
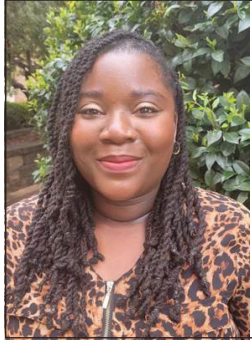
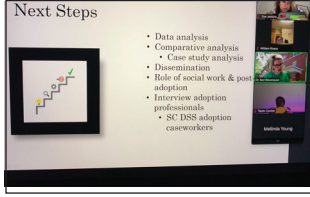





1923-2023 THE JOHNSONIAN *centennial*



Winthrop University	March 23, 2023	Rock Hill, SC
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#StopSuicide: Winthrop hosts it's first walk for suicide prevention and awareness

The Out of The Darkness walk has a goal of raising \$5,000 for research and prevention efforts

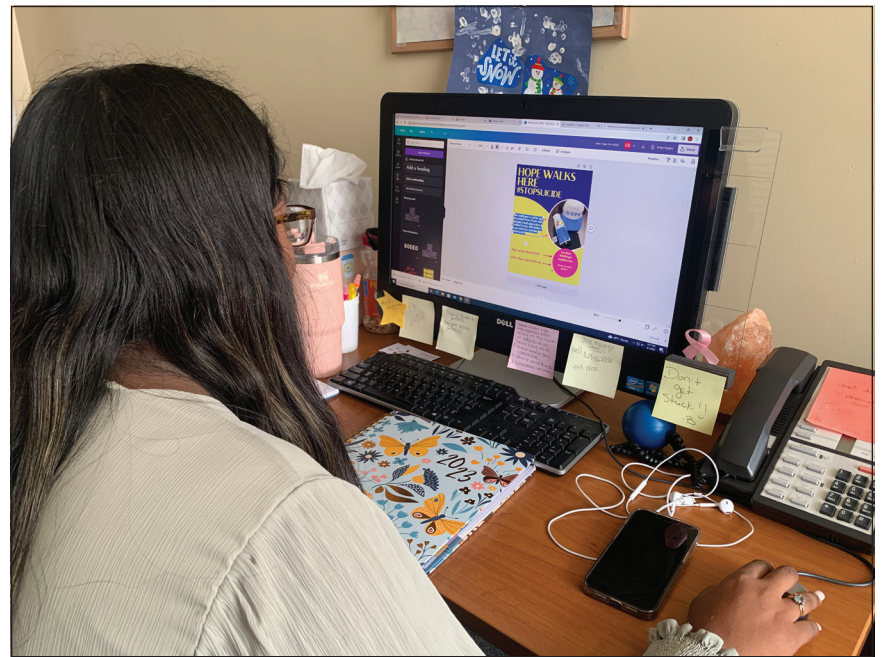
Mari Pressley
Managing Editor

Winthrop University's first-ever walk for suicide prevention titled, Out of The Darkness is set to take place on March 24, 2023, and has already raised \$1,695 toward its \$5,000 goal.

The event is open to Winthrop students and the public, and was organized in collaboration with the American Foundation for Suicide Prevention (AFSP). And, its goal — to raise awareness of suicide prevention efforts and support those who

have been impacted by suicide.

While suicide is the second leading cause of death for people ages 10 - 14 and 25 - 34 and is the third leading cause for those between 15-24, Winthrop Outreach Coordinator and Staff Counselor, Jessica



Lauryn Arnold who has made graphics, partnered with organizations says, "So it's a lot of like little parts a big part."

Mari Pressley/The Johnsonian

Hudgens who is the coordinator of the walk said, "[AFSP] does events across the country. And out of the darkness walks are like one of those

signature events that they've started to bring on to college campuses, because of the number of suicides that occur on college campuses

each year." AFSP uses the money raised from events to conduct research on suicide risk factors and protective factors.

cont. on pg. 2

New produce market aims to fight against 'food apartheid problems' in the Rock Hill community.

The business has a variety of foods, spices and other products. They are currently looking for artists to work with as well.

Jada Strong
Staff Writer

A new farmers market called Farmacy: Community Farm Stop opened on 641 Crawford Road in Rock Hill. Jonathan Nazeer, CEO and founder of Victory Garden's International, opened its doors in hopes of sharing their mission through community redevelopment. "It starts with our history and mission. So our mission was to spearhead community redevelopment through urban farming, food production, food access, and job creation, specifically in low-wealth communities across the globe. We started right here in our own community, with

products at the south side," Nazeer said.

Nazeer said he wants to help end food apartheid and with major health concerns affecting his community.

"What we realized was that we live in a food apartheid, and we use the term food apartheid versus food deserts because deserts are naturally created—apartheids through systematic systems and policies—and so folks just didn't have a place to eat," Nazeer said. "It's one of the reasons why so many people in our community have such tremendous health disparities, such as high blood pressure, hypertension, and diabetes, myself

included with being a type two diabetic."

Nazeer, who grew up on a farm, didn't expect to have a hand in the farming business.

"I grew up on a farm in North Carolina and I swore that when I left that farm, I would never stick my hand in soil again," Nazeer said. "And here I am growing and providing an opportunity for local farmers who are in probably more rural parts of the county, to have a safe and decent place where they can come and bring their products year round."

Farmacy sells coffee, jewelry, and records alongside the fresh produce.

"We're a hub for all beings good, and so now we have not just farmers, but those who produce food, canned foods, breads, pastries, jewelry, soaps, and candles and all of those (people) have a place where they could sell that product." Nazeer said, "And because we're in a predominantly African American community, we also wanted to make sure we capture the cultural nuances of this community as well and make people of the community feel like they have a decent and a safe place to hang out at and enjoy good food and company as well."

The store is open from 8 a.m. to 6 p.m.

Monday through Friday And 8 a.m. to 2 p.m. on Saturday. They will have a grand opening on April 20.

"We plan on having a good time on the 20, and not only the grand opening for our Farmacy Community Farm Stop, but also the grand opening for our innovation garden, which is about 200 feet away at Emmett Scott, where we produce leafy greens and aeroponic leaves. And it's really about trying to spark some interest around agriculture, good food and future opportunities related to science, technology, engineering and mathematics (STEM) and more innovative

ways from an urban production standpoint as well," Nazeer said.

