

Diversity Works

"For All Of Us"

Recognizing Our Differences...



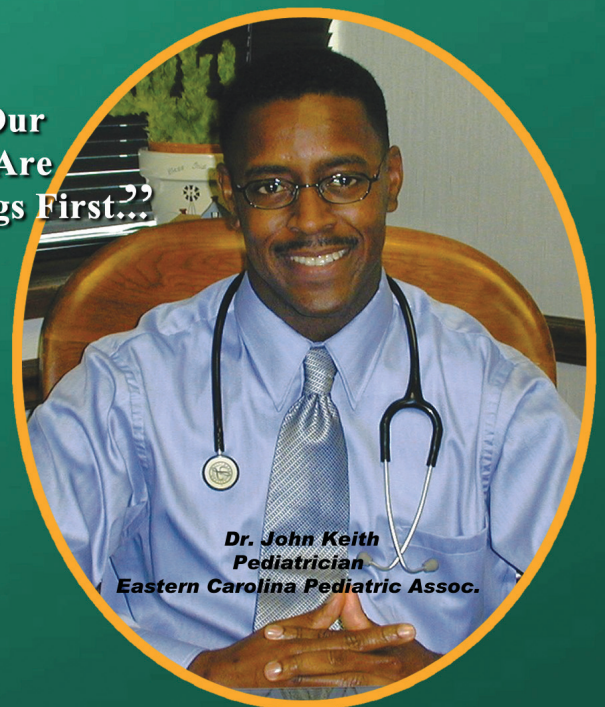
Bryan Chapman ● Gerry Madison ● Jeff Ronald ● David Gittens ● Ann King ● Elijah Owens



Jerry B. Ellison
President/CEO of JBE Inc.

Designing The Future

**“At The Core Of Our
Existence We Are
Human Beings First...”**



Dr. John Keith
Pediatrician
Eastern Carolina Pediatric Assoc.

**There Is No Distinction
Between Races**

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Timmonsville, SC

DiversityWorks® Is a quarterly publication that will focus on the *Importance of Diversity*. Diversity refers to human qualities that are different from the mainstream. Dimensions of diversity include, but are not limited to: age, ethnicity, gender, physical abilities/qualities, race sexual orientation, educational background, geographic location, income, martial status, military experience, parental status, religious beliefs, work experiences, and job classification. Diversity is crucial because it provides our society and culture with unique and inspirational perspectives and results. Diligently practicing diversity can create new ideas and exchanges that can be beneficial to a society, locally or globally. “Diversity Works” will be distributed to the various school districts, libraries, businesses, colleges, government/private agencies and organizations via print and the global electronic and digital presence.

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Rennie Lunn- McAllister
Editor -In- Chief

About This Issue

As we all experience and so much enjoy the longer hours of daylight and early blooming gardens, orchards and flora, we here at **Diversity Works©** proudly celebrate the addition to our editorial staff and our flourishing as well. This growth reflects partial reward for all the hard work and long nights that our team players have contributed since our debut last fall. And as the seasons change, so will our makeup and output. Count on it!

Tamika Fulmore and **Melissa Rollins** are both Francis Marion University students who have refreshing perspectives on diversity and its role in making this world a better place. Get to know them on pages 16 and 17.

Melissa, a staff writer at FMU's student newspaper, displays exceptional maturity in her approach to and tackling of typically tough interviews, while always putting the human interest spin on all of her literary works. This is evidenced in her eye-opening articles on **JBE, Inc. on page 3**, about **Schlotzky's** delicatessen on **page 5** and about **Chiropractor Dr. David Gittens on page 13**.

Tamika, a 2012 spring graduating senior, possesses a keen spiritual awareness that shows up in her temperance and

outlook, with articles certain to delight and uplift. See for yourself on **page 11** as she tells how **Dr. John Keith** helps sick children and ailing downtowns get better and on **page 15** where she teaches a one-of-a-kind lesson from a Rabbi's perspective.

Then there are the features by yours truly that are designed to enlighten and empower the subjects and readers, no matter their lot in life. Take a deep breath and inhale the story on **page 23** about homelessness in our community and cheer while reading about **The Carolinian**, a premiere senior living center and a senior who really lives—even at age 105. Study the roles and accomplishments of **Ann King on page 8** and Gerry Madison on page 19 as they speak of growing the community from two different aspects. The **Pee Dee Community Fellowship** issue-oriented church that draws masses from every walk of life is worth studying, too, as presented on **page 7**.

Take note from community-minded **Carolinas Hospital System** in its presentation on **page 22** a 'wake-up call' from **Staff Neurologist Dr. Elijah Owens** who sounds the alarm regarding early stroke signs.

