

THE JOHNSONIAN



Winthrop Counseling Services
803-323-2206

National Suicide Prevention Lifeline
1-800-273-8255 (English)
1-888-628-9454 (Spanish)

National Crisis Text Line
Text HELLO to 741741

Trevor Project Lifeline (for LGBTQ+)
1-866-288-7386 or text START to 678678

Trans Lifeline
1-877-565-8860 (English)
1-877-330-6366 (Spanish)

SC Mobile Crisis Response
1-833-364-2274

Anna Sharpe/The Johnsonian

The following are some options to call if you or a loved one are struggling.

How the pandemic has impacted suicide rates

Suicide rates during the 2020 pandemic are varied across socioeconomic groups and races

Bryn Smyth
smythb@mytjnow.com

Suicide rates nationwide in 2020 varied amongst races, ages and socioeconomic groups, according to a study done at Johns Hopkins School of Medicine in Baltimore, Maryland.

“The coronavirus pandemic has exacerbated racial divides in health care in numerous ways, and a new study reveals yet another: Suicides among Black people doubled during COVID-19 lockdowns, while suicides in white individuals were cut in half during the same period,” wrote Denise Mann in a US News article on the study published on Dec. 17, 2020.

People in lower socioeconomic levels experienced most of the hardships brought about by the pandemic. Being that lower socioeconomic classes are mostly made up of people of color, due to the racial divide in the United States, people of color experienced the most job loss, health problems and other pandemic-related obstacles during 2020.

And these factors resulted in higher suicide rates.

“I like to look at it from a demographic standpoint,” said Kwabena Sankofa, MS, EdS, PhD, a training coordinator and staff counselor at Winthrop University. “For African Americans, mostly, and also the Hispanic population, there is a lack of access to medical care...somewhere between 40 and 50 million people don’t really have access to insurance, so they can’t afford medical help, and the jobs that they do have do not provide that kind of a benefit.”

The stress that comes from a lack of job security and a lack of access to medical care can often result in mild to severe depression. This circumstance is most commonly found in people of color during the pandemic but has also been a common occurrence throughout history.

“Because of the history of Black people in this country, many fear getting involved in taking the vaccine. This is because of the Tuskegee University experiment,” Sankofa said. “That was an experiment on syphilis and African American subjects were part of the experiment and they were not told before and educated as to what was involved in this experiment and they got

sick, and it really affected their lives and their health, and it was a big deal.

“For a lot of African Americans, they don’t trust the vaccine so they are often the last ones to even try to get any kind of vaccination.”

Pandemic-related mental health obstacles reach far and wide when it comes to various demographics; there is a major overlap between people of color and young adults.

“When it comes to age, young adults with mental health problems are of concern,” Sankofa said. “Up to 75% of young adults starting from August of last year have been negatively affected by the pandemic...As for suicidal thinking or suicidal ideation, it’s young people again. 25.5% of young people are having thoughts of suicide.

“When it comes to ethnic groups, we know that those people who are at the low economic level are affected most by this whole thing and then the age groups [within the ethnic groups], particularly, young adults have it very difficult. When we look at differences between Caucasians, African Americans and Hispanics, we know the vast majority of Caucasians have means and resources to actually receive services.”

Suicide rates are currently at their highest amongst young people of color because many people in that category are tasked with navigating tight finances, lack of access to medical care and nuanced online education during a pandemic.

“For public school students and for college students...social distancing is huge,” Sankofa said. “We’re seeing students coming in to us, and one of the first problems that they have is not being able to get out there and be with friends and do activities together. That part of their lives has been taken away from them, and they have been finding that pretty difficult to deal with.

“As human beings, we are essentially social beings, and we find that with depression, one of the main symptoms is social isolation. From the moment a person withdraws, they start losing energy and gaining fatigue, loss of motivation and lethargy.”

Adjusting to online education has had a severe strain on mental health for many young adults.

▶ see [Suicide](#) pg. 2

COVID-19 vaccination sites begin distribution in Rock Hill

Various pharmacies and clinics have started the process to begin vaccinating Phase 1a individuals



Wren Brooke/The Johnsonian

The Galleria Mall is one of the many locations in the York County area that is offering the vaccine.

Chase Duncan
duncanc@mytjnow.com

Distribution of the COVID-19 vaccine is beginning to roll out at pharmacies and clinics across Rock Hill for eligible individuals in accordance with South Carolina’s Department of Health and Environmental Control guidelines.

A community vaccine clinic, organized by a combined effort from Piedmont Medical Center, SCDHEC and Rock Hill city officials, began operating at the Galleria Mall on Jan. 22.

Eligible individuals under SCDHEC’s Phase 1a grouping seeking to receive vaccination must file an initial request through the Piedmont Medical Center website, then await further instruction to register for vaccination through the Vaccine Administration Management System portal maintained by the Centers for Disease Control and Prevention, according to the Piedmont Medical Center website.

Piedmont Medical Center’s Facebook page said that appointments are “filed weekly based on the number of vaccine doses we expect to receive. When no additional appointments are available, patients will be instructed to check back online to schedule appointments as they become available.”

SCDHEC’s COVID-19 Vaccine Plan is organized into several phases intended to provide the maximum number of vaccinations while minimizing the mortality rate, according to the SCDHEC website. The current Phase 1a targets vaccine allocation for “staff and residents of nursing homes and long-term care facilities and people working in healthcare settings.”

“The overarching principle in Phase 1a is averting deaths,” reads SCDHEC’s “Phase 1A: Guidance for COVID-19 Vaccine Allocation” document. “For this initial phase DHEC recommends vaccinating healthcare providers and workers in healthcare settings. If these providers were to become sick and unable to provide to work, health care systems could become too overwhelmed to provide care, and mortality would increase.

“Other workers in healthcare settings who may be exposed to suspect or confirmed COVID-19 patients or infective materials are included in Phase 1a. However, administration of vaccines will need to be staggered within this first phase, depending on supply, facilities’ staffing resources, and vaccine

▶ see [Vaccine](#) pg. 2



◀ **Vaccine** from front

Wren Brooke/The Johnsonian

The Piedmont Medical Center is another location where the vaccine is being distributed in the York County area.

uptake.”

These guidelines also lay out that “Hospitals can begin vaccinating their admitted patients who are aged 65 years and older, as long as they do not currently have COVID-19 and a provider feels it is indicated for them.”

The SCDHEC guidelines for Phase 1a specifies some of the prioritized groups eligible to receive the vaccination, including mission-critical workers such as athletic trainers, chiropractors, dentists, dietary and food services staff in healthcare facilities, nurses, pharmacists, physicians and radiology technicians, among many others.

The guidelines note that all included groups within a phase are granted equal priority.

Large retail stores outfitted with pharmacies and healthcare workers such as Walmart, Sam’s Club and Harris Teeter have also committed to aiding in vaccine allocation and distribution as supplies become available.

The Harris Teeter website states that “limited quantities will be available in SC during the week of February 1, 2021,” with registration being available online to schedule an appointment.

Walmart Executive Vice President for Health & Wellness Cheryl Pegus has said Walmart expects to provide 10-13 million doses per month as supplies allow and outlined a plan to provide vaccination both in and outside of store doors, according to the Walmart website.

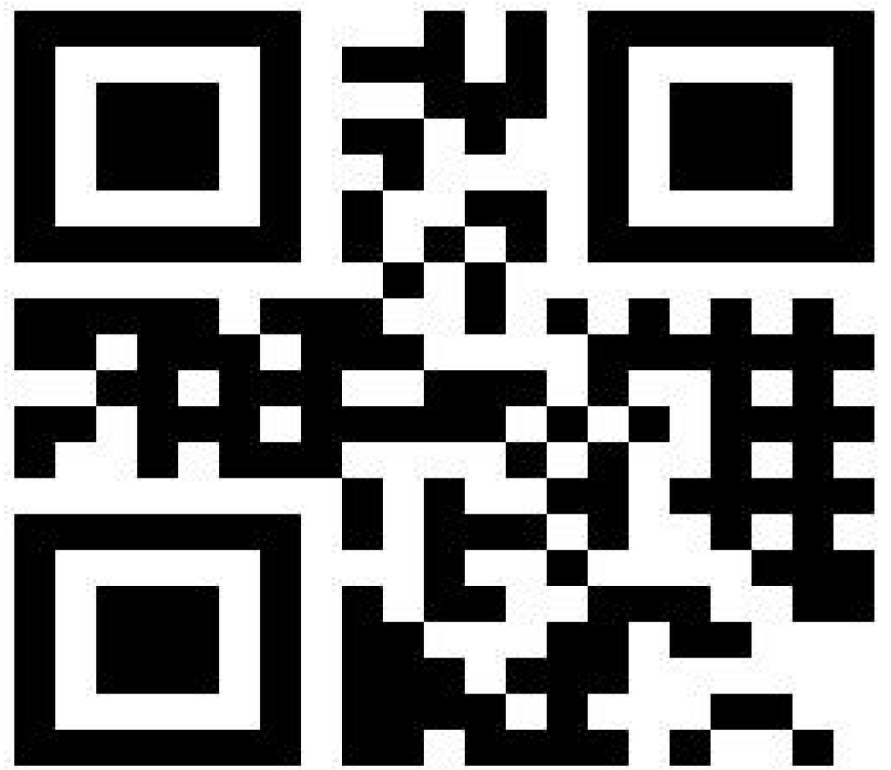
“The first [key area of focus for vaccine distribution] is what many term

‘health care deserts,’” a statement on the website from Pegus reads. “These are mostly rural locations where there are very few options for customers to find health care. We have nearly 4,000 Walmart locations that are positioned within one or more of the federally designated medically underserved areas or where there are limited pharmacy options.

