

THE Hook

ECU's Student Interest Magazine

**6 - MUSIC FROM
AROUND THE WORLD**

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GREENVILLE, NC**

**16 - ROUGH SEAS ...
...YET STILL UNDAUNTED**

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THE Hook

ECU's Student Interest Magazine
Fall 2020

The Hook is published twice a year by East Carolina University students at Pirate Media 1's Magazine Division Office, 1000 E. 5th Street Mendenhall, Main Floor, Mail Stop 406 Greenville, NC 27858

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The Hook at ECU

Letter from the Editor

Hannah True



Hey Pirate Nation!

2020 has been crazy. I don't think any of us will ever forget it. While the news has been full of the negative parts of the last few months, I really wanted to remind us of better times. I won't lie, creating a magazine from scratch in the middle of a pandemic has been tough. But I am so incredibly proud of all our photographers, designers and writers in the Pirate Media 1 family; your hard work and dedication to this publication has blown me away. I seriously appreciate every single one of you.

This year has been something none of us have ever experienced. Despite what was thrown at us we did everything we could to stay connected and support one another. That's why in this edition, I really wanted to push the theme, "Together as One." This year we have seen so many ups and downs, so I really wanted to focus on those "ups" and shed some light on the positives of this year. We've all been focused on this dang pandemic or online classes recently, so we pushed to create a magazine that showed all the things that make ECU our home, and how we still remain afloat through all this.

Throughout this magazine you will see stories of humanity. Things we deal with in our day to day life, how-to articles and insider info on how everyone else is navigating these stormy waters we've found ourselves in. From relationships to sports and everything in between, I hope you find a story that peaks your interest.

I truly believe Pirate Nation will prevail, come together and we will continue to stay undaunted. 🍓

**Roll Pirates,
Hannah True**

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By **Giana Williams**

FOR AS LONG as I could remember, I always enjoyed listening to various genres of music and discovering new artists to expand my daily playlists. During my middle school and early high school days, I listened to these different genres to either find my “aesthetic” or attempt to fit in with the mainstream culture that most of my classmates were following. I was also trying to break away from the stereotype that Black people only listen to Hip-Hop and R&B, which were genres I didn’t necessarily enjoy listening to at the time.

It was around early 2017 I realized how most, not all, mainstream songs or artists have become repetitive and were not expanding their creativity out of their comfort zone. Yes, there were artists who came out with some amazing albums around that time, and still do, but I was searching for a genre or artist that would intrigue me enough to know the music industry had not plateaued. That’s when I decided to research music that wasn’t strictly in the English language.

South Korea, Japan and several other countries have produced so many hidden gems that not a lot of people know about because “they don’t understand the language.” But I’m here to tell you, if you can bop to any Spanish songs whenever you hear a Latin beat and manage to overplay “Despacito,” then you can listen to other songs not sung in English. Also, Google exists and you can simply translate the song if you want to understand what they’re saying. Here, I will provide you with quite a few Korean, Japanese and other foreign artists outside the English language that you may enjoy.

Music From

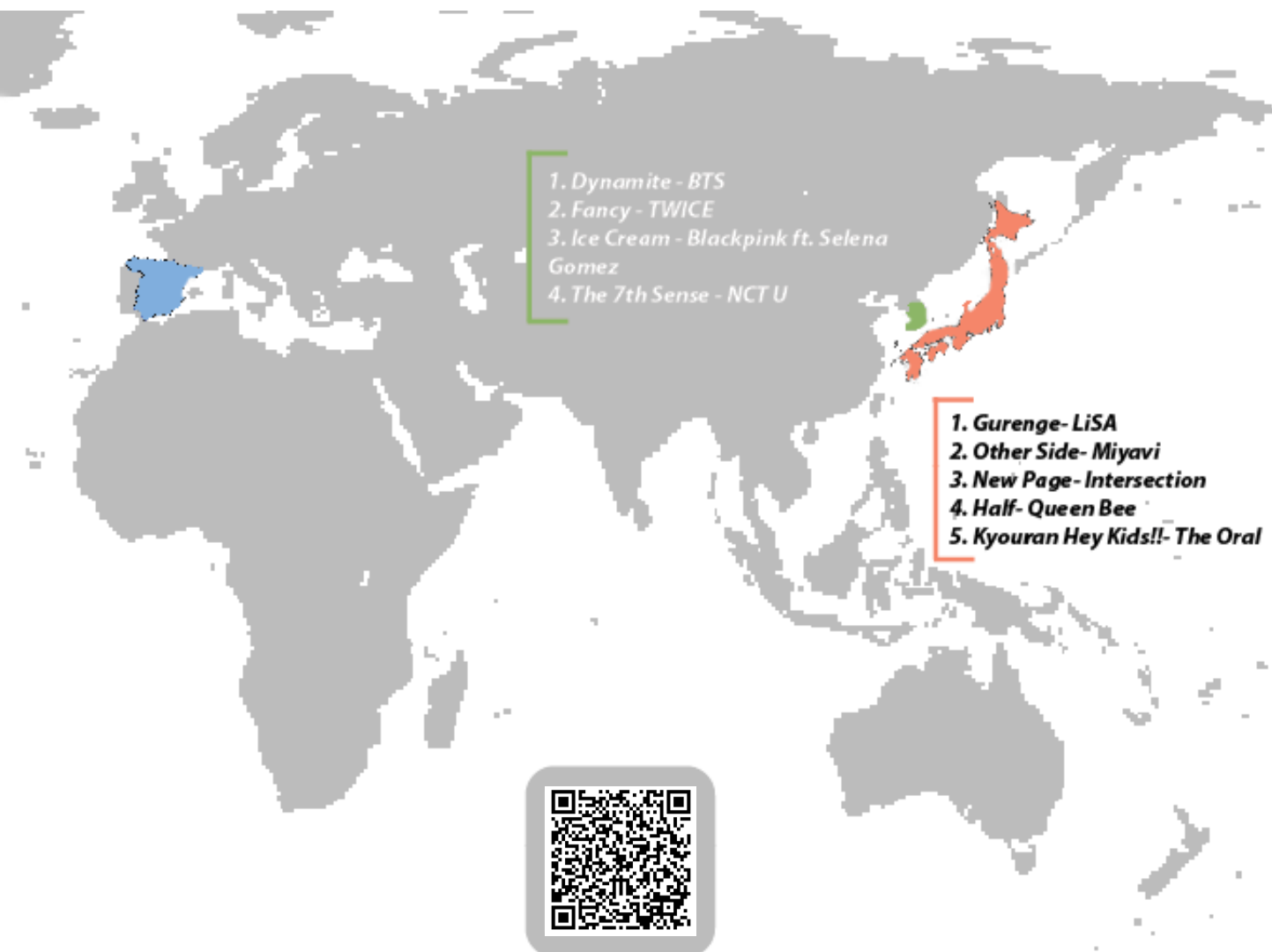


1. *Hawai- Maluma*
2. *Azul- J Balvin*
3. *Yo Perreo Sola- Bad Bunny*
4. *1, 2, 3- Sofia Reyes ft. Jason Derulo and De Le Ghetto*
5. *Tusa- Karol G ft. Nicki Minaj*

SPANISH

Since Spanish is a more commonly recognized language in Western culture and a language we’re more used to hearing, we are more likely to listen to Latin music more so than other languages. Even then, the Latin community has a wide number of artists other than Shakira or Daddy Yankee that are just as great and have many songs that I feel like a lot of people would enjoy. Even though I only listed a handful, there is a wide variety of amazing artists and songs in several languages other than English that should be heard and I wish I could name them all.

Around the World



JAPANESE

Other than anime openers and endings, I have discovered a good share of Japanese artists during my lifetime. As someone who's learning Japanese and is intermediate in the language, listening to Japanese songs has not only helped me build my comprehension skills in the language, but I've also realized that Japan has artists and songs which have honestly been slept on, and I would love to share them with you all.

KOREAN

Despite the slight unneeded stigma on social media due to K-pop fans overuse of fancams (videos of idols dancing on stage), Korean music has become a lot more popular over the years, gaining a lot of attention in Western countries since "Gangnam Style" by Psy back in 2012. After listening to K-pop for about three to five years so far, I have discovered plenty of Korean artists from pop, Hip-Hop, R&B and indie genres. Here are just a few artists to help you ease your way into the Korean music world. 🎧

WORDS OF THE WISE

By **Chloe Easton**

DR THOMSON SHIELDS
ASSOCIATE PROFESSOR
DEPARTMENT OF ENGLISH

“STUDENTS APOLOGIZING FOR MISSING assignments or assignments done that don’t follow directions. No need to apologize to me—it’s not my grade that’s being hurt. The student should apologize to themselves...professors are willing to and want to help if students don’t understand the assignment. Just ask questions in a way that shows they have read the instructions and need clarification or deeper understanding. But don’t ask us to repeat what is in the instructions already and/or was explained in class—that’s worth apologizing for.”

“DON’T MAKE EXCUSES. Life happens and sometimes we just can’t accomplish everything when we need to or in the manner we desire. I would rather hear a student take responsibility and tell me

the truth ‘I procrastinated and didn’t allow myself enough time to do well on my assignment/project.’ I’m more inclined to accept a resubmission for the novelty of an admission of poor planning or a moment of human frailty than some crazy story.”

“IT’S IMPORTANT TO remember that you might be wrong, that it’s okay to be wrong, and that it’s okay to change your mind. In fact, publicly admitting that you might be wrong about a statement that you make helps to preserve open mindedness. Psychological research shows that when people say something

publicly, they become motivated to believe that they were right, even if they are later confronted with evidence that they were mistaken. Admitting that you might be wrong helps to prevent this from happening. This simple admission makes people more willing to change their views so that they are more consistent with evidence that they did not have access to or were unaware of when a statement was originally made. Changing one’s mind necessarily doesn’t necessarily make you “wishy-washy,” inconsistent, or hypocritical. In fact, changing your mind is a good thing to do when evidence no longer supports your prior views.”

ANGELA WELLS
ASSOCIATE PROFESSOR
PHOTOGRAPHY

DR MICHEAL BAKER
ASSISTANT PROFESSOR
PSYCHOLOGY DEPARTMENT

RATE

MY PROFESSOR



Read the rest here!

By **Michelle Mazzei** and **Sarah Hooper**
Photo by **Halie Miller**



Marylaura Papalas

MARYLAURA PAPALAS IS AN ASSOCIATE PROFESSOR within the French and Francophone studies department at East Carolina University.

Q What makes you so passionate about French?