In keeping with our intent to reach globally, we are well on our way and

are elated that several of our 'home girls' -- wherever they are -- keep excelling in their various fields and places of contributing and are getting all kinds of kudos and thumbs up for doing so. **Pages 4, 9 and 24**, respectively, contain the stories about **Timmonsville native Rosalyn Durant** and her Disney TV Group Black Achiever industry award, **Marion native Angela Crosland** earning the AAFSC Diversity award and **Mullins native Jessica Covington**, who was presented the Algernon Sydney Sullivan award for service.

Be sure to take our supplier diversity survey on **page 6**, sending responses to dmmadvertisingandmarketing.com and prepare for separate, upcoming local performances by stage/screen actress **Melba Moore** at the Francis Marion Performing Arts Center and the U.S. Air Force Band at the Florence City-County Civic Center and finally, be ready to latch on to the economic growth spurt forecasted on **page 21** coming this year.

Enjoy and share with at least 25 people!

Rennie Lunn-McAllister
Editor In Chief

You can view copies of **Diversity Works©** by visiting the following websites:
www.dmmadvertisingandmarketing.com and **www.diversityworkssc.com**

There is also the opportunity for you to subscribe to receive a hard copy of **Diversity Works©** quarterly magazine that will be sent directly to your home or place of business. Just complete the subscription form that is located at **www.diversityworkssc.com** and submit.

With any questions feel free to contact us at (843) 669-5929

"Our Success Is Your Success"



Jerry Ellison
President Of JBE Inc.
JBE Inc.

By: *Mellissa Rollins*

JBE Incorporated is a family-owned company in Hartsville, South Carolina that has been making an impact in the community for 30 years. And Jerry Ellison, President of JBE Inc., said that when he started the company back in 1982 that he wanted to have a place that would provide an income and reliable work for him but that he wanted something more as well, desiring the business to be a future for himself and his family.

However, in the last 30 years he has found that the initial goal he had when starting the company has changed and expanded. No longer was it only about his family; he was now looking for a way to provide more opportunities and jobs for members of the community. As the number of customers grew to include Fortune 200 and 500 companies, the resolve to do more for the local community grew as well.

Ellison said that, to him, diversity means having a mixture or variety. He uses a flower bouquet as an example of how he sees diversity. "Flowers can easily demonstrate the power of diversity. A dozen red roses are beautiful. However, a spring bouquet is magnificent, bursting with its differing colors, shapes and fragrances."

From his corporate perspective, Ellison sees beyond race or gender lines when it comes to doing good business. His company is very diverse in the types of business that they have dealings with. JBE Inc. has clients in the automotive, lawn and garden, textile, pharmaceutical, and aerospace industries. Some of these clients include Honda, McLeod Health, Boeing and Glaxo Smith Kline. Ellison said that it was because he diversified the industries that his company dealt with that they were able to survive the downturn of the econ-

Bouquet *Mentality* Shapes This Firm's *Business* Model

omy when others had not been able to.

JBE is owned by a black man who does not look at the color of his skin as a disadvantage or an advantage but simply a fact. Ellison does not want any companies to choose to do business with him because or in spite of his race but because of the quality of the work that his company puts out. He also knows that his company provides excellent customer care to all the accounts that they hold. "Our answer to the questions: 'do we know what the customer wants?', 'can we provide a quality item?', 'can we provide on time service and at a competitive price?', is a resounding 'yes!'," Ellison said.

Ellison said that there are three things that are the pillars of his company. They are his faith, his family and their finances. He said that although the company is named after him, JBE are his initials, that the people who work there are really JBE.

As a minority business owner, Ellison said that he wants to make an impact on the minority community. He wants to show people that regardless of your skin color there is nothing that can stop them from achieving their goals if they are willing to work hard for them. JBE Inc. has given jobs to people in over 95 households. Providing these jobs also helped other businesses thrive because there needed to be stores and others businesses to care for the workers at JBE Inc. The ethics and the morals of the company are also meant to be an inspiration for others.

Many services are offered by JBE Inc. including sub assembly, warehousing, packaging and distribution. They ship packages to any location as well as store products for a company to be retrieved at a later date. In March 2011 Boeing made the decision to enter into a mentor relationship with JBE Inc. In this relationship, JBE staff would receive more technological skills training and help in adding more diversity to the products and services that they already offer. This would include more opportunities in the aerospace industry which is becoming more prominent in the south. This mentorship will give JBE a leg up in an industry that is expanding daily, which can only offer more prospects in the future for the company to do even more for its workers and the community.