“The second is through COVID-19 vaccination events in underserved communities. Walmart has the reach and the qualified, trained pharmacists and pharmacy staff to partner with community vaccination services at third party locations like churches, stadiums and youth centers.”

The CDC’s Advisory Committee on Immunization Practices is currently working to prepare the transitory stages for Phases 1b and 1c in South Carolina, according to the SCDHEC website.

To view our weekly COVID-19 data of the York County area visit our website by scanning the QR code below

◀ **Suicide** from front

“Our students are concerned with this new modality of virtual education, where they have to learn by computer from a distance, and they’re having a very, very difficult time with that,” Sankofa said. “For example, for college students, with this hybrid way of learning and the asynchronous type of learning, they get the material, sit in front of the computer and the professors are not there and it damages their mental health.

“They have to do far more work than they would normally do if it was in-person...College students are developing this feeling of being trapped because they’re all in their room and they feel like they are in a jail situation, because they don’t experience that sense of freedom.”

The pandemic has expedited the stages of depression for many people, mostly young people of color. In the span of 2020 alone, many experienced isolation that led to the development of negative self-image, then substance abuse, then hopelessness, then suicide.

“The negative feeling about one’s future and the world around him or her starts with the negative feeling about oneself. An example of this is, ‘I am worthless, I am totally a failure. The world is bad. Nobody loves me. I will always be like this. I will never get good at anything.’ Then their depression goes from mild to moderate to severe, then really severe,” Sankofa said.

“A large group of people who are suffering from depression or anxiety, and alcohol abuse, are people who have been exposed to these mental disorders before the pandemic. And the pandemic situation has exacerbated depression and it moved from maybe a mild or moderate case to more severe, especially when you take into consideration all the factors [such as] social isolation, feeling trapped and unemployment.”

Winthrop University’s counseling services did not see a significant change in the number of students who attended counseling during the pandemic.

“We are just about at the same rate of students that we’ve been seeing over the years and maybe even a little less,” Sankofa said. “Now the question is why?”

“First of all, privacy. They believe that they lose their privacy. Once they get involved in remote counseling, they might be in their room, on campus, or might be off campus with a roommate and privacy is so important...The other thing is sometimes the Wi-Fi is so bad that they can’t really make a true connection and they feel a sort of incompetence because they feel unskilled with using the technology.”

Because the pandemic has exacerbated mental health issues, many students find themselves less willing to come to counseling.

“Also, sometimes the more severe their problems are, the less likely it is that the student wants to come to deal with it in counseling,” Sankofa said.

According to the American Foundation for Suicide Prevention, suicide is the tenth leading cause of death in the United States. Suicide rates have been steadily increasing since 2009, with a significant spike in 2020.

For Winthrop University students who are experiencing negative mental health symptoms and/or suicidal thoughts, counseling services offers virtual appointments as well as group sessions. Call Health and Counseling at 803-323-2206.

Please reach out if you find yourself to be part of the millions of Americans whose mental health issues have been exacerbated as a result of the pandemic.

About The Johnsonian

The Johnsonian is the weekly student newspaper of Winthrop University.

CONTACT INFORMATION

Our offices are located in suite 104 in the DiGiorgio Campus Center.
Phone: (803) 323-3419
Email: editors@mytjnow.com
Online: mytjnow.com

LETTER POLICY

Letters and feedback can be sent to editors@mytjnow.com or by mail at The Johnsonian, 104 Campus Center, Rock Hill, S.C. 29733. Comments submitted online at www.mytjnow.com may be printed as letters and may be shortened for space and edited for clarity. Please include

your name, major and year if you are a student; your name and title if you are a professor, or your name and profession if you are a member of the community. Letters, cartoons and columns reflect the opinion of the authors and are not necessarily the opinions of The Johnsonian Staff.

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Police blotter

1/22-1/24

A roundup of crime on campus

Sarah Hassler
staff writer

On Jan. 22, the reporting officer was dispatched to a 7/11 on Cherry Road in reference to a suspicious subject. The complainant stated that there had been a homeless male chasing her and one other student outside of the East Thomson dormitory. After describing the suspect to the officer, communications advised that three additional calls had been made by other students regarding the same suspect. Communications advised that the subject had last been seen walking from East Thomson toward Walgreens. While patrolling the area, the officer was able to locate the subject who fit the description in front of the Walgreens store. The officer made contact with the subject, who had no Winthrop affiliation.

The officer attempted to question the subject on what had occurred on campus; however, due to the subject's mental state, the officer was unable to get any clear answers. At that point, RHPD was contacted and arrived at the scene. The R/O then advised Communications to run the subject's information through NCIC and the Trespass database. Communications responded, saying that the subject did not have any warrants, but he was on an indefinite trespass notice from the entire campus of Winthrop University. The subject was placed in handcuffs and told that he would be arrested and charged with trespassing and he should no longer return to Winthrop's property. The R/O then transported the subject to the Rock Hill Law Center for booking and confinement.

While processing the subject, the deten-

tion officer advised that they were not going to be able to take the subject into their custody due to the subject's mental instability. The R/O then transported the subject to Piedmont Medical Center for evaluation and clearance. While processing the subject with a medical examiner, it was determined that the subject would remain at the hospital for further evaluation and safety. The R/O transferred all of the subject's property over to the medical examiners for safekeeping.

On Jan. 24, the reporting officer was dispatched to Phelps Hall for a report of an assault. The officer made contact with Victims #1 and #2 and escorted them to the Good Building to be interviewed. Victim #1 stated that the offender, who is Victim #2's roommate, harrases her by asking her to "make out" with her and "eat her out," as well as trying to pressure her into other sexual acts. Victim #1 also stated that on Tuesday, Jan. 19, the offender had grabbed her crotch and said, "this is for Trump's last day in office." Victim #1 also stated that the offender often slaps her on the butt. Victim #2 stated that the offender would watch her undress and make sexual comments to her.

The R/O asked both victims if they wanted to press charges; they both stated that they did not, but they wanted the offender to stop harassing them. The R/O informed the victims that the incident would be referred to the Dean of Students, and he stated that he would talk to the offender and tell her to stop harassing them. The R/O then spoke to the offender and explained that he would be referring her to the Dean of Students and that she needed to stop harassing the victims.



Olivia Esselman/The Johnsonian

Renovations to York County's Ebenezer Park are drawing to a close after more than a year of construction. Some additions include a circular pier with shade structures, a new swimming area, and new basketball and sand volleyball courts.

Ebenezer Park renovations making significant strides

Renovations began in November of 2019 and are nearing completion

Bryn Smyth
smythb@mytjnow.com

Renovations on Rock Hill's Ebenezer Park were scheduled to be completed in the summer of 2020 but are still underway and nearing completion, according to Pat Morrison, park superintendent.

"We started [renovations] in November of 2019, and they were supposed to be done in August, so we're definitely behind schedule, but we do feel we're getting really close," Morrison said. "We're waiting to get a CO, a Certificate of Occupancy, and as soon as they give us that, we'll probably do a soft opening then maybe a grand opening as it gets a little bit warmer."

The park went under construction before the start of the COVID-19 pandemic and interrupted the

park's renovations, but only in the way of obtaining building materials.

"[The pandemic] did impact materials, but not so much from a workforce standpoint, but there were several delays in trying to get materials for certain things, so that definitely played into us being delayed in opening," Morrison said.

Ebenezer Park renovations include an 800-foot pier and a swimming area in Lake Wylie, picnic destinations, bench swings, a multipurpose building and multiple other attractions intended for land and water sports.

"This is gonna be the draw," Morrison said in reference to the pier that encloses a swimming area. "They dredged out, I think 2,200 cubic yards of silt built up over the years, so now our swim area is a little deeper. It

was more for kids then, but now we'll have a lot of adults who go out there and have fun now that it's much larger."

The new swimming area and scenic pier will be an attraction for not only Rock Hill locals, but for people in surrounding areas as well, especially for those who enjoy water sports.

"A common activity around here is boating of course...across the way, we added a new kayak and canoe launch because people would normally drag their canoes and kayaks down along this wall and put them in over here, but now they'll be able to safely launch them from over there," Morrison said.

"Then we added a few boat slips just to give us additional parking for boats and for people loading and unloading, so that will help with the crowd control stuff. And of course, we got picnic

tables where you can sit out here and enjoy a picnic right on the lake."

The Ebenezer Park property has been leased by York County from Duke Energy since the late 80s when the park only contained the picnic area, swimming area and a few other areas such as the Ranger Station.

According to a CN2 article, the "project total is \$4.6 million. Those funds came from hospitality taxes so there was no tax increase for residents. Leaders say the park is a great place for people to visit and they're looking forward to opening in the next few weeks."

Ebenezer Park is about a 15-minute drive from Winthrop University and it will make an excellent spot for students to engage in outdoor activities.

This week in politics: Should Senate Democrats detonate the nuclear option? Inside the fight over the filibuster

Elijah Lyons
copy editor

With the first reported cases of the South African strain of COVID-19 being documented in South Carolina, it is clear that a comprehensive vaccine rollout plan, funding for state and local governments and further economic stimulus are urgently needed.

But partisan ten-

sions continue to boil on Capitol Hill, threatening Republican obstruction of President Biden's American Rescue Plan. Debate rages over whether to break up the proposed aide in order to pass selections through the budget reconciliation process or whether to abolish the filibuster altogether.

At its core, the filibuster is a procedural measure that requires

most legislation to be passed with a 60-vote majority in the Senate, rather than the 51-vote simple majority—with the tie-breaking vote of Vice President Kamala Harris—that Democrats hold in the Senate.

