

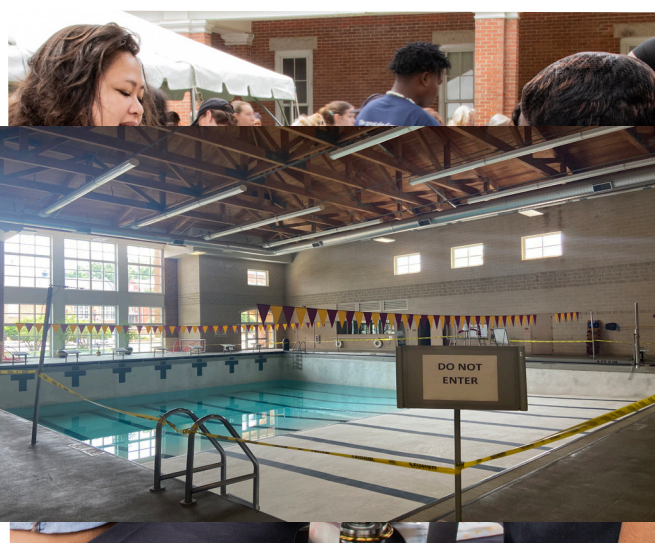
Winthrop convocation welcomes new freshman and 137th academic year



Serna takes a selfie with the crowd at the beginning of the Convocation ceremony



Serna and his wife Lauren lead the Blue Line



Caroline Edwards /The Johnsonian

CHASE DUNCAN

Winthrop University welcomed a new generation of freshmen students Monday morning as part of the annual convocation ceremony on the first day of the school's 137th academic year.

President Edward Serna, who started his term on July 1 2022, led the ceremony in the West Center gymnasium and spoke before students for the first time in his capacity as leader of Winthrop University.

"In 1895, Winthrop opened its doors in Rock Hill, and 300 students and 20 instructors walked through the gates of this campus, and for the first time created a community dedicated to learning," Serna said. "Today, we meet to

rededicate ourselves to this campus and to the spirit of community."

Convocation as a tradition dates back to Winthrop's founding president David Bancroft Johnson, who would convene the student body at the beginning of each school year to welcome them to the community and provide expectations and advice for the academic challenges ahead.

Serna continued this custom by sharing six pieces of advice he picked up as a former student of Winthrop University and member of the Winthrop Class of 2002.

"Go to class. Go to every class, okay? I can't stress how important this one is here, yet you'll keep hearing it." "Engage with organizations on campus and in the community. Sign up

for one or more of these organizations.

"See concerts and shows, or attend a sporting event. Better yet, participate in them yourselves."

"Discover Charlotte, outdoor adventures close to campus and trail systems. Discover the downtown arts and cultural scene."

"Take extra time to get to know faculty and staff. I highly encourage you to; we are all invested in your success and care for your progress."

"Spend as much time on campus as possible. If you live on campus, you don't have to go home every week. There's so much to do, just take a moment everyday to get out and just look for things to do on campus. It is a vibrant place to be."

After closing Convo-

cation, Serna and his wife, Lauren Serna, led students in a two-column line to the front lawn of the campus through the breezeway connecting Tillman Hall and Margaret Nance Hall as part of "the Blue Line" tradition.

The Blue Line is another custom established by the founding president that originally involved a procession led by the sitting president walking down Oakland Avenue to attend church service on the first Sunday morning each academic year.

The blue and white uniforms worn by students in the two-column line earned the tradition the Blue Line nickname.

More than 135 years later, students and other participants instead

gathered on the front lawn of the campus to enjoy a community picnic and interact with tabling extra-curricular activities and organizations like Winthrop Athletics, RUF and more.

Interim Provost for Academic Affairs Peter Judge said he's looking forward to being able to get together more as a community this semester, and hopes the Winthrop community can "build up a positive spirit."

"We've been down the past couple of years because of COVID, the political situation, our social situation," Judge said. "Our society is struggling. I'd like for us to feel like we're really in this together, and satisfied about why we're here."