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Rosalyn Durant
Vice President Of ESPNU
ESPN

ESPN's Rosalyn Durant Receives *Industry* Award

It's October, 1945, and the gospel singing Sanders Family is back together again. The war is over and America's years of prosperity are just beginning. But there's another kind of rite of passage at Mount Pleasant Baptist Church, where Reverend Mervin Oglethorpe is giving his last service. He's been called to preach in Texas, and he's already bought a ten gallon hat and is preparing to ride into the sun set with his wife June, who is eight months pregnant. Tomorrow morning, young Dennis Sanders takes over as Mount Pleasant's pastor. Join the Sanders Family as they send Mervin and June off in style, with hilarious and touching stories and twenty five toe tapping Bluegrass Gospel favorites.

**** Please note that the Sunday, April 29th matinee will be at 2:00pm****

**Tickets: \$25 Adults / \$18 Students
Tues/Wed Shows \$3 discount per ticket**

Rosalyn Durant, Vice President of ESPNU and ESPNHS – ESPN's 24-hour college sports network and its high school multimedia service – received this year's Disney ABC Television Group Black Achiever in Industry Award. The award is presented by the Harlem branch of the YMCA of Greater New York.

Durant is a graduate of Lamar High School and the University of South Carolina. Her parents are Patrina Durant of Timmonsville, SC and the late Roosevelt Durant Sr.

Durant was honored for her achievements in March, at the New York Marriott Marquis Hotel, as part of the Harlem YMCA's 2012 National Salute to Black Achievers in Industry.

The Black Achievers in Industry (BAI) Awards program was launched by the Harlem YMCA branch to honor African American women and men for outstanding contributions to their industries and communities and to motivate minority youth by providing positive role models. The BAI program brings the Harlem YMCA, corporations and local organizations together to support mentoring, scholarships and other opportunities for young people in the Harlem community. This year marks the 42nd national BAI salute.

Since her promotion to Vice President of ESPNU in 2008, Durant's responsibilities have included setting the strategic direction for the college sports network, overseeing all programming, and leading the interdepartmental team that implements the network's growth and development. In 2011, her responsibilities were expanded to include ESPNHS and its related multimedia initiatives involving high school sports.

Durant began working at ESPN as a college intern in 1998 and then full-time as a coordinator. She rapidly advanced through various account executive and sales management positions before transferring to ESPN's programming department.

Smoke on the Mountain Homecoming

Production Dates:

Friday, April 27 at 7:30pm

Saturday, April 28 at 7:30pm

*****Sunday, April 29 at 2:00pm**

Tuesday, May 1 at 7:30pm

Wednesday, May 2 at 7:30pm

Thursday, May 3 at 7:30pm

Friday, May 4 at 7:30pm

Saturday, May 5 at 7:30pm

FLORENCE LITTLE THEATRE

Smoke on the Mountain

HOMECOMING

April 27 through May 5, 2012

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Musical Arrangements by Mike Craver • Directed by Jumana Swindler
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Phone 843-662-3731 • E-mail ftdsp@aol.com • Website www.florencelittletheatre.org



Still Fresh At 40!

By: Mellissa Rollins

Bispo said he believes that his franchise store is one that is excelling in its efforts to be diverse.

“Each employee has different skills that they excel at. While some of them are more well rounded than others, utilizing their skills is key. We are all diverse in our own way, but by creating a “family” type atmosphere where we can care about each other and our customers. I have kept some of my employees here six, seven and eight years now. I think every employer would benefit by taking a positive initiative to be diverse in their workplace.”

Anytime cravings for fresh baked bread, specialty pizzas and fresh salad make sure to stop by Schlotzsky’s Deli at 1935 West Palmetto Street.

Schlotzsky’s is also a great source for fresh catering needs for anything from a small family get-together to a larger business event. Party trays with wraps and sandwiches can be ordered alongside gourmet soups and fresh salads to round out the meal. Of course, don’t forget to leave room for fresh-baked cookies, carrot cake and New York-style cheesecake.



When in the mood for great food in Florence, SC, look no further than Schlotzsky’s Deli on West Palmetto Street. The restaurant has been in Florence for almost 13 years with the last six years being under the management of the current operator Rob Bispo.

The original Schlotzsky’s started more than 40 years ago and over that time the chain has made an effort to keep up with competitors but also to keep up with their customers’ needs. Their new advertising slogan is, “Still Fresh at 40” making a play on the fact that they are a fresh made deli but also that they have made remodeling efforts the past few years. The company that owns the deli, Focus Brands, gave each franchise store the option of co-branding with other companies in an effort to offer more of what their customers want. The Florence store made the decision in November 2010 to co-brand with Cinnabon Express. Now, customers can stop by the store not only to get the delicious sandwiches and wraps that they are accustomed to but also to pick up some of the World Famous cinnamon rolls from Cinnabon.



