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ECU's Student Interest Magazine



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THE Hook

ECU's Student Interest Magazine
Spring 2020

The Hook is published twice a year by East Carolina University students at Pirate Media 1's Magazine Division Office, Mendenhall Student Center, Room 114. Greenville, NC 27858.

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The Hook is operated by ECU students who are members of Pirate Media 1, an East Carolina University student-led organization operating under the auspices of the Student Media Board and through the Division of Student Affairs. The magazine is produced twice a year by ECU students for the East Carolina University community.

Opinions expressed herein are those of the student writers and editors and DO NOT reflect those of the faculty, staff, administration of ECU, Student Media Board nor the University of North Carolina System.

Partial funding for this publication is provided through Student Fee Funds. Advertisements fund the remaining costs. Advertising inquiries may be sent to Office of Student Media, Room 114 Mendenhall Student Center, or by calling the Business Office at 252-328-9245. Inquiries concerning content should be sent to the Magazine General Manager at thehookmag@ecu.edu.

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The Hook at ECU



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The Hook

Letter from the Editor

Zoë Lukas



HEY PIRATE NATION!

Wow! You guys exceeded my expectations for the success of last semester's magazine in every way possible, so I knew I had to dig deeper to bring you an even better publication this year.

Fall semester was a new experience for all of us. On a personal note, it was the first time I was able to produce something truly unique, eye-catching, creative and most importantly, specifically made for my university.

I remember way back in the fall, contemplating my vision for the publication. I knew I wanted it to not only be interesting but something that created meaning and, on a deeper level, connected everything to our purple and gold roots.

Now, we are in the heart of spring semester and everything is blooming, including the students. The way I see it, sometimes college can be a huge stairway. Making it impossible to get to the next floor without a step or damn elevator (check out our profanity article page 9). But here's what I learned; first, you gotta find your roots and stay true to them. Ground yourself in your community, work and in family and friends. Second, share step 1 and do it boldly. From then on, you can follow your passion and inspire others.

Truth is, we've got a lot on our plates. I'm a student too, I know what it's like balancing school, life and everything in between. Balancing what you want to do with what you need to do first, and often times feeling like what you do is not enough. But give yourself some credit. When making this publication, I decided who would be a better inspiration for a student interest magazine then, well, the students? And boy, did you guys deliver!

We've found our roots Pirates, and now we're sailing the high seas with it. It's amazing what our fellow classmates can do. There are freshman competing in entrepreneurship challenges and students managing businesses out of their dorm rooms. We have students with cameras making big names for themselves in photography. Whether it'd be through entrepreneurship or expressed through a hobby, there is no limit to living out your passion.

Each of the 21 stories within the next several pages are sparked from my friends, classmates and fellow Pirates who I might not have even met but was inspired by as I passed them on campus. I'm sure some of our featured students and alumni entrepreneurs were impressed, just as I was, and were motivated to be something they knew they could be. Hopefully after reading their stories, you will feel inspired to do the same thing.

So, enjoy it Pirates, this one's for you! Ready, set, read! 📣

With love,

Zoë Lukas

Spring '20

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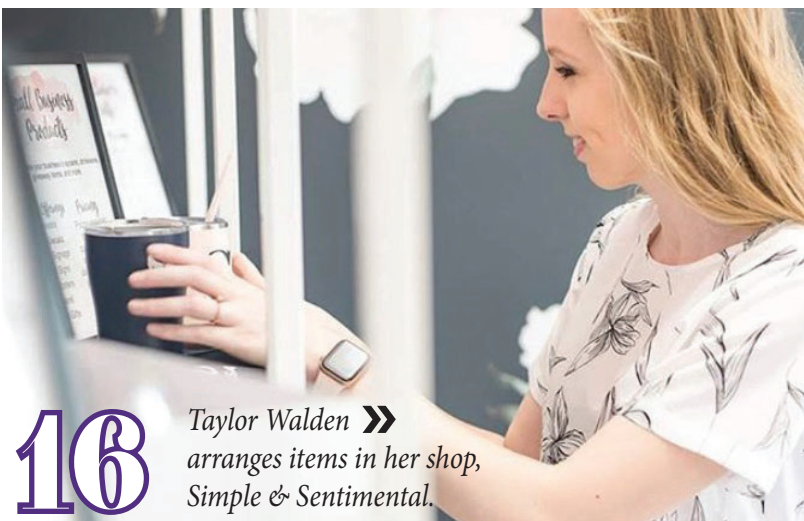
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SCREEN

OR SCREAM TIME?

By **Madison Barnhill** | Photo by **Alyssa Gursslin**

WITH 365 DAYS in a year and 8,760 hours within that year, 1,095 hours of those 8,760 hours are spent by adults on their phones, according to various studies. The use of phones vary from calling, texting, listening to music or even for the use of education.

Mental Health

Since its creation, technology has been viewed in both positive and negative lights. Many people grew up hearing their parents say video games and television were going to rot their brains — maybe the parents were right. Studies have shown that technology has shortened attention spans, decreased face-to-face interactions, reduced brain efficiency, enhanced forgetfulness and increased risk for depression, according to research brief website Psych Central.

If you look up from your phone while walking around campus,

you'll notice everyone else looking down at theirs. No smiles, waves or acknowledgments. The people you see look emotionless when in fact they're just zoned in on their devices. Kathryn Harrington, an English professor at East Carolina University, said it drives her crazy when she's walking on campus and she's the only one looking up and everyone else is looking down and not smiling. Harrington said even a simple interaction as in saying "Hi" when crossing the street sparks a smile that lasts for awhile.

Harrington said social media is the number one reason why people are on their phones all of the time and thinks that wears on a person's mental health because it's overloaded.

"People on social media are trying to portray amazing things and if you're having a down day, looking at it (your phone) can constantly take you from a mood you probably could have snapped out of to a total meltdown," Harrington said.



« Alyssa Gurslin, senior art major, straining her eyes while trying to figure out what to watch.

The level of distraction and reliance on technology, according to Harrington, has become a problem since when you're always on your phone, you will start to lack observation. When observation is lacking, students lose the ability to become in tune with one another and find that when emotions are lacking they don't know how to deal with it.

Physical Health

Physical health is a diverse topic that ranges from overall health to exercise. When your overall physical health is involved, it could mean your eyes and brain, among many other things. Phones have bluelight, which is naturally produced, but too much of it can begin to affect your health. Bluelight can cause changes in sleeping patterns and macular degeneration, which can affect the retina and cause permanent vision loss and eye strain.

Exercise can be an outlet for many, by allowing people to let out whatever it is they have pent up from their day or week, and it is usually done without looking at a screen. Tequan Dorsey, the fitness coordinator over group fitness at the ECU Recreation and Wellness Center, said exercise helps release his stress because it directs his attention away from his stressors, where a phone would be a constant

reminder of stuff he has to do or work that keeps piling up.

Education

The Pirate Academic Success Center (PASC) is a great campus resource for organization skills and tutoring. Elizabeth M.H. Coghill, the Director of Early Warning and Academic Support and Division of Academic Affairs/ Pirate Academic Success Center, said the PASC loves utilizing phones for academic videos or Connect for Success, a call center for students, but find nothing beats the simple face-to-face interactions with the students who come in.

The group and individual tutoring sessions PASC offers allows students to spark in conversation with others, that from a phone people lack. These tutoring sessions are designed for clarification or to help students learn a subject, but what most students don't realize is this social connection is beneficial for them in the long run. This is a way to get students comfortable with talking to others and more confident in what they're learning.

In conclusion, phone use has become inevitable but the message is to limit your time on them so you don't end up screaming from the stress of overlooking something. The world may be seen from your phone but it isn't the real deal considering you can look around and see it with your own eyes and experience it with your own mind. 📍

MUSIC IN MAYHEM

By Ahren Rau | Photo courtesy of Soundcloud

2020 IS THE BEGINNING of a new decade and our music should match the energy shift. Fortunately, the timeline we find ourselves in has allowed musical artists to take the reins and steer our society's cultural sleigh into anything but boredom. These three artists have propelled the new decade into a trajectory aiming for a change in norms and the burning of boundaries.

Tyler, the Creator

There hasn't been a showcase of personal and musical growth that comes close to that of Tyler, the Creator. He was just 20 years old when he released his debut album 'Goblin' with the very controversial 'Yonkers' single and music video, which featured him eating a cockroach. Early in his career Tyler embraced stripped down beats accompanied by dark, angsty and offensive lyrics. However, with every new album release, Tyler has displayed growth and maturity, stepping away from his youthful themes to featuring more vulnerable and introspective lyrical content. In 2019, Tyler released what would be considered by many as the magnum opus of his discography, "Igor." "Igor" is a story that follows the volatile emotions that come with falling blindly and monstrously in love with someone. The combination of R&B, neo-soul and hip-hop set the backdrop for deeply sensitive lyrics and is enough to remind you of a heartbreak you never even had. The mixture of beautiful synths, distorted bass, pitched vocals and Pharrell-like drum patterns keeps listeners captivated. Amazing diverse features from Jack White, Kanye West and even La Roux is a testament of Tyler's creativity and helped catapult his album to the top of the charts for the first time in his career. If Tyler continues this trajectory of growth, we are in for one hell of a decade. Thanks Tyler, you make my Earquake.

