Splendored Thing"
- 19 Sara and Wasikowska
- 20 Attack with a dagger
- 21 "The __ McCoys"
- 23 Late Madeline & her family
- 24 One of the boys on "Home Improvement"
- 25 Autry or Kelly
- 26 Tinker Bell, for one
- 27 "Star Wars: Episode IV - __ Hope"
- 29 Colony members
- 30 Prefix for space or dynamics
- 32 "__ This Morning"
- 35 FBI crime lab evidence

- 36 Mayberry resident
- 37 Late actor Julia
- 38 "__ of S.H.I.E.L.D."
- 40 Actress Spacek
- 41 "...from __ shining sea."
- 42 In __; sulking
- 43 "The Whole __ Yards"; Bruce Willis movie
- 44 Baseball great Willie

DOWN

- 1 Justin of "MacGyver"
- 2 Actor on "Young Sheldon"
- 3 Center of the alphabet
- 4 "__ Vegas"
- 5 Manicurist's focus
- 6 Gymnast Korbut
- 7 Dan Bakkedahl's role on "Life in Pieces"
- 10 Role on "Chicago Fire"
- 11 "I Left My Heart __ Francisco"
- 12 Actor Marienthal
- 13 "Voyage to the Bottom of the __"
- 15 "__ Stalkings"; series for Rob Estes
- 17 "Sesame Street" network
- 19 __ Alice Young; role on "Desperate Housewives"
- 20 Not bananas
- 22 Dumbo's "wings"
- 23 Game similar to lotto
- 25 "__ Unmarried"; Jay Mohr sitcom
- 26 Passing craze
- 27 Paquin and Faris
- 30 Actress Susan __
- 31 Sullivan and Bradley
- 33 Arrests
- 34 Sylvester Stallone, to friends
- 36 __ up; put chips in the pot
- 37 Kelly of "Live! with Kelly"
- 39 "Please Don't __ the Daisies"
- 40 __ Hanna; role on "NCIS: Los Angeles"

M	A	J	O	R	T	E	A				
A	M	E	N	D	T	W	E	E	T		
T	I	M	E	S	D	I	A	N	N	E	
A	D	M	D	E	A	L					
		A	L	L	E	Y	T	E	R	I	
		S	O	M	E	E	R	I	C		
N	A	T	I	O	N	J	E	R	E	M	Y
A	D	A	M		H	A	L	O			
N	O	R	M		C	L	I	M	B		
		O	M	E	N	R	O	N			
J	O	A	N	I	E	J	A	I	M	E	
S	A	L	S	A		A	L	E	R	O	
B	R	A				M	E	N	I	N	

SUDOKU

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level

1 2
3 4

8	7		9	5				
		4	3			2	8	
4	7	2				1		
5		7		4			9	
		8		9	4	5		
3	5			2	8			
			5	8		3	9	

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

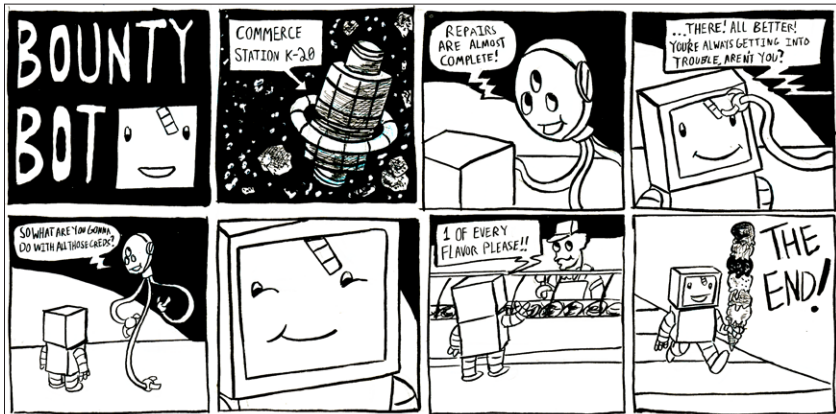
Solution from 3/5

5	4	2	7	6	3	8	1	9
9	6	3	1	2	8	5	4	7
7	1	8	4	9	5	2	3	6
3	9	6	5	8	1	7	2	4
1	2	7	9	4	6	3	5	8
4	8	5	3	7	2	9	6	1
8	3	9	2	1	4	6	7	5
2	7	1	6	5	9	4	8	3
6	5	4	8	3	7	1	9	2