Hana Nazeer and Jada Rosby, Nazeer's daughter and niece, also work at Farmacy.

"My parents have started this business, so I have been adapting to it, since I'm here by relation. It's been pretty cool to witness and see how all of this has been developing," Hana Nazeer said.

While Hana is excited to see her parent's business grow, she admits she is nervous about it at the same time.

cont. on pg. 2



The outside of Farmacy, community farmstop store

Jada Strong/The Johnsonian

Police Blotter



Marley Bassett
Editor-in-Chief

Student blackmailed from California

The victim corresponded and sent nude pictures to a contact believed to be from California. The contact then said the pictures would be released unless the victim sent \$500, of which the victim agreed to send \$100. It was flagged as a wrong account and the victim was told to stop and block all communication on March 4.

Welfare check conducted at Margaret Nance Hall

A welfare check was requested by a student's father on March 5. The officer complied and the student stated that "she had turned her phone off for the weekend because she didn't want to be bothered by anyone." The student then called her father.

Suspicious person on Oakland Ave.

The complainant issued a complaint at the police station stating that there was a suspicious male lying on the ground behind Winthrop's main entrance sign on March 8. An officer promptly patrolled the area and found no subject.

Marijuana found at College Ave parking lot

A strong odor of marijuana was reported and the responding officer made contact with a vehicle that was running with its lights on. The R/O found two subject and four joints in the center car console. The non-student was issued a trespass notice and the student was referred to the Dean's office on March 9.

Cont. from pg.1: New produce market aims to fight "food apartheid problems"

"It feels nerve-racking and exciting at the same time," Hana said. "Since they're in the community, everybody knows my parents, but it's amazing at the same time because it almost feels like they're famous since everyone knows them."

Hana is a student and working part-time at Farmacy, and

she said that the job fits into her schedule well.

"It's been good since I can come here right after school and I'm close to the rec center," Hana said. "And I'm so close to home, so it's been really good."

Rosby began working at Farmacy after coming back from school in Texas.

"I got the job right on the spot after recently coming back home from school," Rosby said.

"I was just trying to find a job, so when I heard what my uncle was doing and helping the community out with local produce and goods I was down for it—and throughout the last few weeks I've

noticed some amazing people and seen amazing progress, and a lot of people are very excited for it," she said.

Rosby emphasized the importance of the impact that Farmacy will have on the community.

"I never get to see this part of the community, that's why I really enjoy working here. You don't really see a lot of black cafes," Rosby said. "It's absolutely incredible, it's like a goldmine over here," she said.

"My uncle's doing an amazing job, his wife is doing an amazing job, and as long as we keep putting in the work, we can definitely hold this down together."

Cont from pg. 1: Winthrop hosts first walk for suicide prevention

With exception to the costs of putting on the event, half of what ever is raised will go to the American Foundation for Suicide Prevention.

"50% actually stays in South Carolina. South Carolina has an American Foundation for Suicide Prevention chapter. And, the money goes there. Then it is distributed to do outreach, do trainings, do events, one of them provides resources for folks on the ground who are struggling with having lost someone." Hudgens said. "[AFSP has] really high ratings in terms of nonprofits for how they spend their money and keeping their overhead costs down, and really putting the bulk of the money into the research, prevention and outreach."

Anyone can offer assistance for the event through volunteering, becoming a sponsor, fundraising or promoting the event through social media. And, to make it easier to raise funds and to receive updates, download the DonorDrive Charity Fundraising app.

On the day of the walk, students will be able to stop by the American Foundation for Suicide Prevention's store for merchandise and pick up beads at the Honor Bead tent where participants are welcome to grab honor beads of different colors to indicate their connection to the cause.

"If you personally have struggled with suicidal ideation and attempts at suicide, you wear one color. If you've lost a parent, that's another color, if you've lost a friend, that's a color. If you've lost a sibling or a child, that's another color," Hud-

gens said. "Suicide impacts all of us, and we don't necessarily recognize that all the time."

Additionally, the event aims to create a space for conversation about suicide prevention and to let those struggling with suicidal thoughts know that they are not alone. "We've been seeing as counselors and faculty and staff across the campus have seen an increase in the number of students who are struggling with this sort of thing," Hudgens said.

"Part of what we're hoping to do just by having the walk is create the conversation and create the space for conversation so that folks who are needing that support, who are thinking about killing themselves, thinking about suicide as a serious option, know that there are people in places they can go on campus to connect and get help."

Student Advocacy and Trauma Support Intern, Lauryn Arnold who has assisted in the planning process of the event, emphasized the importance of mental health in suicide prevention efforts.

"I think it's so important because our mental health is everything. If you're in a class, and you're not doing your best, because you're affected by mental health, you're not giving your 100%, it's going to affect everything you do in your life, whether that be talking to friends, or your family or going to activities. It is so key to have a hold on your mental health, and to reach out for help. Because nobody wants to lose you, whoever that may be in your life."

Arnold said, "So I think walks like this provide not only resources, because we'll have Nami there so that people can note The Hut's there for them to use. But it's important that we come together as a community, and realize that mental health is so important."

Winthrop University Health Promotion Coordinator, Rosie Hopkins-Campbell, emphasized the need for continued support for suicide prevention efforts.

"Health Promotion supports Counseling Services in its effort to make the Out of the Darkness Campus Walk an annual event. The walk is an opportunity to remember individuals who are affected by suicide, increase awareness for suicide prevention, and raise funds to support local and national suicide prevention and mental health awareness organizations."

"An event like this, relies heavily on the support and participation of others. We encourage students, staff, and faculty who have an interest and passion in mental health advocacy and suicide prevention to get involved by volunteering, donating, or participating in the walk," Hopkins-Campbell said.

If you are interested in providing assistance or participating in the planning of the walk in the future, contact Jessica Hudgens, the Walk Coordinator, at hudgensj@winthrop.edu.