Inside



Chase Duncan /The Johnsonian

New dining facilities and upgrades

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Graphic Courtesy of Maggie Claytor

Police Blotter

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Photo courtesy of Pixabay

Delta 8 sales banned in York County

Pg. 2

Item	Calories
Strawberry and Cream	330 Calories
Strawberries, vanilla protein, almond milk & non-dairy whip cream	
Toree McFluree	320 Calories
Vanilla protein, chia seeds & almond milk	
Tropical Weight Loss	325 Calories
Oranges, pineapple, banana, whey protein & L-glutamine	

Courtesy of Sturgil

Vibes Juice Bar drink "Tropical Weight Loss" changes name

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Courtesy of Sturgil

Alumni Spotlight- Jacob Sturgil

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Chase Duncan /The Johnsonian

West Center pool still closed

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Mariana Beltran/The Johnsonian

Beltran Comic: It Never Goes Away

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Markley's and Eagle Eatery gain new dining facilities and upgrades

New and upgraded food options as well as a smoothie bar are now offered by Winthrop Dining Services

CHASE DUNCAN
EDITOR-IN-CHIEF

Winthrop University Dining Services Markley's at the Center and the Eagle Eatery in Thomson Hall have received new dining facilities and upgrades since the Spring 2022 semester.

Triple G's Garnet and Gold Grill, is the new and improved name for The Grill, and will continue to offer cheeseburgers, chicken tenders, grilled chicken sandwiches, French fries and more. Helen Hoban, general manager for Sodexo at Winthrop, said the store's renaming was meant to make the dining option "more Winthrop."

The Crust is a new pizza-centered diner that is able to make golden crust pizzas using the in-house pizza oven that is now able to be temperature regulated. The pizza oven was present in previous years, but it is now being used for the first time this semester. After listening to

student feedback and testing out new ideas like a baked potato bar last year, Tres Habaneros's concept has been replaced with Flip it!, which will rotate its menu option every two weeks with new and exciting food options. The new diner is currently serving burritos. Hoban said Sodexo Marketing Manager Roxy Flory will put out a survey at the end of the semester to see what students liked best.

Vibes Juice Bar joined Markley's at the Center this semester for the first time as a subcontracted business with Sodexo and is a sister location to Fresh Vibes Juice Bar & Coffee Shop on Ebenezer Road.

Fresh Vibes owner Mek McCrorey's contract with Sodexo allows her to use the space previously occupied physically by Tres Habaneros while being responsible for paying for its own inventory and deciding its own



Photo of Markley's at the Center

menu selection.

In the Eagle Eatery at Thomson Hall, a small coffee bar and lounge area has been set up in the same area as the Vegan food station and cereal bar. Hoban said the area was set up over the summer to be a "nicer place for students to hang out."

"Thompson is really a hangout place more than we ever thought it was," Hoban said. "People are in here all during the day, three o'clock in the afternoon. We just wanted to make part of it just a little different, a little quieter, a little bit more casual."

The gluten and nut free food area in the Eagle Eatery, previously named My Zone, has been changed to Simple Zone and is now also dairy free. Flory said the Simple Zone is still expanding its menu options and expects to have rice as well as gluten free waffles in the future.

All of the food prepared for the Simple Zone is cooked in a special area by a simple serving specialized cook so the food does not become contaminated with any of the aforementioned allergens.

Delta 8 sales banned in York County

Students and businesses speak out on the effects of the York County Delta-8 ban



Pic of Delta-8/CBD gummy edibles

Courtesy of Pixabay

MARLEY BASSETT
MANAGING EDITOR

York County enacted a ban on all sales of delta-8 THC products going into effect last Monday, Aug. 22.

The statement from the York County Drug Enforcement Unit read that under the 2018 Hemp Farmers Bill, THC delta-8 and THC delta-10 products were illegal substances.

