

WHAT'S THE HOWL?

May 2023

Pitt County Schools Early College High School

Volume 1 Issue 3

JOB OPENINGS

Sawyer's Fun Park

Contact: <https://tinyurl.com/2p89mw7k>

Taco Bell

Contact: Apply on [indeed.com](https://www.indeed.com). Must be 16 or older.

VOLUNTEERING

Greenville Food Bank:

Contact: <https://foodbankcenc.org/get-involved/volunteer/>

School Food Drive

Contact: Homeroom or AVID Teacher Until May 12, 2023

A Unique Perspective on a Unique Position

Caleb Spruill

People often say that the best things come in small packages. Bernetta Bradley, counselor at Pitt County Schools Early College High School, has a love for the small. “My career has always been at small schools, so when this opportunity came up, I jumped on it,” says Bradley. Throughout her career, Bradley has worked across the east coast of the United States involved in many positions within school systems. As an academic advisor in undergraduate admissions at New York University is where she first found a love for working with young people. Bradley then worked at J. H. Rose High School for nine years before joining the early college program as a counselor. She describes that her love for the small nature of the early college extends from her past employment at colleges like NYU.

Bradley says counseling students has become her passion. She states, “I provide counseling services, both individual and group counseling. I wear many different hats because being a school counselor at an early college is different from being a counselor at a traditional school.” While Bradley mentions stressors like due dates, orientations, family meetings, and student safety, she says, “I truly believe [school counseling] is my purpose.”

“As a person who helps people everyday, I want to help everybody, but before you can help everybody, you have to help yourself,” Bradley states, referring to her biggest personal struggle. She wants students to know that she is human, has real feelings, and has to ask for help sometimes. “For me, the



Ms. Bernetta Bradley

struggle is knowing when not to give,” Bradley says, “and knowing how to say ‘no.’”

Throughout her time working as a school counselor, Bradley has tried to shine a positive light on all students. She describes her experience with her own school counselor by saying, “It was my school counselor and how she made me feel, which was bad, that led me full-circle to this position... She was very discouraging and not very helpful.” Bradley’s experience working in schools feeds her love for helping young students.

Bradley encourages students to “reach out and do not keep problems to yourself.” She notes that her door is always open to any student who needs help, advice, or just someone to talk to. Bradley mentions that there are great benefits to simply talking about your struggles to someone who is willing to listen. She states, “Do not keep secrets. Secrets are what kill, both figuratively and literally.”

Bradley’s life with an unhelpful school counselor and amazing job working with students has led her to working at the early college assisting students with their everyday needs. Bradley says, “I want to be the best counselor I can be.”

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Gabriela Washington and Morgan Harvey discuss whether or not Taylor Swift gets too much credit.

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HOWLING NEWS

Messages From Graduating Seniors

Jordan Emerson and Caleb Spruill

The Pitt County Schools Early College High School is an accelerated program for students eager to obtain a college degree, but a non-traditional school experience comes with a lot of questions. Who better to ask for tips than seniors who are graduating from the program? Caleb Spruill and Jordan Emerson sat down with three graduating seniors to get their thoughts on early college and their advice for students.

Courtney Castellow is an established member of the super-senior cohort. She says that she is the first early college student to complete the degree program she is a part of. Castellow has also taken on the position as vice president of the Pitt Community College Student Government Association. She explains, “my role as PCC SGA Vice President is to be the student body’s voice and to represent our college both locally and nationally.” Castellow attends meetings and conferences with PCC staff and other students “to improve student life.” She explains that if other early college students wish to join the PCC SGA, they must be a graduating senior, fill out an application, and speak to the SGA advisor, Mrs. Ruffin.

Castellow reminds upcoming graduates that “education is important but not every aspect of your life has to be serious.” Castellow states, “I have grown academically and personally during my time here by learning how to prioritize but also what in life and school is worth stressing over.” She wants early college students to “not be afraid to have fun and enjoy life.”