100 Gecs

Amidst the abundance of melodramatic music that has become synonymous with our generation, 100 Gecs arriving on the scene has been a breath of fresh and fun air. In fact, 100 Gecs is the antithesis of rampant melancholy. Comprised of the duo Laura Les and Dylan Brady, both of whom grew up in the suburbs of St. Louis, 100 Gecs' music is abrasive, diverse and infectious. Taking inspiration from punk-pop, ska, dubstep and metal, this band doesn't give their listeners a single second to digest. The band's debut album, '1000 Gecs,' received widespread acclaim from the likes of Pitchfork and Anthony Fantano and even helped the musical duo chart on various 'Top 10 Albums' lists at the end of 2019. During the album's creation, Les was living in Chicago and Brady was living in Los Angeles. To overcome the distance, the two artists would send Logic Pro packets back and forth to each other when making songs. Les and Brady are two incredibly humble artists that seem almost uncomfortable with their overnight success. It's unfortunate to see various interviewers and outlets focus more on the duo's personal quirks or Laura's sexuality rather than just appreciating their deeply fun music. Currently on tour with BROCKHAMPTON and Slowthai, you can bet you haven't seen the last of this truly dynamic duo. I hear you Gecs, 'keep on geccin'.

IDLES

This is not your typical punk band. With a genre that typically comes with plenty of negative stereotypes, IDLES has turned post-punk on its head with their second album "Joy as an Act of Resistance" and introduced the world to their in-your-face compositions and witty lyrics. This band from the UK has screaming guitar riffs, loud drums and THICC bass lines covering the album from start to finish. However, almost lost in the aggressive/noisy instrumentals are extremely sensitive and vulnerable lyrics touching on the subjects of immigration, grief and individualism. In an interview with "Get Loud in Libraries," lead vocalist Joe Talbot described their music as "more like vignettes of anguish aimed at different things." In their song 'Samaritans,' Talbot talks about toxic masculinity and societal expectations of men. Talbot proclaims, "the mask of masculinity, is a mask, a mask that's wearing me" and plays with the expectations of men to "man up, sit down, chin up, pipe down." The song 'Danny Nedelko' addresses the hypocritical nature of the US and the UK's attitude towards immigrants by comparing Freddy Mercury to a Nigerian mother of three. The two countries, according to IDLES, are quick to claim some immigrants and quick to dismiss others. Thank you IDLES, for being a bright and loud beacon for positive change. 🕊

NEW MAGIC WAND

GONE, GONE / THANK YOU

ARE WE STILL FRIENDS?

MONEY MACHINE

800DB CLOUD

RINGTONE

NEVER FIGHT A MAN WITH A PERM

TELEVISION

GREAT

BLACK POWER



Aaron Long, senior political science major and vice president of Student Activities Board (SAB): “I want to say Martin Luther King and (Barack) Obama are the biggest influencers for me. The reason why is because they’re both public servants, so they are devoted to how they serve the people. They were able to stand in front of the stereotypes. They became able to move people, have their own movements and have people lead and want to follow behind their steps. They’re both influential to me because I want to become a public servant. I want to be a person for the people, I want to understand the people and be able to think for the people. Even for my culture, I want to bring them up out of the oppression they’re still in right now and (dispel) those stereotypes against my culture.”

Ashley Walker, Associate Director for Student Programming: “An African-American leader who inspires me is Michelle Obama. It wasn’t until recent years that I began to appreciate how she handles herself through the good (times), the troubled times and the criticism, especially from individuals who don’t know her personally. I don’t know how she reacts behind closed doors, but any time I have seen her on television she exudes confidence, boldness and a determination that inspires me to keep doing what I’m doing. I’m also very impressed with her passion to give back to others, especially the Black community and the youth. She has stopped at nothing to make sure that the children and young adults she encounters feel loved and understand they can be whoever they dream to be, despite how society attempts to influence their path. She has such a poise when she enters a room and her smile is contagious. Lastly, the partner she is for her husband President Barack Obama exemplifies the partner I hope to be for my partner.”

Virginia Hardy, Vice Chancellor of Student Affairs: “I would say Nikki Giovanni is one of those individuals who inspire

me. I like how she writes, I like the poetry and how the narrative in the is real. It’s talking the good and the bad it in such a way that the poetry ‘bad,’ it’s still uplifting and you can learn from it. Maya Angelou and Toni Morrison are also a big influence. Morrison’s books are just, ‘Wow.’ I truly have to read it two or three times to get them because those books are just so profound. Again, using your voice to help others and tell a story. Those individuals help me in all kinds of different ways. In helping me use my voice to inspire, influence and empower the positive change we want to have and to see in our environment.” ☺

By **Giana Williams** | Photos by **Binta Touray**



From top left to bottom right: Tyrell Govan (sophomore), Joshua Ussery (sophomore), Imani Abner (junior), Myles Alexander (junior).



⤴ Freshman exercise physiology major Adriana Ray isn't afraid to tell it how it is.

Profanity? That's

How profanity has grown less taboo over time

By Pat Polomchak | Photos by Binta Touray

THERE WAS A HUGE OUTCRY on both social media and news coverage recently because of a Burger King advertisement. In the commercial, a man clad in a flannel shirt and a large cowboy hat said “I’m a damn fool,” when he was unable to guess that what he was eating was the restaurant’s famed Whopper.

The commercial received a lot of backlash from people who did not think that kind of language was appropriate in an advertisement, which could easily be seen by children. As recently as last night, I saw an ad where an older woman said “Hell yeah,” in agreement with the spokeswoman for the product.

Years ago, nearly every member of society would have been up in arms over the profane commercial. However today, there are only certain groups which get upset over something like this. Society as a whole just doesn’t seem to mind widespread profanity as much as it did even 15 years ago.

So, what has changed? As society in general has grown more accepting of different groups of people and languages being the norm, it has also applied to swearing as well.

Michael Aceto, an English and linguistics professor at East Carolina University, said just because these words exist, doesn’t mean they are “bad” by default.

“I don’t consider profanity bad,” Aceto said. “Linguistics is a science, so just like in biology you wouldn’t necessarily say

there are ‘bad’ species of fish and ‘good’ species of fish.”

Aceto said there are many languages in the world, most being spoken rather than written. Every one of these languages, according to Aceto, contain cursing or taboo language (which in this case, ‘taboo’ means it is restricted rather than forbidden).

Aceto said it largely depends on audience and context whether these words are truly taboo, and that a lot of sexual talk (which is often viewed in the same vein) is present in daytime television today.

“I wouldn’t say that people don’t talk about sex; that would be empirically false,” Aceto said. “But when people use curse words, they’re indexing some taboo area of thought.”

Aceto pointed out that most of our most prominent swear words are related to things like body parts, sexual activity or religious blasphemy. He said swear words often come down to euphemisms.

“If you say ‘(oh my) gosh,’ you still get the cursing power of ‘(oh my) God,’ it’s like cursing light if you will,” Aceto said. “You’ll notice that with all these euphemisms that are more socially acceptable, or just less strong words, there’s always that similarity between the first sounds. ‘Sh*t, shoot,’ ‘damn, darn.’”

Eric Shouse, a communication professor at ECU who also works as a stand-up comedian, said he doesn’t think profanity is viewed as taboo by the majority of people, but rather by a minority.

“If you look at broadcast television, profanity is a constant part of it, at least to some degree,” Shouse said. “Back in my grandparents’ day, there was (the movie) ‘Gone with the Wind.’ (The line) ‘Frankly, Scarlett, I don’t give a damn,’ was a big deal. Now, if Spongebob said “damn,” especially if it was as a pun, like ‘Damn that dam,’ you could probably get away with it on a children’s show.”

Shouse’s comment reminded me of when I was a kid. I was a huge fan of the Cartoon Network show “Regular Show” for a long time, and there was a moment in the show where one of the main characters said the other had “pissed him off.”

I’m sure many others who grew up around the time I did had a similar experience, that of going to school and hearing all the kids who watched talking about the moment excitedly the next day. But it wasn’t in a negative way; we all loved it, as cursing wasn’t typically something we were allowed to see.

Shouse emphasized this point, mentioning that in the world of comedy he will sometimes change the jokes he makes in a show if there are kids present.

“If I got hired to perform, and I show up and I’m not expecting it but there are 10 kids there from around 10 to 12

~~BULLSHIT!~~

years old, I’m going to change what I’m going to do,” Shouse said. “What I am going to do is drop all the profanity, but I

still might tell that clitoris joke and I’m going to tell the adults, ‘Don’t worry, they have no idea what that is.’”

The joke in question was one Shouse made years ago. His joke was based around the fact that his wife made him sell his Jeep when they got married and he said he “traded it in for a ‘72 clitoris.”

While the joke was told in good fun, Shouse later found out that there was a member of the audience attending with his elderly mother who left right after the joke, because he was uncomfortable watching a show with her that featured “that kind of language.”

