

EST. 1986

THE RMR

RODDEY MCMILLAN RECORD

Lonely? You're not alone.
How increased loneliness affects young
people and people of color in America

Winthrop Student Studying Abroad
Student experience with studying abroad in
Ormskirk, England



The 2022-2023 RMR staff promises to do our best to uphold this vision so that these powerful women's names and accomplishments meet the eyes of the many students here, as well as those to come.

THE INSPIRATION

Rev. Cynthia Plair-Roddey, a 1967 Winthrop graduate, is a trailblazer for change. She was the first Black student to enroll at Winthrop 10 years after the Supreme Court ended segregation in public schools with their *Brown v. Board of Education* decision. Nine of her friends attended Winthrop alongside her. She was accepted to Winthrop College in the summer of 1964, where she earned a Master of Arts in teaching library science after having graduated from John C. Smith—an HBCU—with two bachelor's degrees. Roddey worked in education for 55 years before she retired in 2017.



The Roddey McMillan Record (RMR) is named after both Roddey and Sheila McMillan, which is one of the many honors that the publication has received since its inception. McMillan was the first Black person to sit on the Board of Trustees in 1983. Before coming to Winthrop, she was one of the first Black students to integrate into the University of North Carolina and the first Black Senate attorney with the South Carolina Legislature after she earned her doctorates in law from the University of South Carolina. Both of the magazine's namesakes have broken glass ceilings for Black women across the country. When the RMR was created by Gail Harris in 1986, she was inspired by these women to establish a safe space for minority students.

The Purpose of the RMR is to

“shine a light on the many diverse cultures at Winthrop, focusing on issues, concerns and happenings of those who represent the multicultural community on campus.”

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WINTHROP STUDENT STUDYING ABROAD IN ORMSKIRK, ENGLAND

Sam Hyatt

All Photos Via Jaden Lemmons

Winthrop junior, Jaden Lemmons, began studying abroad in England on September 21, 2022.

“I decided to study abroad because I wanted to see new places!” Lemmons said. “I’ve always known that I wanted to come to England, so when I found out that Winthrop had a program here, I was ecstatic and immediately started working to make it a reality.”

Lemmons is taking courses that will go towards her degree in English at Edge Hill University in Ormskirk, England.

“I also considered Winthrop's other partner school in England, Kingston University in London, but I am definitely not a big city kind of girl and so I decided that Edge Hill would be a better fit for me since Ormskirk is closer to the countryside and further from huge cities” Lemmons said.

Lemmons will be spending the rest of the Fall semester in England, and will return home for Christmas break, and head back to England to finish out the academic year at Edge Hill.

“I knew that I really wanted the chance to get involved on campus and to truly experience the culture of my host country while I was here, and a semester just didn't feel like enough time to really do that, especially since their fall semester here is only 12 weeks” Lemmons said. “It felt like too big of a move and too expensive of a trip to only get to be here September-December, so I decided to come for the whole year instead.”

Since she has been in England, she has gotten involved with the clubs and organizations on campus, specifically the Marvel Society and The Christian Union.



“The Christian Union is a social group/organization on campus that is completely student-run” Lemmons said. “I got involved by showing up at the pop-up cafes and events they had during Freshers Week and going to the meetings every week from the very beginning! It has benefited me greatly in that I have made most of my friends there! I have made so many connections and friends both on and off campus that I never would have been able to find if I hadn't visited and gotten involved in the Christian Union.”

Lemmons and the other members of the Marvel Society meet once a week to do something marvel related. Some activities include watching movies, playing board games, and have Marvel-themed quiz nights.

Aside from the two clubs and organizations on campus, Lemmons hopes to get involved with community work while studying abroad.

“I would love to get involved in community work if I can while I am here, however, the small size of Ormskirk means that it's easier to get involved on campus than it is off campus, just because there is not that much going on in town.”

Next semester, Lemmons hopes to take two literature classes and two history classes. She believes that her time abroad will benefit her future career.

“Studying abroad will give me valuable life and real-world experience that will add to my career after graduation” Lemmons said. “I have had to live and work in a country and culture that is not my own and learn from people who have different worldviews from me in a way that will be beneficial to any job I work in the future. As someone who wants to teach English Literature at the college level after graduation, having travel experience in the birth and death places of the authors I might be teaching on will be very valuable.”