Joslyn Russell is the current student body president for the super senior class and identifies the position as one of her “proudest accomplishments” at the early college. She has spent hundreds of hours volunteering within her community and

leading other students to success. According to Russell, “One of my favorite parts about my leadership role in SGA is how I get to teach a bit about what service means to myself, what it should mean to our officers, and how we can find ways to give back in our community.” She explains that students who are interested in participating in SGA should speak with officers like herself who know about the election process before applying when applications come out every fall.

Russell states, “[Leadership] is about wanting to be present and dependable, cooperating with others, treating who you are leading with kindness, and having a passion for whatever you are doing.” She will harness her leadership skills this fall by transferring to Western Carolina University where she will minor in the skill.

Catherine Jones currently serves as the president of the PCSECHS branch of the National Honor Society. According to Jones, “The National Honor Society is an accredited organization that promotes and recognizes students for their exceptional commitment to scholarship, leadership, service, and character.” As the leader of the NHS, Jones controls group meetings, does scheduling, organizes service projects, and represents the society with pride. Jones advises all students who are eligible to join the society to seize the opportunity. She states, “Students in the club are provided with the opportunity to network with other members and alumni.”

Jones warns next year’s graduates of the college application process, as she says it “can be very overwhelming.” She recommends going ahead and creating a resume including job experience, volunteer work, and club activities. While Jones has a variety of these accomplishments under her belt, she expresses that she has “grown at the Early College in a way that I couldn’t have anywhere else.” She credits the sense of community at the Early College for allowing her to grow.

As stated by the interviewees, students must learn to slow down and enjoy the little things instead of focusing all of their energy into school. However, they explain the importance of still taking school seriously and working hard to be successful. Being able to find a balance between school and life may be the key to success.

PCC AND EARLY COLLEGE EVENTS

Graduation Party on the Yard

When: Monday, May 8th at 11AM

Where: Whichard Lawn

PCC Graduation

When: Tuesday, May 9th at 7PM

Where: ECU Minges Coliseum

Early College Graduation Practice

When: Wednesday, May 24th at 4PM

Where: The Pentecostals of Greenville

Early College Graduation

When: Thursday, May 25th at 10AM

Where: Greenville Convention Center



HOWLING OPINION

IMPORTANT SCHOOL DATES

PCC Spring Classes End
Monday, May 8th

Teacher Appreciation Week
Monday, May 8th through Friday, May 12th

Early College Exam Week
Thursday, May 18th through Tuesday, May 23rd

PCC Summer Classes Begin
Tuesday, May 23rd

Make-Up Exam Day
Wednesday, May 24th

Discovering True Self-Love

Viviana Gardner

Self-love is commonly defined as “regard for one's own happiness or advantage”. In modern times, it has become a topic with increasing popularity - but with all this buzz, there's bound to be some sort of discourse. When people take the term “self-love” and mask it with egotism or inversely, take the term “self-love” and try to paint a picture of unrealistic perfection, the problems begin.

The act of loving yourself to an unhealthy degree is commonly known as narcissism. The crossing of the line starts when one begins to consider themselves above others, disregarding their own flaws and pointing out the shortcomings of others to make themselves seem greater. Egotism is the foundation of a harmful cycle of toxic love that can drive others away, while also giving the person a twisted sense of self-love.

The lack of self-love can show itself in many different ways, but it is commonly thought to be the act of not showing one's self any sort of respect or having low-self esteem. Many people who have low-self esteem view themselves as inadequate and commonly point out their personal flaws while not acknowledging their strengths and disregarding other's faults. This can lead to someone viewing themselves as “less than” which can lead them to hurting themselves or others hurting them.

It is important to never forget that achieving perfection is not possible, so you should never let the idea take control over your ambitions. While aiming for perfection, people can lose sight of why they do what they do. It is important to keep in mind that everyone's path to self-love is different - some people may be further ahead than others, but that's okay! Nobody's path is straight, nor is it perfect. They are all important, however, because they will both put the individual in a position where they are not susceptible to feelings of inadequacy while straying away from the “holier than thou” mindset.