The story illustrates the point Aceto made, that taboo language is more about the topic than the words themselves. Despite the fact that “clitoris” is a scientific term, just the discussion of genitalia was enough to make some people uncomfortable.

Nikki Nichols, a communication professor at ECU, said profanity is viewed as taboo by certain people due to the cultural norms that have been in place for generations.

“Some words are profanity here in the U.S. and they’re not deemed that elsewhere in the world, and vice versa,” Nichols said. “Language is cultural, and profanity is part of our language.”

Nichols said the reason some words are considered worse than others is also due to social norms, but some groups try to reclaim words at the top of the hierarchy. She gave the example of the feminist movement, which is reclaiming words that are viewed as derogatory towards women.

“You call a woman a b*tch, and it’s not going to go over well,” Nichols said. “But the feminist movement has completely reclaimed that word. There is power in language.”

Nichols said she believes profane words have less power when they are overused. She said if someone uses those kinds of words often, they won’t have quite as much of an impact when they use them out of anger or in a really serious moment.

Profanity is a tool. Many use it to motivate others, to express their displeasure at a situation or even to vent after stubbing their toe. These words have power when used correctly or incorrectly, but as Shouse said, it’s all about context and intent.

In my opinion, words are just words. They only have the power we give them and eventually, they will be harmless. ☺



Adriana Ray sipping her water and not giving a **** while doing it.

LAX-idaisical

When it comes to athletics at East Carolina University, club sports are second priority in regard to funding

By **Daniel Shepard** | Photos contributed by **Brooks Hill**

A GROWING TREND AROUND East Carolina University and campuses all over the country, club sports is beginning to gain steam as a viable option to varsity athletics at a Division I, II, or III level. At ECU, there exists over 30 different club sports with approximately 1,400 members.

Ranging from disc golf to lacrosse, being a member of a club sport is so much more than just being part of a team. Responsible for running the club, members earn funding from Campus Recreation and Wellness by completing tasks and participating in events.

“It’s a 50/50 model, needs-based and points-based,” Hannah Roberts, the sports and youth programs specialist for CRW, said. “We do have incentives where clubs attend their meetings, turn in their paperwork, go above and beyond, service cross-club. They get points for that as an incentive. What’s fun (is that) each point equals a dollar amount at the end of the day.”

With budgets ranging from small dollar amounts to as much as \$100,000, there are different levels to club sports based upon a person’s desired level of interest.

Perched toward the high-end of that scale is club lacrosse. Sporting a typical travel roster size of 35 players and a full roster with anywhere from 40 to 50 people, lacrosse owns one of the biggest budgets in the program.

Dues are the primary source of their income, considering how it helps with travel expenses. Dues also help to cover any unforeseen circumstances that may come up throughout the season, such as needs for equipment.

“Like how you would have a sorority or a

fraternity pay dues to be a part of their Greek organization, we pay dues to be a part of the team,” Brooks Hill, a senior member of the ECU Club Lacrosse team, said. “You pay more dues if you’re on what we call the varsity squad, (which is) the travel roster.”

Despite Hill and his fellow members all being experienced lacrosse players from high school, the players are forced to play the sport they love without a scholarship because ECU does not field a men’s varsity lacrosse program.

Just a handful of seasons ago, the university added a varsity women’s lacrosse program to its ledger while cutting sports like men’s soccer. Likely in an effort to balance out spending between men’s and women’s teams for Title IX purposes, Hill would like to see men’s lacrosse played at the varsity level in Greenville, North Carolina.

“Deep down, I think all of us would like to be a part of that,” Hill said. “Unfortunately, I don’t think it’s going to happen in my time at ECU. I think it has a little bit to do with Title IX and adding a women’s sport (to the university ledger). I’m not 100 percent sure on that, but that would be the reasoning that I would think.”

Unlikely to add another sport anytime soon, ECU has struggled in the past with operating deficits in its athletics department. Seemingly not getting any better, the addition of any varsity sport, particularly men’s lacrosse, looks to be far away. However, the team still has successes to celebrate.

“People tell other people, ‘Hey I’m going to lacrosse, let’s go,’” Hill said. “We have a lot more parents of the team come out and travel. That always helps. The support for the team has definitely grown.”



Members of the 2020 Men’s Club Lacrosse team smile brightly for a photo.

Brooks Hill plays as a defensive midfielder for ECU Men’s Club Lacrosse.



What's Your Price?

By **Summer Tonizzo & Sarah Hooper** | Photos by **Matt Chappell**

THE LIFE OF A college student can be tough at times when your bank account's funds seem to sink faster than your paychecks can keep up with, but innovative Facebook groups, thrift shops and bargain shopping deals are becoming trendy ways to keep you financially afloat.

East Carolina University students have caught on to the trend, basking in the benefits of reselling their used (and sometimes new) clothes, furniture and other possessions. On the flip side, students are able to buy secondhand items at a lower price than retail while keeping up with the latest trends.

How to navigate the world of bargain shopping

There are many variations of bargain shopping. Thrift shops, antique shops, second hand stores and online platforms are a few of the options utilized by students around the country.

Andrea Carter, an ECU alumna who graduated in May 2018, said her experience with bargain shopping has been entwined in her life since a young age. She said she used to go to thrift shops and yard sales when she was younger with her mom.

"Ever since the age of five, I've loved going into thrift stores. I'd probably go at least once a month, if not more than that," Carter said. "(I also like) shopping on Pirate Gals. I also like to find free things on the side of the road. I know that sounds weird."

Pirate Gals is a "secret" Facebook group where women who attend ECU or Pitt Community

College can join to buy, sell or rent items at a lower cost than retail prices. The group currently has just over 7,000 members and 8 admin who moderate the group. Upon reaching out, admin members of the group Pirate Gals declined to comment to The Hook.

DeAnna Barbour, a senior hospitality management major at ECU, described bargain shopping as a hobby of hers, where she finds something "unique and special" at the best deal she can find.


"Having a little bit of skill and finding the value in other stuff would be really great for students because there is only so much money and time you have on your hands," Barbour said

The stigma around bargain shopping, Barbour explained, has been that it's mainly for "low income" people when that's not the case. In Greenville specifically, Barbour recommends for students to bargain shop at Plato's Closet, Habitat for Humanity and Goodwill.

"I think there's been a change in tune, but I feel like there's still a stigma around it," Barbour said. "Anybody can go to Goodwill and find something great." 📍

» **PIECES OF ADVICE FROM LEN RHODES, FINA 1904 PROFESSOR**

- ~ Take 24 hours to think about if you really need to buy that thing you want.
- ~ Get in the habit of tracking what you spend.
- ~ Budgeting isn't bad - it's liberating.
- ~ It's your money- you're the boss.
- ~ Take personal finance.

A Pink Dragon fruit smoothie from Fresh Vibes in Greenville. 



Drink UP

Summer drinks to help you keep your cool

By **Chloe Easton** | Photo by **Alyssa Gurslin**

Drink One: Scullery Spritzer Lemon and Basil Soda

Location: The Scullery

Price: Small \$3.75, Large \$4.50

Description: Featuring slices of fresh lemon and crushed basil leaves, the Scullery Lemon and Basil Soda is the ideal summer refresher. Not too overpowering, you would expect this flavorful soda to hit your mouth straight with basil— but to your surprise, the ingredients are perfectly balanced with a pleasant fizzy touch.

Student Discount/Specials: 10% off with valid student ID

Drink Two: Pink Dragon

Location: Fresh Vibes

Price: 16 oz \$7.25, 24 oz \$8.25, Add-Ins \$0.75

Description: With fresh apple juice, pineapple, strawberries and pitaya, this dairy-free and plant-based smoothie is the perfect healthy treat for those warm weather days. Not too sweet, the Pink Dragon eliminates that artificial smoothie taste with hints of tang from the pineapple and the added touch of flax seeds.

Student Discount/Specials: Product specials vary by month

Drink Three: Grapefruit Sup Crush

Location: Sup Dogs

Price: 17oz Custom Sup Dog Cup \$6.00

Description: Half freshly-squeezed grapefruit juice with a dash of Sierra Mist blends together over grapefruit-infused vodka to produce the Greenville infamous Grapefruit Sup Crush. Alone grapefruit might not be your go-to fruit, but with the airiness of Sierra Mist, this unfavorable food can find a place in your heart complemented with Russian Dew.

Student Discount/Specials: Mug Night Mondays for discounted beer on tap ☺



➤ Mitchell takes most of his photos in Greenville, North Carolina. Photo by Binta Touray.

➤ ECU alum & former ECU football player Rowe Mellott developed Quizcam, an software platform for athletes. Photo by Alonza Mitchell.



Hamel Patel (@hamelpatel_) poses in Mitchell's apartment. Photo by Alonza Mitchell.



STUDENT INSTA-PRENEURSHIP



From photography to cosmetology, East Carolina University students share about how they've used social media to brand themselves as the next trendsetters on campus and beyond

By Michelle Mazzei

STUDENT ENTREPRENEURSHIP

CAN BE a very challenging yet rewarding process. There are a lot of things to keep in mind when starting a business from the ground up. Students from East Carolina University who are entrepreneurs and will soon become business owners share their ideas, struggles and advice which all can be useful for anyone who wants to launch their own ideologies and prototypes in the near future.