While in studying abroad, Lemmons hopes to visit London, Edinburgh and Europe.

“Well, Liverpool is easily the most accessible place to go outside of Ormskirk” Lemmons said. “It’s an easy 30-minute train ride out of town, and there is so much to do there! I’ve been to a couple of different museums and landmarks and seen the Liverpool “River of Light” show that goes on annually in the city. I’ve also been to York with some friends, where we visited the Shambles, York Minster, and took a ghost tour! I’ve learned so much about the regional differences between different parts of the UK, even just within England, and gotten to experience a couple of different subcultures within a 50-mile radius while being here. I’ve also been to the beach in Southport and did a scavenger hunt there!”



Lemmons' study abroad experience has benefitted her as a person and her education.

“I think that studying abroad has benefited me as a person more than it has my education” Lemmons said. “While I do think that the experience of studying somewhere new is important, I think that getting to experience a new culture, make friends outside of the US, and learn about my own country through the eyes of people who haven’t ever lived there has made me grow as a person and pushed me so far out of my comfort zone.”

Students who are interested in studying abroad should contact the International Center in Dinkins office 218.



NPHC at Winthrop

Raquel Simon

The history of Black Greek Letter Organizations in this country is rich. Beginning at Howard University in Washington, D.C. was Alpha Phi Alpha Fraternity, Inc. in 1906 as the first Greek letter organization dedicated to Black men. In subsequent years the organizations of Alpha Kappa Alpha Sorority, Inc., Omega Psi Phi Fraternity, Inc. Kappa Alpha Psi Fraternity, Inc., Delta Sigma Theta Sorority Inc., Phi Beta Sigma Fraternity, Inc., Zeta Phi Beta Sorority, Inc., Sigma Gamma Rho Sorority, Inc. and Iota Phi Theta Fraternity, Inc. All joined together, emerged the establishment of “The Divine Nine” also referred to as The National Pan-hellenic Council, Inc. (NPHC). These organizations were crucial support to the Black community in the United States throughout when there wasn’t support elsewhere. The Divine Nine became a safe-haven for Black men and women and a pillar of leadership, legacy, scholarship and service.

The National Pan-Hellenic Council at Winthrop is home to 8 chapters of the 9 original historically Black Greek Letter Organizations where students seek to continue the legacies of those that came before them. At a Predominantly-White Institution (PWI), NPHC and other predominantly-black organizations are able to give a space to Black students to seek to unite and connect Black students at an institution that was not initially intended for them. For many, it brings an added kinship to other members across the country and the world. NPHC members serve Winthrop’s campus and the Rock Hill community pledging to uphold the values that were set in place by black leaders decades ago.



Via NPHCHQ.com

Liberty Book Company

Raquel Simon

Nestled on Oakland Avenue, only half a mile away from Winthrop’s campus, sits Liberty Book Company. Liberty Book Company is an independent bookstore that has served the Rock Hill community for 4 years.

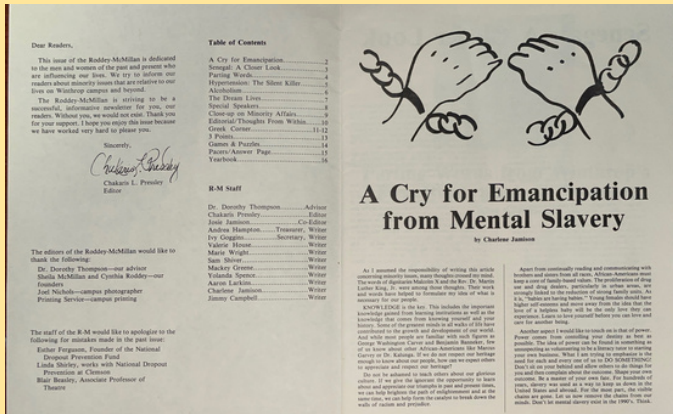
Independently owned and operated bookstores have struggled to remain open for the last decade, due to the increase in E-Books, major conglomerates, and an overall rise in online shopping. Liberty Book Company has survived the pandemic and remains open for all who still desire the charm of a classic bookstore.

The bookstore has a variety of both new and used books, and also hosts book clubs. For students who love to read and support small businesses, this bookstore is perfectly placed within a walkable distance from Winthrop. Liberty Book Company is located on 1037 Oakland Ave. and is open 10 a.m. - 7 p.m. Mondays through Saturdays.