In modern popular culture, the filibuster is often depicted as a single senator extending debate by ranting and rambling on the floor until the bill or

resolution at hand is rescinded or the amendments the senator proposed adopted. This theatrical occasion is actually quite rare, and the filibuster is often employed without such fanfare.

In practice, Senate debate does not require all sitting members to be in attendance, time restraints on debate are limited and debate can be extended

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r/WallStreetBets takes hedge funds head on

Internet forum users based on the website Reddit squeeze billions of dollars out of Wall Street billionaires and hedge funds. How'd it happen?

Chase Duncan
duncanc@mytjnow.com

GameStop, as well as other previously downtrodden stocks, experienced an intense surge after frenzied speculation and purchases by investors on internet forums such as r/WallStreetBets.

Several weeks ago, the GameStop stock sat at around roughly \$15 a share, with its expected prospects for the future being less than optimistic. The retail chain, GameStop, had been experiencing a downward trend in sales that only worsened with the COVID-19 pandemic. Over the few years, many outlets dedicated to video game journalism such as Polygon and Screenrant, covered the slow fallout of the company as stores closed and layoffs began.

This led to professional, primarily wealthy investors based in Wall Street, to engage in a practice called “shorting,” in which investors aim to gain a profit by predicting a stock to fall. This is achieved by borrowing a share in a given company at a price of say, \$10, and selling it to a third party for the same amount. If the stock falls as expected, the investor can buy back the stock they sold at a lower price and return it to the first party while keeping the profit, according to Investopedia.

This tactic is typically only viable for wealthy and accredited investors who can be trusted to be able to pay back the difference in the event that the stock rises. These wealthy investors often pool their investments together into large funds called hedge funds, in which partnered investors can utilize the funds to engage in risky strategies like shorting.

In short, large hedge funds, such as Melvin Capital, composed primarily of wealthy investors based in Wall Street aimed to short GameStop stock and make a profit off the resulting fallout. From there, r/WallStreetBets, based on the internet forum Reddit, took center stage.

The WallStreetBets forum is composed of prospective investors in the stock market from an array of different political, financial, and temperamental backgrounds, all loosely connected in the goal of trying to make profit off of investments. On Jan. 22, users on the forum slowly began bolstering a movement in mass to begin purchasing shares in GameStop and other low-priced stocks, causing the worth of these shares to skyrocket as the supply of shares in the company became more coveted.

Whereas one share's worth of GameStop stock was worth less than \$20 at the beginning of the month, frenzied buying by internet users raised the stock's worth up to a high of \$469.42 on Jan. 28. This tactic is referred to as a “short squeeze,” as it forces investors who borrowed shares in an effort to short a given stock to buy back the shares at a higher price, thus causing them to lose money. The more shares they borrowed, the more they have to buy back, thus causing a feedback loop that increases the worth of a stock.

Gamestop is not the only stock experiencing such volatility either. Shorted, previously low valued stocks such as AMC Entertainment, Bed Bath & Beyond, Ligand Pharmaceuticals, iRobot, Clovis and others have experienced a large, unexpected surge due to the antics of the WallStreetBets forum and other internet users enacting short squeezes.

r/WallStreetBets users champion the movement as an act of rebellion against the wealthy Wall Street billionaires and hedge funds whom they perceive as responsible for economic crashes and faults over the past several years. One reddit user who invested in GameStop stock recounted the stock market crash of 2008 and its drastic effect on his family's income in a post published on the r/WallStreetBets forum.

“I remember when the housing collapse

sent a torpedo through my family,” forum user Space-peanut wrote. “My father's concrete company collapsed almost overnight. My father lost his home. I remember my brother helping my father count pocket change on our kitchen table. That was all the money he had left in the world. While this was happening in my home, I saw hedge funders literally drinking champagne as they looked down on the Occupy Wall Street protesters. I will never forget that.”

“This is all the money I have and I'd rather lose it all than give them what they need to destroy me. Taking money from me won't hurt me, because I don't value it at all. I'll burn it all down just to spite them.”

The hedge funds and billionaires that took short positions in the soaring stocks have suffered heavy financial losses over the past few weeks. The Melvin Capital hedge fund took a 53% loss in January, according to The Wall Street Journal. A spokesman for the firm stated that the hedge fund has closed out of their position in GME, though many short squeezers doubt these claims.

Reuters reported that short-sellers lost an estimated \$70.87 billion from their ill-timed positions in squeezed stocks as of Jan. 28, according to financial data analysis firm Ortex. WallStreetBets users and sympathizers show no sign of selling their shares anytime soon, with forum posts calling for investors large and small to “hold the line” and take the stock further “to the moon.”

One of the largest and most accessible stock trading apps Robinhood came under heavy criticism for temporarily blockading purchases on volatile stocks like GameStop and AMC Entertainment and only allowing sales of the stocks to be made. Several class-action lawsuits have been filed against the company for restricting the ability to purchase shares in the free market, as well as prematurely selling some stocks without

the investors consent. Robinhood CEO Vlad Tenev has defended the company's actions as a “difficult decision” to protect investors.

“Robinhood is a brokerage firm; we have lots of financial requirements, including SEC net capital requirements and clearing house deposits, which is money we have to deposit at various clearing houses,” Tenev said to CNBC News. “Some of these requirements fluctuate quite a bit based on volatility in the markets, and they can be substantial in the current environment where there's a lot of volatility and concentrated activity in these names that have been going viral on social media. We're really in unprecedented times, and in order to protect the firm and our customers we had to limit buying in these stocks.”

Massachusetts senator Elizabeth Warren has called upon the U.S Securities and Exchange Commission to provide an in-depth rundown on the situation in order to “prevent market manipulation.”

“The SEC has a mandate to ‘protect investors, maintain fair, orderly, and efficient markets; and facilitate capital formation’ and ‘promote a market environment that is worthy of the public's trust.’ The Commission must review recent market activity affecting GameStop and other companies, and act to ensure that markets reflect real value, rather than the highly leveraged bets of wealthy traders or those who seek to inflict financial damage on those traders,” wrote Warren in an address to the SEC.

The Massachusetts senator asked the SEC to provide a response by Feb. 5th. The SEC has said that it is closely monitoring GameStop and other volatile stocks for abusive trading activity, and will continue to “facilitate a robust public dialogue among market participants and investors on the structure and operation of our securities markets.”

◀ **Politics** from pg. 3

with just a few senators on the floor at any given time. The filibuster in these cases is merely used to prevent a motion of cloture, or a vote to end debate, which requires a 60-vote majority.

In effect, the vote on the final passing of most bills only requires a simple majority of 51 votes, but the 60-vote majority required to end debate on a motion of cloture and take that final vote often kills the prospect of success, especially in such a closely divided Congress.

In the handoff of control over the Senate and its committees, Minority Leader Mitch McConnell refused to agree to a power-sharing arrangement unless incoming Majority Leader Chuck Schumer pledged not to abolish the filibuster, betraying his intentions to maintain GOP leverage in the Senate.

“I believe the unique rules of the Senate which forces compromise between the parties is needed now more than ever,” McConnell wrote in a memo, according to The Hill. “Having an equally divided Senate means that we have to work together to get anything done and the spirit of true bipartisan compromise is possible only when each side realizes they must come to the table together.”

Should Senate Democrats choose to “detonate the nuclear option,” or reduce the scope of the filibuster rule with a simple majority vote, Biden would be free to pass some of his more controversial policy ideas. These include, but are not limited to, comprehensive immigration and healthcare reform, climate-focused infrastructure bills, a \$15 federal minimum wage and most, if not all, of the COVID relief proposed in the American Rescue Plan, with just 51 votes.

But many believe, conservatives in particular, that the abolishing of the filibuster would be an abdication of minority rights in Congress. It is their view that the filibuster incentivizes bipartisanship, deal-making and compromise.

In the face of unified Democratic control, many Republicans are voicing pleas for “unity,” calling for the respect of norms and institutional procedure, and declaring that the end of the filibuster would also mark the end of the Senate's promi-

nence as “the world's greatest deliberative body.”

On the Democratic side, their cause does not exactly fall on deaf ears. McConnell eventually dropped his demand of Schumer, pointing to centrist Democratic Senators Joe Manchin III of West Virginia and Kyrsten Sinema of Arizona, both of whom had voiced opposition to ending the filibuster.

“With these assurances, I look forward to moving ahead with a power-sharing agreement modeled on that precedent,” McConnell wrote in a statement.

In the meantime, some have suggested employing the budget reconciliation process, which would require just a simple majority to quickly pass through sections of Biden's plan. The process is quite limited, however, based mainly on changes to the tax code and the dispersion of government spending, with various additional restraints.

One such effort, referred to as “shots and checks,” would prioritize vaccine rollout and stimulus checks to Americans, setting aside some of the more controversial aspects of the Biden plan.

Still, this piecemeal approach would likely dissatisfy many Democrats, deny Americans many of the relief measures they need and prevent Biden from delivering on many of his campaign promises, as several elements of his proposed plan and further policy goals would undoubtedly fail to meet the criteria of “budget reconciliation.”

While Manchin and Sinema have yet to show signs of budging, the obstructionist record of Senate Republicans has caused at least one senator to question his stance on the filibuster.

“I feel pretty damn strongly, but I will also tell you this: I am here to get things done,” said Jon Tester, Democrat of Montana, in a statement to The New York Times. “If all that happens is filibuster after filibuster, roadblock after roadblock, then my opinion may change.”

It is unclear whether or not Schumer plans to bring a vote on the filibuster to the Senate floor in the near future, but it is obvious that comprehensive relief for Americans, as well as the success of the Biden administration, hinges upon this contentious ongoing debate.