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Why Supplier Diversity???

Does Your Industry or Business Have a *Supplier Diversity* Program in Place?



Look Forward To July's Edition Featuring Companies Who Have Supplier Diversity Programs In Place

Minority suppliers are the country's fastest growing business sector. According to the Bureau of the Census, by the year 2020, the minority population will represent 34.4% of the total U.S. population. As the minority population continues to grow, those corporations that are comfortable with cultural diversity and change, and are responsive to their customers, will be the ones that thrive.

Supplier diversity brings knowledge and experience that aids in understanding the world and competing

effectively. As the chief executives of many of the country's biggest companies see it, a diverse supplier base is no longer an option - it's a business necessity.

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VALUING DIVERSITY AND INCLUSION

Our differences make us better.





Pastor Bryan Chapman
Lead Pastor
Pee Dee Community Fellowship

Laid Back & Label

Free Church Attracts *Diverse* Masses

If getting baptized in nature creeks and rivers, wearing shorts and sandals to Sunday morning church services, praising in a movie theater atmosphere, not belonging to any particular denomination or being oblivious to the skin color of the person next to you is cool, then it could be likely that Pee Dee Community Fellowship has a seat for you. Or, more importantly, a place of belonging.

Not necessarily the criteria for membership, these cast aside preconceived notions and unprejudicial attitudes among PDCF worshippers make for an experience like no other, according to Lead Pastor Bryan Chapman. Regardless of race, creed, color, age, disabilities, socioeconomic status, sexual orientation and every other difference, anyone fits in. Everything about this seven-year-old church is nontraditional except maybe its Sunday morning meeting time.

Its issue-oriented programming is the magnet, however, Chapman says. "We offer an environment that is Biblical and relevant to real life situations and our desire is to spread the love of Jesus Christ to as many people as possible in our community," said the laid back preacher and teacher who is specifically prepared for this very mission.

With a vision to be creative, relevant and innovative, PDCF's initial goal was to share God's love with people who

are not actively involved in an existing church. In the founders' asking the question "why?", many answers present. "Many of those who come to us now have been hurt, wounded or turned off by people in another church. Another amazing fact is that 60% of the people you see your first Sunday here were not in any church two years ago,"



Chapman told.

Being located in the Julia IV movie theater on South Irby Street has more advantages than distractions. "We de-

ecided to hold previews of our upcoming feature presentation and several preview services have been held," he said.

Not limited to Sunday morning, PDCF, through its diverse and experienced staff, provides evening counseling and recovery services to people overcoming life's hurts, struggles, addictions, habits and hang-ups, plus afterschool transportation and "homework guaranteed" services for students.

Wholesome outings are plentiful, youth and children ministries rock, worship and fellowship rule and God reigns in the place where believers are taught about God's sovereignty, The Bible's single status, the Holy Spirit's role, that Creation is on pur-

pose, of Grace and Faith's provisions, the gift of Free Will, the reality of Heaven and Hell and Jesus' certain return.

Chapman says the church does not recruit members in the conventional sense, but shows love by following the teachings of Romans 14 to "accept him whose faith is weak, without passing judgement on disputable matters" because "who are you to judge someone else's servant?"

Attitudes such as this will surely make diversity, inclusion and acceptance the law of the land.

.....
Our Mission - "What has God called us to accomplish?"

Pee Dee Community Fellowship exists to help as many people as possible live life to the fullest through Jesus Christ. We want to partner/plant churches in the counties along the Pee Dee River.

Our Purpose - "Why do we do what we do?"

THE PURPOSE OF OUR FELLOWSHIP IS TO REACH UP TO GOD, REACH AROUND TO OTHERS, REACH IN TO GROW OURSELVES, AND REACH OUT TO SHARE CHRIST'S LOVE.



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Innovative Experience!**



Ann King
Broker
Century 21

Ann King, Broker, GRI, CRS, and owner of Century 21 King Agency, Inc. of Florence SC is a native and active citizen of the Florence community and the mother of three says she has been “married to the same wonderful man” for more than 44 years . They also have seven grandchildren.

She has served on numerous boards of directors, including the McLeod Foundation, the Florence Civic Center and the Fair Housing Board. Ann has also served as a member of the Greater Florence Chamber of Commerce and the Pee Dee Development Board, Boys and Girls Club, the YMCA and The South Carolina Appraisal Board, the latter being her second gubernatorial appointment.