The History of the Roddey McMillan Record

Sam Hyatt

Photos From the RMR Archives



In the September issue in 2000, the publication included a letter from Dr. Cynthia Roddey that discussed how she did not feel connected to the alumni from when she was a student because students did not invite her to study or to participate in extracurricular activities. She concluded her letter by stating “African American students should participate in activities sponsored by other minority students.”

Numerous recorded interviews with Dr. Cynthia Roddey can be found in the Winthrop University Digital Commons. These interviews depict various aspects of her experience as a student at Winthrop.

Each month the Roddey McMillan Record publishes and distributes the newest issue to students and faculty on campus. The publication has played a major role in the Winthrop community by being a voice for the minority population since it was created in April 1986 by Gail Harris.

According to The Roddey McMillan Record website, the RMR is a student led publication on campus that is dedicated to “[shining] light on the many diverse cultures at Winthrop, focusing on issues, concerns and happenings of those who represent the multicultural community on campus” and has the mission to “platform those who represent the vastly multicultural community on Winthrop’s campus.”

The RMR was named after Dr. Cynthia Roddey and Sheila McMillan. Roddey was the first African American student to attend Winthrop University, while McMillan was the first African American Winthrop alumni member of the Board of the Trustees.

The publication covers various topics as there are sections for feature, news, opinion, culture, and lifestyle.

Recently the RMR has covered the “Funding of Winthrop Programs in Question,” “Winthrop Student Miguel Caldwell is Releasing a Poetry Book This Summer,” and “The Inaccessibility of Winthrop’s Student Publications Office.”

Students can read articles published by the RMR staff by going to theroddeymac.com or by picking up a copy outside the student pubs office in 106 DiGiorgio Campus Center.



Lonely?

You're not alone.

Kimberly Boensch

Have you felt lonely lately? Chances are you're not the only one who feels that way. Americans experience higher rates of loneliness than people in many other countries and Americans who belong to minority communities are even lonelier still. In fact, over half of the responders to a recent online health survey reported that they often felt alone or left out in some way.

The United States ranked number 5 in the top 10 loneliest countries in the world for the year 2019. In December of 2021 health insurer Cigna reconducted a global survey based on previous ones done in 2018 and 2019 to reevaluate changes in results over the past few years. The original survey included more than 20,000 adults across the United States and used a loneliness scale developed by the University of California, Los Angeles (UCLA). The UCLA loneliness scale involves asking responders a series of 20 questions focused on loneliness.

Questions in the scale ask things like how often one feels they have people they can rely on emotionally and how often they feel isolated. Responders can answer with never, rarely, sometimes, or always. Answers correspond with numbers. For instance, never corresponds with one, rarely corresponds with two, and so on with corresponding answer-number values to certain questions being inverted. The numerical values of the answers given are added together to determine a participant's loneliness score. Participants with higher scores are considered to have higher levels of loneliness.

Black, Hispanic, low-income, young, and parent participants respectively reported feeling lonelier than their white, upper-middle class and childfree counterparts according to Cigna's survey. 68 percent of Black responders and 75 percent of Hispanic responders reported feelings of loneliness while only 58 percent of total responders reported feeling lonely according to the survey.

Data from the previous versions of this survey showed nearly no difference in loneliness based on race or ethnicity. The survey also showed that young adults are twice as likely to be lonely than seniors and more than twice as many younger people feel left out as their older counterparts. 79 percent of people aged 18 to 24 reported feelings of loneliness while only 41 percent of people aged 66 and older reported feeling lonely. 42 percent of people aged 18 to 34 reported that they always felt left out while only 16 percent of people aged 55 and older felt the same.

So why is this the case? Well, the reason that sets the United States apart from other countries in this regard might be that Americans uniquely choose to live by themselves. This is especially true for young Americans in places like San Francisco or Manhattan as the trend of living alone in a big city continues to gain popularity.

As far as Americans of color being lonelier than their white counterparts, this might be attributed to their reluctance to open up about mental health. White Americans are 15 percent more likely to seek mental health treatment than Black Americans, but that doesn't mean that Black people are just willfully neglecting their mental health. 10 percent of Black Americans and more than 5 percent of Hispanic Americans do not have health insurance. Many Americans of color are not able to seek treatment for their mental illnesses.



