



Motivating others during challenging times



Kerrington Johnson '23 has a goal of becoming a certified personal trainer. Last December, she took on a passion project by recording workout videos and uploading them to her own **YouTube channel**. It's a task that she's fit in while juggling schoolwork and her own training as a member of Wofford's women's track and field team.

The workouts have had new importance during the COVID-19 pandemic. While gyms closed and many sheltered in place, Johnson's routines have helped her family and friends stay active.

"Amidst the pandemic and stay-at-home orders, I have turned the channel into a place for motivation, daily workouts and dance-along cardio videos," says Johnson, a psychology major from Anderson, South Carolina.

She has more than 40 videos, and she's gained more than 70 new subscribers for the channel since March. Friends are sharing her workouts on their Facebook pages. She likes making content accessible for free, and her favorite people to support are young parents who might find it difficult to make time for exercise.

Johnson uploads videos for Monday through Friday every week. Each day's workout has a theme. There are "Motivational Mondays," "Tone Up Tuesdays," "Weights Wednesdays," "Throwback Thursdays" and "Flex n' Stretch Fridays."

All of her workouts have high-energy music, and she finds opportunities to embrace trends like her Tik Tok Dance Party Workout. She also sprinkles in personality and humor, especially during "Motivational Monday" and blooper reels.

"It's something I have fun doing so the time will pass along quickly," says Johnson, who has a long list of songs that her mom has recommended for "Throwback Thursdays."

She likes getting feedback on the videos from her family and friends, and that's led her to incorporate stretches that are good for beginners and modifications for some exercises.

In addition to designing workouts, Johnson also is getting experience writing scripts, producing and editing video.

She enjoys the challenges and knowing she's helping people stay healthy.

"It means a lot," Johnson says. "I recognize the importance of a healthy lifestyle."

CLICK HERE to visit Johnson's YouTube channel.

Old Gold and Black student-journalists lead, win awards



The Old Gold and Black student newspaper does not usually publish over the summer, but this summer they will. This summer they have begun a “No Voice Unheard” project so students, faculty, staff and alumni can share their viewpoint on the current nationwide protests. The 2020-21 editorial staff — Allison Sherman, editor in chief; Jacob Hollifield, managing editor; and Eyon Brown, senior writer and copy editor — wrote this about the project: “As a representation of our student body, we would really like to use our platform to document how Wofford is responding to these protests.” Visit the student newspaper’s Instagram page @oldgandb to participate.

Also, again this year the Old Gold and Black student newspaper represented Wofford College well in the South Carolina Press Association Annual Awards, winning 10 awards. There are hundreds of submissions in Wofford's division (less than 5,000 students, non-daily). Wofford College does not offer a journalism program but does well each year because critical thinking and writing are competencies shared across the curriculum.

FIRST PLACE AWARDS:

NEWS STORY for "Drive to thee, our alma mater" (Eyon Brown and Jacob Hollifield)

FEATURE STORY for "Notes before going home" (Lydia Estes)

ARTS & ENTERTAINMENT STORY for "Toget'Her' in Paris" (Lydia Estes)

SPORTS STORY for "The schedule of athletes who don't wear jerseys" (Emily Washburn)

EDITORIAL WRITING for "Faculty concerns ignored" (Allison Sherman)

SECOND PLACE AWARD:

GENERAL EXCELLENCE (OGB staff)

THIRD PLACE AWARDS:

NEWS STORY for "Pete fills the pews" (Jacob Hollifield)

ARTS & ENTERTAINMENT STORY for "Siendo Mujer: Lydia Estes debuts her exhibition" (Mikala McBride)

EDITORIAL WRITING for "Keeping in touch with the information age" (Donner Rizzo-Banks)

COLUMN WRITING for "Don't touch me"(Sadie Fink)

Anti-Racism Teach-In Series

"In a racist society, it is not enough to be non-racist, we must be anti-racist."-Angela Davis, activist, scholar and writer

The rebellions taking place across the country are in direct response to centuries of a train of abuses and usurpations designed to oppress communities of color, and Black communities in particular, which resulted in the police killings of Breonna Taylor, George Floyd, Tony McDade and so many others. In collaboration with campus partners, the Office of Diversity & Inclusion, is hosting an Anti-Racism Teach-In Series. Students, faculty, staff, alumni and friends of the college are invited to participate in these sessions. For detailed information about each session, see below. Please note, to ensure a safe space for all attendees, only those who register will be allowed admittance to the respective session.

Anti-Racism 101: Speaking Truth to Power

Tuesday, June 9, 1-2 p.m. (with an optional 30-minute discussion immediately following the session)

Examine centuries of abuse and usurpation designed to oppress communities of color that have resulted in the killings of George Floyd, Breonna Taylor and Tony McDade. The session will begin the conversation on anti-racism by reflecting on the deeply entrenched racial history of the U.S. and contextualizing that history to better examine the protests and rebellions we are experiencing today. Panelists include Claire Chevrier, Georgetown Law graduate and ACLU of Ohio policy attorney, and Dr. Jean Swindle, assistant professor of education at East Tennessee State University.

Speaking Truth to Power Zoom Meeting ID: 911 9178 5961 Password: BLM
RSVP here: <https://bit.ly/WocoAntiRacism101>.

An Autonomous Black Student Alliance Soul Session: By Us, For Us, Healing Us **Wednesday, June 10, 1-2 p.m.**

This Wofford BSA-sponsored session is for Wofford students who identify as Black. During this session, Black students will support and fellowship with one another as we exercise uplifting community practices. Eligible attendees who RSVP by Tuesday, June 9 at 5 p.m. will receive an email with the link to attend this meeting.

Anti-Racism 101: An Anti-Racist Toolkit

Thursday, June 11, 1-2 p.m. (with an optional 30-minute discussion immediately following the session)

Are you asking yourself what can you do? Want to support Black organizers and communities of color in their fight against racial iniquity? Are you inappropriately leaning on your friends of color to help educate you on issues of racial injustice? Then consider attending the Anti-Racism sessions below. Join Dr. Jim Neighbors, associate professor of English and co-coordinator of the African/African-American Studies Program, and Erin Keith, a Georgetown Law graduate and Policy Attorney with the Detroit Justice Center, for a panel discussion moderated by Dr. Camille Bethea, associate professor of Spanish and chair of the Modern Languages Department. During this session attendees will engage in the deliberate and intentional act of decolonizing contemporary understandings of equity, inclusion and allyship to develop effective methods in disrupting systems of injustice through anti-racist behaviors and actions in our lives. This session is open to all attendees with a willingness and commitment to understand that their dominant identity can be used to center and uplift marginalized voices as equal partners in disrupting racist, oppressive systems of inequity wherever present in contemporary American society.

Anti-Racist Toolkit Zoom Meeting ID: 932 3107 3050 Password: BLM
RSVP here: <https://bit.ly/WocoAntiRacism10>

Office of Marketing and Communications

Wofford College · 429 N. Church Street, Spartanburg, S.C. 29303-3663
864-597-4183 | woffordnews@wofford.edu | wofford.edu

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