

# WHAT'S THE HOWL?

March 2023

Pitt County Schools Early College High School

Volume 1 Issue 2

## DONATIONS

### Greenville Food Bank Donation Matching

<https://foodbankcenc.org/event/womeninfood/>

The Greenville Food Bank is matching donations up to \$193,000 to help women facing hunger crises.

## VOLUNTEERING

### Humane Society of Eastern Carolina

<https://www.hsecarolina.org/volunteer-jv>

### Ronald McDonald House

<https://rmhcenc.org/volunteer/>

## A Community Made With Love

Olivia Anglen, Vaughnessy Coffield and Caleb Spruill

Students Olivia Anglen, Caleb Spruill and Vaughnessy Coffield invited local female business owner Alison Yeung for an interview about her experience as an entrepreneur. The interviewers were interested in how Yeung's business went from being a solo venture of cake decorating to having five employees, teaching decorating courses and running bake sales from their physical location in Greenville, North Carolina.

Yeung felt the need for a transition from her career in maxillofacial surgery and opened her custom bakery called Made With Love in August 2020, at the beginning of the ongoing COVID-19 pandemic. She notes, "I realized that there was no reason to come home from my day stressed or unhappy. So, I made the decision to leave surgery and explore this other world that I knew I wanted to do something in, but [I] didn't know what."

In the beginning, Yeung operated her business on her own. She says, "It was just me, which is why there is a TV in the kitchen so that I had noise, and I usually had *The Office* on every day." She explains that working alone was hard, but through her effort in producing high-quality cakes, people began to notice her work. Yeung says, "A couple of people saw what I was putting out there in the world, and they contacted me for positions." Yeung is happy about her current employees, and because they found her, she knows they care about the quality of their products. "In the end, everyone that is here found me, sought out a position, and worked



### *Bags of Made With Love trail mix*

with the team."

Yeung identifies her first hurdle as understanding consumer trends that did not affect her prior career. She states, "I never realized before how businesses were affected by traffic changes during summers, holidays, and weekends because I never had to pay attention to it." However, her biggest hurdle took much longer to overcome. "I was a surgeon with a lot of responsibility," she says, "It was hard at first to figure out how to let other people do things because I have always done everything."

Yeung had a career that many would not leave. The pay was good and business would always come, but she was not happy. She took the chance to try something new at the beginning of a pandemic. When everything looked like it was failing, she was flourishing. She advises aspiring entrepreneurs that "if you have the opportunity to do something you are interested in, you don't have to be good at it, you just have to have a desire to be better."

## ➔INSIDE

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Morgan Harvey gives her opinion on the struggles of being a black woman in America.

### WOMEN SCIENTISTS

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Arianna Latimer and Emily Rorer discuss important female scientists throughout history.

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<https://www.pitt.k12.nc.us/domain/2985>

OR

Scan the QR Code Below:





# HOWLING OPINION

## UNITY POLL

**What Does Unity Look Like to You?**

A Mindset- 14.3%  
Physical Action- 4.8%

Both - 81%

**Do You Think Our School Represents Unity?**

Yes- 26.2%

No- 19%

Neutral- 54.8%

**Which Color Best Represents Unity?**

Purple- 50%

Beige- 19%

Cyan- 14.3%

Yellow- 16.7%

**Which Song Do You Think Best Represents Unity?**

"Lift Me Up" by Rihanna- 35.7%

"Freedom" by Beyoncé- 9.5%

"Alright" by Kendrick Lamar- 31%

"Glory" by John Legend- 23.8%

## Being a Black Woman in America

Morgan Harvey

Viola Davis once said, "The only thing that separates women of color from anyone else is opportunity." It often seems that doing everything right is not enough in the public eye. Black women have been viewed as promiscuous because they look different from the set beauty standards. These stereotypes and standards are absurd and detrimental to the mental health of black women. Because of expectations set by society, they often neglect themselves and do not feel comfortable in their skin.

Society holds black women to unrealistic standards to make them into something they are not. Being a black woman in today's society means working twice as hard to get the same opportunities as your white counterparts to showcase who you are, whether this is in the workplace or the media. In the workplace, wearing natural hair is seen as unprofessional, but when their hair is pressed to perfection, they suddenly gain an ounce of respect. Issa Rae in an interview with Essence magazine says, "For black women, I tend to find it harmful that we have all the burden on our shoulders, to uphold this specific image." It can be tiring to keep up with the high expectations they are pressured to follow. Oftentimes black women have to deal with structural biases and still are expected to keep up a certain image.