Ann continually gives back to the community through service. She is currently involved in the Neighborhood Assistance Corporation of America (NACA) Program, which specializes in helping families with less than perfect credit and no down payment obtain homes. Ann often hosts free clinics for those who need that extra help in fulfilling the “American Dream” of homeownership by providing information, training, and guidance, having also been a key participant in the development of many subdivisions throughout the Florence area, including the Savannah Heights neighborhood.

Mrs. King is also a relief counselor at her church, where she works with the young adult women in building self-esteem, encouraging

Family Oriented Realtor Builds *Community* From The Ground Up

them to do their best no matter the challenges they face.

Ann has assisted General Electric, Hoffmann – La Roche, Johnson Controls, McLeod Health, GAS, IHR, Asset Link and other corporations by providing relocation services for their managers and associates.

As a licensed realtor for more than 30 years, Ann has gained prominence in the real estate community. She has been listed among the top performers in the real estate market since 1987. By successfully implementing the “Team Concept” in the industry, Ann has grown from a real estate agent to a broker and has built The King Agency into vibrant, growing, and thriving real estate company.

Her major contributions to ensure a commitment to the diversity initiative is her leadership in hiring, contracting and developing agents from a broad based, multi cultural talent field. “I also work with the Boys and Girls Club, which serves the needs of all types of children around the world and through the YMCA we reach the future by keeping schoolchildren -- regardless of their race or creed -- on pace with their schoolwork,” she said.

The Century 21 King Agency is a successful and well established real estate firm, the standard of which is honesty and solid, strong, unrelenting business ethics. The King Agency continues to be on top in the real estate industry and with Ann’s commitment to progress will continue to grow while advancing the community by doing everything possible to help others visualize and then fulfill the American Dream of homeownership. For more details refer to the website www.century21kingagency.com. To help you keep the Dream refer to www.phpico.com/millionairenow.



King Agency, Inc.



Ann King
Broker / Owner

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**Angela Crosland
AAFSC Recipient
Francis Marion University**

Enhancing The University's Diversity and *Inclusiveness*

Angela Crosland of the Public and Community Affairs Office at Francis Marion University has become the third recipient of the FMU African-American Faculty and Staff Coalition (AAFSC) Diversity Award. The award seeks to recognize a faculty or staff member for their significant contributions to enhance the university's diversity and inclusiveness.

"We chose her because of her complete body of work not only across campus but in the community as well," said Howard Brown, vice president of the

coalition and chairman of the selection committee.

"Her interaction with faculty, staff and students embodies the ideals of diversity," Brown said.

Recipients of the FMU African-American Faculty and Staff Coalition Diversity Award are people who routinely and voluntarily make diversity and inclusion a priority in much of what they do. Recipients also include people not only whose major responsibilities are implementing gender diversity and inclusion initiatives, but consistently explore ways to go above and beyond expectations.

The award was presented to Crosland at the 11th Annual Banquet of the AAFSC on Thursday, Feb. 23, proceeds from which benefit the group's scholarship funds and functions. Keynote speaker for the gala was FMU Alum Stacey Brayboy ('94), chief of staff for the U.S. Department of Agriculture's Food and Nutrition

Service (FNS).

Crosland joined the Public Affairs office at FMU in December 2006 and is responsible for communications and publications at Francis Marion. Her responsibilities include researching, writing and editing news and feature articles for the mass media, producing publications and serving as the spokesperson for the university.

A native of Marion, Crosland has worked as a reporter for more than 11 years, six of which were with the Morning News in Florence and as communications coordinator for the South Carolina School Boards Association. She earned a bachelor's degree in media arts at the University of South Carolina in 2000 and a master's degree in English in 2004.

Crosland has one son, Daniel James II. She is the daughter of David and Sarah Crosland of Marion, S.C.



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Stephens Was *Inspired* To Give Back To SC Students

The James Stephens III Scholarship Foundation at its 24th Annual Scholarship Gala

will recognize singer, songwriter and vocalist, Melba Moore, who is best known for her work as a popular rhythm 'n' blues singer from the 1970s through the 1990's, as well as for



James Stephens III



Melba Moore

her acting role alongside actor, songwriter, and minister, Clifton Davis. Also at the event will be Louis Price, former lead singer of the legendary "Temptations" and American Idol's Patrick Hall. Hall is a keyboardist as well as a tremendous vocalist with the flair of "Elton John." Also appearing is actress, Geri Reischl (Jan Brady)

from the Brady Bunch TV series and jazz vocalist Margo LeDuc. Tommy Ford from the hit TV series "Martin" will be the event host.

