

ANNIE ANDREWS RUNS FOR U.S. SENATE

Annie Andrews is the democratic candidate for South Carolina.

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GHOST TOURS RETURN TO TILLMAN HALL

Ghost tours continue to entertain students in Winthrop’s oldest building.

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HOW SEASONAL DEPRESSION AFFECTS STUDENTS

With winter approaching, seasonal depression lingers.

Featured on Page 5

Winthrop University’s Chief Financial Officer, Kevin Butler, steps down

Retiring CFO, Kevin Butler, reflects on Winthrop’s stability and future as he steps down.

Natalia Barthel
Staff Writer

After more than two years of guiding Winthrop’s finances through periods of immense change, Chief Financial Officer (CFO) Kevin Butler is stepping down.

Handing over the financial portfolio to his successor, Jennifer Lewis, Butler is leaving the university in promising fiscal standing. As he transitions to working in Special Projects for the President, Butler expresses complete confidence in Winthrop’s financial position today.

“The financial health of Winthrop is the strongest it has been since I assumed the Chief Financial Officer role in April 2024,” Butler says. “I am extremely comfortable where the institution is in this regard as I transition my role.”

Butler’s tenure at Winthrop unfolded very differently from how he

had originally anticipated it.

“I assumed the role of CFO with the intent to transition back to retirement much sooner,” Butler said. “I was initially contracted to mentor the past CFO for three to six months. Instead, I was able to mentor the Associate Vice President for 2 years before she assumed the CFO role. I feel very good about where the institution is headed as I transition into a reduced role, and eventually back into retirement.”

While discussing daily campus operations, Butler mentioned that Winthrop has mastered the fundamentals needed for a good business.

“Winthrop has become very effective in its business practices since my arrival,” Butler said. “That is, we are now doing the right things right.”

However, as he passes the torch to Lewis, he highlighted that the

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Calvin Heimborg scores a shot

Photo by Eino Ansio

Rock Hill hosts nation’s best at U.S Disc Golf and Throw Pink Championships brave rainy tournament weekend

Dedicated players and fans brave a weekend of rainy weather.

Ava Regitz
Staff Writer

Thousands flooded to Rock Hill for two of the biggest national events in disc golf – the 2026 United States Disc Golf Championships and Throw Pink Women’s Disc Golf Championships on Oct. 8-11.

It was the 28th consecutive year the USDGC was in Rock Hill as the players battled challenging rain the last two days of the tournament weekend,

playing through a combined 6.6 inches of rain.

“(Saturday) was pretty tough,” Throw Pink player Julia Fors said. “The rain was pouring down, every towel was wet, but you had to pretend that the rain was not there and just keep the focus on everything else.”

Fors, a 14-year-old from Kungsbäcka, Sweden, began playing disc golf at age 10 and has travelled across Europe and the US to

play disc golf.

“I love that I get to see so many places and meet so many people and just play all the courses,” Fors said. “I feel like I’m growing so much as a person for me, so it’s just amazing.”

Fors has been playing professionally since 2022 and finished tied for fifth after the final round of the TPWDGC. She shot two over par on her final day while totaling at 1 under for the tournament.

As she balances her school studies back

home in Sweden, Fors is looking forward to living in the US full-time.

“I need to be in Sweden, but my dream in the future is to live here,” Fors said. “Right now I’m just coming here a couple of times a year playing some competitions.”

It was Fors’ second time at the Winthrop disc golf course after also playing in last year’s TPWDGC. Located around Winthrop

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Life is a “Cabaret:” what you missed with Winthrop Theatre’s recent musical

Winthrop Theatre brings drama, romance and political tension to the stage.

Dakota Gold
Staff Writer

On Oct. 7 to 11 at the Johnson Theatre, Winthrop’s Department of Theatre and Dance performed the award-winning musical “Cabaret.” The show

brings the audience back to the Kit Kat Club in 1930s Berlin, Germany where the Nazi regime began to rise into power.

It portrays themes like anti-Semitism, censorship and social compliance. The audience follows the romance between

American writer Cliff Bradshaw and English cabaret performer Sally Bowles as they experience the growing impact of political extremism in Berlin.

Rachel Dawson who is the director of “Cabaret” and an Assistant Professor

of Musical Theatre and Acting said that the musical is a warning tale.

“It reminds us that when we forget history, we are doomed to repeat it. Set in Berlin during the final years of the Weimar Republic, ‘Cabaret’ introduces us to a world

of artistic freedom and expressive living. Berlin was a global hub for queer culture, community, and scientific research, and the Kit Kat Club celebrates this spirit of liberation,” Dawson said.

She explains that Berlin club culture in the late 1920s and early 1930s was a hub for political satire, using performance to challenge social conventions and reflect political realities. “Beneath the glamour and celebration, however, the threat of rising fascism grows,” Dawson said.

As someone who performed in this show in the past, Dawson noted how the experience stuck with her. She believes it is important to not only tell stories like this to audiences, but also to produce them for students.