Society views the black woman as strong considering all the biases they have to face. In "How the 'Strong Black Woman' Identity Both Helps and Hurts," Kara Manke says, "... [I]n the face of high levels of racial discrimination, some aspects of the superwoman persona, including feeling an obligation to present an image of strength and to suppress one's emotions, seemed to be protective of health, diminishing the negative health effects of chronic racial discrimination." This persona can cause black women to alienate themselves when having mental issues because they have to be strong and independent. In her article "How the Expectation of Strength Harms Black Girls and Women," Seanna Leath says, "Black women's mental illnesses often go undiagnosed due to issues of stigmatization..." Black women may avoid

seeking treatment for mental health concerns for fear of being considered crazy. Avoiding treatment causes their mental health to further decline. According to the article "African American Women's Beliefs, Coping Behaviors, and Barriers to Seeking Mental Health Services," "[M]aintaining the image of the self-reliant Black woman might delay or hinder treatment seeking among African American women."

Being different is one thing, but looking different from the beauty standard the world has painted is another. European beauty standards cause black women to become uncomfortable in their skin because they do not have those idealized features. Instead of embracing their curls and uniqueness, black girls perm their hair to make it more "manageable" and straight. In an interview with Allure magazine, Judith Jarret states, "Because I perspire a lot in my head, my hair gets tangled. And it's hard to manage. It gets puffy; it's all over the place. And I hate that look," she says. "I decided to go back to perms which is much easier to handle."

The media plays a role in these standards by not providing enough diversity in commercials, advertisements, posters, etc. The world's acceptable version of a black woman is light skin with straightened hair or loose curls. This damages the viewpoint of black women on how they look, leading them to change themselves. In the article "#BlackGirlMagic: Impact of the social media movement on Black women's self-esteem," Jadesola T. Olayinka, Mona A. Gohara and Quincy K. Ruffin states, "Black women's attributes are traditionally rejected by mainstream beauty industries, often deemed masculine and undesirable, while European aesthetics are set as America's standard of beauty." Black women go through many difficult things in life but still manage to be excellent and rise above the stereotypes. Being a black woman in America is a daily battle. What makes black women so special is that they are different from the rest and are much stronger than anyone on the outside will ever comprehend.



# HOWLING ENTERTAINMENT!

## Women Scientists

Arianna Latimer and Emily Rorer

Science is important in every function of life. Today, all people are encouraged to get involved in science, whether in school classes, STEM camps, or home exploration. However, there was a time when men—specifically white men—dominated every field. Women were first not allowed, then strongly discouraged, to be anything but loving housewives. Women in science is a relatively new concept. What cannot be disputed is the significant impact many women have had on our world through their contributions to science. Below you will find just four of the thousands of women who have not only defied social norms, but enhanced our view of the modern world.

**Flossie Wong-Staal:** Born on August 27, 1946, in China, Flossie Wong-Staal is most famous for her virology work. She was the first scientist to discover and clone HIV. She was the reason we figured out that HIV was the cause of AIDS. She passed away on July 8, 2020.

**Alice Ball:** Alice Ball was born in July of 1892 as the third child and first daughter in her family. She was the first African American and first woman to graduate with a Masters degree from the University of Hawaii. She then went on to become the first female chemistry professor at said university and found the most effective treatment for leprosy up until the 1940's. She died in 1916 at the age of 24 after suffering from illness during her research.

**Mayly Sánchez:** Mayly Sánchez was born in Caracas, Venezuela in 1972. Her early love for astronomy prompted her to study physics. In 1995, at the age of only 23, she earned her BS in physics from Universidad de Los Andes and went on to earn her PhD in 2003. As a postdoctoral student at Harvard, she worked in experimental physics. Most of her research was centered around neutrinos (a type of subatomic particle). Sánchez's research is part of the Long Baseline Neutrino Experiment, which aims to discover whether neutrinos violate the fundamental matter–antimatter symmetry of physics (you can Google that if you want). She works as a professor at Florida State University and also mentors young women in science fields.

**Annie Easley:** Annie Easley was born in Birmingham, Alabama, in 1933. She worked with NASA as a human computer beginning in 1955. Eventually, Easley learned to program computers and worked on many of NASA's programs. Her work was important in the development of the Centaur upper-stage rocket. She became an equal employment opportunity counselor and handled issues involving race, gender and other discriminatory complaints. Annie Easley retired from NASA in 1989. She died in 2011 in Cleveland, Ohio.



*Amiyah Alexander, Ashira Daniels, Daesha Duenes, Harmony Webb, and Nakyla Jennette perform experiments in biology.*

### LOVE POLL

What is Your Love Language?

Physical Touch- 52.4%

Words of Affirmation- 16.7%  
Quality Time- 26.2%

Acts of Service- 4.8%

Receiving Gifts- 0%

Have You Ever Fallen in Love?

Yes- 47.6%

No- 31%

Maybe- 21.4%

Do You Believe in Love at First Sight?

Yes- 21.4%

No- 42.9%

Maybe- 35.7%

Which Song Best Reminds You of Love?

“Love On Top” by

Beyoncé- 23.8%

“pov” by Ariana Grande- 19%

“Thank God” by Kane Brown- 4.8%

“I Will Always Love You” by Whitney Houston- 52.4%

# Black History Book Review

Christiana Moore

Celebrating Black History can be expressed through many different art forms like music, dance, food, and most famously, writing. Writing is one of the most influential parts of Black culture by showing the trials and triumphs that we as people have overcome. Writing has allowed a way for writers to escape the dangers that they felt and run into an imaginary place where they could be bold, loved, and accepted. Angel of Greenwood is a perfect book to celebrate this month.