This star-studded event to celebrate academic excellence is presented by The James Stephens III Scholarship Foundation. The foundation was established over two decades ago by nationally and internationally known comedian, James Stephens, who hails from Dillon County, South Carolina. Stephens lost his father at an early age and was embraced by a local school teacher and her husband who ignited

the flame that catapulted him academically. As a result of this life changing experience, Stephens was inspired to give back to students in South Carolina by awarding them with scholarships and laptop computers to help them to advance their academic pursuits. Each year, Stephens and his wife, Dr. Marnelle Alexis Stephens, present these awards to high school seniors

at the annual scholarship gala. This year the couple will award ten scholarships – half of which will be awarded to students from Lake City, South Florence, West Florence, Marion, and Wilson. The remaining awards will be given to students from Stephens' hometown and within the Pee Dee Region.

This year's gala will take place at 8pm on Saturday, May 5th at the Francis Marion Performing Arts Center, 201 S. Dargan Street, Florence.



Award Recipient



Carolinas Hospital System welcomes Dr. Elijah Owens, Neurologist.

Board certified in neurology and psychiatry, Elijah Owens, M.D., earned his undergraduate degree from Harvard University and his medical degree from Columbia University College of Physicians & Surgeons in New York, NY. He completed his internship in internal medicine and his residency in neurology at the Harvard Department of Neurology.

Dedicated, experienced and known for a high level of personal care, Dr. Owens is excited to be part of our hospital and is looking forward to serving the people of the Pee Dee Region. Affiliated with Carolinas Neurology, Dr. Owens is accepting new patients. Most insurance plans accepted. **To schedule an appointment, please call 843-669-0927.**

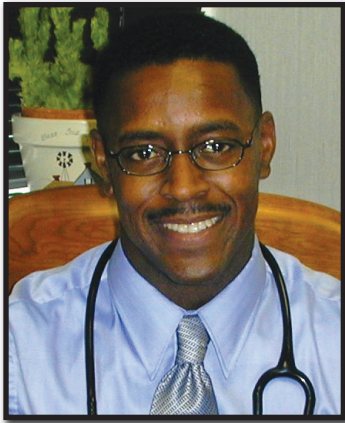


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**Dr. John Keith
Doctor**

Eastern Carolina Pediatric Assoc.

From a very early age, John Keith knew exactly what he wanted to be when he grew up: to become a doctor. As a child, he began learning about everything it was to know about the medical field and while in the 7th grade, a family trip to Washington, D.C soon became a life-changing event for him. He visited Howard University and was amazed with the famous and influential men and women that studied there. He fell in love with the school and decided that he would one day attend, just as the men and women before him.

John left his hometown of Pamlico to attend Howard with intentions of becoming an anesthesiologist, but that quickly changed during the summer of his junior year, when he participated at a youth mentoring program in the Washington area. It was at Howard where he later completed medical school, followed by a three year internship at Duke University Hospital. Although he has traveled to many other states, Dr. John Keith found his way back home to Florence County. He currently practices with Eastern Carolina Pediatric Associates, maneuvering a very busy schedule and sometimes attending up to 60 children per day. Despite that routine, he says that seeing the smiles of his young patients always lifts his spirits.

Dr. Keith believes that diversity in the workplace is important and that it is essential to approach business from a human perspective.

“At the core of our existence we are human beings first and all else is second,” Keith said.

“There are many labels that we wear in life based upon our ethnicity, religion, sex, political ideology, etc. However,

This Doctor *Helps Heal* Children and Cities

By: Tamika Fulmore

at the end of the day the most important and determining factor is who we are inside; our true character and our morals and values which help define our purpose and passion in life,” he added.

Dr. Keith has witnessed first hand several different companies within the Florence community that are creating supplier diversity committees and departments. He feels that companies should concern themselves with diversity because it is very important for them to be reflective of demographics of the community in which we all live.

In his practice, he considers all children the same, coming from one big community. There is no distinction between races, ethnic or economic lines, when it comes down to the children being served and Dr. Keith never thinks about their social status or the fact of whether they have money or not, he just wants to help them feel better.

“As a Pediatrician, my approach to my work has always been with the keenness of a child’s eye and with the growing knowledge of the world. Children see the character before they see anything else; they see “good” before they see color, religion, gender, political ideology, etc.”

Being a doctor is not all that Dr. Keith contributes to the community. His passion for making this world a better place was also turned to the Florence Downtown Development Commission and there were two factors that influenced him to become involved. First, the downtown had basically evaporated and second, he had grown up in downtown Florence. His mother owned Pearly Keith’s Hair Stylist salon on the corner of Dargan and Cheves Streets.