While we've discussed the basis around the negative forms of self-love, or lack thereof, the question still remains. How do I achieve true self-love? While there are

many different ways to achieve this, the basis of these methods is to begin the journey of understanding and building a relationship with yourself. Ask yourself about the values and qualities that you hold within yourself while appreciating them and seeing what you can improve upon your flaws. After you reach a level of understanding with yourself, you could begin trying to be more mindful and take time for yourself. You could do this by taking up or revisiting hobbies, meditating, exercising, keeping a journal, and practicing any spiritual beliefs that you may have.

Overall, finding the balance of self-love can be challenging. While trying to avoid the negative aspects of toxic self-love, you will also have to take the difficult journey of finding and loving yourself. It's never easy, but know that the rewards of your labor will be wonderful. High levels of self-respect, a deeper sense of self-understanding, and a resolute belief in yourself are just a few of the amazing aspects that can come from this journey. Through this, you can hopefully avoid the unpleasant forms of self-love and come to learn and take care of yourself while reaping the benefits of it.



Madison Jacob and Jaelah Wilson at an SGA Event

Technology is Preventing Self-Care in Teenagers

Temira Hutchinson and Edgar Romero

As technology advances, one would think people's ability to take care of themselves would be easier, as it "progresses" people's understanding of their anatomy; however, not all types of technology are improving people's self-care from a physical and mental perspective.

To recognize the negatives of technology and how it affects others' self-care technology are improving people's self-care from a physical and mental perspective.

To recognize the negatives of technology and how it affects others' self-care mechanisms, people have to understand what it means to take care of themselves physically and mentally.

According to the University of Toledo, examples of physical self-care include daily exercise, eating healthy, efficient sleep, skincare, meditation, body care, drinking water, and daily hygiene. On the other hand, examples of mental self-care include staying positive, setting goals, having good self-esteem, confidence, etc.

Technology often hinders these types of self-care. Being on technology, such as social media, affects what we do throughout the day. Jack Turner, deputy editor for Tech.Co, states, "Technology affects almost every aspect of 21st century life, from transport efficiency and safety to access to food and

healthcare, socialization and productivity. The power of the internet has enabled global communities to form, and ideas and resources to be shared more easily."

People spend hours upon hours scrolling through videos and pictures instead of getting up and taking care of themselves. In "Time Flies, Because We're Spending Almost a Quarter of Each Day Scrolling on the Internet," author Karella Vázquez states, "...on average, a person spends five hours each day with their necks bent downwards, dragging their fingertips across a screen." This lack of self-care usually occurs in teenagers, because they are more likely to get hooked on certain things. Instead of developing hobbies, teenagers tend to spend more time laying in bed rather than going outside and socializing.

COVID-19 is a huge factor that influenced these teenagers. Staying indoors became a new normal for developing teenagers.

Social media acted as an escape from all the negatives happening in the world. In "Why Teens Compulsively Use Social Media: To Hide From Reality," Rachel Cohen states, "My life looks better on the Internet than it does in real life. Everyone's life looks better on the Internet than it does in real life. The Internet is partial truths—we get to decide what



Dory Smith on her phone.

people see and what they don't. That's why it's safer short term. And that's why it's much, much more dangerous long term." Technology's availability has become wide open for people to use, which has negatively increased the use of technology.

If teenagers explore new interests, like learning how to play an instrument, or learning how to cook and bake, they would spend less time on their phones. Author Deanna Ritchie claims, "Activities like writing, making homemade items, or meditating can spark creativity and boost self-esteem." Hobbies give teenagers time off social media and inspire healthy interests that don't require any use of technology.

Restricting social media in healthy ways is another way to correct the problem. In "Why You Should Limit Your Time on Social Media", Frances Bridges states, "We may be sacrificing our mental health as well as our time by overusing social media, and inflicting needless stress on ourselves." Hopefully, technology will change for the better and fully develop into a safe, encouraging place for those who struggle with self-care.

WHAT'S THE HOWL? MEMBERS

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HOWLING ENTERTAINMENT!