"Although the language may appear to be confusing, the highlighted section clearly indicates that THC delta-8 and THC delta-10 are illegal substances in the State of South Carolina and are not exempted by the 2018 farm bill," the statement read.

The statement advised merchants to clear their shelves immediately of all delta-8 and delta-10 products and that beginning Aug. 22, the York County Drug Unit would begin to audit and criminally charge merchants who were still carrying these products.

"Under the Hemp Farmers Act of 2018, basically the only substance that is illegal is delta-9. The other forms that are not specifically that, basically, should be legal for the most part," Nirvana smoke shop worker Brian Zauss said.

Currently, delta-8's legality is being questioned in South Carolina. While it is not currently illegal, the Attorney General released a letter stating that while delta-8 is illegal, it is not legally binding and is being left to individual police officers to decide whether or not the state's Hemp Act is being violated.

Local businesses are expected to receive a

decrease in their number of customers since the ban took effect.

"Delta-8 has been a huge chunk of these up-and-coming businesses so it's (the ban) is probably going to hurt a lot of businesses who don't have the same financial ability as Nirvana to stock their stores," Zauss said.

Students at Winthrop were divided on whether or not the ban is a good thing for the community.

"I think it's a political power move rather than a necessary ban. Delta-8 sales promote small business growth and it's relatively harmless and beneficial to self-manage anxiety and other issues," said a student who wished to remain anonymous.

"I'm happy that this ban has taken place. If you look at places like Portland and Seattle, you could see that this has not served us well," sophomore political science student David Ibragimov said.

Ibragimov continued saying that legalizing recreational drugs "has resulted in many other unfortunate things happening such as the crime and homeless crisis rising up as well, making these cities unbearable for businesses and families who want to remain safe."

Sophomore music technology major Ravyrh Rhodes said, "I'm disappointed and pretty surprised. As far as I know, no other major county got such a mandate from SLED/local PD's, and considering that at the federal level, hemp products are considered legal (or at least aren't considered illegal) I'm surprised York County took such an unpopular step."

Vibes Juice Bar drink "Tropical Weight Loss" changed to "Tropical Smoothie"

The drink's original name, ingredients and calories per serving were initially added due to a printing error, says owner

CHASE DUNCAN
EDITOR-IN-CHIEF

A smoothie blend called "Tropical Weight Loss" from the Vibes Juice Bar menu at Sodexo's Markley's dining facility is being renamed to "Tropical Smoothie" after being added to the menu due to a printing error, said Fresh Vibes Juice Bar & Coffee Shop Owner Mek McCrorey.

"Tropical Weight Loss" was available at the bottom of the Vibe's menu beginning at the store's soft opening on Aug. 22, and contained 325 calories per serving. The drink was a blend of "oranges, pineapple, banana, whey protein, and L-glutamine." It was renamed to "Tropical Smoothie" on the night of Aug. 26.

Vibes Juice Bar is a sister location of Fresh Vibes Juice Bar & Coffee Shop on Ebenezer Road that operates in the DiGiorgio Campus Center with a limited selection of the smoothie blends offered at the main location.

Helen Hoban, general manager for Sodexo at Winthrop, said she "couldn't comment or say anything about the drink." The juice shop is subcontracted under Winthrop Dining Services food care provider Sodexo, which allows Vibes to use the dining space while being re-

sponsible for paying for its own inventory and deciding its own menu selection.

Fall 2022 is the first semester the juice bar has operated at Winthrop University, replacing the space previously occupied by Sodexo owned fast casual Mexican diner Tres Habaneros.

The main location's full menu selection includes coffee, smoothies, vegan and vegetarian options and more.

"Our audience is broad. It's not just for college students," McCrorey said, describing what kind of people come to Fresh Vibes in downtown Rock Hill. "It's for anyone that's wanting to look at healthier options to have a healthier life."