Dr. Keith attended a downtown development “2010” meeting in 2000 and it was there that the potential for downtown Florence was revealed. After attending that meeting, he was determined to work and bring life back to that area.

“It’s all about community; it’s about relationships, with all people. We have different shades of skin color, but we are all a community...we’re all God’s children,” Dr. Keith said.

After meetings with Phillip Lookadoo, the City’s Director of Urban Planning and Development, and the Florence Police Department, Dr. Keith purchased two buildings, choosing to make one part of the building a Police Sub-station. He was on site every chance he got, whether it was after his morning rounds at the office or on lunch breaks; Dr. Keith was hands on with the construction crews. The interior of the Sub-station was designed by Dr. Keith.

Dr. Keith is a busy public speaker who really enjoys speaking to youth groups and community health venues, speaking at schools, churches, private and public organizations frequently.

In his role at work, he ensures the proper management of diversity observances and practices by starting from the top.

“I feel that all of us who are part of our management team are sensitive to individual differences while at the same time maintaining a staff that is well trained, has a good work ethic, and can communicate well with one another,” Keith said.

Dr. Keith feels that his company has been committed to hiring qualified individuals who are reflective of the people within his practice. He enjoys his place of work and states that “his children” are the best part of the job.

“It is the children who are the heartbeat of my work. They bring a certain abundance of joy and peace to the daily challenges of work. It brings me no greater joy than to take care of them and to affect their life in a positive way, and likewise they in return by the nature of who they are as children bring so much positive energy and love to mine..”

Carolinian Adds *Life* To Years

As the reward for honoring thy mother and father is long life, Mrs. Alberta Woods can be presumed a saint who treated her parents like cherished royalty. Recently celebrating her 105th birthday, she says life over the century mark is not so different.

She still cooks and eats what she likes, goes where she pleases, enjoys freedom of worship, takes care of her business and manages her assisted living household at The Carolinian, a retirement community tucked serenely away in downtown Florence.

Born the last of ten children with a Methodist minister/farmer for a father and a hard-working homemaker for a mother, she and her siblings grew up in what she calls a healthy Christian and learning environment which she considers now a "big influence and blessing to her life. I was in church practically every time the doors opened and learned the Biblical teachings and songs that carry me even today," she recalls.

Nicknamed "Bert", she also remembers days of no refrigeration, air conditioning or television and still relives the time when cars were a curiosity down in rural Louisiana. Some very fond memories are most closely associated with riding Nellie, a farm horse, because the animal would "lope along slow and not go very fast." And it was on just one of those horseback excursions that she experienced one of the greatest shakeups of her placid life. "I was riding Nellie and for whatever reason the horse came to a sudden stop and I flipped right over her head and onto the ground," noting that her own youth helped her to bounce back and continue their journey at the same safe speed.

Perhaps it is Mrs. Woods' pace as a chaste, care-giving, child-loving and proper lady that has landed her these five score and five years. She worked in Chicago for a time as a sitter to her sister's children then eventually moved to Port Arthur, TX, where she met (the late) Benjamin Woods, Sr., whom she later married and with whom she prayed for and gave to the world, Dr. Benjamin Woods, Jr., who grew up to be a famed musician and longtime Francis Marion University faculty member.

Medical science gets considerable credit for humans living longer, however, as for the recipe, a secret formula or some fountain of youth, there is no such fix. "It is so simple to love the Lord and keep his commandments, mind your business, follow your doctor's advice, try to do what's right, and you won't get tired or wear out," she advises.

She is neither. And, she has the support system of her family, friends and the amenities of The Carolinian, a peaceful apartment-style complex that fosters independence among its residents, exudes southern charm in its design and provides personal service to create retirement living at its best.

For folk 55 and older who desire to enjoy the simple pleasures of worry-free living, comfort, modern conveniences and personal service, The Carolinian is paradise, according to Marketing Director Misti Braddock. "We offer scheduled local transportation for medical appointments, outings, and shopping and a wonderful meal program. We also have a full service hair salon located right

here within our community."

At any given time, residents (and visitors, including this one) can be charmed by live piano music from an era only a senior would know that well. And though the campus has beautifully landscaped grounds, a rose garden, screened porch and other quiet places for leisure time, do not assume that everyone is sitting around in rocking chairs. Far from it.

The spacious one- and two-bedroom units come with kitchens, carpet and blinds, cable television and all utilities except telephone, weekly housekeeping and linen service for a monthly fee. There is also a laundry area, a library, ample parking and enclosed breezeways connecting all buildings. Resting comes easy with provisions for fire prevention and emergency alert systems, plus the 24-hour staffing.