Alonza Mitchell, photography **(@OfficialLonzo)**

Alonza Mitchell, a senior majoring in communications at ECU, is a professional photographer.

When he got to ECU in 2017, he made a list of things he wanted to do in life. The list consisted of acting, videography, being a YouTuber, and at the bottom of the list was photography. He was planning on majoring in acting. After his first semester, he realized that's not what he wanted to go to school for. He met someone in his dorm who did photography. At first, he was just in front of the camera and then he figured he would try being behind the camera. He ended up really liking it and wanted to learn more, so he got his own camera and learned the different components of taking photos, like angles and lighting.

"I had credits coming in from high school for acting and I was already a semester behind in terms of the photography since I was originally majoring in acting, so it would have taken me longer to graduate and get my degree," Mitchell said. "I decided to major in communications and do photography on the side, but photography is a big part of my life."

Through his business, Official Lonzo Photography, Mitchell has worked with a couple of clothing brands and shoe companies such as Jay25, Reese's Clothing, J. Anthony designs, Bangs Shoes and other reputable brands.

"I would advise you to learn as much as you can, so you will be as reputable as possible when the business actually takes off," Mitchell

explained. "I learned everything I know now through YouTube."

With goals of becoming a celebrity photographer, Mitchell hopes to build his brand by one day owning a studio and working in the fashion industry.

Ryann Carter, cosmetics **(@thecartercollection)**

Ryann Carter, a sophomore whose major is business management, used to work at a spa in high school in Greensboro. There was a guy who worked there who was really into drag makeup. He taught her a lot of things about makeup and he would also let her do his drag makeup for shows a lot of the time. She soon wanted to start making her own makeup. She promoted her ideas a lot and she has friends who promoted it and soon her dreams began to play out.

"I knew I wanted to start my own business by my senior year of high school, but I want to go to cosmetology school after college to really start my business," Carter explained. "Right now, I can only do lip gloss and certain things before it needs to be FDA regulated."

Carter said she has also partnered with a boutique over the summer where the shop would sell her lip glosses. It wasn't ideal because she wasn't able to get glosses right away when they sold out. She doesn't have the tools at the moment to push tubes out constantly.

"Time is the biggest competition. I am a full-time student who is a part of a sorority and I also make lip glosses. It's a lot to handle at one time," Carter added. "I've been up till 3 a.m. from time to time trying to fill orders. It's time consuming, but I have help from a lot of people."

According to Carter, her line of lip glosses are vegan and cruelty-free, but she doesn't want to stop there. When it comes to personal goals, Carter wants to create an entire line of products that are vegan and cruelty free.

"Whatever you're passionate about, just go for it. It is hard, especially getting people to promote, support, and buy things," Carter said. "As long as you have your goals in

mind and know what you want to do, you'll be successful."

Ashley Nolan, jewelry **(@copper.ashes)**

Ashley Nolan, owner of Copper Ashes, is a senior at ECU and is majoring in business management.

Her passion for making jewelry started when she was younger when her grandma would give her string and beads and she really enjoyed doing that. Her friends and family would often buy her pieces she made when she was little. Her mom even let her sell some things on her eBay and resell some things she had bought previously at a yard sale. She really enjoyed being able to make her own money, so she started something more.

"It's a really cool feeling to have someone pay and wear your work," Nolan said.

When she got older, she had to come up with something more valuable and more unique.

While scrolling through her Pinterest feed one day, Nolan happened to see someone making copper jewelry and she thought the final product was really unique and pretty. She started researching and ended up self-teaching herself electroplating processes, which gave her the creative freedom to make jewelry out of anything she could find. For example, she can make a jewelry piece out of a butterfly wing or an insect and no matter how much she creates, no two pieces of jewelry would be the same.

"All of my customers come through social media, mainly Instagram. Instagram shows people different posts based on what they normally like, so not everyone's posts," Nolan shared. "Some people don't realize I have collection updates, sales, or releases. I'm working on an email list to keep people in the loop."

This year, she's hoping to turn her small business into a limited liability company by getting involved with the local community more.

"Having more local community involvement would be amazing," Nolan said. "There is a little talk to a storefront in the future."



⤴ *The Anne Bonny Necklace by Copper Ashes, which retails for \$140.*

Overall, Nolan hopes to grow engagement more artists and influencers. Aspiring to work full time, Nolan says that she's found her passion when it comes to creating new things.

"Start now, keep going, and don't give up, even though it's cliché. There are so many things that can discourage someone from continuing and there's always room for improvement," Nolan explained. "To be successful, you have to understand the business side of it. You also have to value your own work."

Katie Arden, 2020 Pirate Entrepreneurship finalist (ChowShield)

Katie Arden, a freshman majoring in entrepreneurship, is a finalist in ECU's Pirate Entrepreneurship Challenge (PEC) this year.

Growing up, Arden says her mom would never order food delivery since it was never properly packaged. Her upbringing made her start thinking of something that would help properly contain the food. When she came to ECU, she found the perfect opportunity to display her ideas. Her project for the Pirate Challenge is entitled ChowShield, which is essentially a sticker that covers the food being delivered. Customers will know if their food has been tampered with if that seal is broken.

She didn't know she wanted this major until she met Michael Harris. It was at orientation and she was originally going to be a communications major but then her mom offered the idea of entrepreneurship and as soon as she did, she fell in love with it. It's when she came to ECU, she really knew she wanted to start her own business.

Her degree and coursework definitely pertain to her business. She learns skills that she'll need to network, consult, generally see how a business works, and how



⤴ *Lip gloss swatches from The Carterr Collection. Each gloss retails for \$7.*

to make hers more successful.

"Getting through the Pirate Entrepreneurship challenge has been difficult while also trying to keep up with my company as a whole and school all at the same time," Arden said.

In regard to looking forward, Arden's future goal in life is to own a company of her own, all while enjoying the work that she does and having love for the job.

"My business partner, Griffin Goodman, is another intended entrepreneurship major and a wonderful part of my team," Arden explained. "I wouldn't have managed to get everything done without him."

Amelia Hernandez, 2020 Pirate Entrepreneurship finalist (HonestBlox)

Sophomore Amelia Hernandez is a software engineering major who is also a finalist in the 2020 Pirate Entrepreneurship Challenge.

Along with her team, Hernandez founded HonestBlox, a software for Blockchain Technology which makes websites like Bitcoin secure and essentially unhackable. HonestBlox tracks food from farm to fork using this Blockchain Technology. They started off as a research team that was working with a variety of client companies like the Eastern Carolina Food Commercialization Center.

"Using this Blockchain Technology, food can be tracked in 2-3 seconds," Hernandez said.

There is a club at ECU called ECU

“
TO BE SUCCESSFUL, YOU HAVE TO UNDERSTAND THE BUSINESS SIDE OF IT. YOU ALSO HAVE TO VALUE YOUR OWN WORK.
Ashley Nolan
 OWNER OF COPPER ASHES
 ”

Blockchain. The Blockchain club was picked up by the Innovation Design Lab to do a research project for the Laboratory for Micro and Nanotechnology (LMN), the biggest produce company in the southeast.

During the project, they discovered there weren't many effective solutions. After this project, they were picked up to do the same project for the Eastern Carolina Food Commercialization Center. She was the lead and this project became HonestBlox.

"One of the biggest difficulties has been trying to explain Blockchain technology in a way that educates people and tells them everything they need to know," Hernandez said. "We still want to be able to give the information to people in a way where they don't need a computer science degree or a background in Blockchain."

Hanna Johns, 2020 Pirate Entrepreneurship finalist (LightsOut Solutions)

Hanna Louise Johns, a senior majoring in industrial distribution and logistics is another Pirate Entrepreneur Challenge finalist.

Johns' design started off named Systems 1166. In the second round, it

was called LightsOut Solution and now it's entitled LightsOut Solutions. It's a platform technology company focusing on the safety of schools, theme parks, sporting events and fairs.

Johns is the founder and the intellectual property owner of LightsOut Solutions. She came up with this idea when she was at Crabtree Valley Mall, a mall in Raleigh, when it was raining and traffic was heavy. She saw a police officer in the middle of the road directing traffic since the stop lights had gone out in that area. There was a lot going on and she thought it was really a safety violation and the police officer could get seriously injured.

"Through the Miller School of Entrepreneurship and through the opportunities I've had, I really got a feel of how to lead this project," Johns articulated. "It helped me make the leap of faith. I was scared of making that jump because I was in a gray zone in a lot of aspects, but so far, it has been very rewarding."

Rowe Mellott, 2020 Pirate Entrepreneurship finalist (Quizcam)

Rowe Mellott just graduated in December with a major in business

management and a concentration in small business management and entrepreneurship.

His project in the Pirate Entrepreneurship Challenge is a software platform, called Quizcam, designed to be an interactive e-learning platform for athletes, specifically football players. It'll allow coaches to assign their athletes quizzes on their playbook and certain situations that will happen during the game.