McCrorey said the "Tropical Weight Loss" drink was grandfathered in by the previous owner. Registered dietician and professor in Winthrop's Department of Human Nutrition Jessie Hoffman said there's little evidence to support any of the ingredients inherently affecting weight loss.

"L-glutamine is an amino acid," Hoffman said. "Amino acids are the building blocks of proteins. We get L-glutamine when we consume whole pro-

tein sources. Whether you eat meat or you eat plant-based proteins, you get plenty of that. There's not really evidence that supplementing extra with that is going to do really anything."

Hoffman said that, in some clinical settings, specific amino acids may be used as a supplement to aid with wound healing and severe infections in the hospital.

"But outside of that, supplementing with an individual amino acid like L-glutamine, there's not much evidence that it's going to do much of anything for weight loss. Definitely not for weight loss," Hoffman said.

Hoffman added that the drink's whey protein ingredient would help towards maintaining body composition and helping the user feel fuller longer, but still wouldn't be a magical fix for weight loss.

"I would suggest it's more beneficial for just supporting overall wellness and maintaining muscle mass, rather than losing weight. Protein is just really beneficial for exercise and individuals that are active," Hoffman said.

Healthy ways to lose weight include drinking a lot of water, stay away from high fructose/

sugar drinks/foods, get plenty of exercise-aerobic exercise at least 30 minutes 3 times per week, minimize your caffeine intake and increasing your protein intake, according to Ruth Walkup, Nurse Practitioner at Winthrop's Center for Student Wellness.

"You should have realistic goals for your weight loss," Walkup said. "You are more likely to keep the weight off if you lose 1-2 pounds per week. Celebrate your progress by treating yourself to something nice or going to a movie."

A study published in the British Journal of Health Psychology in Aug. 2022, found that across 6000 participants from eight different countries, people who practiced higher levels of "restrained eating" like intentional dieting and emotional eating "were associated with lower body satisfaction and self-esteem, and higher BMIs among participants."

"Tropical Smoothie" can also be purchased at Fresh Vibes in downtown Rock Hill.

lemon & energy	
Strawberry and Cream	330 Calories
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Vanilla protein, chia seeds & almond milk	
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Picture of the original menu item "Tropical Weight Loss"

Chase Duncan /The Johnsonian

Alumni Spotlight- Jacob Sturgil

Social Work alumnus '19 shares Winthrop experience



SAM HYATT
GUEST WRITER

Courtesy of Sturgil

Jacob Sturgil, alumnus of 2019, shared his nontraditional time as a student at Winthrop University.

Sturgil's freshman year at Winthrop University started in August of 2016 and graduated in December of 2019. After taking a great number of credits each semester, he was able to graduate earlier than the traditional 4 years.

"I finished college early and feel that I did not miss out. I was able to get the full college experience while also getting my degree ahead of schedule." Sturgil said.

During college, Sturgil was able to make friends and gain an

education. The events held by Winthrop gave him a sense of community among other students.

"Some of my favorite events were yoga on campus green, Halloween tours in Tillman, and open mic nights in Digs. Some of my other favorite memories from Winthrop include hanging out on Scholars Walk with other classmates and exploring campus," Sturgil said.

During his time at Winthrop, Sturgil was given the opportunity to meet Shanola Hampton, known as "V" from the show Shameless.

"She was very nice. She took a picture with me and told me I smelled delicious," Sturgil said.

When looking back at the impact Winthrop

left on Sturgil, he discusses the inclusivity of the students and faculty, and the safe space the community created on campus.

"My time at Winthrop impacted me by helping me discover who I am as a person. Winthrop helped shape my identity by providing me a safe place to explore who I am as a human and question the reality we live in."

When reflecting on his classmates at Winthrop, Sturgil said, "The students were eager to learn and many of the students I encountered were supportive and understanding of others' challenges."

"I enjoyed hanging out on the lawn in front of Richardson. Many of the friends I made at Winthrop were met when they were studying in the grass by the dorms. We would all meet up on blankets outside to work on projects and spend time with each other," Sturgil said.