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contact Savannah Scott

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The weekly meeting of the Y. W. C. A. was held on Monday evening. Catherine ... The ... evening was ... wards. This ... s made b ... ke on th ... lions are ... rt as follo ... The two ... ns are jud ... d moral. ... rds, or ... mes, whi ... ndards, o ... is. Laws a ... t their ri ... onsibility ... uphold th ... e so closel ... the peopl ... or of the p ... rred tha ... ect the rig ... Moral sta ... re higher ... ey involv ... ong and ... d, rather ... n. Moral ... honor ... dits. Que ... e general ... erefore i ... rictly with ... immoral ... "There is a ... e to live ... ue to frien ... ervations ... ndency fo ... come high

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among the students of the world. This fact is a good omen for the future."

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February 3, 2021

Perfect no more

UNC Asheville ruins Winthrop's dream of an undefeated season

Matthew Shealy
shealym@mytjnow.com

The Winthrop men's basketball team (16-1) lost its first game of the season last week, ending a 21-game win streak that began last season on Feb. 27, 2020. The Eagles won the first game of a back-to-back set against UNC Asheville on Thursday, but on Friday were bested by the Bulldogs.

"We'll respond the right way," said Head Coach Pat Kelsey. "You dust yourself off, pick yourself up, and go back to work and we'll do that. We've got a lot of season left [and] some big, big games coming up. My money's on our guys handling this the right way, using it as a catalyst to even better things."

Winthrop led for almost the entirety of the first game against its conference opponent, possessing a 17-point advantage with 6:12 left in the second half — enough cushion to carry the team to a win. Still, the score tightened as the Bulldogs hit several unlikely shots and time winded down, leaving the Eagles to escape with a narrow 4-point victory.

The look in the eyes of UNC Asheville's players portrayed that they really believed they could have pulled off a comeback on Thursday night. The Bulldogs carried that energy into Friday's contest, making lots of noise on the bench and playing with an undefeated attitude despite having an 8-loss record.

Friday's contest got off to a slow start with the Eagles trailing 7-6 after four minutes of play. The next five points were scored by Winthrop sophomore Jamal King, but they were matched by four from Asheville's Evan Clayborne. With 11:56 remaining in the first half, the score was tied 11-11.

As several minutes passed, the back-and-forth trend continued. A 3-pointer for Winthrop's Kyle Zunic was answered with a 3-pointer from Asheville's Tajion Jones. A mid-range jumper off the hand of D.J. Burns for the Eagles was immediately evened out by a dunk from Clayborne for the Bulldogs.

Finally, with 4:20 left in the half, one team managed to pull out in front by six, but it wasn't the team that most people would have predicted. While Winthrop closed the first half on a 7-2 run, it was Asheville that still took a 1-point lead into the locker room, marking just the second time all season that Winthrop trailed at halftime.

Asheville wasted no time to start the second half, making its first basket attempt out of the locker room — a 3-pointer. The Bulldogs then made their second shot attempt. And their third. And their fourth. And their fifth.

Just over two minutes into the second half, the Eagles faced a game-high 8-point deficit, but they were nowhere near out. Trailing 37-29,

Winthrop went on a 9-1 run to tie the game, 38-38.

With the game tied again, this time at 41 points each, Winthrop senior Charles Falden worked his way into the paint and scored, giving the Eagles their first lead of the second half with 10:26 to go. All 50 or so family members in attendance (the only spectators allowed due to COVID-19 protocols) were at this point the loudest they had been all game.

The Eagles extended their lead and were up by eight points with 4:32 left to play, but the momentum shifted once more. Down 54-47, Asheville went on an 8-0 run to re-take the lead with 1:47 left to play. Two more points put the Bulldogs up by three with 1:05 remaining in the game.

The Eagles missed their next look on offense and chose not to foul on the defensive side of the ball. They forced a shot clock violation but were left with just ten seconds to score three points (to tie the game).

When the Eagles didn't get the results they needed at the free-throw line, the buzzer sounded and Asheville's players celebrated with an excitement level that some would consider to be gloating.

"I told our guys, it's a sign of respect when a team celebrates like that when they beat you," Kelsey said. "It means you're a good team, and they deserved to celebrate. I think it was a well-earned victory."

Winthrop senior Chandler Vaudrin shared similar sentiments.

"It hurts. Our heads aren't down though; we're not that kind of team," Vaudrin said. "You could see, as they reacted, every team we play, this is their Super Bowl. This is the game they have to win — they circle it three times on the schedule."

While Vaudrin credited Asheville for playing a better game than Winthrop, he also placed a lot of the blame for the loss on himself, saying he needed to make more shots. His coach is certainly confident that he can do that.

"That's just Chan being Chan and being a leader," Kelsey said. "He's not a good player, he's a great player, and I will ride or die with Chandler Vaudrin every day of the week and twice on Sunday."

"In big moments I want the ball in his hands. He's proved time and time again that he's one of the best playmakers in the entire country, and I have unequivocally the utmost confidence in him to help us be an elite team, win a championship and be special."

Winthrop is slated to face Radford next for a double-header on Feb. 11 and 12, though with COVID-19 cancellations and teams trying to squeeze games in wherever they can, it is possible the Eagles could take the court again sooner than the current schedule indicates.



Wren Brooke/The Johnsonian

Lauren Asher (left) and Lauren Morris (right) pose together just outside the Winthrop Coliseum. They will be playing against Wofford next week with the rest of the women's lacrosse team.

Preseason honors for lacrosse

Lily Fremed
fremedl@mytjnow.com

Lacrosse midfielders Lauren Asher and Lauren Morris were named to the Big South Lacrosse Preseason All-Conference Team on Jan. 19.

Additionally, the Eagles were predicted to finish third in the Big South Conference, but Head Coach Julika Blankenship has said she doesn't "look much into the ranking."

"We have a very diverse and talented group, returning and newcomers. While Lauren and Lauren are beyond worthy of the recognition, I am so excited about many other athletes that will be worthy of conference accolades this season," Blankenship said.

"Coming off of an injury, being named to the All-Conference Team definitely surprised me a bit, but I am very thankful and am excited for this season," Lauren Morris said.

Morris, a senior, started all 18 games in the 2019 season, but her ACL injury prevented her from participating in the brief 2020 season.

"I have worked really hard this year to get my body back to where it needs to be to compete. Regardless of how my personal abilities are this season, I just want to finish this year healthy," said Morris.

"Lauren Morris looks as strong as ever. Her ability to get to cage as well as distribute out of pressure is so fun to watch," Blankenship said.

Lauren Asher, a junior, started in all seven games of the 2020 season, even opening with a career-

high of six goals against Old Dominion and finishing the season with 16 goals and three assists.

"It feels great to be named Big South Lacrosse Preseason All-Conference. I am very proud of myself, and it feels really good that my hard work is paying off," said Asher. "I always strive to be better every season."

"Asher is a very tenured player with lots of experience on both sides of the ball that leads her team so impressively and is a threat everywhere," Blankenship said.

With many scheduling obstacles this season, the Eagles are finally set to take the field at home on Feb. 13 against Wofford.

"COVID protocol and changes with testing policies amongst institutes and conferences are making scheduling the biggest challenge yet. Every day something evolves in terms of our schedule so everything is fluid," Blankenship said.

Asher is most looking forward to playing against Mercer, a team listed twice on this season's schedule, hoping to beat them after a tough loss last season.

"My freshmen year we beat them in a super close game, and last year we lost to them in overtime. They've been pretty equal with us skillwise in the past, and it's always a really competitive game whenever we play each other," Asher said.

It's anticipated that fans will be allowed to cheer on the lacrosse team at home games but must sit opposite the athletes' benches and will not be able to greet the athletes at any point.

▶ see Lacrosse pg. 7

SCORES

Women's Basketball

Win on Jan. 29 vs. Charleston Southern, 59-56
Win on Jan. 30 vs. Charleston Southern, 53-48

Men's Basketball

Win on Jan. 28 vs. UNC Asheville, 84-80
Loss on Jan. 29 vs. UNC Asheville, 57-55

Women's Cross Country

5th place finish on Jan. 29 at Winthrop Adidas XC Invitational

Men's Cross Country

5th place finish on Jan. 29 at Winthrop Adidas XC Invitational

Men's Golf

T-7th place finish on Jan. 24-26 at Any Given Tuesday Intercollegiate

League of Legends (Esports)

Win on Jan. 30 vs. Newberry, 2-0



EAGLE OF THE WEEK

Olivia Paxton

Jada Strong
staff writer

Born and raised in Rock Hill, Olivia Paxton is now a 22-year-old graduate student at Winthrop University. As the daughter of cross country and track and field coach Ben Paxton, she also competes for the track and field and cross country teams at Winthrop.

Olivia Paxton has been doing track and field since before high school. Her dad has always had a love for the sport and been a coach, and she has always had a love for running too.

“I just grew up around the sport and play a lot of other sports,” Paxton said. “I started to take an interest in running when I was in the sixth grade, so I was like 11 or 12. So I’ve been running for a very long time. I just fell in love with it and have stuck with it ever since.”

In cross country all the runners compete in the 5,000-meter or the 6,000-meter competition depending on the race, but in track and field Olivia runs a specific event.

“In track season I specialize on the 5,000-meter and the 10,000-meter on the track.” Paxton said.

Her impressive skills on the track team have been noted and she’s received many awards for track and field, not only during her first two years of college at Winthrop but also at the College of William & Mary where she completed her bachelor’s.

“I spent my first two years at college at Winthrop University, but when I decided to shift my studies to what I got my bachelor’s in — Hispanic Studies — I had to transfer because we have Spanish here at Winthrop but we don’t have Hispanic Studies, which is a little more broad,” Paxton said.