Mellott played football at ECU and spent a lot of time before and after practice learning the playbook and scouting out the opponent. With Quizcam, the player is shown which answers they got correct or incorrect and if they got it incorrect, it'll tell them why and teach them what the right way is.

So far, Mellott said trying to learn how to build software, getting employees, getting funding and getting the help he needed to be able to make his vision a reality has been the hardest part.

"Don't be afraid. If someone has an idea and is passionate about it and wants to make it a reality, just work hard and don't give up," Mellott explained. "A lot of things may be telling you it's not a good idea, but you've got to work through the hard portion. You have to sacrifice in order to reap the rewards." 🎯

2018 PEC winner Taylor Walden grins in her shop, located in Greenville.



» TAYLOR WALDEN, SHOPPING & RETAIL (@SIMPLESENTIMENTAL)

Taylor Walden graduated in December with a degree in business management with a focus in small business management and entrepreneurship. She was the first winner in the 2018 Pirate Challenge and now owns Simple and Sentimental, a local gift shop in Greenville.

While in college, she perfected her calligraphy skills and would give her work to people as gifts. She would meet people on campus to sell her work which eventually led her to start an Etsy shop of her own. By the end of her freshman year, she had made 500 sales off of that website.

"The most valuable thing from getting my business degree at ECU was the mentorship," Walden explained. "I didn't know a lot about owning a business before these mentors helped me. Neither of my parents were business owners and I really leaned on the mentors to help me along the way."

Walden's always worked full-time and when she was in school, it was a lot to handle. But now, since she's graduated, it's easier. Her goal by April is to have a million sales. She never expected her business to go this far. According to statistics, less than 1 percent of female businesses pass 6 figures, so she's really thankful.

She also wants to find more ways to give back to the community. She loves using her business to help other people. One of her favorite things is having her staff and their families be impacted by the work she does. She's volunteering with Building Hope in Greenville and she hopes to work with them 6 times this year and partner with the community to help and volunteer.



Color Me Impressed

Can the colors we wear really alter our mood?

By **Hannah True** | Photo by **Alyssa Gursclin**

WE'VE ALL HEARD THE IDEA that colors have emotions tied to them. From English class to art or even to what you wear, color can greatly affect how we feel, perceive things and at times, who we can impress. That being said, can the colors we wear really alter our mood?

Orange

Energy boosting and attention grabbing, orange is one of those colors where it may be your favorite color, but I would steer clear of wearing an all-orange suit.

Black

We've all been told black is a slimming color and it is an easy color to convey seriousness and dress up or down. It can convey power, elegance and looks great with a splash of any color, making it extraordinarily versatile.

Purple

Purple rarely occurs in nature, making it seem rare, wealthy or even exotic. Overall, I would stick to keeping it as an accent color in the workplace, but wear it proudly on an East Carolina University game day!

Pink

Pink tends to promote femininity, nurturing and kindness. Lighter pinks can be seen as kind and relaxing, but too much can be overly stimulating.

Green

Much like blue, green is also seen as tranquil, because it is associated with nature. This association also makes the common individual see it as healthy.

Red

Much like pink, red can give out a slew of different emotions, ranging from passion to aggression. It physiologically raises blood pressure which can be great for dates, but not so great for an aggravating work environment.

Brown

Being a natural color, brown is known for its strength and dependability. But, wearing too much can make one feel lonely. Overall, a good color for work, but avoid too much of it (especially around exam week)!

Yellow

Ah, yellow – the color everyone sees as happiness and optimism. Just like the sun, it is seen as warm and bright, it is also known to increase metabolism. But, people who often see bright yellow for long periods of time can perceive the color as irritating.

White

White is one of those colors when used right, it can give off peacefulness, cleanliness and simplicity. It is extraordinarily versatile, white jeans are coming back in style and everyone needs a plain white tee shirt in their wardrobe.

Blue

Blue brings about a sense of calmness, as it lowers pulse rate. Many corporations often paint their offices blue because it is also known to make people more productive.

There Will Be a Good Movie

By George Martin

"THERE WILL BE BLOOD" makes a promise to its viewer before the movie even starts. The title itself is a promise of violence, a promise of blood. The movie, while slow, does deliver on its promise through its epic story and captivating characters.

Capitalism, as a system, drives people to the brink of insanity in order to pursue more and more money, and "There Will Be Blood" shows what happens when someone is swallowed whole by this pursuit of capital.

Daniel Plainview (Daniel Day-Lewis) is a man who regrets little, and will take much if it means he can continue to grow his wealth. Plainview is an oilman who goes West in pursuit of oil, and finds it on a small ranch owned by the Sunday family, comprised of two sons, Eli, Paul and their father. Plainview secures land on their ranch through a deal with Paul (Paul Dano), but finds his rival in Eli Sunday, who is also played by Paul Dano.

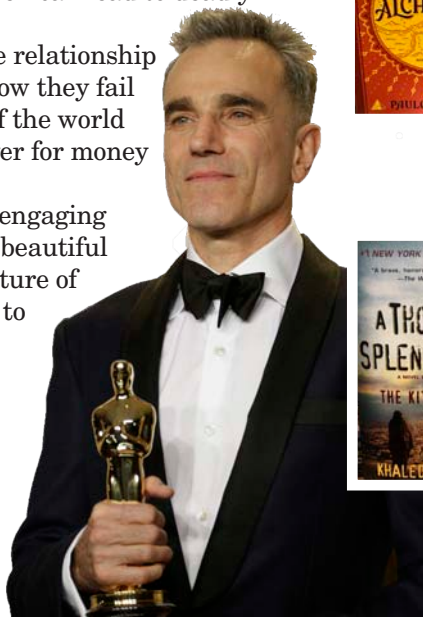
Plainview is a man who comes off as civilized and calculated, while it seems Sunday, while a preacher, has a short fuse and will jump to violence in order to solve his issues. Both men struggle with a primal drive to guarantee that they get what they want.

Throughout its 2 hour and 38 minute runtime, "There Will Be Blood" explores Plainview and Sunday's struggle for money and wealth through manipulation of each other. The movie explores these two men thoroughly and their constant attempts to one-up each other and take control of the small town that the film takes place in. There is not enough space for both God and money in this movie, and this struggle plays out with verbal and physical warfare between the two men. By setting the movie in the early 1900s, director Paul Thomas Anderson makes a prediction about the upcoming century and how capitalism and conflicts between men can lead to deadly conflicts.

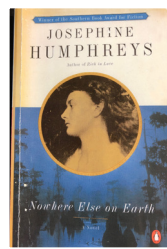
A majority of the story also focuses on the relationship between Plainview and his son, H.W., and how they fail to understand each other's different views of the world and the way that Plainview's constant hunger for money splits his family in two.

This movie will always be topical and an engaging story. With beautiful cinematography and a beautiful aesthetic, "There Will Be Blood" paints a picture of who are determined to do whatever it takes to what they believe they deserve from life. 🎬

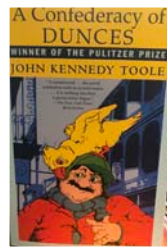
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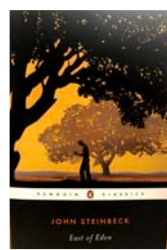
The Hook's Top Books



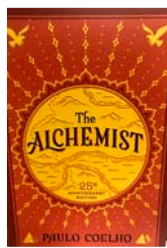
During the Civil War, Rhoda Strong, a member of the Native American tribe from North Carolina must fight to define herself and her people. Rhoda and her family find themselves in the middle of a bloody conflict between the local home guard and the Lowery Gang.



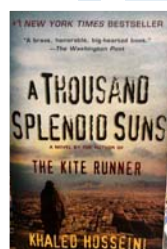
Ignatius J. Reilly is a man who cannot seem to catch a break throughout "A Confederacy of Dunces." Struggling to hold a job, Ignatius is a vagrant who meets an amazing cast of secondary characters who help paint a living, breathing picture of New Orleans in 1963.



"East of Eden" is set in California's scenic Salinas Valley, a location that Steinbeck details throughout the book. With biblical strength and powerful words, the novel focuses on two families who fall into the trappings of Cain and Abel.



A coming-of-age novel that mulls on the question of destiny and what one is truly meant to do in life, "The Alchemist" is a book that will leave the reader curious. Through simple writing, Coelho somehow captures the beauty of life and will leave the reader thinking long after finish.



"A Thousand Splendid Suns" is a story that focuses on relationships between women while living in Afghanistan. The novel touches on Afghanistan and its turbulent history and violent present and how it has shaped the landscape of the country.

Ball is Life

When it comes to getting your head in the game, ECU's newest head coach aims to foster a family environment on and off the basketball court

By **Daniel Roberts** | Photo contributed by **ECU Athletics**

WHAT CAN HELP a team improve its chemistry throughout the course of a season perhaps years on down the road? The answer to that is creating a family type bond. The East Carolina University women's basketball team has had a unique opportunity to create that type of environment, thanks to head coach Kim McNeill.