Aside from being on campus, he enjoyed exploring Charlotte. His favorite places to go included Cool Beans Coffee Shop and the Art Museum downtown. Looking back, there were a few things that Sturgil said he would change. He wishes he

had double majored, attended more sporting events and joined a club.

"Winthrop offers so many opportunities to get involved and I was too hesitant," Sturgil said. "If I could go back I would join more clubs or possibly a fraternity. I feel like if I would have put myself out there more, I may have made a bigger impact on those around me."

One piece of advice Sturgil would give to current and future Winthrop students would be to work on time management.

"Time management helped me balance a steady social and educational life while living on campus. I was able to make new friends and stay on top of my work by working ahead and submitting assignments early," Sturgil said.

Upon graduating with a degree in social work in 2019, Sturgil said his transition into the "real world" was difficult.

"Education becomes your world while you are in college, and then suddenly it is all over. I found it hard to adjust to not having constant work to do or having a test to study for. You have so much free time that no one tells you

about once you in the real world" Sturgil said.

While in college, students meet people from all over the world. Oftentimes after graduation, those classmates and friends part ways. This aspect of graduating was hard to adjust to for Sturgil. "Many of the individuals I met in college live all across the country and it was hard to cope with the idea of not seeing them for a long time," Sturgil said.

Currently, Sturgil is working as a clinical social worker specializing in substance abuse counseling.

"On average I have 60 clients that I work with. I teach group therapy sessions and see clients individually each week to help them meet their goals and remain abstinent. My favorite part of my job is getting to plant a seed of empowerment to all individuals I work with; I have the opportunity to watch my client create change in real time and it's amazing," Sturgil said.

"Do not wish your time at Winthrop away. One day after you graduate you may look back and wish you could do it all over again."

Police Blotter



AINSLEY MCCARTHY
ASSISTANT NEWS EDITOR

On Aug. 1 the Reporting Officer (R/O) documented a harassment complaint from a female student against her ex boyfriend. The complainant showed the R/O text messages that the officer deemed threatening. The ex boyfriend had allegedly been trying to text and call her repeatedly over the three weeks prior, even after she told him to stop.

On Aug. 22, the suspect called the complainant eight times, and suggested that he may inflict self-harm if the relationship did not continue. She reported to Winthrop University Police Department (WUPD) that she was afraid of the suspect because he was abusive and overbearing.

The complainant was directed to email screenshots of the text messages between her and the suspect, but had not yet done so at the time the report was made.

The complainant was told to contact WUPD if she heard from the suspect again. The R/O unsuccessfully attempted to contact the suspect on Aug. 22, and referred him to the Dean of Students office.

On Aug. 22 the R/O responded to a report of petty larceny. A student claimed that her bike was stolen from outside West Thompson when she went to her dorm to pick up some personal belongings.

She told the officer that she did not lock it to the bike rack and was away for a few minutes. When she returned, her bike was gone. She also informed the officer that the bike was worth roughly \$124 and the bike lock was worth \$10.

WUPD checked security footage by the scene, but found no indication of criminal activity. The case will be closed due to a lack of evidence.

On Aug. 25 the R/O went to the Good Building in response to a report of stolen clothes from the Margaret Nance laundry room.

The complainant stated that he had put his clothes in the dryer and stepped away. When he came back, his clothes were gone. The stolen clothes were worth a sum of about \$80.

The R/O provided the complainant with a Victim's Notification form and issued an investigation into surrounding security footage that is currently ongoing.

Profile of board member Gary Williams

Profile of local businessman turned Board of Trustees member

MARLEY BASSETT
MANAGING EDITOR

47 years ago, Gary Williams and his wife, Peggy moved to Rock Hill to establish a new putt-putt and games course. They have stayed ever since and have become valued members of both the Rock Hill and Winthrop community.

Williams has served on the Board of Trustees for three years and was appointed by Gov. Henry McMaster in 2019 to serve the seat vacated by former member Don Long who was appointed by former Gov. Nikki Haley.