Faust is finished

Vice president, chief of staff leaving Winthrop according to an email sent from President Serna

Ainsley McCarthy
News Editor

Kimberly Faust was hired by former president Anthony DiGorgio to be his chief of staff in 2004, and has now ended her employment at Winthrop. During her career she has also served as secretary to the board of trustees. Her background is in sociology, specifically urban sociology, demography and research methods.

The notice comes exactly three years to the day that former President Dan Mahony resigned on March 3, 2020.

President Serna signed the email announcing her departure, which was sent to faculty and alumni on March 1, 2023.

Serna wrote, "Kimberly has been a valuable resource to Winthrop, and her dedication and institutional memory will be greatly missed by her colleagues."

The subject line of the email reads, "Resignation of Dr. Kimberly Faust", and the body of the message said that she is retiring.

It is unclear who will take over Faust's duties moving forward.

The student body has not yet been notified of her exit, and the Winthrop website still lists her in her former position.

More information will be published as it is made available.

The email in its entirety can be read below.

I am writing today to share that Kimberly Faust, chief of staff, secretary to the board of trustees and vice president for university communications

and marketing, will retire from Winthrop as of March 1, 2023.

A mainstay at the university since joining the campus community in 2004, Kimberly was originally hired by former Winthrop President Anthony DiGorgio, one of Winthrop's longest-serving presidents. A sociologist who specialized in research methods, demography and urban sociology, Kimberly served as chief of staff to President DiGorgio and other presidents for nearly 20 years.

She has been instrumental in my transition to this position, as well as in the onboarding of numerous Trustees over that time period, in her important role as secretary to the board. Kimberly has been a valuable resource to Winthrop, and her education and institutional memory will be greatly missed by her colleagues.

Kimberly's impact on the community cannot be understated as she has represented Winthrop by volunteering with various civic and charitable organizations as well as serving on a number of boards.

"On behalf of Winthrop board of trustees chairman Glenn McCall and myself, I want to thank Kimberly for her many years of service and dedication to Winthrop. Please join me in congratulating her and wishing her well in retirement." President Serna said.

Shardae Nelson-Johnson is “excited about our plans to increase awareness about disability and access through programming intended for all students”

Former coordinator for the office of accessibility promoted to director

Sam Hyatt
Guest Staff Writer

Shardae Nelson-Johnson was promoted to director of the office of accessibility at the end of February. Before receiving the promotion, Nelson-Johnson was the coordinator of the Office of Accessibility (OA).

“Prior to my current role, I worked as the coordinator for the Office of Accessibility here at Winthrop,” Nelson-Johnson said. “My main duty was to collaborate with students who have disabilities with the goal of assisting them with gaining access to all aspects of campus life. I was responsible for consulting with faculty and staff regarding the provision of disability-related accommodations.”

These duties are still a part of her responsibilities as the

director.

“In this position, I will continue to assist students with gaining access to all aspects of campus life,” Nelson-Johnson said. “This position also entails educating the Winthrop community about disability and access. I am also responsible for making sure other members of the OA team have what they need to carry out their roles.”

Nelson-Johnson started her journey as a graduate student in 2013 when she was enrolled in The Master of Social Work (MSW) program. From there she worked as an admissions specialist for the MSW program, and a case management intern for counseling services on campus. In 2015, she joined the Office of Accessibility as the assistant coordinator,

and has climbed the ladder since then.

“I appreciate the growth that I have seen in the Office of Accessibility since I joined this team in 2015,” Nelson-Johnson said. “The university has invested in software that makes OA’s work with students more efficient. Faculty and staff are reaching out to OA to consult on how to best serve students with disabilities. Our team members have participated in professional development opportunities and gained experiences that inform our daily work with other members of the Winthrop community.”

As the new director of the Office of Accessibility, Nelson-Johnson plans to continue to support Winthrop students with disabilities.



Courtesy of Shardae Nelson-Johnson

“OA will work toward increasing the amount of programming available on campus related to disability, ableism, and access,” Nelson-Johnson said. “I am excited about our plans to increase awareness about disability and access through programming intended for all students, not only students who live with disabilities, and Winthrop employees.”

According to the Winthrop website, “The Office of Accessibility (OA) works to ensure that students with disabilities have an equal opportunity to participate fully in their educational experience by facilitating accommodations, discourse, and engagement.”

The Office of Accessibility can be found on the third floor of Kinard Hall in offices 323-325. According to the Winthrop

website, the “OA can also explore options such as Zoom, phone or other technology platforms to arrange a virtual meeting.”

Students who are looking to learn more information about the office and the accommodation options can search the Office of Accessibility on the Winthrop website. After submitting an accommodation form online, someone from the office will be in touch to set up an intake appointment.

“I wish more students were aware of the existence of our office and knew that students can request accommodations related to a disability on the college level,” Nelson-Johnson said.

Red sees green—18 Republican states adopt policies promoting recycling

This week in American politics

David Ibragimov
Staff Writer

Traditionally, when it comes to recycling, environment and the rhetoric of preserving the Earth, the American public has associated such values with the Democratic party, and the states that value liberal ideology. Over the years, the U.S. has seen states like California and New York rising to push for greater environmental policies, such as the California Environmental Quality Act (CEQA) and New York’s unique battle against “environmental racism”, or pollution that is disproportionately placed into minority businesses and living areas of state.

These two states, along with a number of smaller liberal states, have sought to create a better environment, already going beyond simple recycling to get these values to become a reality.

However, many Republican-dominated states have begun opting for recycling and the preservation of the environment, but with a twist. 18 conservative states, including the state of South Carolina, have supported policies promoting chemical recycling.

Chemical recycling is when plastic is made for the first time, it is used for manufacturing and consumed by its user (boxes, cups, plastic, etc), after that, it is thrown away. Most of it ends up in landfills and even the ocean.

The process stops this by melting the chemicals in the plastics under high temperatures, separating the melted materials and re-using them to make new plastic without throwing it out or making more plastics for consumption.

The reason why Republican states are encouraging this can be seen from many

positions, but the primary reason is because of economic benefits. When blue states began to push for higher environmental regulations, it became much easier to transport recyclable material to nearby red states, which had lower restrictions and regulations on what can be recycled and what methods are used to do it.

“Companies in blue states have begun sending plastic waste to red states that have embraced chemical recycling, which uses high heat to break down plastics into their fossil-fuel building blocks,” wrote Debra Kahn and Jordan Wolman for Politico.