McNeill is entering her second head coaching tenure after leading the University of Hartford to new heights. She had a winning record during her three seasons with the Hawks, where she went 59-38 overall leading the team to three consecutive American East Conference championship games. That success came from her priding herself on putting family first.

There is one player on the ECU Women's Basketball team that played under McNeill at Hartford and that is senior guard Sierra Dacosta. Along with the rest of the team, family is something that she could see would be implemented after McNeill met the rest of the team back on March 28, 2019.

"She definitely prides family first," Dacosta said. "With that being said, we all look at each other as sisters on and off the court. We look at them (the coaches) as our second family (and) our second parents, so by her (McNeill) implementing family first, she instills that so we can be better females in the real world like outside of basketball."

McNeill works to create an

Kim McNeill, the head coach of ECU Women's Basketball team, smiles brightly with her husband and their two kids.



environment that is worth playing for by creating a sisterhood among the team.

While she wants to create an environment that is family-oriented for her players, it is not always easy for her because they still have to find ways to win basketball games.

"It's not easy because our expectations are very high but we also create an environment where they know that we care about them and that it is more than just about basketball," McNeill said. "We talk about life all the time, I talk about what we're going through right now as a program and all the adversity we've gone through and how that's gonna help them later on in life. When McNeill accepted the

head coaching position at ECU little did Pirate Nation know that they were getting a 2-in-1 package

deal that came with McNeill. Joining McNeill and the coaching staff at ECU is her husband Cory McNeill, who is the associate head coach for the team. McNeill said that what the women's team has with her and her husband leading the team is special in many ways.

"I don't know too many other programs that have that type of environment, have that type of culture where they have the experience that he and I both have as individuals and then together," McNeill said. "It truly is a family environment here and even though we aren't being as

successful as we want to be on the court, we're building those relationships and we're building that trust outside the court which in the long run is going to be very important."

Redshirt junior guard/forward Dominique Claytor said that while it's been a journey, the team prides themselves on the sisterhood environment that McNeill has implemented across the board.

"This is what you want in a family," Claytor said. "You don't want people to just be all about business. You want people to ask you how you're doing outside of just being on the court and just being about straight business and basketball." 🌀

FBI Who?

By *Lydia Ryan* | Photo by *Kate Francis*

IT'S NO RUMOR that the Federal Bureau of Investigation (FBI) does monitor technology. But they aren't necessarily watching yours.

Over 96 percent of Americans have some kind of technology, according to the Pew Research Center. That is around 300 million phones alone, not accounting for computers, iPads, tablets and home technologies. That is countless numbers of screens being used 24 hours a day, seven days a week, 365 days a year.

While it has been proven that the FBI does monitor our technology, it's debatable on whether or not it is good or bad. Many have seen at least one episode of *Criminal Minds* and while

when you are using it, it is definitely being monitored."

With all the screens and technology that no one can seem to live without, the FBI can't possibly monitor every screen at all times. They have systems in place to red flag suspicious behavior that may be a concern on national security. The FBI doesn't necessarily care if you blow your entire paycheck on shoes during an online sale.

It's not just on the FBI though.

Part of this "breach of trust" is on technology owners. Anytime someone clicks past the terms of use, gives access for an app to use their camera or microphone or allows for a website to use their cookies just to get the pop-up to go away without reading the fine print, that person allows permission for anything that is said on those documents.

"I'm sure it's covered in their privacy policy, but that is another tricky situation," Moore said. "Facebook has been caught several times. The Facebook app sniffs your device and sees what other apps you use, how much you use them and how to draw you into Facebook more. I think that is covered in their privacy policy, but it isn't openly disclosed."

Recently, a large area of concern has been home technologies such as Amazon Echo and Google Home recording audio in consumers' homes without their knowledge.

In 2017, a New Hampshire judge ordered for Amazon to turn over recordings from an Echo that was in the home of a double murder. While Amazon tried to refuse turning over the audio, the megacompany fell to a court order. Police and prosecutors typically don't expect much evidence from Echo recordings. Usually Echo speakers are activated with a wake word, normally "Alexa," the name of the voice assistant. However, fragments of recordings can

sometimes be inadvertently picked up, which could help piece together events from a crime scene.

Although it may not be ethical or arguably constitutional for websites to monitor our data, it does often times come in handy for marketing reasons. Hypothetically, a user scrolls through Instagram and likes an advertisement selling a bracelet and then sees ten more advertisements of the same or similar products on multiple different websites. When signing up for an Instagram account, the user agrees to Instagram's Terms of Service, which allows for the social media platform to use the user's cookies. This is how advertisers can redirect them to other websites through sponsored ads and accounts to follow.

"After 9/11, we (America) passed the Patriot Act, which gave the FBI and any other federal agency that deals with national security the right to monitor what we are doing in hopes of trying to prevent another terrorist attack," Carson Durham, a sophomore criminal justice major, said. "But I think it is beneficial. People are like, 'Oh, they are invading my space,' but without it we'd be a little screwed."

For the average person, there really isn't a reason to be paranoid. The FBI isn't watching every screen in someone's life unless they have done something to raise the red flags. However, it is always better to remain safe than sorry. Read the terms and conditions, use sites that have good cyber security and check the settings on your in-home devices so you know when they are recording.

Society is going to continue to move forward with technology and with that comes new advances in crime-using technology. At the end of the day, I would rather they watch my technology if that means they have the potential to get ahead of someone who's planning on doing something bad. 🔒

it is a television show, it brings up a provoking thought. While their fast hacking agent Penelope Garcia often uses her skills to research and find criminals, she also uses it to save people.

"We know they (FBI) do," junior computer science major Joey Moore said. "Anything that is plain text, if you don't see the https in your web traffic





« Hannah Smith shows off her shiny new rock with her fiancé, Justin McWilliams.

»» Breaking Societal Standards ««

By **Brendan Gillespie** | Photo contributed by **Hannah Smith**

AS HUMAN BEINGS, we learn from our parents and peers many things through our lives, one of them being things that are ‘societal norms.’ Although many promote being an individual and unique, there are just some things that people expect you to do in a certain span of time.

Graduating from a four-year university in five years and being engaged and married before graduating are two things that are seen to be ‘out of order,’ but ultimately, it’s not a wrong thing to do. There is nothing wrong with doing these things, and there is no correct time table a person has to go by.

According to a study done by CNBC, only about 40 percent of college students will graduate in four years. This statistic really puts it into perspective, how few students really finish in accordance with the ‘finish in four’ standard. Also, campusexplorer.com stated that only seven percent of undergraduate students will be married while still enrolled at the university.

Senior psychology major Hannah Smith was recently engaged to her fiancé Justin McWilliams in Sept., while still in school at East Carolina University. While the stigma of getting married in school exists, Hannah and Justin decided to defy the odds and further declare their love for one another.

“I think there’s a stigma that you’re too young and ‘not ready’ to get engaged while you’re in college,” Smith said. “I also think that there’s a stigma that you have to be on your own first, have fun (and) establish yourself in the real world outside of college before you can depend on someone else.”

Once they started dating, both Smith and McWilliams began to have conversations about getting engaged. It started off as casual and kind of a joke to talk about it, but when Justin made it clear that was his intention for the future, both parties began to seriously consider it.

Smith insisted that there wasn’t a ‘right time’ for the two, being that they both decided to take the next step of commitment to one another. For the couple, engagement and marriage was just something they knew would eventually happen in their relationship.

“I think that both of those stigmas (are) completely dependant on the people getting engaged and that the decision to get engaged should be based upon you and your significant other, not on the stigmas surrounding you,” Smith said.

Once they officially got engaged, Smith said that her family and friends’ reactions were predominantly positive and very encouraging. She felt that her family and friends knew her better than anyone else, and knew that she and Justin were mature enough to make the right decision. Both had talked and prayed about the topic extensively, so once Justin proposed, Smith said they were both as ‘prepared’ as they could be.

Smith offered up some advice to other students that may be in a situation similar to hers. She said that although they had some planning and conversation, most people are not ‘ready’ to be married to begin with.

She continued to offer that the decision lies not with any other friends or family, but ultimately with you and your partner.

“My opinion is that I don’t think anyone is ever ready for marriage. I don’t think you have to have everything together in order to get married. I think the sweetest part of marriage is figuring it out together, side by side.” Smith said. “I would say that regardless of any stigma or judgement that comes along with getting engaged early, this is a decision that needs to be made between you and your significant other, and all outside opinions aren’t invalid but they are not a priority over you and your partner’s reasoning.”

Like many undergraduate applicants, senior nursing major Cailyn Fuller didn’t get into nursing school when she first applied to the program in the fall of 2018. In light of this, she made the decision to move back home to Wilmington to live with her family, take classes online and ultimately save money while doing so.

Being at home, Fuller was able to nanny for a few families and substitute teach at her younger sister’s school. In addition to her work experience, Fuller said she was able to grow closer with her family and neighbors by moving back to her hometown.

“I feel that this (moving back to Wilmington) was best for me,” Fuller said. “I would not have the opportunities that I did as much as it sucks not being able to graduate with my friends I made freshman year. I have been able to gain new ones who understand.”