A “I am passionate about all kinds of cultural diversity, but French is part of my heritage; my mother was born in France. I love sharing with students different perspectives and alternative means of communication, both of which will ultimately help them be more informed, empathetic, and effective global citizens,” Papalas said. “Like literature, film, and other examples of material culture, fashion tells a story about the human experience. I recently turned to fashion in my research to examine what kinds of stories it tells us, and what we can learn from them.”

Fun Facts:

- After receiving her Ph.D. in Ohio, Papalas returned to Greenville to join her family. ECU drew her in after seeing the faculty and how they prioritize students.
- Papalas’ mother was born in France, making her eligible for French citizenship.
- Papalas said the diverse and active research faculty drew her to teach at ECU since they have high-quality teaching and support research of their professors.
- Along with an enthusiasm for French and Francophone studies, Papalas has a passion for fashion, especially the designer Elsa Schiaparelli, an Italian fashion designer who she has written multiple publications on.




Amanda Peterson

AMANDA PETERSON IS AN ASSISTANT PROFESSOR for the Department of Accounting in the College of Business at East Carolina University.

Q What is the best thing about being a professor at ECU?

A Peterson said it’s not just the faculty and the people she works with you, it’s the whole ECU community. She doesn’t want students to feel like they are being left out to dry. If ECU is remote for the spring semester, she is going to try to do the same thing with her students. “It’s students, staff, faculty, employees and administration. The people of ECU are the absolute best. I feel like the people that I work with are my family and I feel like some of my students are family too. ECU really has the best people.”

 *ECU Professor Marylaura Papalas riding her bike around campus.*

Fun Facts:

- Amanda Peterson hit seven years in August so she is just starting her eighth year as a professor at ECU.
- Peterson said she got into accounting because of her love for math.
- She thought her accounting classes would actually be math, but as it turns out, it wasn’t. It worked out for her and she did well in all of her classes.
- Peterson has learned over her many years of being a professor at ECU to teach in a lot of different ways since everybody can see and process information differently.
- Peterson said she tries to make herself as available as she can for her students either by WebEx or online office hours so they still see each other and feel that presence that they would feel if they were physically on campus.📍

HIDDEN GEMS

Greenville, NC

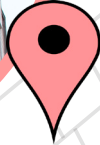
By **Chloe Easton** | Photos By **Halie Miller**



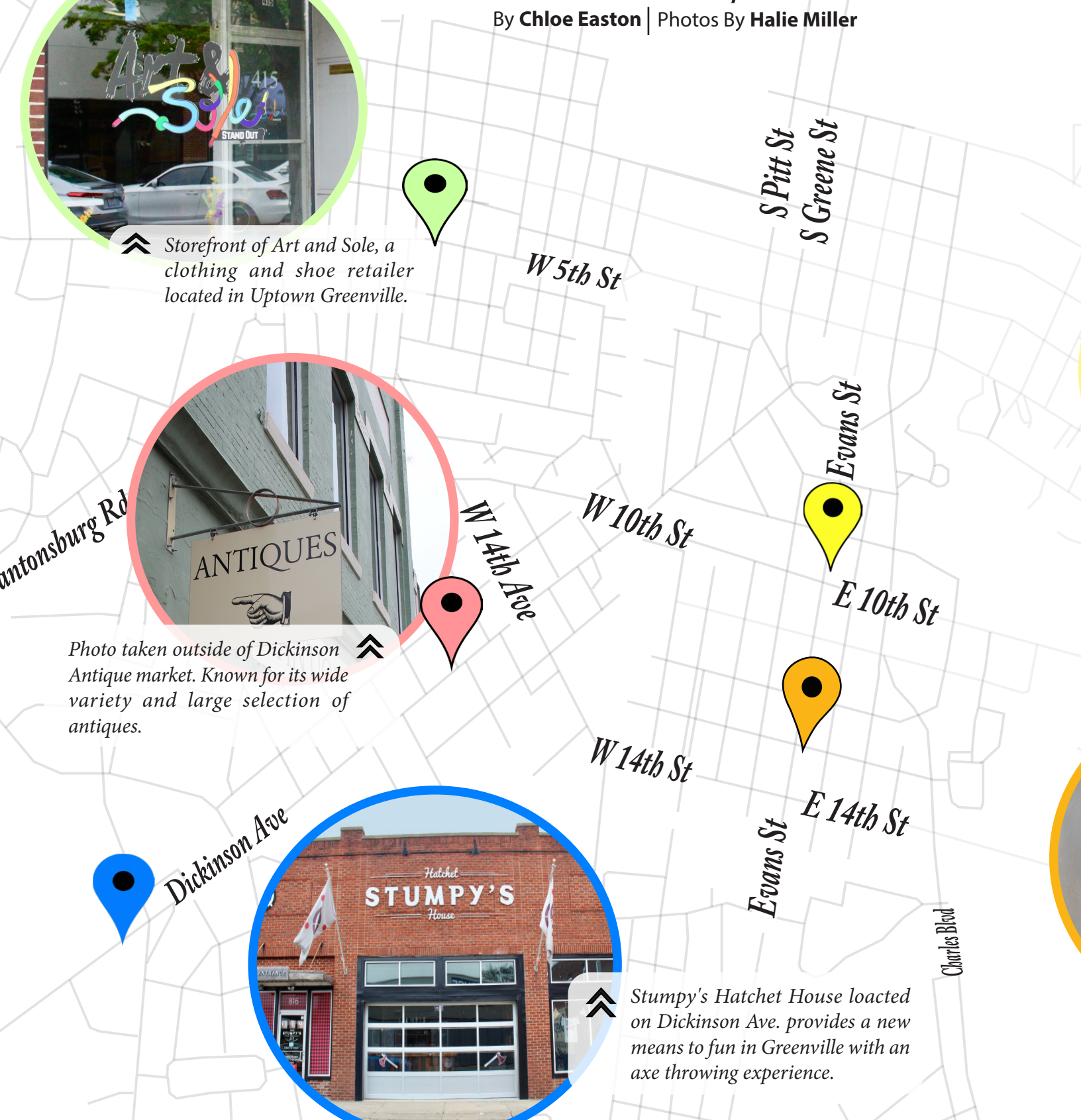
Storefront of Art and Sole, a clothing and shoe retailer located in Uptown Greenville.



Photo taken outside of Dickinson Antique market. Known for its wide variety and large selection of antiques.



Stumpy's Hatchet House located on Dickinson Ave. provides a new means to fun in Greenville with an axe throwing experience.



Scan me for more!



TAKE A STEP BACK IN time by entering the *Dickinson Avenue Antique Market*, located at 701 Dickinson Ave where collectibles, antiques and vintage items such as jewelry, furniture, decor, kitchenware and vinyls can be found inside the two story building tucked in the corner of Uptown Greenville. The shop has a variety of items from different decades to satisfy your aesthetic needs. Occasionally, parts of East Carolina University's past will show up around the shop, with items from alumni scattered throughout.

PERFECT AFTER A NIGHT OUT in Uptown, resting on a bed of crispy fried potatoes with freshly chopped cabbage, this traditional style corn beef hash is topped with a sunny side up egg and pulled slices of salty but savory corn beef which is soaked in a special *Molly's Community Cafe* brine.

FRESH BAKED GOODS, steaming hot lattes and city styled home decor isn't always what students have in mind when they think of Uptown Greenville. *Coastal Fog* works to add that "sophistication and fine living" touch to the college town we call home. Even though the market and shop items might be on the pricey side, the cafe works as a great spot to get some studying done with its upstairs comfort seating. The shop also offers some unique items that may not show up anywhere else in Greenville such as its recent addition of handmade bags from Tuscany, Italy.

SO YOU THINK YOU CAN only order those Air Jordan 1's online? Or find that Supreme shirt in a place like downtown Raleigh? Think again, *Art & Sole* has brought designer pieces to the streets of uptown Greenville located at 415 Evans St. From shoes, shirts and accessories, the designer sneaker based boutique allows shoppers access to high end clothing at a much lower price than you'd find in the mall or from the brand directly.

CLASSES HAVE YOU STRESSED OUT? Want something new to try with your friends or significant other that's more than just another boring movie? Go throw some axes in Uptown Greenville, literally. *Stumpys Hatchet House*, located at 816 Dickinson Ave allows college students to partake in lane guided axe throwing at half price on Thursday with proof of a 1 Card and if you're of age you can sip on your alcoholic beverage of choice. Be careful though Pirates, axes and booze don't have the best history when put together so stay safe while you throw! 🎯



⤴️ *Coastal Fog off Evans St. gives customers a brilliant coffee experience mixed with a unique market and shop.*



⤴️ *Molly's Community Cafe serves up traditional American-style food ranging from breakfast to chili.*

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Of Gameday

By Jess Sabin

Photos and Contributions by Anna Allen and Houston McCullough



Gate 5 entrance to Dowdy-Ficklen Stadium. Home to hundreds of football games and the backdrop to many tailgates, photo shoots and graduation ceremonies.

Photo of an empty Dowdy-Ficklen Stadium. Many behind the scenes workers sit at the sidelines of the field.



ECU Athletics Content Manager, Houston McCullough, getting behind the scenes footage for social media during gameday.

REMEMBER LIFE BEFORE COVID-19?

No worries about wearing masks or social distancing, being able to hangout with as many people as you wanted without consequences. Being able to go to your job and just get to work, having it be a similar process day after day. Well with the fall season beginning it is the time of year when the most popular sport in the United States comes back and fans all over the country will be pouring into stadiums and gathering around their TVs every Saturday for college football. Or at least that is what would be happening any other year.

COVID-19 regulations have drastically changed how those who work behind the scenes set up college game days. However even without COVID-19, things were a lot crazier than many people realize. That was the case for **HOUSTON MCCULLOUGH**, the content manager for ECU Athletics.

"I have a team of 10ish student workers that I oversee on gameday," McCullough said. "All of them have different

roles that they do. So usually if it is a home game I will get to my office four to five hours before the game starts."

For McCullough and the marketing department, **gameday** isn't just about setting up gear, each week is different. Different promotions for each game

(homecoming, senior night, gold out, etc.) different opponents will lead to different stories going into the game.

"For my photography students I put together a (photography) shot list for them," McCullough stated, "Whatever promotion is going on like if it's (a) military game or something we will have a different list of things that need to be photographed versus a regular game. So I will work with our marketing team to see what's happening that game and will put together a shot list for them and then it is some simple things like making sure the cameras are charged."

However what goes into making gameday happen isn't just marketing

teams and video crews. The teams personal trainers and medical staff all have a lot of preparation and setup to make sure things run smoothly.