PACK OPINIONS

What School Event Would You Like to See Again?

Renaissance Fair- 50.0%

Spirit Week- 22.7%

Prom- 15.9%

Winter Dance- 9.1%

Movie Night- 2.3%

What NEW School Event Would You Like to See?

Field Day- 43.2%

Free Day with

Activities- 22.7%

Game Night- 13.6%

Student Art

Showcase- 13.6%

Student Play- 6.8%

What is Your Learning Style?

Visual- 63.6%

Auditory- 2.3%

Read/Write- 13.6%

Kinesthetic

(Movement)- 20.5%

Which Resource Helped Your Learning Style?

Twilight- 54.5%

Tutor.com- 13.6%

TASC- 2.3%

None/Other- 29.6%

Taylor Swift: Is She Really Overrated?

Morgan Harvey and Gabriela Washington

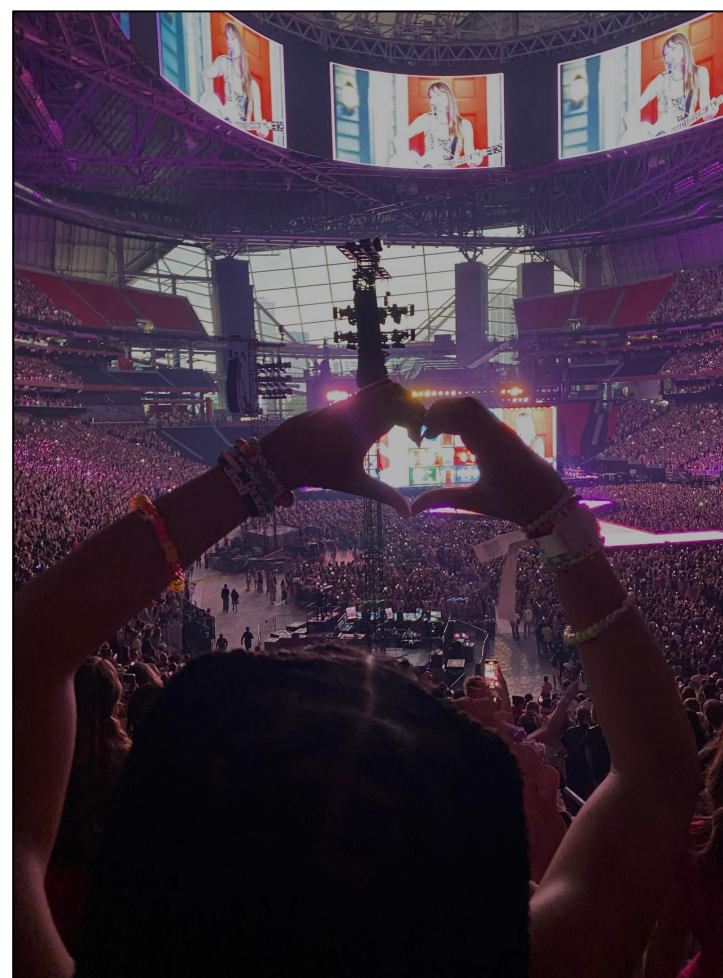
The debate on whether or not Taylor Swift is overrated has been a popular debate for years. It is okay to say her music is overrated, but to discredit her talent is a disservice to her. Her music can be listened to in different phases of your life. Music is a way to escape and express yourself. Swift writes songs that are not only relatable on a baseline level, but also help people escape, and realize they are not the only ones who feel this way. If a musician appeals to the media and the media willingly listens and boosts/enjoys the music, that is not overrated – it is popular. Social media likes to pit women against each other when they are not in the same category of success. You cannot compare lyricists in different genres and expect them to have the same talent. Swift knows what sells when it comes to her audience. Most people say Swift's music caters to teenagers, so it is not shocking news that she is popular amongst teens.