“Working with emotionally charged material like this teaches students valuable skills they can carry throughout their careers. They learn how to establish and maintain boundaries when working with challenging content, how to research the people they are

representing and the historical circumstances surrounding their stories, and how to engage with that information thoughtfully and respectfully,” Dawson said.

She said that students learn the importance of stepping into roles that may exist outside their own moral compass in order to tell the story honestly, and that this work is about honoring those who experienced these tragedies and those who continue to face persecution today.

Henry Proctor, a sophomore choral music education major, plays Cliff Bradshaw in “Cabaret.”

“I felt that my performance in Cabaret was a step up from my past performances in several regards. The process of finding and developing Cliff’s character was more thought-out and extensive than that of any other role I have played. Many of my castmates have expressed similar feelings. The heart, care,

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Members of the Kit Kat Klub in Winthrop’s production of “Cabaret”

Photo by Aubrey Walden

October 22, 2026

Police Blotter



Chase Duncan
Copy Editor

Driver hits pedestrian, damages paid to victim and no charges made

A Winthrop University Police Department officer responded to the Eden Terrace Parking Lot on Oct. 1 in reference to a person getting struck by a vehicle. After investigating, the officer was able to locate the driver of the vehicle.

The officer spoke with her and her parents and made the pedestrian accident a “teaching lesson” according to the incident’s entry in the WUPD case log. No report was made and the driver agreed to pay for damages to the struck pedestrian.

WUPD deploys “bait bike” to attempt to catch bike thieves

The WUPD have begun deploying decoy bikes around campus in order to catch bike and scooter thieves in the area, according to a blotter entry in the WUPD’s case log for October.

An entry dated to Oct. 2 states that an officer received a notification that a bait bike had left its designated area at West Thomson Hall at approximately 1:01 a.m. When the officer arrived to investigate, they found the bike in the same area it was supposed to be at. The false flag was deemed a technical failure.

WinthropLIFE students vandalize signs on Scholars Walk, referred to Dean of Students

Director of Printing and Creative Services Jill Stuckey contacted WUPD on Oct. 2 to report damage to signs along Scholars Walk and in front of Byrnes Auditorium. Each sign was valued at \$245 each.

After reviewing video footage of the areas where the signs were located WUPD determined that a group of individuals damaged the sign between 11 p.m. and midnight on Sept. 24.

The subjects in the video footage were later identified as WinthropLIFE students. The students met with a WUPD officer along with the Director of WinthropLIFE at the Good Building. They were then referred to the Dean of Students.

Kevin Butler leaves as CFO Cont.

next critical and necessary phase requires the university to pivot towards optimization.

“We need to start getting more efficient with these practices,” Butler said. “Automation and workflow need to occur. I know that these are high on Vice President Lewis’ list. I’m looking for great things to come from her leadership.”

Stepping back to examine the broader financial scale, Butler addresses the structural challenges that higher education institutions must navigate over the coming decade.

“It is often said that

there is an inverse relationship between higher education enrollment and the economy. The theory is that when the economy is strong, the workforce doesn’t feel the need to retool, and vice versa,” Butler said. “To some extent, that’s still true. However, the pace of change in industry has made it very hard for higher education to specialize and retool a workforce.”

His solution for this is centered on academia and its foundations: universities must be able to anchor themselves firmly back in their core mission.

“Higher ed needs to remember its roots – critical thinking,” Butler said. “The institution needs to also find its competitive advantage and invest in that. This will sustain the institution and better serve the student.”

This perspective also extends directly to the physical campus infrastructure, including ongoing student housing developments, building debt, and adding dorm buildings. When asked about how these issues will continue to impact Winthrop’s bottom line, Butler offers a very honest assessment.

“The way the housing

transition is planned, it will take 2-3 years before the full financial impact of these actions will be realized,” Butler said.

Even through the lack of certainty regarding the complete financial impact [of new student housing], Butler reassures the university community that these adjustments are meant to have overwhelmingly positive outcomes.

“It is important to note that the impact will be very positive for the institution and the students,” Butler said. In addition to the housing projects currently underway, “There are still additional phases to the

plan that will bring on more new space, as well as improve the condition of our more mature housing units.”

As Butler officially closes out more than two years of service as CFO at Winthrop, he reflects with appreciation on the milestones achieved during his time in office. “It has been a pleasure serving Winthrop over the past two and half years. We have accomplished a great deal during that time. I am truly thankful for the support and trust of campus leadership, the Board of Trustees, and the entire Winthrop community.”

A conversation with Dr. Annie Andrews: economic advancement, data centers and more

Dr. Andrews, Democratic candidate for South Carolina Senate, discusses what she hopes to accomplish if voted in.

Evi Houston
Managing Editor

In the upcoming midterm election, South Carolina is on track to vote in its first elected female senator. Whether this will be Democrat Dr. Annie Andrews, first-time politician and pediatrician, Republican Darline Graham, appointed senator and sister to the late Lindsey Graham, or Libertarian Kasie Whitener, writer and Winthrop alumna, is up to voters.