After Paxton graduated, she found

her way back to Winthrop to complete her master’s. She is currently in her first semester of graduate school.

“When I graduated over a month ago I decided to come back to do grad school here,” Paxton said. “I really like the liberal arts program here and during the pandemic I wanted to be closer to home.”

With her bachelor’s already under her belt and a master’s degree on the way, Paxton has quite a few options of careers she’s interested in pursuing.

“I swear I change my mind every day,” she said. “Sometimes I think about being a coach like my dad, and then sometimes I think about becoming a professor or doing something with my skills in Spanish. Or maybe do something for the government. I really don’t know; every day I change my mind.”

Paxton has many special moments that have stood out in her long-term sports career.

“Two memories really jump out. The first one is my second-to-last track meet at Winthrop before I transferred,” she said. “I won my conference title in track for the 10,000 meters and that was really exciting because it was something that had been a goal of mine for a long time, but it was something that I didn’t think would happen until my senior year of college.”

“I did it as a sophomore, and knowing that I was leaving Winthrop soon, it was exciting to go out that way. And at William & Mary, I think the thing I’m most proud of was being part of a team that won the conference title for the Colonial Athletic [Association] during my first cross country season there. I’d never been on such a big competitive team before.”

Now starting her first semester as a graduate student at Winthrop, not only is



Olivia Esselman/The Johnsonian

Olivia Paxton is a graduate transfer student on Winthrop’s Cross Country team. She completed her past two seasons at William & Mary as one of the team’s top runners.

she back on the same campus with familiar faces, one of those familiar faces is her own dad. Ben Paxton has been coaching women’s and men’s cross country and track and field at Winthrop since 1993.

“I get asked about being at school with my dad all the time,” Olivia Paxton said. “If you had asked me a few years ago the first time, I always loved it, but back then I was really young and I felt that I wasn’t getting the college experience seeing my parents and my dad every single day. So while I loved it, it was also a little odd. However, now being a lot older and spending two and half years away while I was at Williams & Mary, I love it. My dad and I get along well.”

There’s obviously a different dynamic as coach and athlete and father and daughter that most students don’t experience.

“At practice he’s my coach and not my dad. It’s really nice having that break of him being my coach and being my dad,” she said. “And then the second practice ends, he’s back to being my dad. Like today we got breakfast together, so it’s really nice to have that switch.”

Olivia Paxton also

has some advice for those who are interested in getting into sports or working out in general.

“Finding something that works for you and that is fun because I know personally for me, I don’t like every form of working out. I may enjoy watching a sport but don’t like playing it,” she said. “Find what works for you and go with it. You don’t always have to go hard every single day.”

And for those who are interested in joining track and field, Paxton encourages everyone to reach out if they’re interested. “Don’t be afraid to reach out to the coaches,” she said. “Be bold and show that you can do the hard work to be on a Division I team and also don’t be afraid to try a different event. There’s many track and field events for you to try and figure out what works best for you.”

Paxton is excited about the classes she’s going to be in this year and for the chance to compete for Winthrop once again.

“I’m so excited to be on the track and field this year. It’s a whole different team than the last time I was here, so I’m excited to be on a team with new people.”

Cross Country’s first meet

Lily Fremed
fremedl@mytjnow.com

The Winthrop Farm was filled with colorful jerseys as runners from Charleston Southern, Gardner-Webb, High Point, Longwood, Presbyterian, Radford, UNC Asheville, USC Upstate and Winthrop took to the field on Jan. 29.

On the crisp, 45-degree Friday afternoon, the nine teams competed for the first time in almost a year in the 2021 Winthrop Adidas Cross Country Invitational.

Earlier in the week, the 2021 Big South Preseason Poll ranked Winthrop women’s cross country 6th and the men’s 7th in the conference. Although still a bit nervous with the ongoing pandemic, Coach Ben Paxton said “it’s good” to be hosting meets once again.

“It’s the right call. I think our students are doing what they need to do,” Paxton said.

The men ran an 8K with a collective score of 174 and the women followed with a 5K score of 136, resulting in a fifth-place win for both Winthrop teams.

High Point led the invitational with the women scoring a 22 and the men with 25. USC Upstate came in just ahead of Winthrop for both divisions, while Winthrop beat out Presbyterian, Longwood and Gardner-Webb.

Throughout the afternoon, all teams remained socially distanced from each other and the spectators. Athletes were required to wear masks any time outside of the race itself.

“Obviously when you’re running you’re not going to wear a mask because the NCAA lists cross country as the lowest of impact sports. Those protocols could change when we have conference in March again as well. We’re learning every day,” Paxton said.

Junior William Metcalf-Shull was the first Eagle to cross the

finish line, setting an 8K personal record of 26:54.3 and coming in 19th out of 67 racers.

The men’s team for the 2021 season is very young, with four freshmen, three sophomores and two juniors.

“I feel for the freshmen because they’re going to school in a situation that none of us had to do, with mostly Zoom and hybrid classes. We’re trying to get some normalcy for those freshmen,” Paxton said.

Leading the Eagles in the 5K was junior Olivia Esselman, finishing in the top ten with a time of 19:07.2.

Unlike the men, the women’s team has athletes of all ages. Along with three freshmen, three sophomores, two juniors and two seniors, graduate student Olivia Paxton has joined the team.

“We have one athlete returning to us for grad school, and that’s my daughter who was the conference champion, so we have some leadership on her behalf,” Coach Paxton said.

Although Olivia Paxton did not race in the invitational, she was one of the top runners at William & Mary the past two seasons, so she will no doubt be a great asset for the team.

Many families and students attended the event, clapping and cheering through their masks for the runners. Signs reminding the spectators to remain masked up and socially distanced were scattered around the field as well.

“Normally we do five cross country meets throughout the year, and we’re doing three this year following the NCAA protocols. [It’s] free to the public, as long as you’re socially distanced and masked. We could go for the cheering, I think the kids would like that,” Paxton said.

The Eagles’ short spring season continues at the Radford Tri Meet on Feb. 12 and ends with the Big South Championship at home on March 5.

◀ Lacrosse from pg. 3

“I am most excited for our first game and home opener against Wofford. Not necessarily because of the competition but because I am excited to see how our team performs against another team. Our first game will definitely be a testament for our future season,” Morris said.

Although excited to enjoy her short time left with all her

teammates and coaches, Morris is sad to go after this semester.

“I will miss my teammates and just the overall team atmosphere that has been so great these past 4 years. I will definitely also miss all of the amazing College of Business professors I have had that have helped me along the way,” Morris said.

Off the field, the lacrosse team

ended last semester with an impressive 3.549 GPA.

“I always demand that my team puts the time in the classroom that they do on the field. It’s not easy being a Division I student-athlete and I demand the most out of them in all aspects of their life, every day,” Blankenship said.

Ending 0-7 in the 2020 season, the Eagles hope their teamwork

and dedication will bring them a more successful 2021 season.

“We have a lot of potential on our team this year. With 17 new freshmen added to our roster plus the solid group of returners, we have a lot of talent that I believe will take us far this season,” Morris said.

February 3, 2021



February celebrates Black history.

Cooper Beck/The Johnsonian

Black History Month

The Johnsonian looks into the history behind Black History Month

Allison Reynolds
staff writer

As the United States moves into the second month of the year, we also move into the annually celebrated Black History Month. People have been celebrating Black History Month for decades, but where does the month to celebrate black history, such as how black people have gained rights over the years, actually come from?

According to History.com, in September 1915, Harvard-trained historian Carter G. Woodson and minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH). The ASNLH was “dedicated to researching and promoting achievements by Black Americans and other people of African descent.” The organization is known today as the Association for the Study of African American Life and History (ASALH),

and they decided to sponsor a national Negro History week in 1926. The group chose the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. In the years to follow, “mayors of cities across the country began issuing yearly proclamations recognizing Negro History Week.”

By the late 1960s, the civil rights movement had helped in aiding Negro History Week to evolve into Black History Month on many college campuses. President Gerald Ford officially recognized Black History Month in 1976. According to the Library of Congress, a decade later, in 1986, Congress passed Public Law 99-244, “which designated February 1986 as ‘National Black (Afro-American) History Month.’” In February 1996, the Senate passed Senate Resolution 229 to honor Black History Month and the contributions

of African American U.S. Senators.

So how does one go about celebrating Black History Month? Well there are several ways recommended by the NAACP. One way is to support Black-owned small businesses. Another way is to donate to a black organization or an HBCU (Historically Black College or University). Another great way is to listen to a podcast or some music by black creators, or read a book by a black author. Another thing to do is to watch a YouTube video by your favorite black YouTuber, to help support them. One more great thing to do to help celebrate black history month, especially with what has happened in the recent past, is to call out racism and prejudice when it is seen and to engage in healthy conversations about black history on social media.

A favorite way to celebrate black history month for some is to learn about

famous black inventors throughout the years, especially the ones that are not commonly taught about in school. For example, according to business publication, ThinkGrowth, Dr. Shirley Jackson, born in 1946, invented caller ID. Lewis Latimer (1848-1928) invented the carbon filament, which is a major component in the light bulb, and invented one of the first air conditioning units. Otis Boykin (1920-1982) invented the pacemaker. Charles Drew (1904-1950) invented the blood bank. Philip Emeagwali, born in 1954, worked to develop the first supercomputer.

It is crazy to think that without the Emancipation Proclamation, the 13th-15th amendments, and the Civil Rights movement, society would not be where it is today. For these reasons and more, Black History Month is something that needs to be celebrated.