Swift has a total of 13 albums that date all the way back to 2006. Since the release of her debut album, "Taylor Swift," she has only grown higher in likeness and popularity. People love someone they can relate to and share experiences with. This is how Swift gained popularity amongst the younger generations—her personality. Her music crosses different genres and emotions. Each album portrays a different emotion that can range from melancholy to upbeat! She keeps the fans entertained by hiding "easter eggs" in her songs. This is a tactic used to hint at new music, rerecordings, and insight into her career plans. In Swift's most recent album, *Midnights*, she talks about love, nostalgia, growth, and emotion. This album is a mix of relatable songs and upbeat songs quite like her other albums. The album shows vulnerability and talks about the pain everyone experiences in a subtle way. *Midnights* is an album of sleepless nights thinking about past experiences that cause you pain and joy. The *Midnights* album

outlines imperfections but also focuses on the beauty of ourselves as people despite our troubled past.

Her music is predominantly popular with teens, but according to a survey Forbes conducted, 53% of adults in America are fans. Swift's expression through songs isn't about her fabulous life as a rich person. It is about love, happiness, and regret. The song "Paper Rings" on her seventh album *Lover*, she sings about loving someone so much that none of the preplanned or perceived things matter because of the love you have for that person. Later on in the song she uses metaphors to show how devoted she is to her love, saying "In the winter, in the icy outdoor pool/ When you jumped in first, I went in too/ I'm with you even if it makes me blue," meaning that she's going to stick by this person through thick and thin. On Swift's eighth studio album, *Folklore*, her song "The 1" reveals feelings of regret about a past relationship.

Swift ranks #2 on Spotify, and hones in 85,063,860 monthly listeners globally. Just this year, she set the highest attendance rate for a concert at 69,000. She even won a Grammy for her short film "All Too Well," the ten-minute version that she wrote and directed. So if you honestly believe that Swift is overrated, that's fine, but her musical talents are what make her so popular and have earned all of her accomplishments.



Morgan Harvey at Taylor Swift's Eras Tour in Atlanta, Georgia.

How Disney Stars Become Pop Stars

Jordan Emerson

Have you ever wondered how the teenage Disney stars of your childhood suddenly became pop stars? What caused Hilary Duff, Miley Cyrus, and Olivia Rodrigo to go from acting in Disney TV shows to becoming pop sensations? Olivia Rodrigo may be the newest example, but artists like Dove Cameron and Sabrina Carpenter have been rising to the top of the charts as well. To understand this pattern of Disney-turned pop stars, it is important to look back on Disney's past relationship with the music industry.

It all started in the early 1990's. "The All New Mickey Mouse Club," a Disney show that ran from 1989-1995, is where Britney Spears, Justin Timberlake, and Christina Aguilera made their first big appearances. Surprisingly, none of them were featured for very long because of the show's cancellation. In her article "Inside The Disney Channel Popstar Industrial Complex," Alexandra Fiorentino-Swinton says that Disney suffered a "devastating loss" after canceling the show and letting the "child talent go untapped." However, it is clear that Disney learned from this experience moving forward.

Hilary Duff, perhaps best known for her role as Lizzie McGuire, starred in multiple Disney shows and films while releasing her album *Metamorphosis*, and it was a big hit. Pop culture YouTuber Patrick Cc: argues that this is when the people of Disney came to a realization: they could create a formula to get these teen actors to become pop sensations. In his video "The Popstar Factory: Manufactured by Disney," Patrick Cc: says, "once [Disney] received that massive success on Hilary... the talent scouts at Disney turned up a notch." Hilary became the "blueprint" for the next generation of talented teens growing into major music artists.

However, the purpose of this process was not just for these teenagers; Disney knew it could make a lot of profit from this. In her article "Like the Stars It Launched, Hollywood Records Has Grown Up, Too," Melinda Newman points out that Disney owns two record labels:



Disney's "Ultimate Hits Vol. 1 & 2" on Vinyl

Walt Disney Records and Hollywood Records. Some of the teens first signed with Walt Disney Records to release soundtracks from Disney channel shows. Then, they signed with Hollywood Records, which focuses more on individual artistry. This pattern can be seen with Miley Cyrus, Demi Lovato, and Nick Jonas just to name a few. Between these two record labels, Disney majorly cashed in on these up-and-coming artists. Disney originally missed this opportunity with "The All New Mickey Mouse Club" stars, as none of them were signed to either label, but after Hilary Duff, this became Disney's winning formula in the 2000's. This begs the question: what does this pattern look like today?