The Johnsonian had the chance to speak with Dr. Andrews about her personal platform and background, with the hopes of better introducing her to the student body and informing students before they turn in their ballot.

Why is it important for college students to participate politically and vote?

“The decisions that are being made in Columbia and in Washington, D.C. will impact your generation and my kids’ generation far more than they will impact me,”

Andrews said, stressing the importance of engagement.

Andrews also noted that younger generations have only known an era of U.S. politics dominated by Donald Trump and feelings of

Annie Andrews, the U.S. Senate democratic candidate for South Carolina

hyperpartisanship. These feelings are evident in the uncompromising attitudes of both parties, voters’ strong identification with a particular party and shifts further to the right or left

in party platforms, rather than towards the center.

“I don’t blame young people for being disengaged,

find ways to bring young people into the fold,” Andrews said.

How does your platform affect college students? For example, does it address college debt, employment post-graduation, or DEI policies?

Andrews explained that her plans to

improve affordability will directly improve the lives of college students.

“I know that [affordability] impacts college

students as much or more than it

impacts anyone else,”

Andrews said. Policies that address rising student debt, inflation, interest rates, artificial intelligence and tariffs came to mind. Specifically, both artificial intelligence and tariffs could be limited

in order to increase entry level jobs.

“We have to be sure that as AI continues to rise, that we’re doing it smartly so that AI isn’t replacing all of our jobs, but we can educate people to run these systems rather than be replaced by them,” Andrews said. Andrews recognized the burdens placed on recent college graduates as well, such as unaffordable housing and a difficult job market. She believes that the average age of first time homeowners is much too high.

On DEI (Diversity, Equity and Inclusion), Andrews said, “Politically motivated agendas should have no place in our places of higher learning.”

Conservative anti-DEI policies which spread at the start of the Trump administration aim to limit college instruction on certain topics, such as gender or class, and eliminate inclusive hiring and admissions policies.

What is your overall stance on the use of AI and data centers that have been growing across the country?

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The ringing sound of precaution

Nuclear plant stationed in York County sounds seasonal test sirens.

Samiyah Heyward
Staff Writer

On Oct. 7, 2026, the Catawba Nuclear Station tested 89 outdoor warning sirens between a two hour testing window from 11:00 a.m. to 1:00 p.m. Each siren played throughout this window lasted for around three minutes. The emergency sirens are tested regularly

on the second Wednesday of every three months to minimize disruptions for individuals living within the plant area.

General Information

The sirens are owned and maintained by Duke Energy. In coordination with the company, county and state emergency management officials

determine if, and when, to sound sirens and activate them accordingly.

Emergency management officials may also use the sirens to alert residents of other types of events, such as hurricanes, tornadoes, flooding or hazardous spills, said Duke Energy’s 2022 Siren Fact Sheet.

Siren testing is generally loud and can be heard for several miles, but their primary purpose is to inform any local residents outside to go indoors and tune into Emergency Alert System (EAS) television stations and local radio for official updates and instructions. Many residents may not hear the sirens while inside.

These sirens are regularly tested and do not automatically indicate an emergency evacuation,

nor do they require any action from the public.

In the case of a true emergency, the sirens would repeatedly sound longer than a three minute period and emergency management officials would provide clear directions across multiple EAS channels and stations. “Staying calm and informed is key — your safety starts with knowing what the sirens mean and how to respond,” said the official Catawba Nuclear Station website.

Student Perspectives

While these test sirens are routine and require no action from residents living nearby, many students at Winthrop University voiced their concerns regarding the alarm.

“Hearing the nuclear alarm really shocked me at first, considering I had only heard it once my freshman year. I thought it would be a one time thing,” Marley Shier, sophomore English major said. “My professor for my 11 a.m. English class is new to teaching at Winthrop, and I could tell by her face that when the alarm started in class, she was distracted, given she had no idea what the noise was.”

That disruption wasn’t just heard in one lecture hall, it was heard across Scholars’ Walk and the DiGiorgio Campus center, becoming a campus wide distraction.

“I hadn’t heard a nuclear alarm before until I got on campus. It was the other day in my

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Photo via Carolina Country
Outside view of the Catawba Nuclear Plant

October 22, 2026

Winthrop Theatre’s “Cabaret” cont.

and dedication everyone involved poured into their performance made this show a truly special one,” Proctor said.

This was Proctor’s first faculty-produced show at Winthrop. Although he is not a theatre major, he performed plenty of shows in high school and wanted to carry his passion into college.

“My wonderful castmates, the crew and directors, however, helped me realize that I did in fact belong. [...] I wanted theatre to be a part of my collegiate experience. Telling Cliff’s story and the story of ‘Cabaret’ was a fantastic fulfillment of this hope,” Proctor said.

Proctor agrees with Dawson that the show serves as a warning to the audience.

“In ‘Cabaret,’ we see what happens when a society is complacent.

Though it was written over 50 years ago, the themes and messages presented in ‘Cabaret’ still can and should be applied today. Shows like ‘Cabaret’ remind us that in our current global and political climate that complacency and inaction are no longer options.”