With lesser regulations and payments from partner states to recycle, conservative legislatures see chemical recycling as a profit to their states, while at the same time preventing more plastic from being created and



Courtesy of Pixabay

constantly re-using the materials for manufacturing from old plastic. However, some environmental professionals are concerned with these moves.

“Just from a common-sense understanding, the whole point of recycling is to return materials into the material cycle...we don’t want to see incineration of any kind because of the serious toxic impacts on frontline communities...The idea that companies are going to take plastic waste, use a lot of energy to turn it into fuels that then later get burned is just a tremendously bad plan”, said Veena Singla, a senior scientist for the Natural Resources Defense Council (NRDC).

“We’re seeing legislators who think that they’re actually doing something that’s

good for the environment, but they have bought the industry line. They don’t really understand what these technologies are.” Said Renée Sharp, a strategy advisor for the “Safer States” organization.

The opinion regarding chemical recycling in South Carolina is met with different reactions after the passing of the “Solid Waste Policy and Management Act” of 2021-2022, which approved of pyrolysis use and the acts of chemical recycling. The bill was passed in both chambers and signed by Governor Henry McMaster.

(This bill) “positions South Carolina to foster private sector investment in advanced recycling facilities, new jobs for residents, and increased recycling rates statewide,” said

American Chemical Council spokesman Matthew Kastner.

The process of chemical recycling has received mixed opinions and many scientists and politicians, although cautiously enthusiastic, warn that we do not know what effects may follow.

“You’re voting on something today that the majority of us know nothing about in this chamber and the impact it will have on our state and our communities On the sixth year, there’s no financial assurance to this state,” Representative John King (D-Rock Hill), said.

Alumni Spotlight – Corrine Whipple spent last years of college at home due to COVID-19



Winthrop alumni begins career in sales at a startup company

SAM HYATT
VOLUNTEER WRITER

Corrine Whipple, an alumni of the class of 2021, spent the last part of her time at Winthrop taking classes online due to the COVID-19 pandemic.

“I did not mind being home and doing my classes from there because I was introverted and enjoyed being able to do my classes online,” Whipple said.

Whipple majored in computer science with a minor in web design and took classes such as cybersecurity and project management. The further she got into her degree classes, the more interesting the classes seemed.

“One class that was very challenging was the capstone class that was two semesters long,” Whipple said. “We had a real client that we worked on the project for. During the first semester we



were planning the project and then in the second semester, we were implementing the things that we planned.

It was very challenging and really rewarding.”

“The major was male-dominated, but I never felt intimidated because of that,” Whipple said. “It helped that there were other women in my classes and I had women professors who were confident in the field. My advice for other women wanting to major in computer science is to work hard and stay focused and confident.”

Whipple’s computer

science classes helped her figure out what she wanted to do after she graduated.

“I majored in computer science because I was tech-savvy and believed that I was built for the major because I had the skill to work in a technical way,” Whipple said. “Clarity on what I wanted to do after graduation did not happen until about six months before I graduated.”

Aside from her computer science-based classes, Whipple took several physical education, sport and health (PESH) classes,

such as volleyball and a walking class. She also took a few art history classes.

“The art history classes were fun and interesting classes to take that were outside of my major,” Whipple said.

Before the COVID-19 pandemic sent all Winthrop students home in March 2020, Whipple lived on campus in Wofford Hall and Phelps Hall.

“Living in Wofford was like a regular freshman experience,” Whipple said. “Especially since I was living in a small dorm with someone I did not

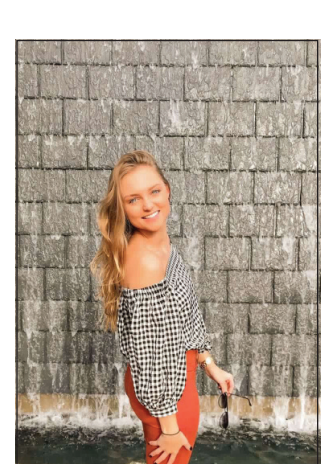
know.”

Whipple is not sad about the future demolition of Wofford Hall, as she believes whatever is built there next, if at all, will provide a better living experience for students.

“The communal bathrooms on the halls were not ideal,” Whipple said.

Now Whipple is working in sales at a software startup company that is not yet public. Although she is not using her degree, she is able to use some of the skills she learned in her computer science classes.

Her favorite thing



about her job now is getting to lead a team of about 15 other people and getting to work alongside other leaders.

“My side job as an influencer helped me in getting the job as well because I already had experience and understanding of sales,” Whipple said.

Whipple still lives close to Rock Hill and hopes to begin attending some Winthrop sporting events to get involved in the Winthrop community again.

Author Gwen Kirby shares valuable advice to aspiring writers

Gwen Kirby reads her debut novel at Winthrop



Jada Strong/The Johnsonian

Gwen Kirby signing copies of her new book, “Shit Cassandra Saw,” in Whiton’s Auditorium.

JADA STRONG
STAFF WRITER

Gwen Kirby, an author and creative writing teacher at the University of the South in Seawanee Tennessee, held a reading at Whiton’s Auditorium this past Thursday to read one of the short stories from her debut book “Shit Cassandra Saw.” During this cultural event, students in attendance could ask questions about Kirby’s writing process and for advice.

Kirby spoke about how it was vulnerable and even uncomfortable at times to write about the characters in her book and the hardships they go through.

“It can be uncomfortable and weird for me to write these stories, because I’m not writing about myself. I’m bringing some feelings into my writing, but these characters aren’t me,” Kirby said. “But these stories can talk to other people who have been through these things.”

Kirby shared a short story from her book titled “Marcy Breaks Up With Herself,” which featured a woman having an internal monologue as she tries to reinvent herself after a breakup and discovering her parents are selling her childhood home.

“I wanted to have a space on the page for that internal monologue. I feel like it’s so loud and so present in a lot of people’s lives,” Kirby said. “But it’s also really exciting at the same time.”

When discussing her writing process, Kirby admitted that she does not have a consistent writing schedule, rather, it varies by day.