The truth is, times have changed. The audiences that loved Hilary Duff, Demi Lovato, and other Disney stars have all grown up, along with the artists themselves. Today's world looks completely different from the 2000's. At that time, Disney+, TikTok and other forms of entertainment did not yet exist. This changing media climate forces Disney to change its strategy, turning to streaming services and new social media platforms to form the next generation of pop stars. A glaring example of this is "High School Musical: The Musical: The Series"

with Olivia Rodrigo. The Disney+ series set Olivia Rodrigo up for a big success with her debut album titled *Sour*, which took the charts by storm in 2021. However, for this album, Olivia did not sign under any record label owned by Disney. Patrick Cc: theorizes in his YouTube video "The Popstar Factory: Manufactured by Disney" that Disney could have a "for-life contract" on artists like Olivia, meaning that it does not matter what label she signs to because Disney will gain a percentage of the profit anyway. This could also be the case for artists like Dove Cameron and Sabrina Carpenter, who are releasing music under different labels.

Regardless, Disney is a gateway to making it big in the music industry. Disney has a web of connections and talent scouts who will search for the next up-and-coming pop stars from its actors. Disney will combine the popularity of the actor with current trends and good music to essentially create a pop star. Disney has done this in the past through the use of their record labels. Say what you want about Disney's system of turning teen actors into pop sensations, but one thing is for certain: it *works*. It has been seen time and time again, and it is very possible we continue seeing a similar pattern in the future.

Book Recommendations and Reviews

Christiana Moore and Gabriela Washington

Gabriela's Book Recommendation:

The novel *The Twin* written by Natasha Preston follows the main character, Ivy, whose mother has just died. Ivy, who has lived with her dad ever since her parents divorced, now has to adjust to her twin sister, Iris, moving in. Since their mother's unexpected death, Ivy notices Iris has not mourned, and anytime Ivy brings up their mom, Iris becomes annoyed and brushes it off. Iris is a perfectionist, and although she gets a therapist to help her, she seems to push herself more and more. Since Iris has come to live with Ivy and their dad, everything from home to school and extracurriculars has changed. Ivy notices how affected Iris seems to be and tries to connect, but Iris distances herself and tries to blend into her new normal. I recommend this book because it's a quick read and the suspense keeps you intrigued the whole time.

Christiana's Book Review:

Do you want a good story that keeps you on your toes? *Something Good* by Vanessa Miller does just that. The story is about three women all connected by a horrible tragedy. Alexis Marshall, wife of a famous and rich business mogul, seems to have it all together, until she doesn't. Marshall was involved in a car crash that was

detrimental to her and her family, but it was simply covered up by money. Over time, she begins to see her wrongs and starts picking up the pieces of her life. She starts to make right with things she once hid about herself to seem perfect. We are then introduced to Trish whose son was sadly injured and told he would never walk again. Her one motivation each day is to make sure she can put food on the table for her son, herself and her husband. With the recent quitting of her job, money begins to get tight causing a relationship strain between her and her husband. Her son begins to fall into depression. Everything seems to fall into shambles when an unexpected visitor shows up at their door. Marquita, a single, young mom who has no money, finally goes up to the child of her father, Jon-Jon. To everyone's surprise, a DNA test reveals that he is the father. Trish negotiates with her stubborn husband and they both agree that Marquita can live with them. This is a good read because three women become connected and search for the good in a bad situation.

“Welcome to the Pack”

Story by Malek Hadwan. Continue it Yourself!

Chapter 1: Janie's First Day

“The day starts drowsily, and I am barely able to get myself out of bed. It is my first day at the new early college high school, and I think it will be a very stressful day. I put on my clothes and went downstairs.