Dawson shared that she feels a great deal of privilege, honor and responsibility in leading this show. She describes it as a celebration at times, but a warning at all times.

“Guiding our students through this process has been an honor, and I feel proud of their work and their willingness to lend themselves to sharing a story whose purpose is to build empathy and awareness,” Dawson said.

Even through the emotional hardships presented in the material,

her students rose to the occasion.

“They embraced what I was asking them to do, stepped into the work with care, and grew through the process. Artistic growth is not separate from our growth as people. It is an honor to witness it.”

Dawson said that the harrowing content the show engages left audiences with what they described as a gut-wrenching experience. She said this is hopeful as it means the story is reaching people and asking them to sit with uncomfortable truths.

“It is important to produce shows like this because acknowledgment without action falls flat. Seeing injustice is not the same as confronting it. Recognizing the warning signs is not the same as responding to them,”

Dawson said.

She believes students benefit immensely from performances that challenge them to think critically, feel deeply, and engage with difficult questions about history and humanity.

“Throughout this production, I have been struck by the metaphor of a runaway train. We know the destination, but we cannot get off until someone acknowledges where we are going. The train is already moving, and the longer we ignore its direction, the harder it becomes to change course,” Dawson said.

“‘Cabaret’ reminds us that history is not simply something that happened to other people, in another place, at another time. Its warnings are still relevant, and it is up to us to decide what we do with them.”



Sally Bowles, played by Grayson Skidmore, is lifted into the air by cast members

Photo by Aubrey Walden

21st annual Student Alumni Council ghost tours in Tillman

Insight into the tradition that invites the Rock Hill and Winthrop community to explore one of campus’s oldest buildings.

Gabriela Griggs
AC&T Editor

The Winthrop Student Alumni Council, also known as SAC, will be hosting their annual

Ghost Tours inside of Tillman Hall on Friday, Oct. 23.

Paris Johnson, a junior educational studies major, is excited to get involved this year. Being

a tour host involves an extensive knowledge of Winthrop campus history, but also requires preparing a costume and character for the role. The Student Alumni

Council encourages students involved with the council to get out of their comfort zone, and offers involvement in the Ghost Tours as an opportunity.

“Tillman was selected because it used to be one of the main buildings on campus. It also has a lot of levels and space, [making] it easier to work with,” Johnson said.

Tillman Hall was originally built in 1894 and is one of the oldest buildings on campus. Originally, the building was called the “Main Building,” but that was changed after the destruction of the Tillman Science Building. Famously, Tillman was built entirely using prison labor and still houses remaining prisoner stocks in its basement.

There are various paranormal experiences students and staff have faced while inside the building. These experiences range from hearing sudden, loud noises to faint footsteps.

Benjamin Tillman, the South Carolina governor whom the building is named after, is also said to haunt the space. “The Ghost of Ben Tillman” is listed as one of the many “interesting features” the Winthrop website lists about the building.

Tillman has gone through multiple phases over the course of Winthrop’s existence. Now home to mainly administrative offices and other services, Tillman used to have a swimming pool, classrooms, a library, a museum and even a gymnasium.

The building is also well known as the backdrop for horror movies such as Asylum (2008) and The Rage: Carrie 2 (1999), a sequel to Carrie (1976), the film based on the Stephen King novel of the same name.

Most students recognize the building for its auditorium as it temporarily provided a space for orientation and other activities while Byrnes Auditorium was under construction.

After meeting in

McBryde Hall, the tours begin inside the basement of Tillman and then progressively make their way up to the building’s attic.

This event was started in 2005 by the Student Alumni Council to invite the Rock Hill and Winthrop communities to learn about the history of Winthrop, campus legends and to support the Winthrop Fund. These tours are one of the few alumni traditions that are held annually on campus, alongside the Annual Tree Lighting, Ring Ceremony and the Day of Giving.

“One of [the] best things about putting on Ghost Tours is the quality time spent with the [Student Alumni Council] and the volunteers. It fits with [our] mission statement because we are doing something for the students, alumni and community, to bring everyone together,” Johnson said.

Both the community on and off campus are very involved in this event. Many students see the tours as an opportunity to learn more about Winthrop while getting to see parts of campus that are usually off limits during the academic year.

“I think the students are more curious about going on the fourth floor, as you know it is one of the haunted floors on Winthrop’s campus. Ghost tours are the only time [people] can enter that space,” Johnson said.

Tickets to the event cost \$10 and the Student Alumni Council urges those interested to act quickly, as this event has a tendency to sell out. Purchasing a ticket to the Ghost Tours directly supports the Winthrop Fund, which exists as an immediate support to students through scholarships and aims to provide aid to those in need.



Graphic of the Ghost Tour information and how to purchase tickets

Photo via Instagram / @winthropsac

Disc Golf Championship Cont.

Coliseum and Winthrop Lake, the courses have been the site of the TPWDGC since 2021 and the site of the USDGC since 1999.