“It really varies. I’ve always been so envious of those writers who get up like at six am every day and write for three hours,” Kirby said.

“Sometimes I don’t write for a month and I feel guilty about it the whole time. Sometimes I write every day for a

couple of weeks, and it’s marvelous, and I think ‘why don’t I just do this all the time?’ And then I don’t do it for another month. So I think that my writing process honestly is very much about just making myself sit down and do it,” she said.

Kirby also discussed the genre of short stories and how it can be frustrating deciding an ending with such limited time with each story.

“I think it’s something that you will often find really frustrating about the genre. I think a short story ends successfully, when the ending addresses the question at the beginning of the story,” Kirby said.

“And for me, the question of the story is, ‘is there some way in which purging herself will make her a new person?’ And of course, the answer is no. But the thing is, we know the answer is no, at the beginning of the story,

so the story can’t end with the answer from the beginning. A friend of mine once said these stories’ endings should feel surprising but inevitable, which I think about a lot.”

Gwen Pregnall, a junior English major attended the reading and was excited to meet Kirby. She had been looking forward to the interaction before the cultural event was announced.

“I already had her book before I knew she was coming,” Pregnall said. “It was amazing getting to talk to her and hear her read.”

Pregnall enjoyed meeting Kirby afterward when Kirby was signing copies of her books.

“I loved this event. I think I enjoyed it because there was not much interiority,” Pregnall said. “I learned so much about being a writer and how writing can be a source of joy for the reader and the writers.”

Brianna Kale, another English major, also had a wonderful time at this cultural event.

“I attended this event because I enjoy hearing others read their own work. Meeting an author is always an enjoyable experience,” Kale said. “I hadn’t heard about the author beforehand but I had read some short stories before the event shared with me by Professor Hoffman.”

Kale also resonated with the reading Kirby shared with Winthrop that evening and felt a connection to the characters that Kirby read about.

“I really liked the story. I think it had some powerful themes in it. The messages were strong enough that I bought the book for myself,” Kale said. “I related to some of the characters’ struggles and felt like Kirby had some really uplifting yet realistic ways of showing those struggles.”



Visit our website, mytjnow.com, to listen to our podcast, “On Air: The Johnsonian.” Also on Spotify.



'Breaking Barriers for Waiting Children,' advocating for better permanency in adoption from foster care

Associate professor Kori Bloomquist hosts a cultural event educating about social work and child welfare concerning adoption and foster care

Zoe Jenkins
AC&T EDITOR



Courtesy of Pexels

The month of March hosts multiple month-long awarenesses, some include by not limited to: Women's History Month, National Reading Month, Disability Awareness Month and Multiple Sclerosis Awareness Month.

March also hosts National Social Work Month.

To celebrate the month of the profession, associate professor Kori Bloomquist of Winthrop's social work department and the child and youth well-being minor advisor held a virtual cultural event on March 2, discussing the need for permanency in the foster and adoptive systems.

Associate professor Monique Huggins opened up the conversation and introduced the speaker.

The purpose of this virtual event was to educate about the practice of social work and child welfare.

Through her research, including three separate rounds of data collection, Bloomquist finds that no states are meeting the timely permanency goals of placing children in

homes.

Bloomquist also found that about 391,098 children and youth are in foster care and about 113,000 children waiting for a home.

Other data found included the average waiting time for children in foster care is 7.5 years. These waiting times can differ based on their characteristics.

Some of these characteristics that increase wait time include their race, their sex (with male children less likely to be adopted), whether they have problematic externalized matters and whether or not they have faced sexual abuse.

Children who are adopted are often younger than the ones who are waiting, and by the time a child is seven-years-old, their chances of not being adopted increase each year. Children who wait longer also face more disruption placements. Disruption placement is when a circumstance causes a child to be removed from an adoptive placement before the adoption was finalized.

According to Bloom-

quist, there are three types of disruption: child-related factors (when trauma resurfaces and/or parents say they can't meet needs), family-related (when a child doesn't feel like a fit in the family) and system-related factors (lack of high-quality systems or when a

riences."

A problem that phenomenology presents in her research is that talking about disruption is difficult; therefore, collecting disruption data is challenging.

Bloomquist's research found that people are less likely to talk about disruption as the losses

"We don't take good enough care of families post-adoption," - Bloomquist

social worker believes that a child is not adoptable).

One research method Bloomquist used in her studies was phenomenology, or the study of experiences.

Phenomenology "connects the researcher to the world," Bloomquist said. "I go to people and ask them questions and then they tell me about their lived experi-

ences. The experience is traumatic not only for the children but also for the parents, other biological and adoptive children in the home and the extended family.

Two primary locations Bloomquist did research were Indiana and South Carolina. Despite the similar circumstance of child disruption, the reac-

tions differed per state.

"When things don't work out, people often try to find blame," Bloomquist said.

In Indiana, the families that experience disruption often place blame on those who took care of the kids beforehand. Meanwhile, in South Carolina, families who experienced disruption were more likely to place blame on the foster care system.

Bloomquist states that this is positive for South Carolina as it strengthens families' senses to be stronger advocates and create system changes.

In the fall of 2023, Bloomquist took a sabbatical to continue her research. This time, she interviewed foster parents who adopted a child(ren) from foster care in South Carolina. This research study mirrored her disruption research with similar questions and methods.

Compared to the families who faced disruption, those who experienced successful adoption were more willing to talk about their experiences than their counterparts. Many of the partici-

pants said that there wasn't a question that their adoption wouldn't go through and that during the process, most didn't even consider that they would give up their children.

One parent that Bloomquist interviewed said, "You know, it's crazy—there wasn't. I don't think we ever had the thought of sending him back... he thought we would... he's like 'you're just gonna send me away' and I'm like, no, dude. We chose you..."

Many of the parents agreed that support was essential during the process but despite this, across the country, there is not as much support in post-adoption.

"We don't take good enough care of families post-adoption," Bloomquist said.

An example given was of a parent who couldn't get any support when their adoptive child acted out. The only way the parent could receive support from any services was by pressing charges against her kid, who was only 12 at the time with adoption.