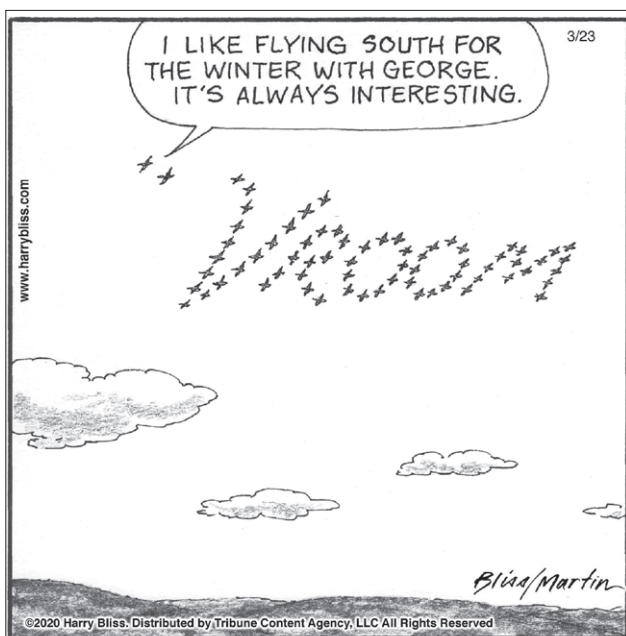
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COMICS

BOUNTY BOT BY BRIAN JUDGE



BLISS



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TV GUIDE

TODAY

“NCIS”
CBS
8 p.m.

“Mixed-ish”
ABC
9 p.m.

“This Is Us”
NBC
9 p.m.

WEDNESDAY

“The Masked Singer”
FOX
8 p.m.

“Motherland: Fort Salem”
Freeform
9 p.m.

“Married at First Sight”
Lifetime
8 p.m.

THURSDAY

“Superstore”
NBC
8 p.m.

“The Bold Type”
Freeform
9 p.m.

“Dr. Pimple Popper”
TLC
8 p.m.

FRIDAY

“90 Day Fiance”
TLC
8 p.m.

“Charmed”
CW
8 p.m.

“The Blacklist”
NBC
8 p.m.

“NCIS: Los Angeles”
Ion Television
7 pm

“A Dog’s Purpose”
FX
4 pm

“Diners, Drive Ins and Dives”
Food Network
2:30 pm

“Shark Tank”
ABC
8 pm



CONTRIBUTED BY MATTHEW MOZITIS

East Carolina University students Matthew Mozitis and Jessie Garcia inside Santiago Bernabéu Stadium during their spring break vacation in Spain.

Extended spring break

ECU students share their experience during the coronavirus

Cayla Menges
FOR THE EAST CAROLINIAN

East Carolina University Interim Chancellor Ron Mitchelson announced on Wednesday, March 11 the extension of the university’s spring break. The decision aligns with UNC System guidance to ensure the safety of students and staff amidst the COVID-19 outbreak.

Spring break was extended through last Friday with the university transitioning to alternative course deliveries effective yesterday. The transition continues until further notice but students continue to enjoy their break while being cautious.

Senior construction management major Matthew Mozitis spent his original week of spring break in Madrid, Spain with friends.



Matthew Mozitis

“We went clubbing and to a bunch of nice restaurants. We went sightseeing and to the Madrid (Santiago Bernabéu) stadium. We were going to take a train to Barcelona but

that never happened because of the virus,” Mozitis said.

The COVID-19, also known as the coronavirus, has spread across the globe, leaving those vacationing overseas concerned. President Donald Trump announced a US Travel ban effective Friday, March 13 on 26 European countries, including Spain.

“It was around 3 a.m. and I got a call from my mom telling me Trump shut down travel and there is a ban and it goes into effect at 12 o’clock tomorrow. They switched my flight the next morning. We were going to leave Sunday night,” Mozitis said. “I’m stuck in New Jersey. I’m staying in my room for 14 days and doing my classes online then I’ll come back to ECU.”

For other students who did not travel over spring break, they are enjoying an extra week of relaxation.

Senior applied economics major, Tyrell Killingsworth, spent his extended break in Greenville catching up on sleep instead of taking the risk to travel outside the country.

“My friends went to the Bahamas and some to Fort Lauderdale. I’m too worried because of the Coronavirus.

I wanted to go out of the country, but I didn’t commit,” Killingsworth said. “My dad wanted me to stay here or go see him. I’ve bought \$120 of groceries so I’m set.”

The uncertainty of graduation and transition to online classes has Killingsworth on edge.

“I’m kind of stressed out about it because I don’t know what to do. But at the same time, it’s nice. No graduation is scary. It’s going to have people confused,” Killingsworth said. “I don’t know if the rec center is closed, but they postponed Doggie Jams.”