The almost 9,800-foot Gold Course, where the USDGC is played, is known for its challenging boundaries and technical demands. Much of the course remains the same from when it was originally constructed in 1992. The women played on a slightly shorter 8,846-foot course.

“I just love this event like, both times I’ve been here, it’s just like such a cool experience,” Fors said.

The disc golf weekend continues to be one of York County’s biggest annual outdoor events, featuring four days of men’s and women’s competition along with a Championship Village providing food, art, vendors and live music. Spectators filled the grounds all weekend long, despite the rainy weather, to see some of the best disc golf talent in the world.

Featuring a field of 101 players, the USDGC is the last of the 11 Professional Disc Golf Association majors this year. In the spring, Winthrop is also the site of the Collegiate Disc Golf National Championships, which took place on April 8-11.

The TPWDGC showcases the top female disc golfers in the sport as the tournament aims to emphasize October as Breast Cancer Awareness Month. This year’s iteration had 46 women in the field.

Winning his first USDGC and second



A shot of the crowd in the final round of the Disc Golf Championship

Photo by Eino Ansio

career major was Calvin Heimburg of Safety Harbor, Florida. Heimburg overcame a four-stroke lead by last year’s reigned champion, Gannon Buhr, and hit a 36-foot putt to seal the victory.

Heimburg gained momentum at hole 10 as he took the lead with a two-shot eagle while Buhr shot a six-stroke double bogey.

Ending the championships at 23 under total, Heimburg shot 7-under 64 in Sunday’s final round, which was his second-best round behind his first day at the tournament when he shot 9-under 64.

Holyn Handley nailed five birdies and one eagle in her final round to claim the Throw Pink championship, her second. The Grapevine, Texas native shot a 4-under 69 on the final day, finishing at 18 under total on the weekend.

The Protect College Sports Act limits transfers and NIL money

The passing of the act sets a national standard for NCAA rules and governance.

Kellan Hudson
Sports Editor

This September, the U.S. Senate passed the Protect College Sports Act, a piece of bipartisan federal legislation that aims to create more uniform rules in college sports for Name, Image and Likeness (NIL) deals, eligibility and media rights, among other things.

The NCAA has struggled to govern college athletics since the 2025

Act covers is NIL, which are the rules that govern how athletes can be paid for the use of their name, image and likeness. It clearly states that athletes must report all NIL deals in which they make over \$600. Athletes must report these deals to the College Sports Commission

NIL earnings. This builds off the previous House v. NCAA Settlement that enforces schools to not directly pay athletes more than \$21.58 million per year from the school’s own revenue, which began enforcement in the 2026-2027 academic year.

Alayna Friedt, a

(they will have to sit out a year if they transfer a second time) and five years of eligibility. The rule limiting athletes to only one penalty-free transfer will certainly change college sports, as in recent years it has become common to see athletes transfer many times throughout their career. Friedt shared that she believes

The Protect College Sports Act also discusses pooled media rights and prohibits schools from cutting non-revenue sports. The bill enforces an antitrust exemption for schools and conferences that create agreements to transfer their sports media rights to a third party.

It is important to note that the Protect College Sports Act does not label athletes as school employees. However, this question is one that has recently been

pay and the ability to unionize.

“I wouldn’t necessarily call us school employees,” Friedt said. “I would say there’s certain aspects of our life that are different from normal students, like the fact I have to take a PE (physical education) class right now after 20 hour weeks and lift is not my favorite thing to do, and I think we should be exempt from that.”

This raises the question: where is the line between treating athletes like normal students and giving them special privileges? Athletes get special privileges such as money, access to fancy facilities and the ability to pick classes before the rest of the student body, but are those privileges really what athletes need?



Graphic by IvyElizabeth Mann

House v. NCAA settlement overturned a lot of the rules that had previously been governing college sports. This has caused states and organizations to interpret the rules differently, leading to much disagreement in the world of college sports. The Protect College Sports Act seeks to reestablish these rules and eliminate confusion.

The first area the Protect College Sports

through the website NILGo.com within five days of completing the deal. The Protect College Sports Act also places a cap on how much agents can profit from an athletes’ NIL earnings. For example, it enforces a 5% limit on sports agent fees in order to ensure sports agents cannot exploit athletes for their

sophomore biology major on the golf team at Winthrop, shared how she believes there should be a limit to how much money athletes can make.

“Everyone is entitled to, not milk the system, but to get as much as they can out of it. That’s your right. But, some of the money people in these football programs are getting is ridiculous,” Friedt said.

The second component of the Protect College Sports Act is eligibility. The Act allows students one penalty free transfer

transferring many times throughout one’s athletic career can put a student’s academics at risk. “I think there are really good reasons to transfer,” Friedt said. “Like you don’t like your coach, if you’re not liking the school, but let’s say you transfer two times in three years. That’s two different schools in three years.”

She noted that athletes changing schools this frequently can fall behind or fail to meet the new school’s graduation requirements.

“That’s causing you to stay in college longer and just milking the system,” Friedt said.

heavily discussed. Athletes get paid either in scholarship or NIL to put in a certain amount of hours a week towards their sport, which is comparable to a job.