Before becoming Chairman of the Board in 2014, Williams founded the company Williams & Fudge Management, a financial services organization and served as their CEO.

Williams has served the local community in many roles such as School Board member, Palmetto Council of the Boy Scouts and Camp Canaan, among others.

Previously serving as president of the Winthrop Foundation, Williams also established The Williams Family Multicultural

Children's Literacy Collaborative with Peggy Williams.

Williams was thanked for his efforts by the university in 2011 when he was presented with an honorary Doctorate of Humane Letters.

Williams came to be a member of the board because he supported McMaster for governor and expressed interest in serving on the Winthrop Board of Trustees.

Williams wanted to serve because "Rock Hill and Winthrop are both very important for each other to be successful, so my main purpose in serving is to be a bridge for both," he said.

Williams said he enjoys serving on the board because he gets to help Winthrop move forward and build for the future. He wants students to know that his main reason for serving is to "build the University for future generations by encouraging the city and Winthrop to form partnerships."

Williams said he "is excited for Winthrop's future and is glad that students chose Winthrop for their higher education experience."

The Board of Trustees Chair, Glenn McCall

stated, "Gary has been a wonderful addition to our Board. He brings a philanthropic as well as a business perspective to the Board. We are appreciative of his generous support of the university and the local community."

His term is continuous with whomever is currently governor in South Carolina.



Williams/Courtesy of Winthrop University

West Center pool still closed

Pool remains closed for maintenance



Photo of the half empty pool

Chase Duncan/The Johnsonian

CHASE DUNCAN
EDITOR-IN-CHIEF

The West Center pool will remain temporarily closed for water level related maintenance. It was shut down for cleaning in February 2022 due to a wild deer breaking through a window and entering the pool.

James Grigg, Associate Vice President of Facilities Management, said the maintenance staff followed City of Rock Hill requirements to drain the pool based on the chlorine following the deer break-in, and subsequently followed SCDHEC requirements to sweep and pressure wash the pool clean of deer blood, hair and glass.

Grigg said the draining and cleaning was complete in late June, but when maintenance

began refilling the pool in early July, they found that the pool "was not filling as fast as it should."

"We have troubleshot the system and have now stopped filling it to see where the water level stabilizes; hopefully that will help identify the reason," Grigg said. "We are working closely with the West Center staff both on the academic and recreation side as we work through this."

Grigg said he is currently unable to confirm what is causing the water loss and that there isn't an estimated timeframe for reopening the pool.

The Johnsonian will continue to report on this story as it develops.

WINTHROP MADLIBS!