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And the Earth Said: This is the Last — Straw

By **Chloe Easton** | Photo by **Alyssa Gurslin**

WITH THE RISE OF climate change, eco-friendly trends such as reusable straws have surfaced around campus to help put an end to our deteriorating ecosystem. The elimination of this single-use plastic alone contributes to the decrease in pollution, however, there is additional information Pirate Nation needs to be aware of when making the choice to create a better Earth.

Multiple on-campus organizations have already started working toward spreading the word about eco-friendly alternatives to help decrease the 26.8 million tons of trash that goes into landfills each year, according to the United States Environmental Protection Agency (EPA).

Senior business management major and zero waster Ayden Larabee recently joined ECO Pirates, a student-led organization at East Carolina University that spreads sustainability and environmental awareness, to find a group of “like minded students” to expand on her knowledge of eliminating plastic use out of her lifestyle and find ways to help the Earth.

Larabee said she believes the trend of reusable straws started when people noticed the increase in harm toward sea animals. With anywhere between 4.8 and 12.7 million tons

of plastic entering the ocean each year, according to the academic journal *Science* in 2015, Larabee’s assumption is proven to be true.

“I think it started when people realized all the (sea) animals that have started washing up and are being found (on land),” Larabee said. “People are trying to dig into what is actually happening to them, and then they find in their intestines (there are) blockages and its plastic.”

For those who desire to use a straw on a regular basis or for those who need a straw for medical reasons, Larabee suggests looking into metal, bamboo, wooden or silicone straws to help eliminate the use of this single-use plastic.

Freshman public health major Jodi Quemelen also recently joined ECO Pirates in hope to find a community that shared her passion for making the Earth a better planet. Since they cannot be recycled, Quemelen said the majority of pollution that comes from using plastic straws deals with the microplastics they produce, which ultimately end up in drainage systems and soil leading into our agriculture.

“When the straw was first invented they were all made of paper, and then for single use only they started making it out of polypropylene plastic, which takes about 200 years to break

down and when it does finally start to break down, it breaks into these little particles or microplastics,” Quemelen said.

As for plastic straw use on campus, ECU Sustainability Manager Chad Carwein said he has had multiple conversations with ECU Dining Services and Aramark, ECU’s food service provider, to work toward eco-friendly alternatives for students.

“We have not really approached the topic of a ban, like a single-use plastic ban, whether that’s bags, straws or bottles,” Carwein said. “We are trying to work with the outlets to come up with eco-friendly alternatives and to try to change their practices.”

Carwein has collaborated with Aramark to adopt these practices at on-campus locations, such as Panda Express or Subway, including asking students if they need a bag for their items instead of putting products in one automatically.

Though there are multiple single use plastics we can and should work to eliminate, including toothbrushes, ziplock bags, grocery bags and food wrappers, 8.3 billion plastic straws pollute the Earth’s beaches, according to National Geographic. Eventually, there won’t be any beaches left to pollute, eventually plastic will take over the Earth. ♻️

You're Sad, 'Cause She's Sad, 'Cause I'm Sad, Right?

Do we listen to sad music because we are sad or does sad music make us sad?

By
Brendan Cavazos

HAVE YOU EVER

felt like you just can not express the thoughts going through your head, then a song comes on and it feels like your thoughts are all of the sudden being broadcasted out loud?

The words and sound of music can make you feel emotions on a deeper level, whether it makes you smile or feel complete sadness. However, the same music that fuels a party or causes that first tear to fall, can be played and hold no emotional weight for someone else. It is an interesting concept and causes many people to wonder: do we listen to sad music because we are sad or does sad music make us sad?

Most people stream music and make playlists based on a feeling. 100 East Carolina University students were asked in a survey if they had a sad playlist specifically for when they feel sad and 86 percent of them voted yes. Being sad is a common emotion that everyone feels, including well-known musical artists such as Kacey Musgraves and rapper Kid Cudi.

Certain artists hold more weight than others when it comes to communicating their emotions through their musical craft. The now Grammy award-winning singer and songwriter, Billie Eilish, has taken over the world with her unique sound that has been labeled as sad and depressing music. She led the survey among ECU students as the artist that they listen to when they are feeling sad.

In an interview with CBS Sunday Morning, Eilish talks about how her sad music does not directly relate to her state of mind.

"I remember at the beginning there was all these labels and radio people that wouldn't play me because I was too sad and no one was going to relate to it," Eilish said to Gayle King in the Jan. 23 interview. "Nobody that knows me thinks I'm a dark person. I'm always laughing at everything."

Sometimes people listen to sad music to amplify deep emotions. 70 percent of ECU students admitted that they have listened to sad music in order to make themselves feel sad.

“
NOBODY THAT KNOWS ME THINKS I'M A DARK PERSON. I'M ALWAYS LAUGHING AT EVERYTHING.
Billie Eilish
GRAMMY-WINNING SINGER/SONGWRITER”

Sad music can be used as an outlet to some people, but for others, it is just what they want to hear. When the same students were asked if they could listen to sad music and not be sad, 85 percent of them voted yes. Listening to sad music does not always create sad emotions, but it does not exactly make people feel extremely happy either. Sophomore Guy Divon, a voice performance and music therapy double major at ECU, agrees that sad music does not necessarily produce a sad mood.

"I don't listen to music when I'm sad necessarily. My taste is normally more lowkey, like EDM-style music or Billie [Eilish], so it's normally sad music but I'm not affected by that music," Divon said. "It doesn't affect my mood."

Music can cause emotions to feel heavier and create a kind of relatable feeling that a lot of people share. However, sad music does not always associate with sadness. Finding a way to cope with sadness is important, and music is a common outlet for people. 🎧



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HERsistence

By Giana Williams | Photo contributed by @solange_theproject on Instagram

EVERY MARCH IS KNOWN as Women's History Month, where we recognize the accomplishments and contributions women have made to society on a local, national or global level. Often times, women's accomplishments have gone either unnoticed or overshadowed by men due to the long history of the patriarchal society that the nation was founded under.

What is Women's History Month and origin?

Women's History Month (WHM) goes back from the late 1980s or early 1990s, according to Karin Zipf, a women's history professor at East Carolina University. It originated around International Women's Day (IWD), which is celebrated on March 8 and has been around since 1910.

The observance originated in the United States revolving around the Triangle Shirtwaist Factory fire in Greenwich Village, Manhattan, New York on March 25, 1911. The shirtwaist factory employed hundreds of female textile workers, many of them from eastern European descent. The working conditions were terrible.

"It was horrifying because it was like the 1911 version of 9/11," Zipf said. "You had 146 women who died, many of them by jumping out of the windows of the building because they were so terrified, they decided that's how they wanted to die instead of burning up like the women around them draped over the sewing machines they were working on."

The women were not able to escape the building due to the employer locking all of the exits. Zipf stated that there were bodies found piled up by the exit doors and the elevators collapsed with bodies inside. The backlash in response to the factory fire motivated the founding of the International Ladies Garment Workers Union in 1900, which was formed in protest of poor working conditions. This was the start of the many progressive actions in the United States.

Many labor organizations in the United States began to commemorate and recognize March 8 as IWD and other socialist and communist countries began picking up the date, especially revolving around the issue of Women's Suffrage. Women's Suffrage began to identify March 8 also and it soon became a holiday throughout the world. During the 1960's Feminist Movement, feminist women began to celebrate IWD. Eventually people celebrated the occasion for a week and now, decades later, we now see it being celebrated for a month.

Women who have made an impact in locally and globally

Zipf mentions women's rights activists Alice Paul and Lucy Burns as two of the most influential women in America. Both women founded a radical wing of the women's suffrage movement called the National Woman's Party and protested during the height of World War I, which led the women protestors to be arrested and taken to a women's penitentiary, Occoquan. Paul went on a hunger strike to protest for women's right to vote which scared the guards in the prison.

"They (the guards) strapped her to a chair, forced her mouth open, put a tube down her throat and began to crack raw eggs down the tube to keep her alive," Zipf said.

When word got out to the public about Paul's treatment in the prison, Zipf explained, it became a moment in history when other women in the National Woman's Party began to lobby and fight for women's rights to vote.

Holly Campbell, graduate assistant for ECU's Women and Gender Office (WGO), states it's a lot of women who made an impact like Susan B. Anthony, Rosa Parks and Sybil Ludington, a 16-year-old female who rode 40 miles to warn around 400 militant men that the British troops were coming. As history would have it, Ludington's act of bravery was overshadowed by Paul Revere, who also warned American militia about the incoming of the British.