The purpose of labeling athletes as school employees would be to recognize the difference between athletes and the average student. If athletes were considered employees, they would be eligible for standard employee rights like minimum wage, overtime

“I feel like people don’t understand how much work athletes actually put into these programs. They’re just like, ‘oh, they get money, they get scholarships to be here,’ but I think people don’t understand how hard it can really be to be a student athlete and to be in these programs,” Friedt said.

The Protect College Sports Act will not become law until it is passed by the House of Representatives, which is not expected to take up the legislation until after the November midterm elections. After this it must be signed by the President.

Keep going: the impacts of seasonal depression on college students



Fall trees outside of Courtyard

Photo by Zoey Molina

Bailey Wimberly
Editor-in-Chief

Picture this... you are waking up on the first day of fall. It is cold enough to wear your favorite sweater and jeans, you bought hot chocolate from Starbucks, the leaves are turning orange and slowly falling. Isn't this the perfect start to the autumn season?

But that isn't the reality.

The slight cold breeze that was out at 9 a.m. has suddenly turned into 75 degree weather causing you to bake in your sweater. You're dripping with sweat and your hot chocolate has turned cold, but you don't even need it anymore so you fall back to your iced caramel latte.

After a full day of classes, the sweat continues as you walk home from your third class. Finally, you sit down at your desk to begin your homework when all of a sudden, it hits you.

It is midterm week, you only got four hours of sleep from studying, Fall Break wasn't even long enough to go home and you have two midterms due from that weekend. Not to mention

the three missing late assignments that you forgot about.

But why does this happen every fall? Why does it feel like a never-ending cycle every year?

Every year around this time, many college students including myself get overwhelmed by assignments, the seasons changing and stress is at an all time high.

Everything begins to merge together, one assignment at a time. Not only do your assignments mesh, but your thoughts jumble together, moving together as the seasons change.

Seasonal depression has been something that has affected me all my life and continues to impact my life yearly. Growing up, my moods have always changed and I have always noticed a dark cloud over me every winter.

According to the American Psychiatric Association, two in five Americans said that their mood worsens during the winter months or colder seasons. In this study, many of them said that it hurts their mental health, especially when the time falls back.

When daylight saving time starts, it can affect people's sleep schedules, fatigue, mood and their mental health as a whole.

In this study, forty-one percent of people said that their mood declined rapidly in winter. Even now, as college

students, we increase that forty-one percent constantly.

We see continued stress everyday whether it's work, assignments, athletics, clubs, organizations, or even figuring out how to get to class some days.

Everyday is different and throws you a curveball that can influence this seasonal depression.

College students experience heavy stress. The assignments begin to pile up, the stress continues to overload you and sometimes all you can think about is school before you go to bed.

There is never a time to relax.

Wake up, get ready, go to class, eat lunch, go to class, study, eat dinner, do homework, sleep, repeat.

Every moment of your day is spent thinking about school, maybe even dreaming about it.

Until all of a sudden... it becomes too much.

The gloominess hits, it's too cold to get up and go to class, your bed is warm enough not to get up for hours and you forget about those late assignments because all that matters right now is you and the warmth you are feeling.

After falling back asleep for three hours, you realize that you missed an exam in that class. You were so stressed out about

everything else that you forgot about your in-person midterm for your American Government class.

Interim grades come out in three days. The harsh reality hits you that you won't have the grades you want and it disappoints you, but how are you supposed to get anything done when you feel like this?

All you want to do is lie in your bed and contemplate life. Stay where it is warm and forget about everything else.

I finally get out of my bed after a long morning, getting ready for my day.

I sigh a breath of relief as I make it to my Winthrop therapy appointment of the week. I get to talk about my problems, rant and work on some coping skills.

"Breathe. Don't forget to breathe. It will all be okay," I tell myself, but ultimately...

It is just one more thing we must deal with as college students. Seasonal depression doesn't put a pause on classes, assignments, or work.

You must keep going. Taking it one step at a time.



Fall trees in front of Roddey

Photo by Zoey Molina

Alone during cuffing season

Why it is okay to be single during the romantic seasons.

Hudson Mize
Staff Writer

There is no better time of year than the colder seasons to grab a blanket, drink some apple cider and cuddle up with someone you love while watching Charlie Brown.

As of October, cuffing season is now upon us. Lasting until March, this time of year is when people begin "handcuffing" themselves to others in order to form relationships during the colder months.

There is no proven biological reason why people get more romantic the colder it gets outside. However, some sources might suggest it is a drop in serotonin due to the weather and darker days.

It makes sense to grab a

warm body and stick with them by the glue, treating each other like cogs and gears.

Suddenly, you'll have someone new to be thankful for at Thanksgiving, Christmas will reward more presents and most importantly, you'll have someone to create permanent memories with.

All of those memories serve to replace the memories of being lonely during those same times. Not to mention your grandma asking if you finally have a partner yet...