Read more at mytjnow.com

Celebrating community and reading at "Liberty Book Company"

"Liberty Book Company" welcomes all to come to visit their store

Located across from Lee Wicker Hall on Oakland Avenue and nestled beside Wingbonz is a small business called Liberty Book Company.

Liberty Book Co. is a new and used bookstore. With popular releases to 200-year-old antique editions, Liberty Book Co. offers a variety of genres and books. They have been open since 2018 and also sell other media, including puzzles, games, player handbooks and supplies

for role-play games (RPGs).

For the owner, Alison Boulton, Liberty Book Co. is proud to have a firm dedication to community outreach. The business offers multiple book clubs and works closely with the York County Public Library and the Palmetto Reading Council.

"I take great pleasure in being part of Rock Hill's vibrant creative community. As the owner of a business like The Liberty Book Company, I can participate

in local initiatives, and offer public support for projects that I believe in. It's also nice being able to offer a platform (albeit humble) for local writers and artisans to achieve greater visibility and recognition," Boulton said.

With over 20 years of experience working in bookstores, Boulton joined forces with her long-term co-workers and opened their own store when the bookstore she had co-managed for over a decade closed.

For those interested in starting their own business, Boulton said, "Be very honest with yourself about what you actually want out of the experience. Owning a business isn't a job. It literally becomes your life, and the hours don't stop when the store closes."

"Having reliable staff is the only reason that it's possible for me to attend to my own personal needs outside of the store. But, at the end of the day, if someone can't come in



Storefront of Liberty Book Company located on Oakland Avenue

Zoe Jenkins/The Johnsonian

or if something comes up, it's my responsibility to be there and take care of things. That responsibility is always with me," she said.

Her manager, Rayne Rickrode and employee, Kara Balarezo, assisted Boulton in answering some of the questions about the

store.

"I enjoy being able to work in a field I have always wanted to know more about and connecting people with stories that matter to them," Rickrode said.

Read more at mytjnow.com

Winthrop student runs his own videography company

Frasier used his passion for visual storytelling to develop a self-owned business he named *frasierfilmz*

Maliik Cooper
Sports Editor

Winthrop junior Darren Frasier has started his own videography business.

Frasier had to take time off from running track for Winthrop because of a medical issue last year. It was during this time that he started *frasierfilmz*.

"I was unable to train and run and compete as I normally would do because of medical reasons. I needed something to keep myself busy and thought about stuff that I was never able to do because I've always been so preoccupied with running. I came up with videography and went all in on my first camera," Frasier said.

What started off as just doing videography for Winthrop's

track team became a full-fledged business endeavor for Frasier.

"When I originally got my camera the first thing I did was make a video for my team and created *frasierfilmz* so immediately I was doing things for that. I then was also using my camera for projects so that I could craft my skills," he said.

It was through work and constantly pushing out videos that Frasier found his niche as a videographer. He has been working on developing a unique identity.

"My journey started out with a lot of trial and error and honestly just creating a lot of content," Frasier said. "I found out pretty quickly what my style is and I just went on to implement that into

all of my videos. It's really important to be unique and sometimes get the shots and angles others don't usually get. Those are the most interesting to look at."

Things have been tough for Frasier as he returned to the track team from injury for this season. Between being a student athlete and a videographer he often finds himself with a busy schedule.

"Honestly it's been very difficult (managing his schedule) and something I am balancing. It's definitely a work in progress. Having all these things to do keeps me busy at all times with at least something I could be doing. Sometimes I have to make time for myself where I can relax," he



The creator of Frasier Films walks into Winthrop Coliseum with his camera in hand

Courtesy of Darren Frasier

said.

Despite the constant work, in the end, working with different athletes and seeing the fruits of his labor are satisfying for Frasier.

"The coolest person I have worked with is probably Randolph Ross. He's an Olympian I shot and collaborated on a post with. But my favorite video I've ever made has to be my year recap. The pure amount of events and moments that I've had

the pleasure to be a part of just creates a good vibe for me every time I watch it," he said.

Frasier's long term goal is to take these things he enjoys to the next level. After finishing his degree in mass communication at Winthrop, he plans to pursue a career running social media for a large scale college or professional team.

"My future plans for *frasierfilmz* are to continue to grow

and branch out really. But I would like to take my degree and the skills I have in photography and videography and get a job as a social media and content creator for a big sports program or a professional sports team," Frasier said.

Winthrop students can follow Frasier @ *frasierfilmz* on Instagram to keep up with his content.

Best friends Josh and Alex are the heart of Winthrop's student section

After inheriting the will of their since graduated friend, Josh and Alex make it their mission to support all things Winthrop sports

Maliik Cooper
Sports Editor

There is one thing you can count on at all of Winthrop's home basketball games. The presence of Alex Bowers and Joshua Frye.

Bowers is a sophomore Music Tech major from Indiana. He brings the passion he developed growing up there to all Winthrop's home basketball games.

"I always grew up hearing that in 49 other states, (basketball) is just a game," Bowers said.

"Basketball is like a religion in Indiana. Every kid by the age of two has picked up a basketball at some point," he said.

Frye on the other hand is more local to the area. He was born in Charlotte and grew up in Anderson, South Carolina. His love for basketball comes from a different place.

"I was born in Charlotte (but I) I didn't

live in Charlotte at all. I live in Anderson, South Carolina. Right beside Clemson. So I grew up watching Clemson suck at basketball continuously," he said.

"But I still loved it. I went to as many games as I could. I remember we beat Louisville 2014 right after they'd won the national championship the year before," Frye said. "We beat them and it derailed them. Everyone stormed the court. That was insane. But it's for the love of the sport. Like I wouldn't trade this for anything."

These two Winthrop students can routinely be spotted in the student section.

"We just do this for fun. We do this cause we love it. If anybody at this school loves sports like we do, we really would appreciate them coming out and helping us do this," Bowers said.

Creating a fun environment for Winthrop students to coalesce in the student section at games is a big part of this duo's mission, though Bowers and Frye also have more in mind than that.

"We want to become like an official organization at this school," Bowers said.

The inspiration for these ideas came from Winthrop alumni Michael Covil from the class of 2022.

"He had always wanted to do something like with a student section," Bowers said.

