E- NEWSLETTER

Wednesday, April 8th, 2020

Taking the time to recall experiences with individuals who exude characteristics and behaviors that encourage you to rise to the occasion is a healthy exercise during turbulence. As I consider this exercise, a gentleman that comes to mind is Mr. Walter Brown. Mr. Brown is a street sweeper and irrigation technician at the College of Charleston. He and I don’t know each other well, but I admire him from afar because as we pass one another on campus what stands out is his care and attentiveness to the words we exchange. Although our conversations are brief, what’s more important is the strength and feel, the sincerity, and the confidence from his empowered voice. As I consider all of the amazing people I’ve met at the College of Charleston, Mr. Brown is high on my list when I’m seeking a master class in care and attentiveness during turbulence. What about you? Who would be on your list?

Read/re-read Amanda Kerr’s article about Mr. Brown in The College Today, July 15, 2019, Grounds Tech Takes Pride in Keeping Campus Streets Clean
Think you’re a pro when it comes to diversity? Test your knowledge with the crossword puzzle below! Answers can be found on the last page of this week’s newsletter.

**Across**
1. Conscious/subconscious preference which hinders impartial judgement
5. An unearned benefit, right or advantage one receives in society by nature of their identities
6. Genetically-based physical distinction between female, male and intersex
8. For LGBTQ people it’s the state of having one’s sexual orientation or gender identity known to others
10. Elimination of oppression

**Down**
2. Hostility toward or discrimination against Jews
3. Outdated term for African Americans
4. Person who supports efforts of a group but isn’t a member of that group
7. Capacity to do/act physically, mentally, legally or morally, financially, etc.
9. A group identity usually based on economic or social status
11. Derogatory term for person with a physical disability

*Created by Puzzlemaker at Discoveryeducation.com*
During times such as these, it’s hard to find something that is consistent. Consistency helps us have a solid foothold in reality when all else fails. For myself, my hometown is what keeps me firm. Growing up in the small, rural town of Cheraw, South Carolina, life was slow and steady. Waking up, making a cup of coffee and sitting on the front porch watching as hummingbirds flew by the feeder was one of my favorite things to do. Nicknamed, "The Prettiest Town In Dixie", Cheraw has several sites that will take your breath away.

One being the state park. Built during President Franklin D. Roosevelt’s administration as a part of the New Deal, Cheraw’s State Park serves as one of the town's most popular recreation/gathering spots. The park includes a campground, golf course, lake, canoeing, and the man-made waterfall (pictured above). Once we are all past these uncertain times, take the time to visit Cheraw. You won’t regret it.

Learn more about Cheraw by visiting here. Learn more about Cheraw State Park by visiting here.
In last week’s newsletter, one of our suggestions in our “No Stress Connection” column was doing yoga. With everything that we can’t do in this quarantine, sometimes we lose track of all we can do.

Did you know that CofCFitness is live-streaming fitness sessions twice a day?! Monday through Friday at noon and 4:00pm EST, tune into Instagram and Facebook to get a good workout in. Ranging from high intensity interval training (HIIT) to yoga, CofC Fitness has something for everyone.

Getting up and getting your blood pumping is a great way to feel accomplished and provide some much needed energy for these long days inside.

For more information check out the College Today article on CofC’s free fitness classes here.

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**COFC IN THE KNOW**

*Running is NOT Cancelled*

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**CROSSWORD PUZZLE ANSWERS**

Across
1. Bias
5. Privilege
6. Sex
8. Out
10. Social Justice

Down
2. Antisemitism
3. Negro
4. Ally
7. Ability
9. Class
11. Cripple

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SHARE YOUR STORY

If you have a story you would like included in a newsletter feel free to reach out to us via social media or email (hendersonag@cofc.edu)

WE ARE HERE FOR YOU

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