JACOB MOORE, the head athletic trainer of the football team and his staff have their own share of work to do to make sure everything is in place to help deal with any injuries that may occur during the game.

"We are in charge of the sports medicine aspect of the team. Making sure these guys stay healthy and safe," Moore said, "My staff is usually at the facility before I get there setting up the field. They are putting up the sideline tent that we use for evaluations, setting up the coolers, getting the sidelines ready for hydration, and getting the training room ready for taping."

Houston McCullough pictured with University of Connecticut's mascot, Jonathan the Husky, on the sidelines.



Scan me for more!



Fun facts about ECU

113 years of major events and milestones

By Sarah Hooper | Photos by Kate Francis

AS THE WORLD deals with the COVID-19 pandemic, many were reminded of another massive pandemic that occurred 100 years before 2020- the Spanish Flu. At the time, ECU was known as East Carolinas Teachers College. In Greenville, the Spanish Flu peaked in the fall of 1918, according to ECU's heritage hall website. Churches no longer met, tobacco warehouses postponed sales and court judges postponed judicial cases. Perhaps the most notable moment of the Spanish Flu pandemic was when Pitt County Courthouse was used as an emergency hospital due to the advice of Dr. Charles O'Hagan Laughinghouse, ECTC's first campus doctor.

Since its formation in 1907 as a teachers school in Eastern North Carolina, East Carolina University has undergone massive changes and seen many historical moments in its time in Greenville. The founder of East Carolina Teachers Training School was former Governor Thomas Jordan Jarvis; he once said, "This school comes nearer to being the people's school than any other in the state ... it provides the greatest service to the greatest number of people ... We can never begin to calculate the value it will be to North Carolina."

In the 1960s, protests and civil rights movements were taking off. ECU wasn't far behind in terms of desegregation. The student newspaper, The Fountainhead, published this in early 1961: "There is no longer any real question concerning school integration. Any questions ... have already been answered by federal court orders and by successfully integrated schools. Those die-hard southerners who insist on participating in contemporary 'Greek tragedy' will be the ones who suffer most from this point on... we pledge the support of The East Carolinian (and hope the student body will follow) to meet and accept in a rational, civilized manner the wave which is sure to come."

In 1970, ECU students began protesting the Vietnam War after the deadly attack at Kent State. Over 1000 students marched on the campus mall, walking towards the campus flagpole and demanding it be lowered to half mast. President of the University, Leo Jenkins, walked with the students after they protested outside of his office. He contacted the governor for approval to lower the flag, but ultimately lowered it to half mast himself. The Fountainhead (ECU's student newspaper at the time) published a cartoon of Jenkins, calling it a 'newfound sense of unity'. The student newspaper later changed its name to The East Carolinian.

In 1923, the first campus newspaper emerged, called the East Carolina Teachers College News. Soon students joined in the production of the campus newspaper, renaming it the Teco Echo. Formed by virtually all female students, President Robert H. Wright of ECTC approved the paper, the first editor-in-chief was Deanie Boone Hackett, with the business manager being Frances Smith.

Robert Olewine is the Assistant Director for Campus Visits at ECU. One of his favorite facts about ECU relates to a tradition at football games that began in 1967.

"At the start of every football game, a cannon is fired to symbolize the beginning of a battle. This began in 1967, and in 1984 the staff decided to fire a cannon every time a player scored to boost crowd morale. This has become a large tradition at ECU, making the teams entrance and all quarters of the game very interesting and unique," Olewine said.



How to step-up your Instagram



By **Stryker Stubbs**
Photo by **Kate Francis**
< SCAN ME



« Caroline Daub stepping out of her comfort zone. Changing up your Instagram is the perfect way to spice up your life!

SOCIAL MEDIA HAS become a giant influence in today’s society, and continues to increase its presence every day. People are especially trying to step up their game, whether posting better quality photos or interactive stories in order to help entertain their audiences. It’s important to analyze the art of instagram photos and maybe I can help provide some tips to help you produce better content.

The hit app “Instagram” was founded in 2010, by American, Kevin Systrom and Brazilian-American, Mike Kreiger according to investapedia.com. This internet sensation has taken the world by storm, and has given millions of people a platform to post anything of their choosing.

There are many different styles and ways to post on Instagram, some people choose specific themes to convey a

message or post in a particular way for a specific reason. One very popular aesthetic that many people use is to filter every one of your posts to black and white. This can convey a serious tone or sad tone, depending on the context of the picture and what the author intends.

Professional photographer Grayson McLester when asked about some different techniques to use said, “I think one of the more important things to familiarize themselves with if they are trying to make their instagram photos more interesting, would be the rule of thirds. The rule of thirds is the idea where you split an image into sections with three imaginary lines both horizontally and vertically (leaving you

with nine separate quadrants).”

The rule of thirds is used to greatly improve the quality of your pictures through editing. To fully use it, you must place the subject of the image in an intersection of the lines. This will make the picture appear more natural and balanced, according to McLester. Doing so will help you make your image look more natural while editing.

There are many techniques to use while taking pictures or videos, especially of yourself. One of the best things to improve on is your camera angles, which can make your subject look completely different depending on what angle you choose. When facing the camera, I always recommend keeping the camera at an eye level height, and maintaining eye contact with the lens like you would when speaking with a person. 📸

Plant One On Me

By Lydia Ryan

Photos by Halie Miller

THERE IS A COMMON misconception that houseplants are hard to keep alive and difficult to maintain, but I believe houseplants can actually be very easy and provide multiple benefits in your house or residence hall room.

While chatting with Lindsay Lassiter Ryan, one of the owners of Plant and See, she told me one of the most common mistakes for new plant owners is not knowing the right plant to buy with the conditions that they have at home. She said that is something that the professionals at Plant and See can help with.

Plant and See, a local nursery and garden center located at 4064 Old Tar Rd in Winterville, carries a variety of plants—not just limited to houseplants, but for outdoor gardens as well. Ryan told me there has been an astronomical increase in demand for all plant and gardening needs during the pandemic. I know that I personally spend a lot of time here browsing the greenhouses in search of new plant babies.

“Houseplants are essentially tropical plants. In Florida some of these live outside year round, but here we mostly keep them in our house,” Ryan said. “When you look through these greenhouses most days there’s a lot of young people in them looking at houseplants. There is definitely a high

point right now for interest.”

Ryan said that the types of plants that become trendy are interesting as well. She said she frequently discusses it with her dad, Tom Lassiter, who was one of the co-founders of Plant and See in 1976. She informed me that she looks at a lot of famous Instagram accounts to keep up with the trends before she places orders for the nursery.

The demand is currently so high for houseplants in general that nothing is easy to get right now, according to Ryan. She said that sometimes Pothos and Philodendron, which are typically very easy to find, are not to be found anywhere.

Ryan said new plant owners shouldn’t get discouraged. She said she doesn’t believe in green thumbs, she believes that green thumbs are developed and that you are going to lose some plants, that is normal, but you shouldn’t give up on your ability to grow. This is something I really agreed with her on, because I used to think I had a brown thumb as well.

“If you have a really low-light house, you probably aren’t going to want to choose a lot of the succulents or a Fiddle Leaf Fig, because those like really bright light. So it is all about helping you pick the right plant for your space,” Ryan said.

The number one advice Ryan told me she would give a new plant owner is to not overwater your plant, which is so true. They like to stay on the dry side, she said, and you can kill it with love. She shared the tip that to help with this make sure you get a container that has drainage holes so the soil can drain the moisture.

East Carolina University junior environmental health major, and fellow

plant enthusiast, Trysten Culler shared with me that he has always been into gardening and that his grandfather got him started at a young age just taking care of the yard. It wasn’t until high school that he started getting houseplants, but he didn’t have the best luck.

“My vibe is if I like the plant, I get it,” Culler said while showing me his plants during our video chat. “I have a lot of Philodendron, a few Pothos. I am starting to learn about humidity and stuff. I didn’t think that was important, but I am learning more about that, so that’s good.”

During our chat, Culler shared when it comes to watering his plants that he used to water just to water, but now he is learning how to let the plant tell him when it needs to be watered. Culler says they will start to droop or change colors and give evident signs that they need water or humidity.

Culler expressed that learning how to take care of plants will teach you a lot about yourself. He said he feels the way you take care of plants is how you take care of yourself or the way you want someone to take care of you. 🍀

Philodendron xanadu



Philodendron Brasil



Scan
me!

ROUGH



JIMMY JOHN'S
GOURMET SANDWICHES

⤴ *Ben Finnamore, senior, and Brooklin Hart, sophomore, proudly wearing masks around campus.*

SEAS



By **Chloe Easton** | Photos by **Haile Miller**

CORONAVIRUS OR COVID-19, two words that weren't even a part of our vocabulary in February and now a few months later we can't go a day without hearing them. From losing millions of dollars in revenue to the first ever virtual commencement, East Carolina University and its community have struggled along with other universities around the country to fight off what is now considered to be one of the most deadly viruses in the world.

When was the first moment you knew? I was standing in the Pirate Media 1 newsroom in March with my fellow staff members watching a briefing given by President Donald Trump on CNN regarding the six cases confirmed in the United States. For Vice Chancellor of Student Affairs Virginia Hardy, it was a moment that was similar for most students at ECU, the few weeks that lead up to spring break.

"So I think for me the moment for me...it was late February right before spring break and listening what was happening across the country with other communities and universities and beginning to think that 'oh gosh we need to be educating and advising our students on this and what they should be doing when they go to spring break'," Hardy said.

Together, Hardy and the rest of the university officials began to make the first decisions that would follow many changes for the ECU community after it began to spread awareness prevention for students. The first decision would be what to do with the students who would return from the extended spring break after the announcement was made to switch to remote instruction for the remainder of the semester.

Students had left behind valuables in the residence halls, tools to complete school work and personal items. Additionally, the residence hall acted as their home while at ECU and for many they had the feeling of, where do I go once I return from break?

"Do we have them back? Do we not have them back? And that type of thing. So, we had to decide with the consolation from the UNC System (University of North Carolina System) and medical and scientific experts data about do we say 'come

on back from spring break' so once the decision was made to extend spring break it would give us more time to look at the data and make some really informed decisions," Hardy said.

Once the choice was made to allow students to return to the residence halls to collect their items with guidance from the Center of Control Disease and Prevention, rumors started to spread about the Pass/Fail option implemented by fellow universities in the UNC System.

Soon enough, the university announced it would make this grading accommodation for its own students. Giving an easing moment during this unknown time was helpful for most students. However, there was one group on campus that began to wonder what their walk across the stage would look like during a national pandemic.