De Novo II: New Faculty in the College of Visual and Performing Arts

The De Novo II exhibition gives new faculty in the College of Visual and Performing Arts a chance to display their work

Mari Pressley
staff writer

New faculty in Winthrop’s College of Visual and Performing Arts were invited to showcase pieces at an art exhibition titled De Novo II. “De Novo” comes from Latin, meaning in a ‘new form’ or ‘manner’. The exhibition, taking place from Feb. 1 through Mar. 5, is intended to introduce the talents of new faculty within the CVPA to Winthrop students and the surrounding community.

“We try [to] showcase our faculty and students as much as possible within our gallery spaces,” said Karen Derksen, director of Winthrop University Galleries. “In the last few years, we have had a number of new faculty join the Department of Fine Arts and the Department of Design. It is a great way to showcase to our students and community the talented faculty coming into the College of Visual and Performing Arts.”

While there were no specific guidelines for the participants in this year’s exhibition, the faculty worked together collaboratively to determine what pieces would highlight their creativity for each faculty member.

“The first part of the planning process is to contact potential

faculty to participate in the exhibition. Once they have [agreed], I work with each of them individually to determine which pieces would best showcase their creative work. I look for commonalities between each creator’s work such as color, subject matter or medium. I then work with the faculty to determine exciting ways to install these pieces in the gallery,” Derksen said. Over the years, Winthrop has presented faculty exhibitions in a number of ways, but it seemed ideal to take an opportunity to introduce the new faculty. Last spring, the gallery was able to showcase eight new faculty members. This year, they were able to showcase an additional four including, assistant professor of fine arts, Myles Calvert, associate professor of illustration in the Department of Design, Elizabeth Dulemba, assistant professor of fine arts, Stephanie Sutton, and professor of design and chair, Eva Roberts.

▶ see De Novo II pg. 9

Mindfulness and Meditation - Keeping Calm during COVID

Wren Brooke
staff writer

With everything going on in the world, trying to manage stress levels can be an issue for everyone. Luckily, recent studies have shown that mindfulness can improve health, emotions, and change how brains function.

Research done by

Harvard Medical School (HMS) indicates that practicing mindfulness and meditation techniques can impact how patients’ brains function. By studying the brain scans of depression patients before and after mindfulness practice, HMS concluded that meditation strengthened the amygdala. By

strengthening the amygdala, patients became more in tune with their creativity, lowered cortisol levels, and facilitated the formation of long-term memory.

The National Library of Medicine released a study that indicates that mindfulness and meditation also increase cardiac

health. Patients with high blood pressure were instructed to follow a meditation course before having their cardiac health reexamined, while another group was left as a control. The groups who underwent mindfulness training were reported to have significantly lower systolic blood pressure levels.

▶ see Calm pg. 9



Tate Walden/The Johnsonian

◀ *Calm* from pg. 8

According to the National Library of Medicine, patients with Alzheimer's also benefit greatly from meditation and breathing exercises. Studies have shown that after engaging in mindfulness exercises, patients with Alzheimer's experienced greater cognitive lucidity and more fluid movements. These patients also experienced an enhanced ability to recall past information.

Mindfulness-based stress reduction has been shown to increase compassion and empathy as well. In a study released by the American Psychological Association, it was found that these techniques allowed health-care workers to feel more positively about introspection and prioritizing their mental health. These workers also reported lower career-based stress, feeling more open to help others, and being open to creative problem solving.

Medical News Today identifies seven types of meditation or mindfulness routines, all of which utilize different methods and provide different types of benefits. Loving-kindness meditation practices mentally opening yourself to love from outside, and sending out love in return - it has "been linked to reduced depression, anxiety, and post-traumatic stress or PTSD."

Body scan and mindfulness meditations involve focusing your thoughts on your body and sensations, or thinking on the outside things affecting your thoughts and being aware of them. Body scan meditation can

be helpful for chronic pain, while mindfulness exercises have improved focus and memory in studies. Breath awareness meditation centers around inhaling and exhaling, and either focuses only on your breath, or additionally repeating a positive mantra on particular breaths. On the opposite side, Kundalini yoga blends physical exercises with mantras, usually in a class setting but sometimes using individual programs.

Both of them are known to improve emotional clarity and in 2008, a "study of veterans with chronic low-back pain, for instance, found that yoga reduced pain, increased energy, and improved overall mental health."

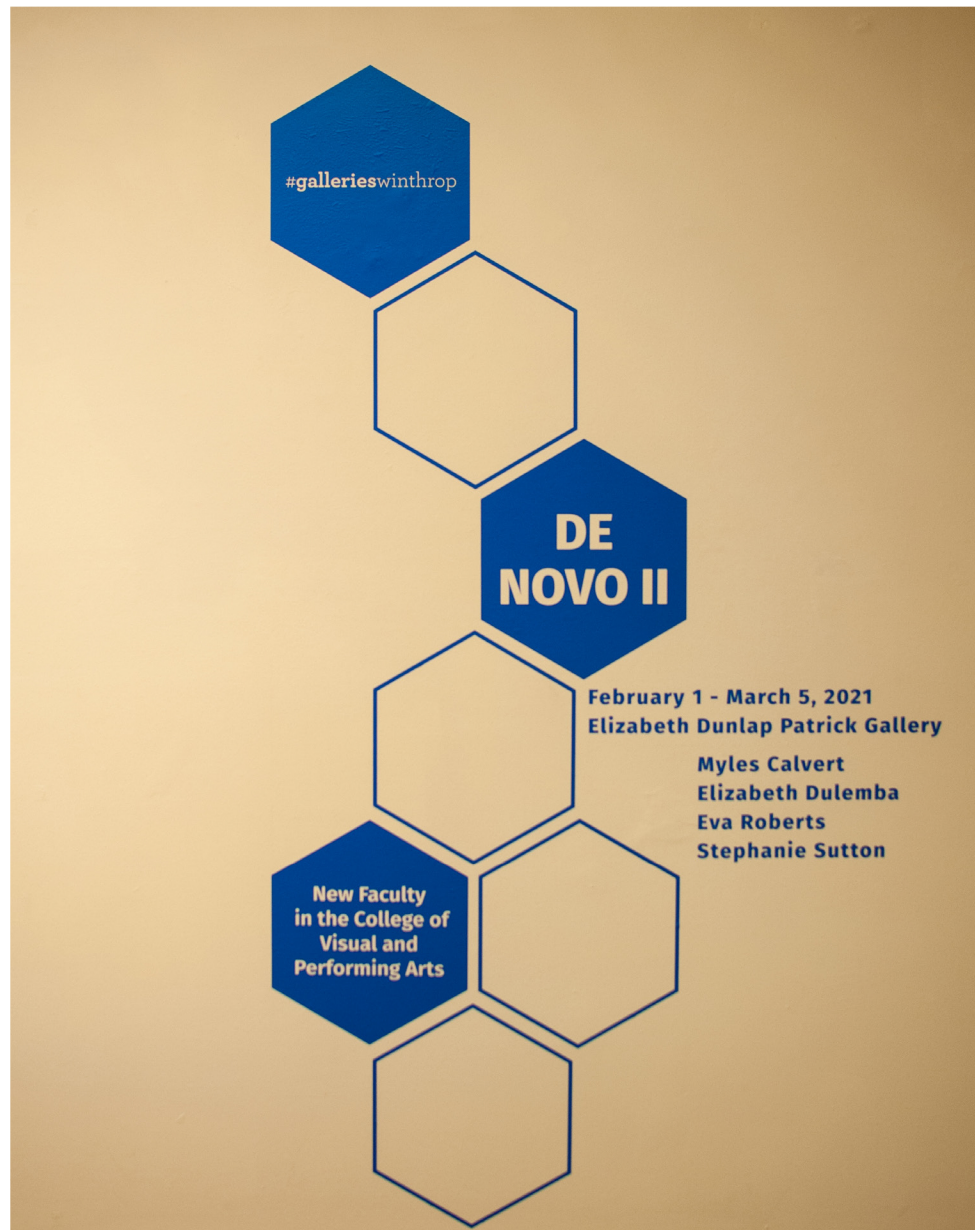
Zen and transcendental meditation styles reach into a more spiritual area. Zen uses Buddhist teachings in the present to bring clarity and follow a teacher through the meditations. Similarly, transcendental meditation also often follows a teacher, but instead the goal is to rise above the current state of being, often by repeating a mantra that the user wishes to achieve. In general though, if you wish to practice meditation it is usually better to focus on what synchronizes best with your lifestyle, rather than the desired results.

For example, people in the workplace (or at school) who experience a less active, but mentally stressful lifestyle, may want to focus on bringing harmony to their mindspace. On

the other hand, they might find it better to practice something like yoga, so that they can see both physical and mental benefits.

If you are on a college student-sized budget, don't fear! Colleges often offer free sessions of yoga or meditation, and local rec departments or YMCAs frequently do too. For those who need to be careful about social distancing, Headspace and Calm are free starter apps, and you can pay to unlock more lessons if you enjoy it. And of course, Youtube has an abundance of free yoga and meditation videos.

It is important to remember, though, that these practices can only go so far. If you are having issues that last longer than the day-to-day or interfere with your being able to work or sleep, you should consult a psychologist or licensed therapist. You can also see Winthrop's Health and Counseling Services, who can help you work through the issue or get you set up for longer-term care. To contact Health and Counseling Services, go to <https://www.winthrop.edu/hcs/>. You never have to be alone. If you or someone you know may be considering self-harm or suicide, please call 1-800-273-8255. For any other mental or substance abuse issues, you can call the SAMHSA National Helpline at 1-800-662-HELP (4357). The National Suicide Prevention Hotline are both free and confidential services available 24/7, 365 days of the year.