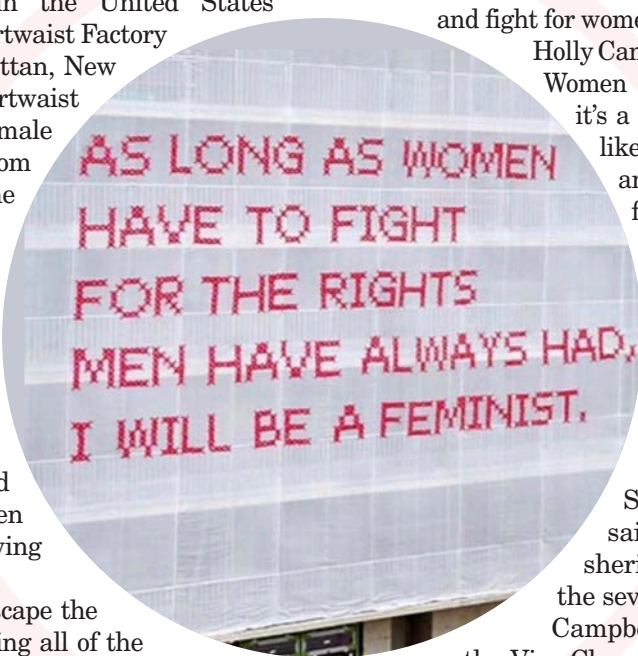
"To start with the Pitt County Sheriff, Paula Dance," Campbell said. "She was the first black female sheriff in North Carolina and she was the seventh in the country."

Campbell also named Dr. Virginia Hardy, the Vice Chancellor of ECU Student Affairs, as an influential woman and a powerhouse to ECU's campus and WGO associate director Ashley Cleland, who impacted the university community by starting the WGO on campus.

What are some ways for women to support one another?

Campbell states that some ways for women to support one another starts with the basics of not tearing each other down. People, according to Campbell, are able to succeed based on positive affirmation and support.

"Supporting the new business they (women) started, supporting each other in different ways," Campbell said. "We have so many resources, time is one that is so valuable. Sometimes giving your time to another person means more to someone than money, so I think showing your support overall in different ways." 🗣️



AS LONG AS WOMEN
HAVE TO FIGHT
FOR THE RIGHTS
MEN HAVE ALWAYS HAD,
I WILL BE A FEMINIST.

Life @ ECU

By Summer Tonizzo

With Hispanic Studies Professor Jennifer Valko

If you could give any advice to an ECU student, pertaining to becoming a professional in the workforce, what would it be?

“Learn a second or even a third language. Learning a language is not simply grammar and vocabulary, it’s gaining global competency. What is that you might ask? The ability to appreciate and understand different behaviors, beliefs and values. These skills help professionals at any age to communicate and collaborate effectively in a globally interconnected world. It sets them apart and secures them higher paying jobs.”

Off-campus, where is your favorite place to spend time in the (Uptown) Greenville area? Favorite restaurant?

“There are so many cool, new places in the Uptown Greenville area these days. I love Luna Pizza and make an excuse to go whenever I can... I love the pizza, the atmosphere and their terrific desserts. Another favorite is Christy’s Euro Pub for ‘pimped out smothered tots’—because who doesn’t love a tater tot?”

DATE your professor

By Macie Tano

MICHAEL CATALANO, COMMUNICATION PROFESSOR

Q. When did you start teaching at ECU?

A: “I taught my first class at ECU in the Spring of 2008 as a TA. I first taught full-time at ECU in the fall of 2015.”

Q. Why did you start teaching at ECU?

A: “When I was in graduate school, it was a job but then through that experience, I realized I loved teaching but also loved teaching at ECU. In the SOC (School of Communication), we have great faculty and great leadership in Dr. Kean since I’ve been here.”

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

A: “One of the most fun courses to teach is Small Group Communication. It’s interactive, challenging and students often find it easy to apply course concepts to their lives. We play a lot of games (I’m a big fan of any and all games), which allow students to learn while having fun.”

Q. Do you remember your first day on the job? How did it go?

A: “Yes, it went well. I remember thinking that students would think I was too young and didn’t have the experience needed to teach. To my surprise, students were engaged and we built a good rapport.”



The Hook

Step into Summer

By Summer Tonizzo

Tips to have a fund-friendly summer

Unleash hidden talents by finding a new hobby

2020 should be the year we bring back hobbies, and no, not just upping your social media following by getting creative with photography -- real hobbies and skills you can use to take time out of your summer. Try crafting a blog, embracing cooking or baking skills, maybe self-teach yourself how to play the piano or guitar like you’ve always wanted to learn. The possibilities are endless when it comes to finding a hobby to engage in that’s the right fit for you.

Declutter your mind and space

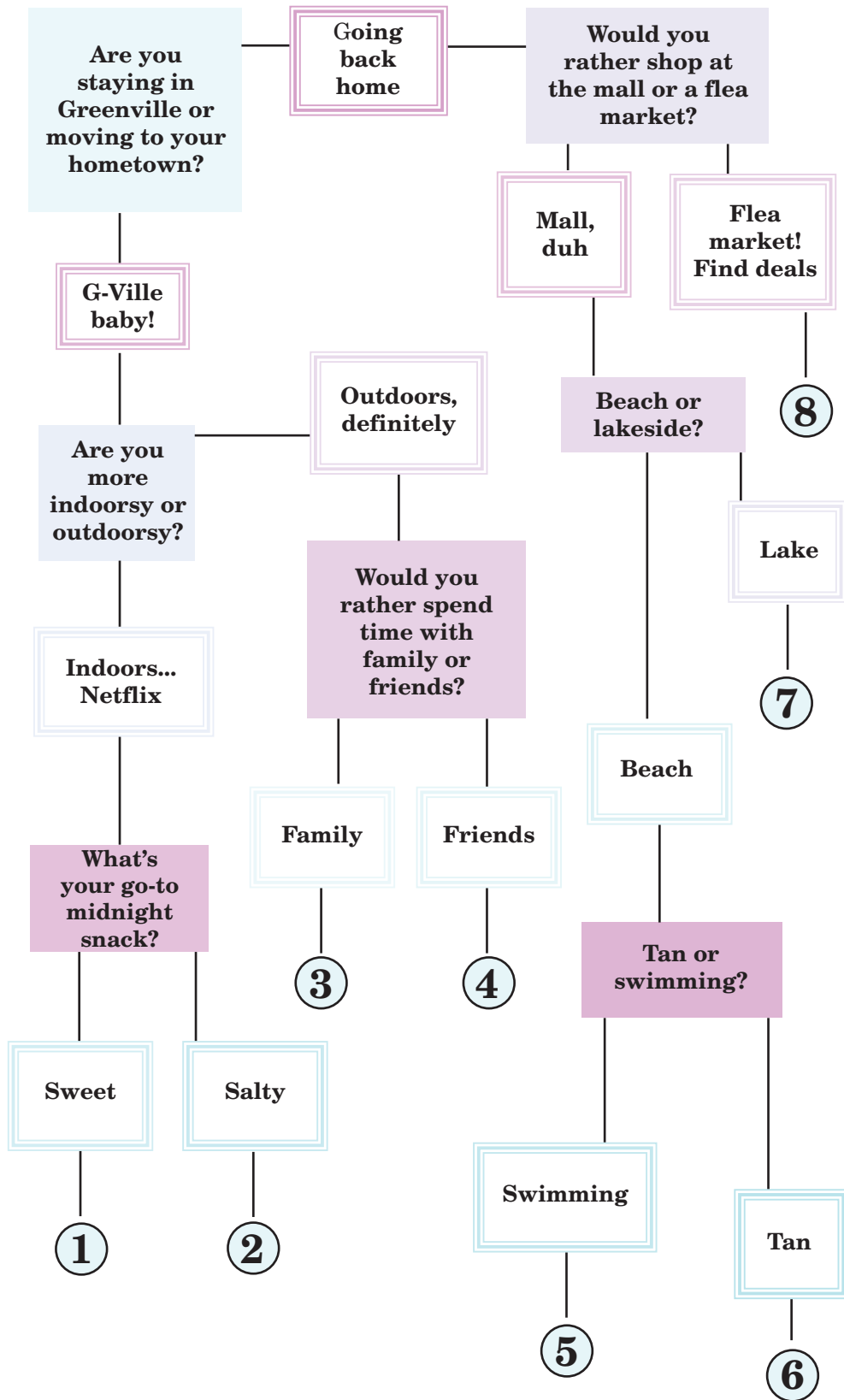
Taking the summer to declutter your life will feel like a tremendous weight has been lifted off of your shoulders. Whether this be at home by cleaning out your childhood bedroom, redecorating it and making it reflect the young adult you are now or it be deep-cleaning your house on the Grid, it will make you feel empowered. Redecorating, giving life to furniture by flipping it and getting the right atmosphere for your living environment is key to feeling productive this summer, and it can be done without breaking the bank.

Airbnb will become your best friend

And for those of you who want to dip their toes in a more adventurous side of themselves, Airbnb offers affordable houses, apartments and condos you can rent out for the night or weekend at your destination of choice. Airbnb is much cheaper than hotel rooms in many instances, and it provides an affordable opportunity for students who want to take a weekend at the beach, in the mountains or even in a city of their choice.

Quiz: What summer spot will you find yourself in?

By Summer Tonizzo



1 You'll find yourself in bed, comfy all summer relaxing



2 You'll be working, makin' money



3 You'll find yourself camping



4 You're all about nightlife this summer



5 You'll be a regular fish out of water



6 You'll be on the beach gettin' some sun



7 You'll be cruising away on a boat this summer



8 You'll be exploring places close to home





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