Photo by Thought Catalog: <https://www.pexels.com/photo/woman-sitting-on-window-reading-book-2228561/>

The coronavirus pandemic has exacerbated the loneliness epidemic. During the pandemic many were working from home and lacked personal interaction with colleagues, social events were canceled and people relied on delivery services to get food or groceries and missed out on small-scale social interactions. Even now that the pandemic is sloping downward people are still spending less time with one another than before.

New advancements in technology give us the ability to isolate ourselves more than we were ever able to before. Now more people can work, shop, and even attend therapy appointments without leaving the comfort of their bedrooms.

While it may feel nice to stay home sometimes, humans rely on social interaction. We are social creatures. Even introverts need someone to turn to when they're feeling down.

With the holiday season upon us many people are reminded of just how lonely they are. Many people suffer from seasonal depression due to the dreary winter weather, but it can feel especially isolating to see others celebrating the holidays together when you feel you don't have anyone to celebrate with.

Remember to reach out to your friends and family this season and make sure they aren't feeling left out. If someone you know is struggling let them know that they are not alone and that you're there for them.

If you find yourself feeling lonely there is help out there for you. The first thing you should try to do is tell your friends and family what you're going through. If you don't feel like you have someone you can talk to, though, maybe you can put yourself out there by joining a club or online forum for people with interests and experiences similar to yours.

Try striking up conversations with people you happen to see throughout your day like the barista making your coffee or the person next to you in the elevator. If you're too shy to reach out to most people maybe you can try to seek counseling. If you don't have the financial stability to pay for therapy and all else has seemed to fail, you can text HOME to 741741 to chat with someone about what you're dealing with. You don't have to spend this holiday season alone.

Homecoming Week

At Winthrop

Photos Via @winthropu on Instagram

Winthrop University held the 2022 homecoming during the week of Nov. 7-12, 2022, and orchestrated numerous events for students and alumni to participate. This year's homecoming also celebrated the students whose graduation year ended with a '3 or '8.

The Louise Pettus Archive shared "Just One More... Celebrating the Life and Work of Joel Nichols" exhibition. The Winthrop community had the opportunity to view the photos from the late Nichols in person or on Facebook live. According to the Louise Pettus Archive's website, Nichols spent 46 years capturing the Winthrop community as the university's full-time photographer.

On Friday Nov. 11, 2022, Winthrop held a three-lecture series of emeriti professors giving lectures on varying subjects in Dina's Place and via Zoom. Dr. Marsha Bollinger gave a lecture titled "People in Our National Parks: Changing Perspectives" where she discussed the relationship between people and the national parks in the United States.

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Dr. Gloria Jones, a Winthrop English professor Emerita, discussed the oddities in our English language in her lecture titled "Our Befuddling English Language: Why Do We Say That? Who Made Up Those Rules?"

The last Emerita professor lecturer, Dr. Padmini Patwardhan, gave a lecture that was titled "Finding Your Voice: How to Tell Your Personal Story in a Professional Youniverse." According to the Winthrop website, Patwardhan discussed "simple brand-building and storytelling strategies from integrated marketing communication that can help shape how others see us in our professional Youniverse."

The Homecoming Royalty was named on Saturday Nov. 12, 2022, during half time at the Winthrop Men's Basketball game against Middle Tennessee University. Miguel Caldwell and Taniya Richardson were named 2022 Homecoming Royalty.



"Of course, I wanted to win, but I felt like everyone running had a fair chance especially because we were running for royalty, and not just homecoming queen, or king" Richardson said. "I was very happy have won, and just grateful for the overall experience. I met so many people from campaigning that week, so I was happy that people actually voted for me, and I was able to make those connections!"

Caldwell said he decided to run for homecoming royalty because he believed he owed it to his younger self and by running would give him the chance to put himself out there.

"Homecoming royalty is such an honor" Caldwell said. "I am so grateful that the student body has entrusted me to represent Winthrop in this way. Since winning, I must say I really do feel like royalty. I am so grateful for the students, faculty, and staff at this university."

Homecoming week ended with the Winthrop women's basketball team competing against Coppin State University on November 13, 2022.

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RODDEY MCMILLAN RECORD

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Winthrop.edu/CSW

This used to be your favorite seat.
Now it makes your skin crawl,
because all you can think about is
what happened there the other night.

**The Roddey
McMillan
Record**