Cassie Guthrie, a recent spring 2020 graduate with a degree in communication with a concentration in public relations, was one of many who knew there might be something up with the day she once dreamed about her entire educational career once cases started to spike. As she completed an internship with the Undergraduate Admissions Office and parents began to wonder if it was safe for their children to arrive on campus, she began to realize the fate of commencement.

"I got the most immediate reaction when we canceled this thing called Pirates Aboard, and that's the admitted students day for ECU, and that's when it kind of hit me like 'wow I am graduating this upcoming year and I don't even know if I will be able to have a graduation'," Cassie Guthrie said. "So when they canceled that because its thousands of kids coming to our campus, it was kind of like the same thing for me to be graduating with these thousands of kids coming to campus as well."

Although Cassie Guthrie did participate in virtual graduation wearing her cap and gown inside her living room, she had trouble dealing with the news at first. You spend your whole life as a student to lead up to the one day of finally stepping into the real world and for Cassie Guthrie, COVID-19 took that away from her.



By **Madison Barnhill**

...yet still

By Michelle Mazzei

“The week that graduation got canceled, it was hard because you know I’ve gone to school for like 16 years and you’re getting that diploma to go out into the real world so it’s kind of disappointing when I initially first heard that the UNC System was canceling all graduations, but as time went on I did realize it was definitely much safer,” Cassie Guthrie said.

Thankfully, Cassie Guthrie didn’t have to face the day alone. Her family was by her side of course to watch her achieve that special moment of receiving her university degree, her twin sister, Nadine Guthrie, who was also 2020 spring graduate with a bachelors of science degree and communication with a concentration

in interpersonal organizational studies and a minor in sports studies, shared that moment with her.

Given this was the first ever virtual commencement for ECU and it did everything it could to make it special for students, Nadine Guthrie wishes the university wouldn’t have mentioned it as much in the ceremony.

“The one thing I was kind of thinking about on my end personally, I think they made it as special as they could and obviously I really think they tried their best, but part of me wished that even if COVID(-19) wasn’t a thing right now they wouldn’t have been talking so much about it,” Nadine Guthrie said.

All in all, both Cassie and Nadine Guthrie appreciate that they were

still able to make the day into something special as they turned their tassels inside their home.

With virtual commencement completed as the university entered the summer 2020 semester, the “Return of Pirate Nation” began to be placed into works. Interim Chancellor Ron Mitchelson and multiple university officials began to work with professors, the UNC System, the UNC Board of Governors, medical care experts and scientists to help strengthen the mission of ECU.

“We’re better when we can go to class and interact and hang out and meet, so you know the way I couch it is, we are just better at the mission right? Our mission is...

...the success of students and the region and we just don’t know it as well if we can’t be in person face-to-face,” Mitchelson said.

Upon acceptance to a university it’s typically expected for freshmen to live on campus to gain that real college experience. However, ECU has

made the decision to allow freshmen to stay at home or stray away from the cluster provoking residence halls by erasing the Freshmen Residency Policy.

Just like in the spring semester, Mitchelson worked with Tucker Robbins, the president of the Student Government Association (SGA) who is also a member of the Board of

Trustees (BOT), to provide students with the same pass/fail option for the fall semester of 2020 so stressors can help be eliminated while they make the transition back to Zoom university.

“We want as much flexibility as we can possibly provide given the level of disruption that we’re experiencing so if that’s what students want, (pass/



NC Governor Roy Cooper declares state of emergency



POTUS declares national emergency due to COVID-19



ECU Spring 2020 commencement from the comfort of your home



Phase 2 aka: the required face mask phase that was enforced halfway through the actual phase



ECU students return to campus and resume partying where a 400 person party was busted by the police... despite a global pandemic put on a higher volume than party music



The new midterms month with the updated block schedule. Midterms provide stressful distraction to keep students indoors and away from parties

Fall 2020

fail option) then that's what I want," Mitchelson said.

Luckily students that were living in on-campus housing this fall received a prorated refund for housing, dining and parking. Mitchelson is making many tough decisions right now but he is trying to make sure he shows compassion and understanding to the ECU community while COVID-19 is still present.

"This (COVID-19) is just a little big test and I want all of us to pass the test," Mitchelson said.

Director of Residence Life, Waz Miller, said individuals spending more time together in smaller groups has really helped many connect more and build stronger relationships. Miller mentioned this conversion to online, although unfortunate, has a positive impact on the ECU community as well as the surrounding community of Greenville because it keeps everyone safe and helps stop the spread of COVID-19.

"I think to remember, you will prevail! You have already been through a lot, and, every day is a day closer to the vaccine and hopefully erasing the new normal and going back to a polished version of the old normal," Miller said "Use the time to increase your independence and study work ethic. Find some academic tools which play to your learning style and can assist you in virtual learning."

ECU will soon be back to normal, and it is important to try to find positive aspects each day and find a way to inspire others because it is easy to feel down and lonely during this time since sometimes individuals can get easily overwhelmed while learning remotely.

Sophomore nursing major Vincent Beatty said he was already enrolled in all online classes in the fall, so this online transition didn't affect him as much as it did others, however, Beatty chose to live in the residence halls this year. He said he chose to return home for the remainder of the fall semester.

Beatty said if students return to face-to-face instruction in the spring, he will not stay in the residence halls again and he may sign a lease on an apartment.

Some professors at ECU flourish teaching online classes, like Beatty's Organic Chemistry professor - he said he is doing exceptionally well in that class despite being remote. Beatty said most of his professors are very accommodating, understanding, helpful and they really want to see students succeed.

Beatty recommends students constantly check their emails and Canvas for important information and updates from professors about specific courses. He also recommends students try to stay as positive as they can because Pirate Nation will soon be together again.

Senior mechanical engineering major Chris Podolski said although his engineering classes are more difficult since they were made online, he remains in constant contact with his professors and is trying his hardest to do well in these specific classes.

Podolski lives in a house in the Greenville area but is sympathetic towards the freshman who had to be sent home just after two weeks of college.

"I am hoping to return to campus in the spring...I don't think ECU faculty or staff were at fault for cases going up...I hope things will be different in the spring and people will take COVID-19 seriously," Podolski said.

Converting back to online because of COVID-19 can be a learning lesson for those students who didn't follow the safety precautions, according to Podolski. He also

mentioned if students want to return to campus in the spring and actually stay, students need to follow the protocols that are there to keep students safe and healthy.

Podolski said students should keep in contact with their professors regularly even if they don't have concerns or questions about the class. He also recommends students see tutors if they are struggling with one of their online classes.

"I think it is important for students to know that we will beat this virus eventually, but we have to do this all together. We will return back to normal and have football, tailgates, and awesome parties but we will have to beat this virus first," Podolski said.

When did I first hear the words COVID-19? I specifically remember I was in a communications class in which the professor always discussed what was being portrayed in the news media before instruction started. "What's in the news today?," he said, a student talked about how there was a new disease outbreak occurring in China.

I didn't pay too much attention to this virus at first, but I soon realized as COVID-19 started to spread quickly from country to county, it was bigger than all of us could have imagined.

I remember I was on an Alternative Break Experience (ABE) trip during spring break to Wilmington with the Living and Learning Community I was involved with when we got the news ECU was converting to online for the remainder of the spring semester. Although disappointing, I tried to stay as positive as I could. I kept telling myself we would be back on campus soon enough.

In a few months, we were back on campus. I continued to be a part of the LLC so I was staying in the residence halls. COVID-19 was not dying down. Students constantly received messages and alerts about increasing positive cases and COVID-19 clusters. I had a feeling ECU would be converting back to online this fall. Sure enough three weeks later, we got the news we would be.

Since I was in a residence hall, I unfortunately moved back home. I was left with the same disappointment I felt a few months prior, but again I tried to be as positive as I could as I have found a few ways to help me stay optimistic. I constantly take long walks with nature to help relieve some of the stress I feel. I also try to keep up with a journal, it helps me to just get all my feelings out. I am also working an average of 25 hours a week.

I check my email and Canvas multiple times a day to ensure I am not missing any updates or assignments. I try to stay as busy as I can. I also am in constant contact with my professors and advisors that want to see me succeed, improve and live up to my fullest potential despite being remote. I also talk with my college friends on a daily basis so I still have those connections and relationships.

Although this is an unfortunate time, I know it will pass and soon we will go back to living normal lives. My first two years at ECU have been drastically altered by COVID-19, but this virus is just an obstacle in the road that we will all get over. As they say, the grass is always greener on the other side, there will be light at the end of the tunnel but in order to reach that light, it is very important to stay as positive as possible. We are in this together and we will get out together.

CYBER MONDAY

steals & deals

By **Brendan Gillespie**

Scan me!



THE CURRENT COVID-19 PANDEMIC

is likely to make Cyber Monday shopping more lucrative than ever before with many stores unsure if they will be allowing more than 50 people for Black Friday; shopping online might be the best route for most people.

Historically, Black Friday is one of the highest-earning “holidays” for shopping in the United States and around the world. The current COVID-19 pandemic leaves a lot up in the air if this event will even happen, so shoppers may want to explore Cyber Monday deals in its place.

Cyber Monday is almost an immediate follow-up to Black Friday, so if the typical turnout of Black Friday is lacking, one can assume that Cyber Monday will be when most people will be shopping. There are several stores that I would recommend looking at for the best deals.

American Eagle is one company that I would recommend looking into for Cyber Monday deals. They always seem to have a promotion going for the holiday and may be giving away something free if you spend a certain amount of money. I know from experience, they have given out a free blanket or scarf on Black Friday, so they may also do something similar for Cyber Monday as well. Also, free shipping on all online orders is almost a guarantee with American Eagle. Unlike other stores that require consumers to spend \$75 or \$100 for free shipping, they will most likely give free shipping with no minimum spending amount.

They also have a deal where if you sign up for an American Eagle rewards account you can save money on your first purchase.

This could possibly be stacked with other deals going on at the same time, maximizing your savings. American Eagle may be limited to clothes but their products are unmatched in quality and tend to have a longer life cycle than most clothing stores today.

Amazon is a tried-and-true shopping site that features deals on its homepage year-round. Especially for Cyber Monday, Amazon always has a deal going on that may interest consumers. It not only promotes items on sale, but also offers free shipping for several days of the year. This year because of COVID-19, if they did that for Cyber Monday it would be a necessity for consumers to utilize.

Last year, the website put select types of Crocs on sale for up to 50 percent off, as well as putting Legos and all building toys of that sort 30 percent off. If you want more deals on the tech side of shopping, the Amazon Echo Dot was marked down from \$44.99 to \$22 and the PS4 Pro was discounted at \$100 off the original price of \$400.