Cooper Beck/The Johnsonian

The De Novo II exhibition is held from Feb. 1 to Mar. 5 in the Elizabeth Dunlap Patrick Gallery.

◀ *De Novo II* from pg. 8

"Being an academic gallery space, we have the opportunity to showcase to students and our community the talents of our faculty. It's always nice for the community to see what faculty members are doing creatively as well as providing an introduction to these new faculty." Myles Calvert, who has a master's degree in printmaking, formulates moments where time, color, and imagery can be wrestled with to arrive at a resolution. This creates a space for personal and unique thoughts that feed into larger interests.

"I have two very separate mediums in the current exhibition. One set is a part of a series, featuring large screen prints on a very smooth cotton rag paper. The ink is textured with a puff additive to give it volume and lift. The other work is neon tubing and a power source, so the light it emits is quite intense," Calvert said.

Award-winning illustrator and author, Elizabeth Dulemba has established a process to her creations which includes creating thumbnails, half-size illustrations, pencil drawings at a reduced size and scanning it at a very high resolution. She changes drawings to sepia and prints them onto high quality watercolor paper, sometimes at the same size as they will be in the book. This is followed by painting her pieces by hand, making minor changes, scanning again, and sending the digital files to her publisher for printing.

"I hope to transport viewers to another world or place in my artwork. Staring at work by Garth Williams when I was a kid is what made me want to become an illustrator. I would crawl into his illustrations and stay in them for hours. I attempt to recreate that experience for my viewers with my own work," Dulemba said. Award-winning artist, Stephanie Sutton has one piece for the show titled, "Music Videos from 2018." As this piece is her most recently completed work, it speaks directly about isolation and is relevant to the current pandemic. The work was originally installed as large video projections in a darkened room but, with the limits of the space and social distancing, she reconfigured the viewing experience to a small bench and single-channel video projection.

"I'm curious about the separation between the audience and the subject and I aim to dissolve the screen or lens between the two. So, for this piece, I would hope that viewers can be alone with the video and perhaps recognize themselves in the performer on screen. The work is about sharing company with yourself and how your reflection can simultaneously be a source of comfort, desire, and frustration. If that doesn't speak to the viewer, hopefully the performer on screen uses tropes found in popular music videos as a means of appealing -and reflecting back on- to the view-

er," Sutton said.

Eva Roberts, who has a Master of Product Design, presents two books, one of which is titled, "When I Go Back to My Home Country": A Remembrance of Archie Ammons by Emily Herring Wilson," a book that Roberts describes as "a mis-match" text. The typographer found the text interesting as it included quotes, letters, excerpts from letters, poetry, the author's ongoing narrative, photographs, and examples of Ammons' work. The other book is called, "Forgotten First" which is written about B-1, the first black navy band. Roberts said, "It reads more like a novel even though it's actually a historically researched book."

"I hope they will pick up the books and handle them," Roberts shared. "I've told the gallery that they're not precious, they're meant to be read. There are actually still copies available if anyone wanted to own them. I love books so I hope that they'll be attracted to the idea or reinforce the idea of owning a book...I think how they look and feel is important in the experience of a book. I think it's more than just the reading, I feel like the holding of it and how it's laid out typographically and then the content perhaps. I find the content of both of these books to be really compelling because they're historically accurate...They are actually researched books and yet they read in a very narrative type of way."



Cooper Beck/The Johnsonian

This is one of the many art pieces that is set up for the exhibition.

February 3, 2021

Accountability is required for change

Every officer on the scene of George Floyd's murder must be held accountable

Mary Hicks
hicksm@mytjnow.com

The commonly heard excuse, "I was just following orders," is the defense Nazi commanders gave during the Nuremberg trials.

It is true that many of us as humans are wired to follow—especially if we feel it is out of servitude and a sense of nobility. Unfortunately, when a dominant personality comes along and leads the way toward injustice and cruelty, most followers are unable to stand up against their leader.

Most would agree that ex-officer Derek Chauvin should be convicted for the murder of George Floyd, being he was the one who forced his knee on Floyd's neck, cutting the air off to his lungs. Despite Floyd's des-

perate cries, "I can't breathe!," Chauvin appeared unalarmed.

However, when it comes to the three other officers on the scene, how should they be judged? All three have been charged with aiding and abetting second-degree murder, as well as aiding and abetting second-degree manslaughter. Though Chauvin's trial is set for March, the other three officers do not go on trial until late summer.

One of the three officers, Tou Thao, according to a CNN report, "had six complaints filed with internal affairs, one of which was still open." For Thao, the charges make sense knowing he had a history of excessive force.

In J. Alexander Kueng's case, however, this is the most

complex. At 26, he was on just his third day as an official officer. Not only is he the youngest, most inexperienced officer who was on the scene, but even his own racially diverse background creates an interesting factor.

The main reason Kueng wanted to become a police officer was to "change the narrative between the officers and the black community," his mother claimed in a New York Times report.

Kueng's mother is white, and his father is from Nigeria. Although his mother was the minority in the family, she rarely talked about race, telling a New York Times reporter, "the Kuengs are a family of doers, not talkers."

▶ see [Change](#) pg. 11



Photo Courtesy to Wikimedia

The officers who murdered George Floyd need to be held accountable.

Rest in peace Larry King

The Johnsonian takes a look at the life of the deceased radio and TV show host

Allison Reynolds
staff writer

Famous radio and broadcast host Larry King, born November 19, 1933, passed away on Jan. 23.

In 1978 King began gaining popularity and continued hosting until 2020.

King's parents were Orthodox Jews who immigrated to the U.S. from Belarus, a federal unit of the Soviet Union, in the 1930s. King's father died when King was nine years old, in 1942, from a heart attack. This greatly affected King, as he then lost all interest in his schoolwork.

King was hired by a small radio station in 1957 to clean up and perform miscellaneous tasks. However, when one of the station's announcers abruptly quit, King was put on the air. His first broadcast was May 1, 1957. King started out interview-

ing whoever would walk into the radio station. Bobby Darin became the first celebrity that King interviewed.

King was dismissed from the radio station as of December 20, 1971, when he was accused and arrested for grand larceny by a former business partner. The charges were dropped, however, and King was rehired.

He began hosting The Larry King Show on January 30, 1978 and did not stop hosting until he stepped down in 1994.

The show began with King interviewing a guest for 90 minutes, and then listeners would call in and keep the interview going for another 90 minutes. Some of the regular callers on King's show gave him nicknames such as "The Chair" and "The Scandal Scooper."

▶ see [Larry](#) pg. 11

Transitioning back to in-person classes

Many students fear it may be too soon to return to campus

Sam Hyatt
staff writer

This spring semester, students and professors are slowly beginning to transition back to attending classes in person rather than meeting virtually.

Before students were allowed to move back into their residence halls on campus and attend class in person, they were required to submit their COVID-19 test results showing that they had tested negative for the virus.

However, after the majority of students returned to campus, many received an email from Health Services stating that they did not comply with the required uploading of test results. After investigation and many emails, Winthrop faculty was able to find an error in the website and made sure that students were able to submit their test results in order for them to return to class.

As a result of more students moving back on campus and more classes being held on



Tate Walden/The Johnsonian

Students walking to their in-person classes.

campus, some students worry that we may be moving too fast. COVID-19 cases are continuing to rise, and there have been numerous cases of people not having symptoms but still being positive for COVID-19.

Knowing this is worrisome for many students.

Abigail Helm, a junior digital information design major, said, "I think it is too soon to start in-person classes because the pandemic is still hitting our country hard."

Not too long after the start of the pandemic, there was a push and desire for life to go "back to normal." Right now, there is no way to know when people will

begin to feel a sense of "normalcy."

Many people, including college students, want to be able to return to how we lived our lives before the pandemic, one-way being attending classes in person. Transitioning to all virtual classes in March 2020 was difficult and was a negative experience for the majority of students.

Knowing that we are able to go to class, sit with our friends, and actually be able to leave our residence halls sounds so good. But is it worth it?

Currently, Winthrop is continuing to enforce mask-wearing inside buildings and when around other people, along with encouraging students to social distancing.

Residence halls are still enforcing social distancing by not allowing others who do not live in the specific residence hall to enter. However, students are again allowed to have guests if they live in the same building but cannot have more than twice the number of residences living in the room.

Freshman Hannah Rutland, a social studies education major, said, "I think that the precautions that were taken last semester were very effective and they should keep implementing those precautions throughout this semester."

As we get moved back to in-person classes and begin being around more people, it is necessary to continue to social distance and properly wear our masks as much as possible. These measures may be the only way we can work toward the sense of normalcy for which many are longing.

"I'm looking forward to transitioning back to in-person classes," Helm said, "as long as it is evident that COVID cases are dropping."

◀ Change from pg. 10

While that may sound nice on the surface, if she had encouraged vocalization about these matters, it is possible that Kueng might have spoken up and fought for Floyd. Though he is likely the most innocent one out of the three, he still must be held accountable so that other officers may see the importance of holding their superiors accountable as well.

As for Thomas Lane, his brother claimed in an interview on Court TV that Lane was trying to speak up to Chauvin.

On the body cam footage, Lane suggests, “roll him on his side?” going on to say, “I just worry about the delirium or whatever.”

In the culture of policing, this may seem like a challenge of authority and could have been taken offense, so perhaps Lane’s brother makes a good point. Yet, even still, the fact that Lane showed that he was somewhat concerned but did not make any other effort to challenge his superior proves that the culture of law enforcement must drastically change.

These charges may seem unfair for Lane, in particular, consid-

ering he is the one who performed CPR on Floyd. However, he is also the one who, despite being new to policing, was quick to point his gun at Floyd’s face while he was in the car, begging him, “please don’t shoot me.”