The setting takes place in the 1920’s in sweltering Tulsa,

Oklahoma, in a tiny community where they take care of one another. The beginning of the story starts off by introducing Angel, who is known as the goody-two shoes at school. Many do not know that her life at home is hectic because of her father nearing his last breath. Isaiah lives only with his mom and is a well known trouble maker with his so called “friend,” Muggy. During the summer, both Angel and Isaiah needed summer jobs. Knowing each other only from rumors and school lies, they realized that each other were not so bad. Like every love story, one falls for another and

they begin falling deeper in love. Later in the story, they both realized that it’s not about what everyone thinks, it’s just about what you are passionate about. Unfortunately, because of a bad event, the city becomes corrupt, but it just showed Isaiah and Angel that more work needs to be done in the community. I rate this bittersweet story a 9/10, not only because it’s a love story, but because it shows the importance of each other and the satisfaction of when you are being yourself and letting go of the burdens holding you back.

## Artists’ Den

<b>“My Hair is a Beauty”</b> Caroline Madigan	<b>“Africa”</b> Jade Ham
My hair is my beauty It defines who I am My hair is like my emotions. It can change anytime, anywhere The hot summer sun can make it frizzy And the cold winter can make it chilly But it always stays the same color.  My hair is changing and getting thinner: But I am still a beauty The world might not accept it But I can My hair defines me and my emotions But it will always be red.	The motherland, Where humankind originated; Developed from resilience and flamboyance; Proudly protected by God and His righteous right hand.  In the land of Africa, The wealthiest people are found; Honoring the most powerful kings and queens; Guarding where gold is extracted, And collected from its ground.  Our amazing ancestors have gained an outstanding amount of prosperity, And still doesn't receive enough recognition, Hearing the essence of African culture shouldn't be a rarity.  The world tries its best to hide our magnificent background. Not even considering why our Black leaders have been crowned.  It is even us that don't realize the potential we have, and how great we can be... Challenged by our struggles, we can be blinded by our own powerful capabilities. Broken out of shackles and chains, Because we finally get to experience this euphoria of being free.  Our African history, Does not deserve to go unnoticed. We'll never be defeated; We know God will keep on helping us to declare our victory.
<b>“Unconventional Attractiveness”</b> Rashad May	
He is a comedic gentleman with a wider frame; A complexion that ranges from caramel to milk chocolate; A first glance you couldn’t guess his name; Sensitive, a single tear mimics a rain droplet; He’s not “perfect,” and unfortunately, he has been reminded why; Possessing a compassionate soul, he’s definitely unique; Sometimes kindness was taken for granted, which caused him to cry; He’s working to adapt his physique; A sweet person, shamed for his appearance; Knowing he’ll never be “perfect,” brings acceptance;	



# Artists’ Den (Continued)

<p><b>“A Mirror”</b> Martha Cenicerros-Segura</p> <p>my eyes adjusted to the light, and i looked up to the reflection in front of me i studied the complexion that stared back at me the piercing eyes that i called my own took me back to all the memories that they perceived time ago they took me back to each time i gained a new scar on my face they took me back to all the times i would apply the perfect mascara on the very eyelashes that i adored they took me back to the time i would put on the most precious jewelry that i owned all these experiences included one thing: <i>a mirror.</i> yet all those times that i stood looking at the mirror not once did i smile i found myself interrupted out of my thoughts i found myself staring at the same mirror i was a few minutes ago but this time, when i gazed back into the beautiful reflection in front of me <i>i smiled.</i></p>	<p><b>“Are Words Enough?”</b> Daesha Duenes</p> <p>I don’t believe there is a strong enough word or phrase to express how strongly I feel towards you. I could say I love you a million times, and it still wouldn’t surmount to the amount of love I carry for you. I could say that I miss you like the sun misses the moon, yet it still wouldn’t describe how my body yearns to be near you. I could say that I feel passionate about you, but even then it doesn’t define the fire that I feel burning up my fragile and cold heart. So I’ll just stick to holding your hand and trying to make you laugh with my dumb jokes and silly faces. I’ll stick to rubbing your back when you need comforting after a long and exhausting week. I’ll stick to giving you hugs and kisses when you ask for them. I’ll stick to running my hand through your hair while we lay together. I’ll stick to late night phone calls I’ll stick to reading you my favorite book so I’ll know you went to sleep okay. I’ll stick to looking at your eyes and remembering all of the beautiful memories we have together. I hope that this will describe how much I truly love you because sometimes words just aren’t enough.</p>
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Want to submit your work to be featured in a future issue of the newspaper? Email your submissions to [latimear@students.pittschools.org](mailto:latimear@students.pittschools.org)!

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