For shoppers that want a diverse range of options regarding the types of product they are looking for, Amazon may be the best place to visit on Cyber Monday.

Shoppers should also explore Walmart for Cyber Monday deals. This is a company that I often forget about regarding online shopping, but they have great deals and a pick up in store feature that is not very well known. If you want to get a deal and also stay safe from the possibility of big crowds in stores, Cyber Monday may be your best bet. 🍀





Recipes for On-the-Go College Students

By **Summer Tonizzo** | Photo by **Anna Allen**

THE AVERAGE LIFE of a college student can be described in one word: busy. Between classes, jobs, internships, athletics, participation in organizations, independent living, much-needed socialization and many, many more factors, how can college students be expected to add cooking for themselves to the list? Here's a hint... buy an air fryer or a crockpot.

Air Fryers and crockpots allow for

students to take the same amount of time to cook a meal or snack for themselves as it would to get food delivered or buy fast food on-the-go. These devices are effortless, simple and so rewarding to use that students will be glad they invested in one rather than spending up to \$8 or \$10 on fast food or that extra delivery fee added onto meals.

I recently received an air fryer from

my parents as a birthday gift and it was the best addition to my kitchen that I didn't even know I needed. In my opinion, it is essential to have at least one of these two devices while in college.

Here are five recipes that are affordable, easy to prepare and can be made with time to spare:

➤ *An easy sweet treat to make in your air fryer at home or in your dorm.*

Cinnamon Sugar Bites Air Fryer

Ingredients:

- 1 pack crescent rolls
- ½ stick melted butter
- Cinnamon
- Sugar
- Vanilla frosting

With only five ingredients needed, these sweet, satisfying treats can be made in only 7 minutes. After unpacking the crescent roll dough, cut it as you would a loaf of bread into 8 to 10 slices. This can differ depending on personal preference. I like mine to be smaller, so I would cut the dough into 10, then flatten the dough into a circle to add a dollop of vanilla frosting. Cook the bites for seven minutes, let them cool and enjoy for breakfast, a late-night snack or anytime your sweet tooth kicks in.

Mini Pizza Pies Air Fryer

Ingredients:

- 1 pack jumbo flaky biscuits
- 1 egg
- 1 jar of preferred brand pizza sauce
- 1 cup shredded mozzarella
- ½ stick melted butter
- 1 tsp. Minced garlic
- Optional:
 - Parsley
 - Pepperoni

To start, unpackage your biscuits, spread them out evenly on a plate and stick them in the freezer for 2-3 minutes. While waiting, spread some flour out on a cutting board, whisk your egg in a small bowl and melt a butter/mixed garlic mixture. After retrieving your dough from the freezer, cut each biscuit in half and roll both halves into a ball.

Spicy Shredded Chicken Crockpot

Ingredients:

- 1 jar salsa
- 4 chicken breasts
- 1 packet taco seasoning

This easy 4-step recipe is perfect for those who work all day and want to come home to a cooked meal. First, in a bowl mix the jar of salsa and packet of taco seasoning together until they are fully combined. I prefer hot salsa over mild for this recipe, which I recommend if you're looking for a little heat.

Then pour the mixture into your crockpot and add the chicken breasts. Make sure the chicken is coated on the top by the mixture as well. Depending on your schedule, you can cook the chicken on high for 4 hours or on low for 6-8. 🍷

A Different Shade of Red Is Still Red

By **Summer Tonizzo** | Photos by **Halie Miller**

HELP



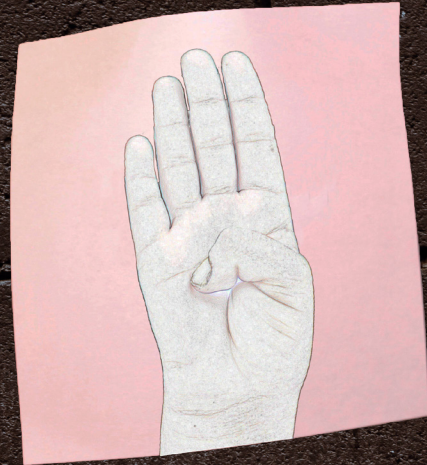
*Halie Miller silently asking for help.
Proof that you never know what
someone is hiding behind their mask.*

WITH CASES OF toxic traits, abusive tendencies, social media reliance and a general normalization of nontraditional relationship practices on the rise, where can individuals draw that fine line between what is healthy and what is not? Some young adults may be surprised to find out what common actions are considered to be abusive, while many may not realize that they themselves could be an abuser.

Domestic violence, or intimate partner violence (IPV), shows itself in a variety of forms emotionally, verbally and at times physically or sexually, according to the National Domestic Violence Hotline (NDVH). It's important to note, anyone can be a victim of IPV no matter the "race, age, sexual orientation, religion or gender," the website said.

Annually, the National Domestic Violence Hotline states that 12 million people are affected by IPV. Females, in particular, ages ranging from 18 to 34 experience higher rates of IPV, according to the website's statistics.

As college students explore self-discovery and navigate the waters of new relationships, being aware of early signs of abuse can prevent future instances of unhealthy connections with intimate partners.



Knowing the signs: red and green flags

In an intimate relationship, efforts to remain aware of potential abusive tendencies are important, Associate Director of East Carolina University's Women and Gender Office Ashley Cleland said. She explained it's essential to understand that anyone, both women and men, can find themselves in an IPV or abusive situation.

"Think about dating culture today, an intimate partner may not be an official boyfriend or an official girlfriend or a spouse. It might be, you know, a friends with benefits situation that has become toxic and abusive, so that's why I use that specific phrase (IPV)," Cleland said. "We know that it's a very common experience. We know that people can also experience lasting effects from the trauma of those experiences."

Common red flags individuals can look out for early on in the relationship can be "lovebombing," a warming feeling where a partner showers you constantly with gifts and attention or inversely, if someone is overly critical of your actions, appearance or decisions, according to Cleland.

Signs of abusive tendencies oftentimes are linked to power and control, Cleland said. When a partner tries to isolate an individual from peers or demands an excessive amount of time or attention it can lead to an individual's mental space to become dedicated to only their partner, she said.

Other red flags may be if a partner lacks privacy boundaries or if they consistently refuse to admit fault in a situation, Cleland said. ¶



▲ From top right to bottom left: Ashley Cook, senior, shows step-by-step the signs to make in a video call if you are a victim of domestic violence.

Scan here for resources:



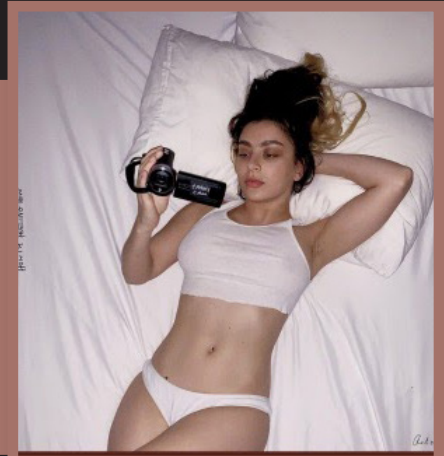
Music in the Mayhem

Politics set to a tune

By George Martin

Pink Diamond- Charli XCX

In "Pink Diamond" Charli XCX focuses on her desire for things to return to how they were before COVID-19, specifically the party scene. Restrictions put in place due to the coronavirus have essentially ended any kind of club scene, which is Charli XCX's domain. This has left her in a kind of rut, which she explores more on the full album *How I'm Feeling Now*. But on "Pink Diamond," an electronic beat matched with a heavy bassline helps the song encapsulate the feeling of being in a club and having fun, which is contrasted by her lyrics about how "Every single night kinda feels the same." Her desire to go out and party but not doing so due to the pandemic is something that many college students can relate to.



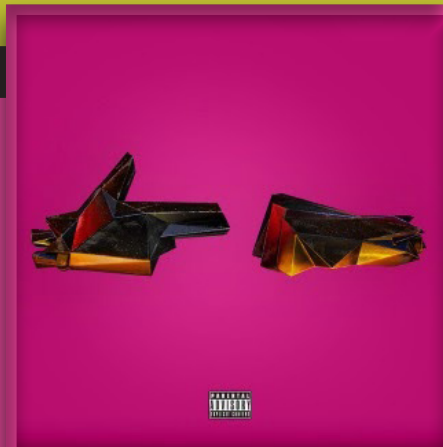
Scottie Beam- Freddie Gibbs

"Scottie Beam" off of Freddie Gibbs' *Alfredo* talks about police brutality, a topic that has sparked protests around the United States. In the first line of the song, Gibbs says "The revolution is the genocide, your execution will be televised," probably referring to the multiple high profile police brutality cases that have shook the country for the past several months. Gibbs, throughout his verse, continues to push the inequality faced by Black Americans by talking about getting pulled over for superficial reasons due to his skin color. After the murders of many Black Americans like George Floyd, Breonna Taylor, Elijah McClain and countless others, it is easy to see why Gibbs feels that his execution will be televised, because it is not uncommon to see videos of Black Americans dying due to police brutality.




JU\$T- Run the Jewels

"JU\$T" off Run the Jewels' new album, *RTJ4*, tackles a more systemic kind of racism that many Americans face. The hook to the song consists of half of the duo, Killer Mike, repeating "Look at all these slave masters posing on your dollar." Killer Mike has recently seen a rise in political popularity, after having multiple sit-downs with former Presidential Candidate Bernie Sanders and giving an emotion filled speech he gave on the death of George Floyd. America is built on top of the skeleton of slavery and racism, and this history permeates throughout American law and culture, and it even finds its way into the country's currency.



Pan and Broom- Bright Eyes

Bright Eyes tackles the current political uncertainty that can be felt around in the world in "Pan and Broom" off their album *Down in the Weeds, Where the World Once Was*. "The world went down in flames and man-made caves," lead singer Conor Oberts sings on the track. As global politics continues to shift in uncertain directions, especially now during a pandemic, it is easy to slip into the mindset that, while everyone is trapped inside their man-made caves working from home, the world really is going down in flames. 



Crime Junkie: Your New Podcast Obsession

By Cayla Menges

Photos and Contributions by
Zoë Lukas and Andrea Kitta

Can you solve it?

THE SUMMER INTO SENIOR YEAR I decided to venture deeper into the podcast world. I listened to Barstool religiously and hopped around between a few celebrity podcasts. It wasn't until I discovered the podcast Crime Junkie that I found my new church. I went full conversion from my routine podcasts to days immersed in Crime Junkie. So what is this Crime Junkie I speak of?