It may seem unfair that these other officers be convicted of aiding and abetting the second-degree murder that officer Chauvin is responsible for because of his actions. Sure, the other officers did not apply their knees to Floyd’s neck.

Yet, what is tragically unfair is the fact that Floyd (like so many others who were killed by law enforcement) is no longer with us. What is truly unfair is when officers and security guards allow a mob of scheming anarchists and domestic terrorists to storm our democracy’s capitol building. And they do so without treating them with the same brutality that they do when encountering a black man who tries to give a store a fake \$20 bill.

Some may think these charges are unfair, but they are nothing compared to the injustices that in-

dividuals all over the country have suffered simply because of the color of their skin.

Perhaps the men facing these charges and the rest of the policing community will receive a wake-up call. Law enforcement is in desperate need of drastic change, not just policies that they may have on paper, but within the very conversations that officers have with one another, within the training and concerning the implications of police brutality.

Though the culture of policing prides itself on loyalty to each other and never questioning or challenging the ones in leadership or seniority, the officers who witnessed the murder of Floyd must be held responsible. Because if they are not, there will continue to be more injustices happening due to officers feeling no sense of urgency to stand up for Black lives.

Kueng, Lane and Thao may not have been the ones who murdered Floyd. But because they could have saved him and chose to simply follow orders, their suffering of the consequences, unfortunately, is necessary for change.

◀ Larry from pg. 10

Larry King Live, King’s TV show, began in June 1985. When King was doing his TV show and radio show, King would do Larry King Live from 9 to 10 p.m., followed by The Larry King Show from midnight to 5:30 a.m.

Larry King Live was CNN’s most-watched and longest-running program, airing from 1985-2010.

His first guest on Larry King Live was then governor of New York, Mario Cuomo.

Another notable episode of the show was aired on November 9, 1993, and featured a debate between billionaire Ross Perot and politician Al Gore on the North American Free Trade Agreement.

The episode was watched by 11.2 million households, which was the largest audience ever for a program on an ad-supported network until the 2006 New York Giants versus Dallas Cowboys game.

The final episode of Larry King Live aired on December 16, 2010, with co-hosts Ryan Seacrest and Bill Maher and appearances by then-President Barack Obama, former President Bill Clinton and CNN anchors Barbara Walters, Diane Sawyer, Katie Couric and Brian Williams.

King also has cameos in the movies Ghostbusters and Bee Movie. And he voiced Doris the ugly step-sister in Shrek 2, Shrek the Third and Shrek Forever After.

Following his 1987 heart attack, King founded the Larry King Cardiac Foundation, which pays for life-saving cardiac procedures for those who are not able to afford them.

On Jan. 2, it was revealed that King had been hospitalized ten days earlier due to contracting COVID-19. King passed away on Jan. 23 at the age of 87.

King’s wife told Entertainment Tonight that he recovered from COVID-19, but the infection left him

unable to recover from sepsis.

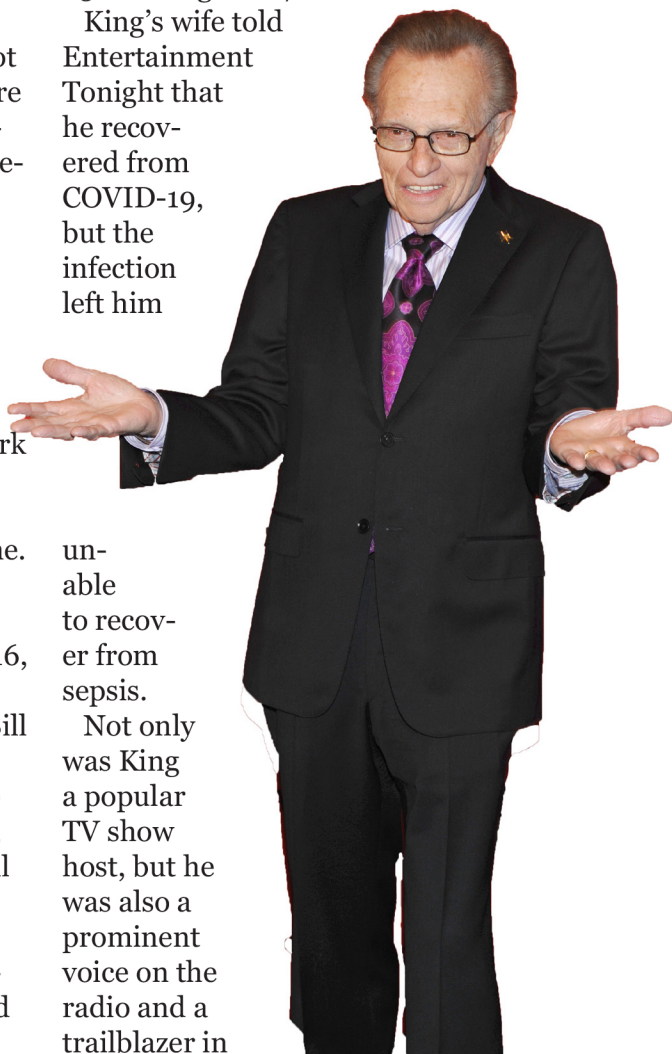
Not only was King a popular TV show host, but he was also a prominent voice on the radio and a trailblazer in

the broadcasting industry. His interview style and manner was unlike what America had seen before.

King was direct with his guests, always asking straight-forward questions, because, as many believe, he felt his listeners/viewers deserved clear answers.

One of a kind, King will forever be remembered as one of the most popular radio show hosts of all time.

King passed away on Jan. 23 due to many health issues including cancer and heart issues.



Emma Crouch/The Johnsonian

Some supporters of former President Trump often revere him to a God-like status.

Was Trump the QAnon Messiah the internet believed?

Wren Brooke
staff writer

Since the beginning of COVID-19’s spread through the U.S., many evangelical groups’ voices have adopted a strong pro-Trump slant, leading to a nearly propaganda-tier level of misinformation about the former president. So what led to some social media claims barely raising Trump short of a Messianic level?

Last October, Trump re-emerged after recovering from COVID-19, having been nursed back to health by a cocktail of highly expensive and exclusive experimental drugs. To the public, however, Trump conveyed an image of trivial resting and recovery from the virus. Egged on by pro-right convictions, his image began to circle ever closer to a ‘touched by God’ level of reverence.

This back and forth relationship between his former administration and the evangelical community started building in the early days of his presidency. White evangelical protestants have overwhelmingly voted Republican since the Reagan administration.

And not long after Trump entered office, various leaders began making claims that his presidency was prophesied to be special.

In a matter that would seem to be completely irrelevant, followers of QAnon, a far-right conspiracy theory propagated online, began attending Trump rallies in 2018. The conspiracy theory, touted by anonymous person ‘Q,’ claimed that a child trafficking cabal led by significant

people like Barack Obama and Hillary Clinton would be taken down in an event called ‘the Storm.’

When Trump’s 2020 rallies began to gather momentum, the conspiracy theorists started to adopt the former president as their leader, including claims that Trump would be the one to lead the charge during ‘the Storm.’ He willingly embraced the believers and retweeted their posts on a daily basis, infusing his political stream with their mythos.

As it turned out, the COVID-19 outbreak would be the catalyst that saw the two groups meet.

The evangelicals voiced their protests at the idea of being forced inside, and simultaneously QAnon followers did so online. When the social distancing and quarantine orders actually came out, many who otherwise didn’t use the internet began to, and a number of far-right evangelicals joined the QAnon following.

In August 2020, theologian Katelyn Beaty wrote in her Religion News Service that of the pastors she had interviewed, the vast majority of them knew that their congregations were open to conspiracy theories.

Although most of her interviewees refused to go on the record, those that did told similar stories of their older members trusting conspiracies more than mainstream news. On the other side, their younger members could more easily see through the lies, and many were leaving in disgust.

While resistance against social distancing and masking

orders grew all year, frustration over children continuing to stay home from school and election hotheadedness whipped tempers into a frenzy.

‘Plandemic,’ a pair of viral videos claiming that the government had manufactured COVID-19 fear for unknown reasons, spread rapidly through QAnon forums and church congregations alike.

After the failed storming of the Capitol and Joe Biden’s inauguration, the vast majority of these conspiracies have collapsed like an abandoned sock puppet. Although the Biden administration has seen numerous arrests of the rioters, many of the significant names that were giving credence to the conspiracy theories have voluntarily stopped.

Interestingly, Trump and the theorists seemed to have mutually abandoned each other’s cause.

When Trump stood by doing nothing during the Capitol attack and similarly failed to charge in with the cavalry during Biden’s inauguration, conspiracy theorists annulled his name from their claims in droves. Conversely, after being thoroughly exiled from social media, Trump’s communications quieted to almost nothing.

Although this fiasco seems to have finally run out of steam, it would be unwise to assume that it is over. We need to remember what happened. And we also have a duty to educate future generations on what this country suffered during the past administration so that it need never do so again.

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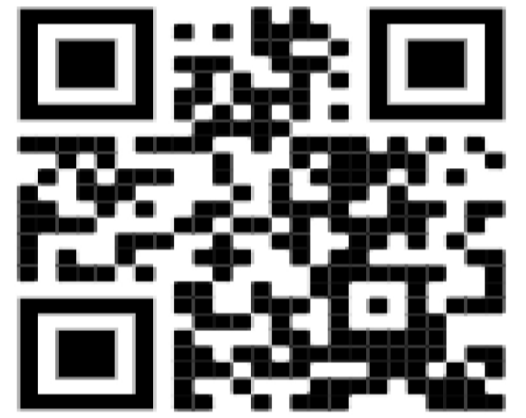
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