Story: First Day of Classes

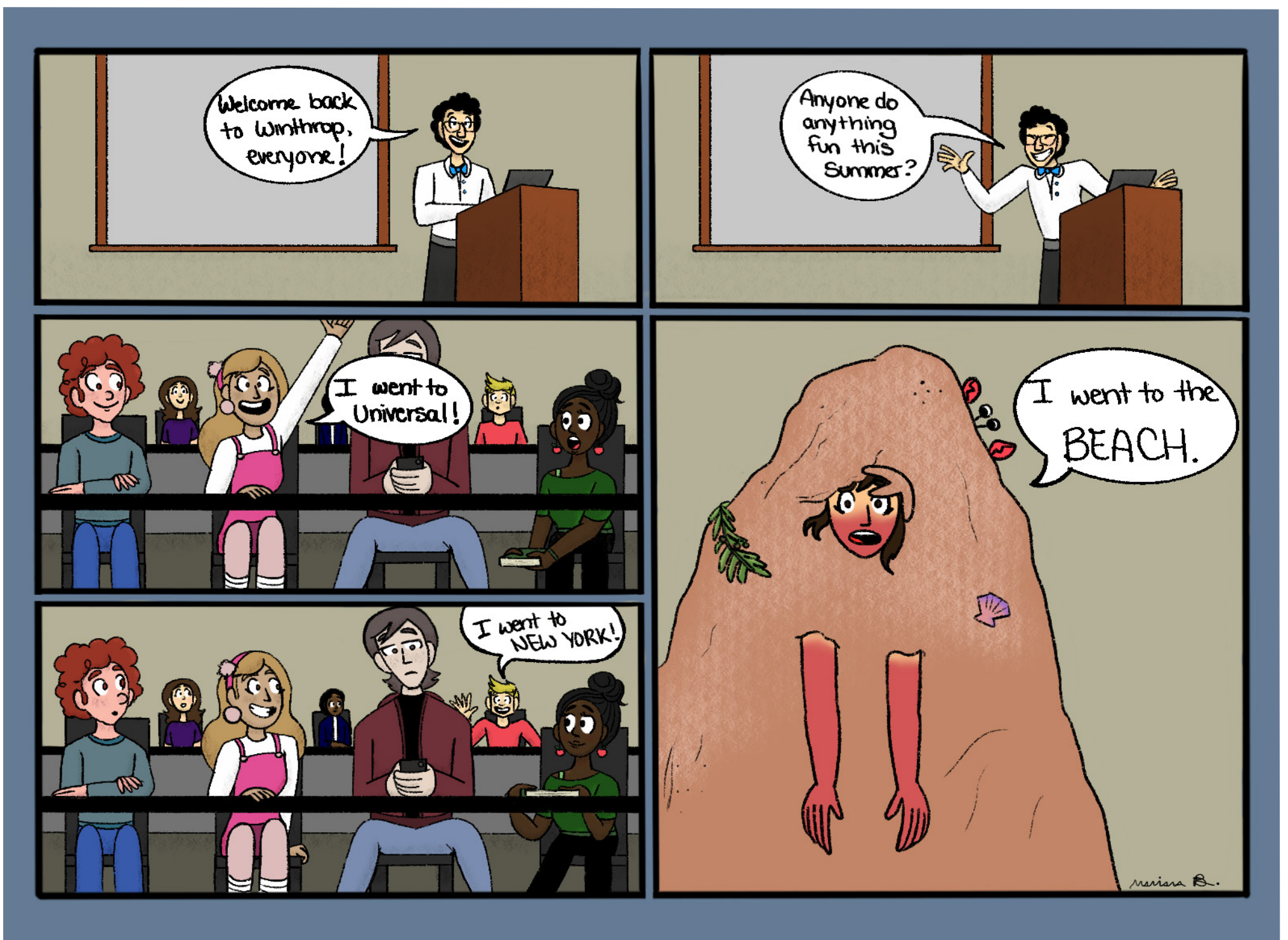
This week, I had my first classes of the semester! I'm so _____(adjective) for this semester! My schedule is pretty full, but I'll make it work. My favorite class so far is _____(noun or verb). It's taught by _____(name), who I've heard great things about. The syllabus says that one of the topics we'll learn about is _____(noun or verb), which I've never heard of. It sounds like something out of a movie! My other classes seem pretty easy, so I'm not worried about falling behind. My _____(noun) class is completely asynchronous, which means I have more time to _____(verb), _____(verb), and _____(verb) this semester. I have a _____(adjective), feeling about this semester!

Story: DiGS Construction

Have you heard the rumor about why they're replacing the tiles outside of DiGS? According to _____(name), a student _____(past tense verb) as a prank. Obviously, it didn't go according to plan! Someone else told me that they're replacing the tiles because Dr. _____(name)'s class had a science experiment go wrong over the summer. I don't know if they're taking design suggestions, but I would love to help spruce this place up! I think that the new tiles should be _____(color or pattern). I also think that there should be _____(decoration) added to the walkways. It's so _____(adjective) now, but my ideas will definitely help. Hopefully the construction will be done soon; it's interfering with my favorite table at Starbucks.

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It Never Goes Away



Mariana Beltran/The Johnsonian

THE WINTHROP POLL

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