Crime Junkie is a weekly podcast by co-hosts Ashley Flowers and Brit Prawat that delves into true crime cases. Published every Monday, Crime Junkie can be streamed through Apple, Google, Spotify, and Crime Junkie's website.

The podcast offers a plethora of crime-related episodes from murders, missing person cases, mysterious deaths, and serial killers. If talk of murderers and serial killers turns your stomach, Crime Junkie hits on less gruesome topics such as conspiracies and wanted cases.

I was introduced to this podcast by one of my close friends. On a road trip from Charlotte, NC lacking caffeine and sleep she bent my ear about Crime Junkie. With reluctance I said throw it on and I would soon be inducted into the Crime Junkie family. I was no stranger to the eerie vibes as I am a horror film lover and a big fan of all things spine tingling.

The Maura Murray case would be my induction. The case is a two part episode about the disappearance of a 21-year-old University of Massachusetts student.

What makes this episode even more eerie is the 'case file' Crime Junkie released on its website. Crime Junkie releases photographs with information from sources for each episode so listeners can read along and reference information while they listen.

I didn't resonate with the Maura Murray case until I googled her name and put a face to the person they described throughout the episode. Now that makes me shiver. Pictures of Maura Murray only further drove home that I had listened to an episode of a true story, about a real person - a case I had no idea existed until Crime Junkie.

Ashley Flowers guided us through the case of Maura Murray who left breadcrumbs of her whereabouts until they ran dry. My friend and I sat in the car searching for answers to questions the co-hosts posed. Where was Maura going? With Who? I felt as if I was the detective in the driver's seat of this case.

Maura Murray was an average college student like myself who worked, went to class and maintained a serious relationship with a long-term boyfriend. She lived a seemingly normal life up until a week before her disappearance when she emailed university professor's about a death in the family that had not occurred. From that moment forward Maura exhibited strange actions that would lead to her disappearance hours from home and an abandoned car.

As if the disappearance of Maura was not strange enough, it's what police found at the scene of her last whereabouts that left me dazed and confused. The plot thickens as Ashley and Brit dive deeper into Maura's case in the second part of the two part episode... but I won't spoil it for you.

Scan me!

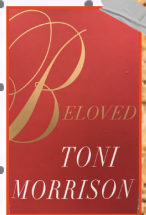


The Hook's Top Books: Quarantine Reads

By: Madison Barnhill

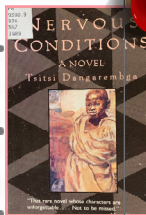
Beloved:

In 1987 Toni Morrison wrote *Beloved*, a story about an African American woman, Sethe, who escaped slavery in hopes of being free. However, she was held back from being free mentally due to the torments of her pasts.



Nervous Conditions:

Nervous Conditions is written by Zimbabwean author Tsitsi Dangarembga. She tells the story of a girl from Rhodesia, Tambu, who is trying to pursue her education despite living in poverty and having her brother's education come first.



Hunger Games: The Ballad of Songbirds and Snakes:

After ten years, Suzanne Collins, the author of *The Hunger Games*, makes a return with a prequel to the games titled *The Ballad of Songbirds and Snakes*.



Nineteen:

Written by Makenzie Campbell *Nineteen* discusses in poetry the trials and thoughts of transitions from a girl to a young woman at the age of nineteen.



The Kiss of Death: Contagion, Contamination, and Folklore:

The release of *The Kiss of Death: Contagion, Contamination, and Folklore* was October 15, 2019 before COVID-19 was heard of. However, a few months later this novel became chillingly relevant as COVID-19 numbers rose at alarming rates across the globe.



Swimming, Diving, Tennis...

By **Macie Tano** | Photos and contributions
by **Halie Miller** and **Gracie Miller**



BEING A PART OF something is an important part of one's college experience, whether it be a club or a sports team. Many students find a community of friends and support within their organizations. So when Interim Chancellor Ron Mitchelson announced that the men and women's Swim and Dive and Tennis teams would be cut from East Carolina University's Athletic program in May, many of the team members with feelings of sadness and confusion.

Being on a sports team means a lot to ECU's student athletes. Many of them even chose to come to ECU to be a part of certain sports teams. The Swim and Dive and Tennis teams being cut is obviously a devastating loss to these athletes, as they lost their community. So, how did some of these team members feel when they found out about the cuts?

Junior engineering major Hunter Pigg was on the Men's Swim and Dive team, which he joined in the fall of 2018. Upon finding out that the team he had been on for almost two years was being kicked off campus, he was confused and in shock.

"When they first told us back in May that we were being cut I had absolutely no idea what to think. I was devastated. Our team had just won an underdog AAC Championship victory earlier in February so it came as an utter shock to everyone. My biggest emotion at the time of getting cut was probably confusion because of how little sense the decision made," Pigg said.

Not only did this hurt the team members, but also the coaches of the teams. The coaches for the Swim and Dive teams only found out about the cuts an hour before the team members did, Pigg said. Two of these coaches were ECU Swim and Dive alumni.

"Our head coach and associate

head coach both swam for ECU and had been coaching here ever since. Their lives were torn away from beneath them in the flash of an eye for no real good reason," Pigg said.

After the initial shock, Pigg said he felt irritated and confused as to why ECU would cut the teams, considering the history of wins both the men and women's Swim and Dive teams had had over the years since the 1950's.

"My concerns at the time of the team getting cut was mainly the people making the decisions. I don't think they truly understood what they were letting go," Pigg said. "The team has had a rich history of winning championships since the 1950s with being the most decorated team on campus in terms of national and conference titles. To let go of your most successful team doesn't make too much sense to me."

Pigg said he believes the cuts weren't necessary, as he believes the athletic department still had the funds to keep both the Swim and Dive teams and the Tennis teams on campus, but spent it on unnecessary things.

"The athletic department loves to claim their fiscal responsibility, but shortly after the four teams on campus were cut, they decided it would be a great time to announce the construction of an unnecessary new weight room. I feel like if the department could have spent their money in better ways the kicked off teams would still be here," Pigg said.

The cuts of these teams not only affects the team members and coaches, but also ECU's athletic program as a whole, as the teams will not be able to bring home any more championship wins, Pigg said.

Although he is disappointed to see the teams go, Pigg said that the former Swim and Dive team members have stuck together and continued to

Scan me!



support each other and reminisce on the good times they had on the teams.

“My favorite part about the team was the friendships that I made. I had met people from all corners of the world, like Brazil, Denmark, Sweden, Australia and the UK as well as many from around the US,” Pigg said. These friendships were strengthened by the ups and downs of practices and competitions where we all came together as one with the sole purpose of coming out on top at meets. During all this the members of the team who chose to stay have still maintained the bond we had.”

Junior biomedical engineering major Ethan Knorr was also on the men’s Swim and Dive team, which he joined in 2018. Knorr said he was disappointed when he found out about the teams being cut from ECU’s Athletic program.

“I felt pretty upset and angry once the team got cut especially because of how they went about it. Jon Gilbert hopped on a video call and gave what felt like a 20 sec ‘explanation’ of why it was happening and then left immediately after,” Knorr said.

After finding out about the teams being cut, Knorr said he was concerned about whether he would see his team members and friends that were from other countries who came to ECU to be

on the Swim and Dive teams.

Knorr also said he wasn’t ready to give up on his team and his sport just yet and wished he had been able to be on the team for his whole time at ECU.

“Since the team got cut, (I) lost a lot of my friends, transfers, international students who relied on ECU, lost the sport I loved, have less access to athletic facilities and never had the opportunity to make it through my 4 years and get the full experience,” Knorr said.

While the cuts were unfortunate and upsetting for all the team members, Knorr said there had been a few positive aspects for him, like having more time to work on his school work and being able to relax. It also brought the Swim and Dive team members closer to one another.


“The swim and dive teams have come together a lot and really the whole team being cut brought a lot of closer together. The ones who have stayed are definitely a lot more tight knit now and even those who left have supported us the entire way,” Knorr said.

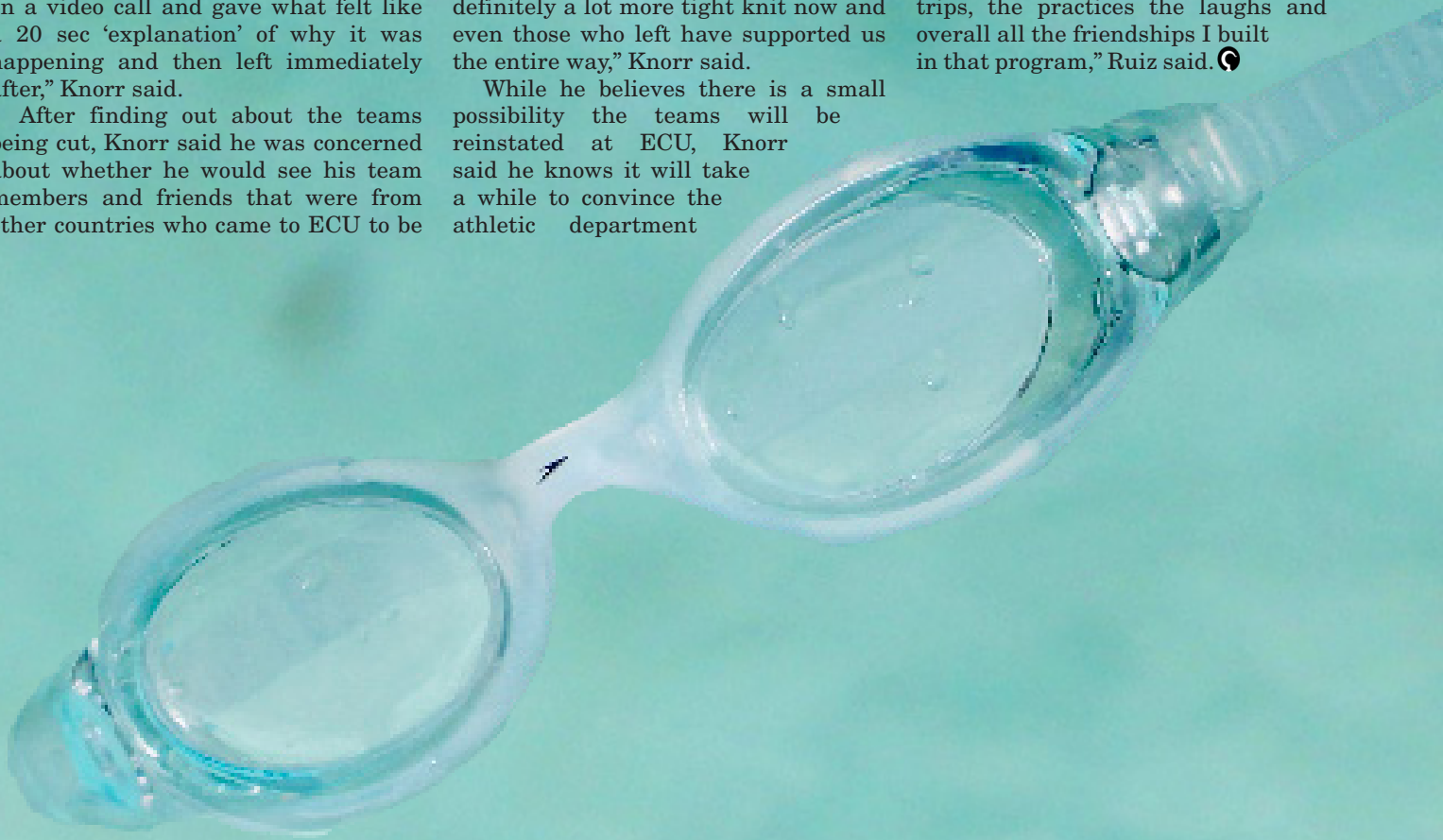
While he believes there is a small possibility the teams will be reinstated at ECU, Knorr said he knows it will take a while to convince the athletic department

to do so. Knorr said he will cherish the memories he made on the team that he spent almost two years on.