"Michael ran Winthrop Live, this big page on Instagram. He got burned out because he graduated. He was like all right, I'll just give you this and we'll use it for the student section. It has a mass following," Frye said.

"He's been building that up for years, four years. And it's just been him. So we're trying to see if we can



Best friends Alex and Josh show their love of Winthrop sports at a home basketball game

Courtesy of Josh Frye

keep building this up so we can have consistent people to hand it down to and keep this thing going," Frye added.

The name has since been changed to @ *theflock.wu* on Instagram. In addition to this podcast, Bowers and Frye have since created their own podcast.

"He's the play-by-play and I'm the color analyst. If we had a dynamic to compare it to, that's kind of us. He (Frye) runs the behind the scenes stuff. He gets all these people. He coordinates all this," said Bowers.

"Then on the podcast episodes you'll see I mainly write all the questions and then ask them and ask them—conduct

the interview. But he does all the recording stuff. So it's kind of like, we just play off that."

Some notable guests they've had on the podcast are Winthrop play-by-play announcer Dave Friedman and current Winthrop president Edward Serna.

The podcast is called *talkflock* and can be found on Spotify as well as by the same name on Instagram.

In the future Bowers and Frye want the Winthrop student section to be completely sold out.

"We want this thing to get bigger. We want to get more people involved. We wanna fill out the student section. That's

like the dream goal to have," Bowers said.

This dream also can have a tangible effect on the court. Bowers and Frye are known for their courtside antics. They're the main reason Winthrop is top five in the country in opponent field goal percentage in men's basketball.

Frye and Bowers would love for students to join them in that mission.

Diversity of Plants

Sarah Kelly Rowe, NDTR

A discussion of how processed food and produce differ in terms of nutrition and how to incorporate healthy eating decisions into daily life

I hear people talk all the time about how difficult it is to acquire all the nutrients that we need from food each day.

Eating healthy has become increasingly challenging over the past several decades. The introduction of processed foods in the 1950s has done more damage than good to America's health. The invention of frozen dinners, boxed snacks and fast food have inconspicuously worked their way into the Western food system and consequently American grocery stores, homes and plates all under the guise of "fun" and "convenience."

Fast, processed and convenient foods have been stripped of many natural nutrients and are often loaded with additives and preservatives such as salt, sugar, saturated fat and artificial colors and flavorings. The fact that these foods are so easy to grab and taste delicious makes convenience foods an easy solution when we feel a wave of hunger.

Even in their natural form, fruits and vegetables offer a wide variety of colors and flavors. From the vibrant orange of a pumpkin to the sweetness of a watermelon, plants exert their appeal. The question remains,

how do we get more nutrients from plants onto our plates and ultimately into our bodies?

Before the introduction of processed foods, people had to grow and prepare their food or buy it from someone who did. Food and labor were words that were probably thought of simultaneously before the 1950s. Nowadays, food is thought of more as something to be consumed.

Given the ease at which we can wander into our kitchens and select a snack or stop by a local fast-food restaurant for a quick meal, convenience has morphed the way we approach eating. Food and labor are now only linked by the dollar amount on our grocery bills. If we aim to eat less processed and more whole foods, we must strive for a balance between convenience and healthful foods.

Convenient and healthful foods include wholesome snacks like baby carrots and hummus, sliced apple and peanut butter, or roasted chickpeas. One of the best ways to ensure that whole foods are the first thing you reach for during your next refrigerator raid is to prepare your produce. Place sliced strawberries or sweet bell peppers in clear glass containers at

the forefront of your refrigerator for an easy-to-reach snack.

Canned and frozen fruits and vegetables are great options for college students looking for even more convenience. Each plant is made up of a different variety and number of vitamins, minerals, antioxidants, and fiber which provide an array of health benefits from reducing cancer risk to improving sleep. The more color you include on your plate, the more nutrients you will consume.

Grab a banana or orange with breakfast, add romaine lettuce and tomato to your sandwich at lunch, or steam up some broccoli as an easy side for dinner. Get in the habit of adding different colored fruits, vegetables and other healthful foods such as beans to your regular meals to boost your nutrient intake.

The typical American diet revolves around lots of meat. Protein is a celebrated macronutrient in Western society, which is why animal products are a major part of many diets. While there is nothing inherently wrong with eating animal products; in fact, because they provide you with essential nutrients such as vitamin B12, they

tend to be higher in saturated fat which is not as good for heart health.

If you would normally sit down for a large steak and a serving of mashed potatoes, you could try switching to a smaller steak with an added side of sautéed vegetables. Small choices are what define our health. Making vegetables the star of our meals instead of meats takes us one step closer to achieving optimal health.

Even simple changes to your eating habits and food choices can prolong your health. It's easy to get discouraged about your health goals when faced with the temptations of cravings, convenience stores and social gatherings, but don't give up! Keep making healthy choices.

You will be amazed at how a few simple changes can add up to large health benefits over time. And lastly, leave room for improvement. There is no "perfect" way to eat.

Eat foods you enjoy even if they aren't what you would consider healthy. Non-nutritious "fun" foods can still be a part of a healthy diet when you balance them out with nutritious foods. Just like a marathon runner isn't born in

a day but rather is strengthened through months of training, we shouldn't expect our health to go from zero to 60 in the blink of an eye.

Start where you are and keep going. Progress--no matter how small--is something to be celebrated. With the promise of warmer weather in springtime, the Winthrop Garden is beginning to flourish with food. Stop by Scholar's Walk every Wednesday at noon to pick up free produce from the Human Nutrition farmers market cart!



Sprouts being planted in the Winthrop Gardens this spring.
Courtesy of the Department of Human Nutrition

Reveille: Pirates!