“Good morning, Janiey pie, are you excited for today?” my mom exclaimed.

“Yeah, I just hope that I can go to a traditional high school instead. I don't know anyone in this school. Also, it's such a small school that I don't think I will be able to make friends.” I replied.

My mom ignored my continuous pleas. She tried her best to get me away from feeling this way. So, she shifted the conversation.

“Today I have prepared your favorite breakfast, pancakes with drizzled chocolate.” I was excited and started to eat my breakfast. For a slight moment, I forgot about the day that was ahead of me. After finishing breakfast, my mom took me to school. And as the drive drew closer and closer, so did my anxiety. When we arrived, we were greeted by a well-dressed man with a white beard that looked a lot like Dumbledore. “Hello, everyone.” I heard a soft voice addressing us. We nodded and headed to our assigned classes. I sat looking around and wondered how this place could benefit me in the slightest. I started to see people who I have never met before entering the classroom.



Scan this QR code for more information!

“These are my new classmates,” I thought to myself. After about half an hour, The teacher closed the door and welcomed us. After introducing himself, he prompted us to do the same in front of the class. This added to my already intensified anxiety. I hate introducing myself to people I have never met. Their judgments always seem like a barrier. One after the other, students started to introduce themselves, some more strikingly than others. And then, came my turn,

“Hello, my name is Janie Neale, and I plan on becoming... a writer.” A peal of laughter was let out, however, the teacher was quick to address us, and told us to respect each other. He then went on to say that we are like a family, “Different Breed, Same Pack.” That last phrase really stood out to me, and for the rest of the day, I kept on wondering what this could possibly mean.

Artists’ Den

<div>“Precious pebbles”</div> <div>Malek Hadwan</div>	<div>“i wish i could change”</div> <div>Brielle Berkowitz</div>	<div>“Normal Washing Machines”</div> <div>Marlette Harrison</div>
<div>I am alone, I seeked them but they have turned me down, Until when will I keep to drown, I am scattered, Had it been glass it would have shattered. I have become a mere image, Am I nothing but a scrimmage? Have my kind forgotten me? Oh precious pebbles, hang on tight. O Mankind, were we not brought from the same root? Why have you become so brute? Why have you made me similar to a torn boot? Shame on you if that’s something you salute. Oh precious pebbles, hang on tight, There are still some who will come for your bright, Your struggle shall be seen, And everyone shall esteem, Your kind might have forgotten, But that's only because they have become rotten. Oh precious pebbles, hang on tight.</div>	<div>i sit in my room and stare at my walls searching for an answer this sorrow overtakes me it burdens me, hunkers down in my heart it shows every good into the darkness brings every hatred into the light it brings my soul, my person, my identity down with it. but it is a new sorrow, the type of sorrow you feel but cannot fix the type of sorrow that you search the silence for an answer to knowing what you find will never be good enough no cause. no fix. no reason. and when i feel this type of emotion, the raw empty sorrow unleashing inside me with no true cause and no true fix i ask myself what is wrong with me. why i can i never change i want to change. i need to. but i will always stay the same.</div>	<div>You may call me weird, you may call me strange, You may even say that I’m crazy, But who cares I’m unique Besides normal is just a setting on your washing machine You may think I dress strangely You may think I like odd things You may even think that I talk funny But who cares I’m unique Besides normal is just a setting on your washing machine I don’t care what you think I like being different and unique I’ve seen you try your best to act like others, so you can try to fit in But, you shouldn’t let others tell you what to be Cause normal is just a setting on your washing machine Everything changes constantly Seasons, weather, you and me Nothings normal, except the setting on your washing machine The setting on your washing machine So you think that I’m weird, strange, odd, unusual, and not normal Well guess what I don’t care I’m at least not pretending to be something else Cause I like myself just the way I am And I don’t need your approval to be satisfied Yeah! Cause normal is just a setting on your washing machine Yeah I don’t want to be normal and boring Instead I’d rather be different and be me Cause normal is just a setting on your washing machine</div>