“I joined because I fell in love with the team and culture they had here. I enjoyed being on the team because I was able to compete in a sport I love with my best friends and was able to represent my university,” Knorr said.

Celia Cerviño Ruiz, who was on the womens’ tennis team last year, said she felt the Athletic Department let the tennis teams down. Ruiz said she was devastated to find out about the decision to cut the teams, as she loved her coach and team members. Regardless, she still appreciates the experience she gained while being on the team.

“I enjoyed the discipline that I gained through my experience. Finding out what my priorities were in life and being able to make hard decisions but having the courage to face those hard situations for the team. Also, all the trips, the practices the laughs and overall all the friendships I built in that program,” Ruiz said. 





Random Roomies

By Hannah Bolick | Photos by Zoë Lukas

ROOMMATES ARE AN INESCAPABLE

PART of the college experience for most people. It can be exhausting to sift through the interminable feed of Facebook posts from people in search of roommates, especially before freshman year. Someone may seem normal enough based on their carefully crafted fun facts and ideal bedtime... **but can you ever really know?**

Then, of course, you can always skip the scrolling and take your chances on a random roommate. Going random generally has a **negative stigma** associated with it, but just like any roommate situation, you can't know how it's going to go until you get in the room together and start living.

Jordan Hock, a junior engineering and sculpture major went random as a freshman, then once again as a sophomore in an apartment. He said he really didn't know anyone coming into college and thought he might as well just **chance it** with someone randomly assigned. He thought, "It **can't be that bad**," well, it turns out maybe it can be.

Jordan was expecting to simply coexist with his roommate. He had no notions of becoming automatic bffs with the person he was assigned, but **hoped they could be civil**. What he got was a loud, messy, ever-present roomie who was a generally nice guy, but had some quirks that were hard to move past.

"I guess my problem with him was he was kind of a shut-in, he had a girlfriend but he didn't really go out much and **socialize**, so he was there and he was often playing video games, you know kind of shouting and communicating with other people online and **I'd already dealt with that at home** quite a bit with my brother so I was kind of frustrated with that. It was when I was trying to sleep, study, anything really," Jordan said.

This was the main source of contention for the pair. Jordan said he asked his roommate to **quiet down** when he was about to go to bed on many nights and for a while things would get better, then the issues would begin to creep up again.

"It would work, it would work, then it would stop working and I'd probably **blow up** a week later and be like, 'Look man, just shut up.' And that kind of cycled," Jordan said.

And there were other issues. Jordan said his roommate's side of the room was always messy and **covered in clothes**, hair and other items.

When asked, senior Olivia Sessoms who has been an RA for three years now, said that in this situation, she would have advised Jordan to get his RA involved in the conflict. She said having consistent, polite confrontations about an issue is the right way to approach things to start off, but if the situation is escalating, that's when a **third party** needs to come in and mediate.

In this situation, she said it sounded like the roommate was **at least trying** to improve his behavior, but that a sustainable **compromise** needed to be



reached like Jordan wearing ear plugs and the roommate bringing his noise level down and wearing headphones but not requiring complete silence.

"Put your best effort into your relationship with your roommate, because you know growing up it is important to **learn how to deal with other people** and take into account the way they live but if it's really just not working out and it's to the point where it's **exhausting both of you**, I would just consider maybe talking to your RA and if they can't get anything figured out, maybe a **room switch** just might be best," Olivia said.

At the end of his freshman year, Jordan said he was sick of on-campus dining, not being able to easily access his car and sharing a room with another person. When he moved off campus, he decided to go random again because most of his friends lived with their families in town. He went with Paramount 3800 apartments because the rent was cheap and he was able to get his own bedroom and bathroom.



Alyssa Fennell, senior exercise physiology major, getting ready to move. Don't fret, making "rules" for all parties to follow can lead to less fights and stress for everyone.

LIVING IN THE ADULT WORLD

By **Yazmine Curmon-Ward**

Photos by **Kate Francis** and **Zoë Lukas**

IT'S MONDAY MORNING, the alarm clock is blaring in your ears after hitting the snooze button for the fourth time. The clock reads 9:20 a.m., leaving you 40 minutes to your first class. The smell of the dirty clothes overflowing the hamper in the corner fills the entire room. There's no time to take a shower or to eat a balanced breakfast so you wash up quickly, get dressed, grab a muffin and an energy drink sprinting out of the house to catch the bus. Dashing off the bus you weave through the campus and make it to class at 10:01 a.m..

GET ORGANIZED

Kessa Hines, a 40-year-old retail manager and small business owner, said using a planner and calendar are the best ways to stay organized so you can see what needs to get done each day. He said using these tools will help to ensure that you are prioritizing your time effectively.

"Check your schedule at least twice a day to make sure you stay on track of what you are supposed to get done for that day," Hines said.

He elaborated, saying it's important to give yourself time to get your day started on the right foot. "Meditate or pray for 30 minutes everyday to start your day. That melts away stress and prioritizes your thoughts."

Getting organized helps to make sure that your priorities are in order and it also ensures that you have time to relax and de-stress. Take time to visit family, spend time with friends and have alone time to regroup to have a healthy mental and physical lifestyle.

Scan here
for more tips!



DO LAUNDRY

Doing laundry can get overwhelming and boring, but it is an essential chore. Abby Smith, 26-year-old former graphic design student, said she learned how to do laundry successfully after ruining her clothes. She recommends learning how to do laundry for yourself when you are away from home - explaining that reading the detergent labels will save you a lot of time. "Make sure to separate your dark and white clothes when washing them so they don't turn gray," Smith said.

SAVE MONEY

Budgeting is the best way to save money. Utilizing a budget prioritizes needs over wants. The envelope system gives a visual representation of budgeting. Everytime you get paid you can physically see where your money is going to make sure that you are not spending aimlessly. Having a checking and savings account ensures that your money is put away and you can also gain interest depending on the type of account you get.

It is important to prioritize bills and keep track of what has been paid; using a filing cabinet helps to keep mail, bills and receipts in one place so you know where your important papers are at all times.

LEARN TO COOK

Jeanne Finney, East Carolina University counselor and clinical nutritionist shared, "The Budget Saver" and "Eating Better on a Budget" articles from the ECU Student Health Services. "Please make sure to take care of yourself, don't skip meals, don't drink five energy drinks back to back. Your comfort and mental state come first," Abby Smith said.

For more information on overall wellness tips visit the ECU Student Health Services Eight Dimensions of Wellness newsletter and the nutrition website. 🍷



PHOTOGRAPHING THE FUTURE:

A Picture is Worth A Thousand Words

By Harold Bloomfield

Charlotte, NC BLM mural contributed by Alex Orellana

Scan me!

BLACK LIVES MATTER, a movement to battle against racially motivated police brutality against African Americans. Black people shouldn't be killed by the police for no other reason because of the color of their skin but apparently that isn't the case. The Black Lives Matter movement was founded in 2013 but it did not stop the decades of police brutality to happen before it or the countless incidents to happen after.

This year there has been a spike in protests even with the spread of COVID-19. Some have even found ways to show their support through art.

Countless Black Lives Matter street murals have been seen across America. From Washington, DC right near the White House, to the other side of the country in San Francisco, California. Even other countries such as Canada and the United Kingdom have Black Lives Matter painted in the street to show their support. In downtown Charlotte, NC there is even a colorful Black Lives Matter mural painted in the street.

Alex Tiet, an ECU freshman majoring in biology who lives in Charlotte, NC has witnessed the mural. Tiet said that in each letter the artist of the various artists wrote what Black Lives Matter means to them. An aerial drone shot of the mural was even taken by photographer Alex

Orellana and shared among twitter by the account Queen City Nerve, an alternative newspaper that covers local events in Charlotte, NC.

"It is beautiful, it is a very strong message in a very simplistic way of addressing it," Tiet said.

Other artists show different sides and display different feelings through the art they present, especially with a topic such as the ongoing social injustice of African Americans.

Furious is an understatement for how people are feeling about the injustices that have been happening. From the horrific nine minute George Floyd video that simply only be called a murder to the untimely death of Breonna Taylor that that has millions yelling for the arrest of the police that killed her in her home.

Imani McCray, a senior graphic design major is a student at ECU and a photographer. He has been to protests in New York and has taken photographs of the streets, flooded with supporters of BLM.

"This is an opportunity for me as a photographer to document what is happening not only locally but globally because that message needs to be out there," McCray said.