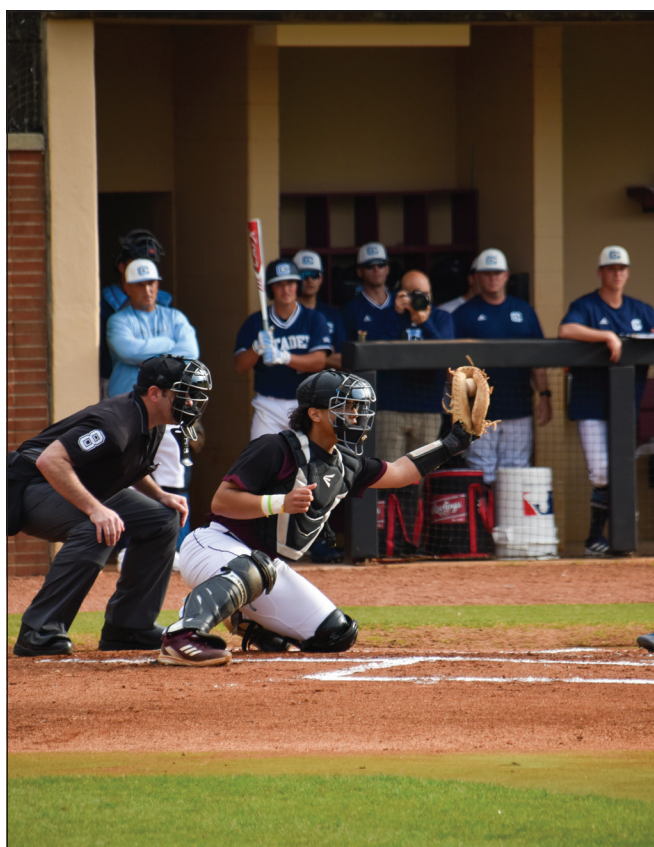


Mariana Beltran/The Johnsonian

Lily Hayes
Photographer



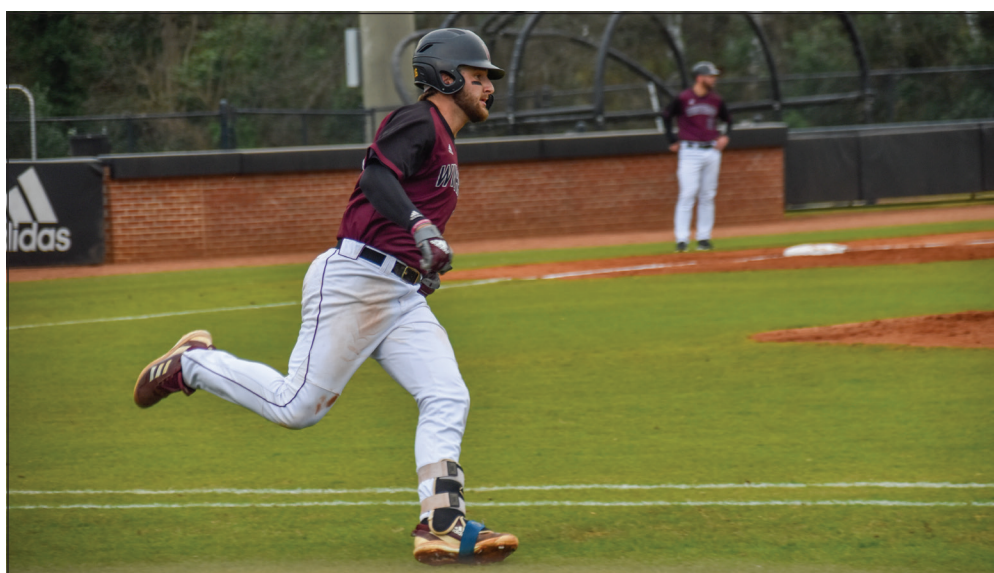
The team celebrates their 4-3 win over The Citadel while huddled up after the game.



Freshman Nicholas Badillo sits behind home plate to catch strikes thrown by the pitcher.



Junior Ramses Cordova jumps in the air to catch a fly ball in the infield.



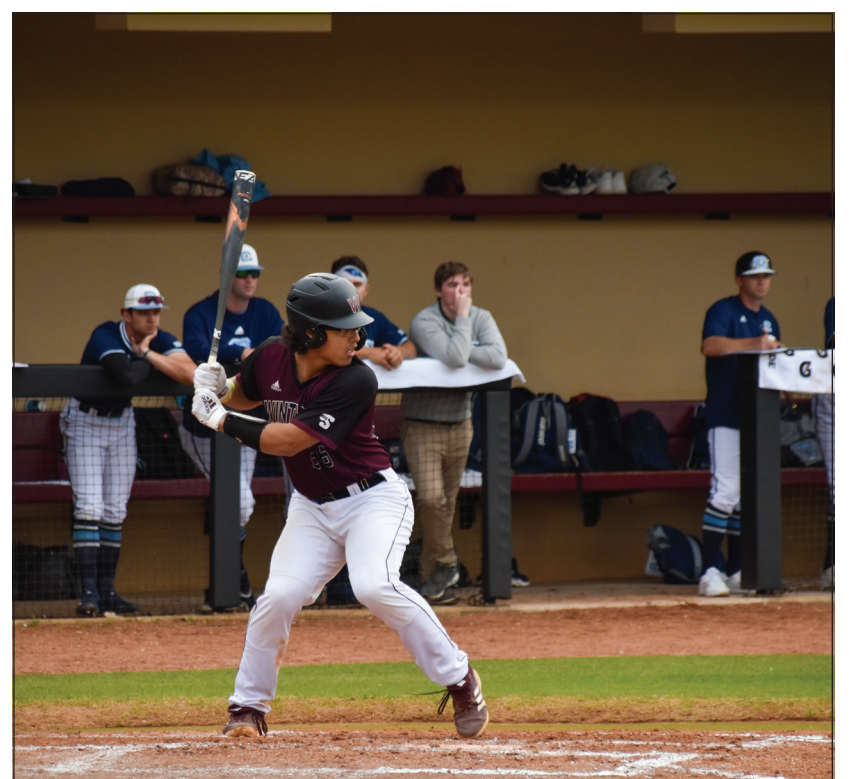
Sophomore Nate Chronis runs to first base after hitting at bat.



Outfielder McKinley Erves keeps his eyes on the fly ball in order to catch it and strike out The Citadel.



Freshman Nicholas Badillo celebrates after hitting a two-run home run and causing the first eagles score of the night.



Freshman Nicholas Badillo keeps his eye on the pitch before scoring a two-run home run bringing the eagles to a score of 2-3 against The Citadel.