However, it's alright to not have the ability to experience these events. If you have had past relations that ended, and now you wish to try and relight that same fire

because you need another sunny day, I'll tell you why a relationship is not that important after all.

Aside from some obvious perks of being single, such as having all your money to yourself or not having to worry about buying someone else's whole family presents, there are actual benefits to being estranged or single.

While in college, most people may live on campus surrounded by people, or still live with their family. Students go to classrooms filled with classmates of their major, and are forced into groups.

Afterwards you may return to your dorm or home and do school work, chores, play games,

or hang out with friends. You are always in motion, despite any lonely feelings.

However, there will be a time where you'll already be at work at 10:36 a.m. and get back around 6pm. You might return to your own room or apartment with chores still needing to be done and friends too busy to play games that night.

After spending all your life around people your same age, even sharing the same room in dorms, you now have complete silence and nothing else exciting to do for the night.

Despite that needy feeling of wanting a relationship, it is necessary to learn how to live for yourself.

When in a relationship,

you might unknowingly mold yourself to a character of their liking.

College and your early twenties are the years of self discovery, and in order to care for yourself, you need to understand all parts of you that you enjoy.

Sorry to say, but if that relationship you might be in doesn't last, then you are left stranded and confused, asking yourself if it was worth it while listening to some emo songs.

You begin to understand yourself, the person you want, what you value and how those values affect you.

Instead of doing your work for someone, go out for yourself, cook for yourself, shop for yourself.

Actions that might have been done for another, now make them actions you would do for you.

Instead of staring at the ceiling wishing for the time to pass, or for someone to conveniently waltz into your arms, use that time to take a bite of new experiences.

There is something romantic about learning about yourself, more so even when learning to truly appreciate yourself and all that you can do.

Do not cast a satellite over your life - continue to bake cookies like you normally would for a nice night of watching Christmas movies.

Life does not have to be a cruel affair. Romanticize your life, even if it is lonely, to become the best you, you have ever seen.

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Annie Andrews Cont.

Andrews proposed a two year pause on data center development, referred to as a federal moratorium on data centers.

“That is the only way to help balance the current imbalance of power in these conversations,” Andrews said.

She criticized how rural communities have been taken advantage of by data centers, and noted the close relationship she perceived between her opponent Graham and data center-affiliated corporate donors.

For more information on this alleged relationship, the Andrews campaign has created a website called datacenterdarline.com.

Andrews hopes to see greater transparency about the economic and environmental impact of data centers, such as their exorbitant use of and pollution of ground water. Once a federal regulatory framework is established, then the expansion can

continue.

“That doesn’t mean that I’m anti-technology, anti-innovation, or that I want to cede this technology to China,” Andrews said. On AI as a general tool, Andrews saw it as a useful technology but an existential threat to jobs and to humanity.

What specific policies or goals would you advocate for to improve the SC economy and jobs market?

Andrews sees incentives as a way to stimulate the economy, including tax incentives for first time home buyers.

Another goal includes the end of recent tariffs enacted by President Trump so that small businesses can thrive.

Additionally, “Getting us out of the war [in Iran will] lower the cost of diesel and gas, so that our local small businesses can continue to thrive,” along with farmers.

For a more detailed

list of policies, visit drannieandrews.com.

As a Democrat, is it important to you to have Democrats win back Congress in this election? Why?

“I do think that it’s important that Democrats take the House and the Senate this particular election cycle because we need to return Congress to its position and role as checks and balances on the executive branch of government,” Andrews said.

This transfer of power would be beneficial so that Congress may end the war with Iran, pass better policies and reverse tariffs, argued Andrews. She also noted that Democrats are less likely to take corporate and PAC donations.

Andrews’ number one priority in Congress is to work with fellow Democrats to “Stop the impending Medicaid budget cuts, which will

be devastating to the healthcare system in South Carolina,” she said.

Still, Andrews considers her possible election a victory for the state of South Carolina, not Democrats, and hopes to reach across the aisle when in Congress.

You are not a native to S.C. How have you made an effort to get in touch with S.C. voters?

Andrews explained that she has worked as a pediatrician in S.C. for 15 years taking care of sick and injured children in the state. She also has young children in the SC public school system.

“I don’t think any job can better prepare you to represent a community than going to work every day at the Children’s Hospital, where you come face to face with the harms from broken policies coming from a failing political system in Washington D.C.,” Andrews said.

Andrews contrasted this commitment to native S.C. politicians who she believes spend most of their time in D.C., serving corporate donors rather than their constituents.

“I’m just so proud to call South Carolina home,” Andrews said.

S.C. politics is dominated by older and largely male leaders. Why is it important to have a younger woman’s perspective as a candidate?

“I think it’s important that we elect women at all levels of government,” Andrews said.

Even though it is inevitable that the next S.C. senator will be a woman, Andrews argued that it matters what kind of female senator you elect.

“It’s not enough to just be a woman. I think you have to be a woman who fights for other women, fights for access to reproductive health care,

fights for policies that are good for young families and single moms.”

On her age, Andrews said that it is important to elect parents of school-aged children and hear their perspective.