Being black in america was "complicated" for McCray, growing up in Baltimore, MD and being surrounded by people the same skin color as himself, being black was not something he had to consider in any way or really be cautious

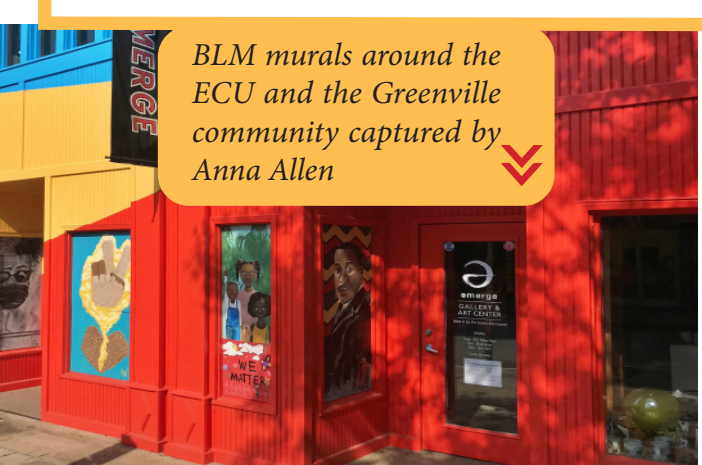
of. When he moved to Minneapolis, MN that way of thinking changed for him and he had to learn to live in a place that didn't have many black people and wasn't very accepting of black people.

The pictures that were taken changed how he approached doing much of his work and where he would like to go with being a photographer in the future according to McCray.

"The photos that were taken at the protest were probably the most transformative photos for me, because it wasn't me setting up a shot or having a subject come in, it was being somewhere I was passionate about being in that moment but also trying not to get overwhelmed by it," he said.



BLM protestors contributed by Imani McCray

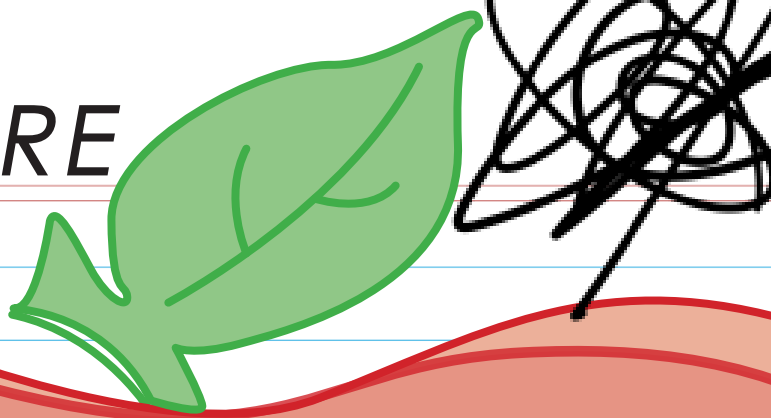


BLM murals around the ECU and the Greenville community captured by Anna Allen



Getting to the CORE

By Jennifer Sieg



THE POSITIONS OF BOTH

a student and an instructor are both important aspects of higher education, but when it comes down to someone who is both, Alicia Hatcher speaks on what it's like in terms of academics, future opportunities, and relationships.

Alicia Hatcher, a graduate student pursuing a PhD in the Rhetoric, Writing and Professional Communication program within East Carolina University's English Department is in her fourth and final year of the program.

Hatcher is an instructor within ECU's English Department and carries out several responsibilities that would normally be found among a professor's day-to-day schedule. She structures the course, creates the syllabus, responds to emails and incorporates things she deems essential to a student's education.

"I am the instructor for the course, I am the instructor of record."

Hatcher said. "I create the syllabus, and the syllabus is relatively standard but I add you know, the things that I feel are an essential part of our learning

environment."

Before Hatcher chose to attend graduate school, she was teaching full time at a community college. She said by being an instructor along with her graduate school program, she is able to receive financial assistance with her tuition and health insurance.

Hatcher said the financial assistance was pivotal in her decision to attend graduate school. She said when she found out ECU had a program that would help cover tuition and health insurance, she realized this might be a way to receive her desired degree without acquiring more debt.

"The fact that grad (graduate) school was going to cover my tuition and my health insurance, those were pivotal in me making the decision to actually do this," Hatcher said. "I've wanted to do it, but I just didn't want to incur any additional financial costs in order to get to do it."

Hatcher completed the required coursework for her program within the first two years, though she said the act of being both a student and an instructor is challenging and overwhelming, especially in the beginning.

However, Hatcher said the other professors within the English Department understand the challenges and overwhelming feelings that come with the program and work to help everyone succeed.

Hatcher's goal is to be able to use this degree as a stepping stone for her career. Although Hatcher is not new to teaching, her direction is to engage in scholarship, immerse as a scholar and be able to tie those together in her future teaching.

"That's it for me is to be able to tie all of those parts of me together and then find the right university

or the right school where they value both your teaching and you as a scholar," Hatcher said.


When she reflects on her goals, Hatcher believes her position as an instructor plays an important beneficial role in her career. She said when she looks at the work she produces and the feedback she receives, she sees how these experiences shape and prepare her for the next step.

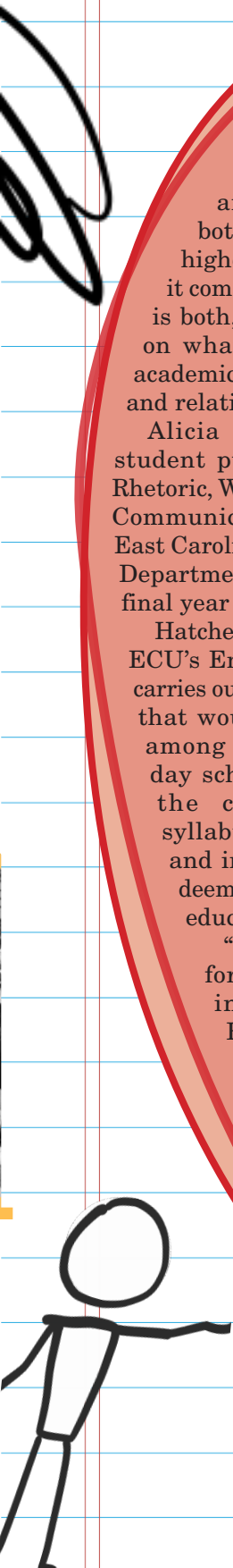
COVID-19 has brought many changes to campus life and the way most courses are originally delivered. Hatcher said because student instructors always face a balance between their teaching and other class requirements, it is important to figure out how to make sure the students have everything they need.

"We're all navigating these very challenging waters, these new waters the best way we can," Hatcher said. "It absolutely gives us these additional layers of strength, of perseverance."

By being an instructor as well as a student, Hatcher said it allows her to relate to her students at a student and coursework level. She said this is something she appreciates most is to be able to have that student to coursework relationship with her students.

Hatcher said her position is an essential part of who she aspires to be as a scholar and if she didn't have the people here within her program she doesn't think it could happen.

"My favorite thing about teaching is the fact that, you know, I'm able to relate to my students and I think that they can relate to me," Hatcher said. "I think that's a vital part of any kind of student-teacher relationship." 





Make Yours Happy

By **Cayla Menges**
Photos by **Zoe Lukas**

THE OLDER I GET the more I find myself reflecting on past experiences. Not every life experience is bad; I have taken steps in life that would not have made me the person I am today. Many experiences of which have brought lessons and hidden blessings. However, through each of life's difficult endeavors I find myself picking up the pieces and starting again.

I have been a hopeless romantic since I could pick petals off a rose. "He loves me, he loves me not," I said in my head as I flipped through boys like pages in a phonebook. It wasn't until I entered college that I valued romantic relationships as I saw everyone around me smothered in love. I sought for the feeling of happiness and bliss through any open door. I wanted to be lost in love, not lost looking for love.

It wasn't until I experienced a sour romantic relationship that made me reevaluate my willingness to fall in head first. Love knocked on my

door unannounced in hopes to stay and I let love inside. By no means was my experience of love with this person in a relationship regretful; it wasn't pleasant, but it taught me how to prioritize myself and learn my worth.

To make a long story short I had been through the ringer as I was cheated on multiple times by an unfaithful man. I knew enough to not let that happen, which led to the ultimate demise of our relationship. Heartbroken and defeated, I found myself without a companion and few shoulders to cry on. I had my close girlfriends but it is hard to share traumatic experiences with others if you haven't coped with them yourself. I knew in order to pull myself from this funk I needed to rebrand myself.

I spent days on end nestled in the corner of my living room with old books I had neglected for months and nothing but time to kill. My passion to read grew as I found a used bookstore in town that



⤴ *Zechariah Felton, senior, relaxing and enjoying his new hobby of playing guitar*

carried thousands of genres. I'd like to think I became a regular as I roamed the stores' bookshelves for hours in hopes of my next great read. It wasn't until I found the cookbook section that a new love emerged.

According to my long time family friend I had told her at twelve years old I would grow up to become a baker and own my own bakeshop. I had no desire to bake or step foot in the kitchen then and it remained the same way until I reached college. For fun I picked up a cookbook one day and went home to read; Hershey's Chocolate Lovers was my cookbook choice as I had soothed my broken heart with candy up to this point. It wasn't until I mastered every brownie recipe in the cookbook that I realized 'maybe I have a knack for this.'

That year for Christmas I was given a KitchenAid Stand Mixer, and for myself I had peaked. I spent day in and day out perfecting the art of cooking and baking. I found comfort in

watching food come to life as I threw flavors together on a stovetop. It wasn't until I questioned myself that I realized I loved baking because I felt in control. When I felt as if life was ahead of me, I could step into the kitchen and meticulously measure flour, sugar and cocoa knowing the outcome would be on my part.

Maybe those hobbies are of no interest to you. People chuckle when I tell them about my two passions in life; writing and cooking. My roommate has no desire to whip up culinary masterpieces but found peace in Yoga. She said Yoga calms her anxiety and clears her head when she needs to step away. A fellow coworker has found a love for plants and the exuberance of life they bring to a home.

A broken heart doesn't have to be the reason behind to develop new hobbies. Maybe you've found yourself with more time in a day or want to explore a new avenue. You don't have to be sad to find ways to make yourself happy. 🎧

WHAT

TV SHOW

ARE YOU

By Brendan Cavazos



Comedy, romance,
or suspense?

Suspense

Morning
person or
night owl?

Night

AHS

Morning

Grey's Anatomy

Romance

Where do
you prefer
to travel?

Beach

Outer
Banks

Mountains

What's your favorite
food?

Pizza

Rick &
Morty

Chili

The Office

Cheeseburger

Spongebob

Fav
color?

Blue

The Bachelor

Red

Euphoria

Comedy

Romance

Suspense

Morning
person or
night owl?

Night

AHS

Morning

Grey's Anatomy

Beach

Outer
Banks

Mountains

What's your favorite
food?

Pizza

Rick &
Morty

Chili

The Office

Cheeseburger

Spongebob

Fav
color?

Blue

The Bachelor

Red

Euphoria

You can register
to vote now
using your
campus address.

You can vote early.

You can vote by mail.

You can vote
on Election Day.

Go to voteamerica.com/students

Vote
America

VoteAmerica.com

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