Junior psychology major, Jhovani Tellez, used the extended spring break as his time for fun.

“I’m getting a real spring break since I worked all week,” Tellez said.

Senior elementary education major, Jade Mason, spent her spring break working her internship through her college.

“I’m in my internship now and am required to continue to

attend school while everyone else galivants in all the tropical places,” Mason said. “I don’t have a choice.”

Mason is one of many students with mandated internship hours that are currently up in the air due to COVID-19.

“I have tons of requirements, observations and hours to complete my student teaching, but I can’t actually do them if I’m not there. I’m also really worried about my students. For some of them, school is the most stable environment they have and for them to not have that right now eats at me all the time,” Mason said. “My college has said that they’re looking into waivers of forgiveness for us to still receive our degrees and licenses but we’re just sitting ducks right now.”

ECU students have returned to their courses yesterday via online and alternative methods. There is no definite date when students will be allowed to return to campus, but the university is working to continue to provide resources for students and staff during this time.

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

What to watch during quarantine

Hannah Bolick
TEC STAFF

As the nation tries to get ahead of COVID-19, more people are working from home, completing online classes and generally limiting time spent physically socializing with others. That leaves some people with plenty of binge-watching time. The list below provides a few of the many shows and movies that are available on some of the most popular streaming platforms.

Netflix, touted as the first TV streaming service, has a variety of shows and movies available.

It carries both Netflix Originals and content that was first available elsewhere. Usually, content is added a season at a time but some Netflix Originals release episode by episode weekly or monthly.

The first show on the list for Netflix is “The IT Crowd,” the capitalization was intentional. The British comedy follows the work-life of two IT guys and their less-than-qualified supervisor, who are far from in the “it crowd.”

“Spencer Confidential” is a

dramatic comedy movie starring Mark Wahlberg and Post Malone. Wahlberg plays a New York police officer just released from prison who sets out to crack one final case, but now without a badge.

“The Haunting of Hill House” is a thriller series that is definitely binge-worthy. It chronicles the lives of the Crane family and the life whilst living in Hill House, a mansion they were hoping to flip, and in the aftermath of their move out. Only one season is currently available but a second series is

rumored to be released later this year.

Hulu is a streaming service that is similar to Netflix on a basic level, offering both shows and movies but focuses on shows that are currently available for broadcast or via cable. Episodes of shows are generally released a day after their original air date on their home network. It offers viewers a way to keep up-to-date on their favorite shows without having to have a cable subscription.

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

ONLINE | FULL STORY

TIPS continued from A1

is a good idea to have supplies such as groceries and medical supplies on hand along with other things to keep one busy.

“I would also advise keeping arts and crafts, house projects and schoolwork handy because you will get bored,” Dardis said. “I have learned to become creative with my time and using what I have at home to stay busy. For example, since I don’t have access to a gym I’ve been creating my own at home workouts to fulfill my gym needs.”

Ellen Goldberg, associate director for clinical operations at ECU, explained that the university is planning and preparing for the situation. She also advises individuals to look at the information on the Center for Disease Control and Prevention (CDC) and World Health Organization (WHO) websites along with ECU’s self-quarantine instructions, should an individual find themselves diagnosed with Coronavirus.

“University preparedness is taking priority and we have a lot of planning and preparedness taking place... We advise students to have a supply of anything they use regularly, especially prescription meds and over the counter meds.” Goldberg said.

Additional resources and information can be found on the CDC, WHO and ECU’s Student Health Services website.

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

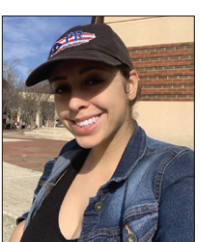
CONCERNS continued from A1

really bad at online classes because I took online classes in high school.”

Fiatsi brings up how she strongly disliked having to move out of the dorms, but she felt it was an effective and preventative solution to prevent COVID-19 from spreading.

“I went on Sunday (March 15) to pack all my stuff and I didn’t pack everything and then, later on, I got an email saying I have to pack up all my stuff so I had to drive back,” Fiatsi said. “I think money too because I’m paying for a dorm I am not staying in and a meal plan I can not use.”

Ashley Martinez, a sophomore biology major, said she felt like she’s not getting the education that she needs and wants a refund if



Ashley Martinez

she’s going to take classes online. “This is not what I signed up for, I feel like I am not getting the education that I need to get with these online classes, as well as I deserve somewhat of a refund if I am going to be online and not face to face,” Martinez said.

Martinez explains how as a biology major, online classes are not ideal for her, “I have to be in labs and doing hands-on experiments and I can’t do that through a computer.”

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

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