“People are ready for change, they’re ready for a new generation of leaders,” Andrews said.

No senate candidates were initially contacted by The Johnsonian for this issue; this conversation was possible due to the interest and outreach of the Andrews campaign.

Further, The Johnsonian does not endorse Annie Andrews, or any political candidates, for the upcoming election. No funds were provided to The Johnsonian to write this piece.

Early voting began in S.C. on Oct. 19 and will continue until Election Day on Nov. 3. Classes will not be held on Election Day. Absentee ballots must be requested by Oct. 23 in S.C.

Nuclear plant Cont.

psychology class and when I heard it I was mostly confused because it was 11 a.m. in the morning. I remember a lot of my classmates were confused and concerned, even my teacher didn’t know what was happening,” Laila Dows, sophomore psychology major said.

Dows added, “I think that [the alarms] are necessary but maybe they should pick a better time

to do it because a lot of people tend to be in class [...] they should do it in a less busier time frame.”

Shier further emphasized the lack of general knowledge on the test sirens. “I’m from Charleston, so I never really get nuclear alarms like that [...] the amount of times I have heard it have been during my academic classes, so it has been a distraction for

me,” said Shier.

She added, “I feel like [the alarms] are necessary and should be talked about, but this campus specifically doesn’t talk about the noise even though, so many people like me wonder what it is.”

For individuals seeking direct reminders about the nuclear testing alarm periods, Catawba Nuclear Station offers optional automated text alerts by

signing up through the Duke Energy Nuclear Safety Preparedness Portal. Furthermore, the Duke Energy Catawba Emergency Preparedness webpage provides detailed information regarding the test sirens’ purpose and the upcoming schedules for future soundings.

The current upcoming nuclear siren testing dates are January 13, April 14 and July 14 of 2027.



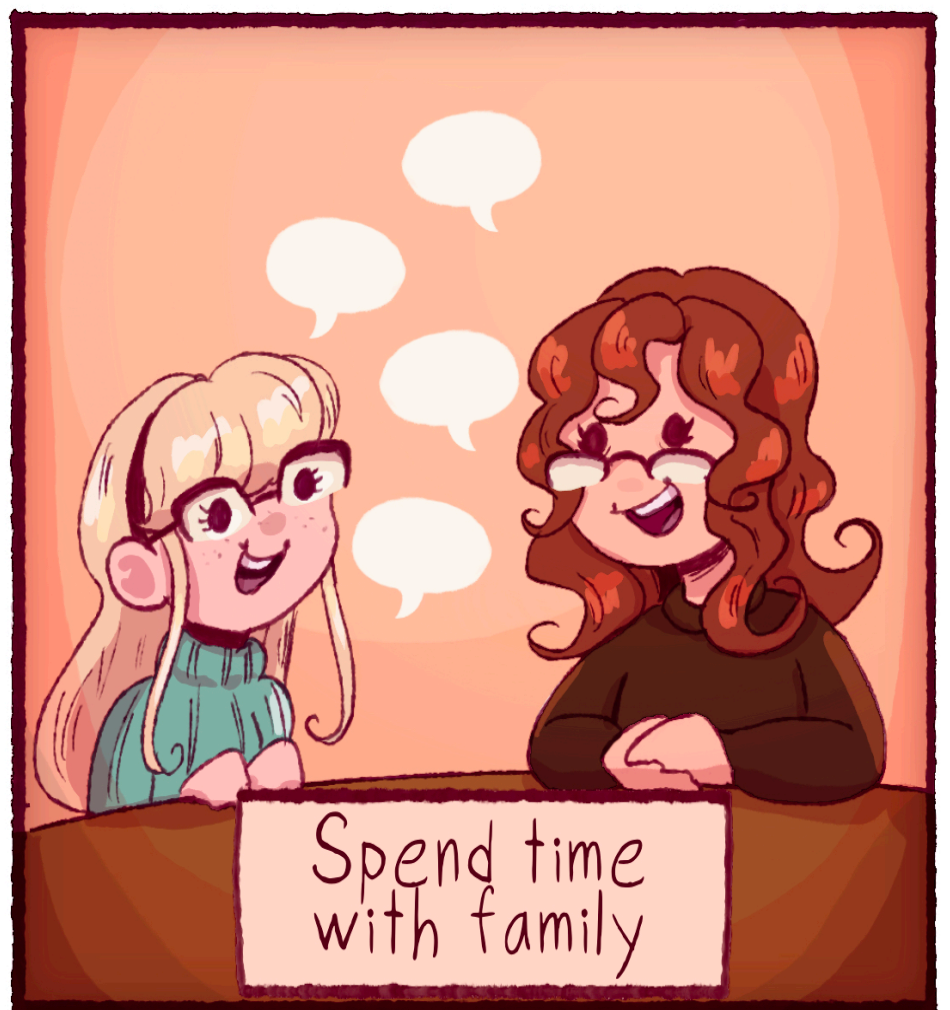
Catawba Nuclear Plant Photo via NS Energy

The Johnsonian

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