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Better Than Magic: Chiropractor Stresses *Wellness*

By: Mellissa Rollins

If you were to ask Dr. David Gittens why he chose to work as a chiropractor he would tell you that he did not choose it, it chose him. His original career path started in a much different direction from the one he is on now.

Gittens came to the United States from Barbados, West Indies, in 1973. He had worked as an electrician in his home country and came to the United States to continue his education. Gittens said that there was little difficulty in his move to a new country because he had family in the United States already. He also said that as an immigrant from Barbados he had an advantage: the people in Barbados spoke English so there was no language barrier for him. Gittens attended Florence-Darlington Technical College and would graduate from the school with two Associate degrees, one in electronics and another in Medical Technology. Later, he would attend Francis Marion University to get his bachelor in science degree. However, time would change Gittens' career path in a way that he would not have anticipated.

He was first introduced to chiropractic through an event that his wife and her friend attended. His wife had been having severe back pain but a friend of hers convinced her to attend a women's event. A chiropractor had a booth at the event telling people about his practice. His wife went for a visit to that chiropractor and he accompanied her on a follow-up visit. "The chiropractor asked me if I knew anything about chiropractic; I replied that I did not. The chiropractor then asked me if I wanted to come back another day to watch what he did," he recalled, adding that he not only went back, but ended up attending chiropractic school and starting his own practice.

Gittens said that when he started the Gittens Chiropractic Clinic in 1991 he told God that he wanted to be different from other chiropractors. "I did not just want to help people deal with their aches and pains; I wanted to help them maintain a balance in their lives that would keep them from suffering these aches and pains to

begin with. In order to understand how to be in health, you must first understand what the definition of health is and my definition of health is a complete physical, chemical and emotional well being, not merely the absence of disease or infirmity,"

Darkness and light cannot exist in the same space. Dr. Gittens believes that this is the same principle with the human body; health and sickness cannot exist in the same body. If there is one part of a person's body that is sick it affects all other parts of the body, even if it is not apparent. Physical stresses can include bad positions during sleep, automobile accidents and repetitive stress syndrome, which is the over exertion of a body part. Carpal tunnel syndrome is an example of repetitive stress syndrome. Chemical stresses can be anything that comes into the body through food, water or the air that can change the body's natural chemistry. If they are not expelled from the body they can cause health problems.


All of these stresses can be dealt with and relieved by going to a chiropractor and Gittens uses many techniques to help determine and eliminate the stresses that affect his patients. Massage therapy, reflexology, ionic detoxification and nutritional counseling are services that Gittens uses in his practice. With these techniques, pain can be lessened or eliminated altogether depending on the severity of it and the number of sessions. Gittens also helps people who are suffering from allergies. He has methods he can use to find out what a person is allergic to and then suppress their reac-



Dr. David A. Gittens
Chiropractor
Gittens Chiropractor Health Clinic

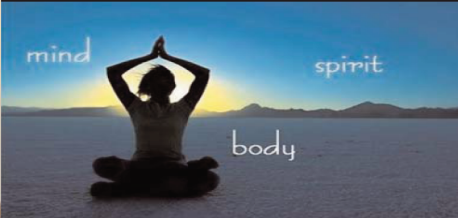
tion to the allergen.

Many of the techniques that he uses in his practice can improve energy and circulation and can decrease the time needed for injuries to heal. For those who think that chiropractic care is only for occasional aches and pains, Dr. Gittens wants to show that chiropractic care, along with nutritional support, can help them maintain a healthy lifestyle. He wants people to live their lives to the fullest without any unnecessary pain holding them back.



GITTENS CHIROPRACTIC HEALTH CLINIC

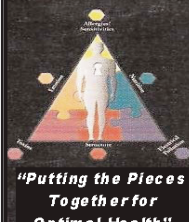
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Rabbi Jeff Ronald
Soul Proprietor
Land Of The Covenant

Rabbi Identifies *Challenge* to Diversity Practices In Specific Places

By: Tamika Fulmore

Right from the comfort of his own home, Rabbi Jeff Ronald is still able to reach the community and expose the Hebrew Bible to non-Jews. Rabbi Ronald is the sole proprietor of Lands of the Covenant (LOC), a status which explains how he can ensure proper management of diversity observances and practices.

“My task is to translate words and concepts which are not easily situated in the Protestant language of American culture. When I operated a synagogue, we always respected the religious calendar and customs of our non-Jewish employees,” he said.

Diversity in his place of work is extremely important and heavily valued. “The mission of the Lands of Covenant Foundation is to share the message of the Hebrew Bible with people of all faith backgrounds,” Rabbi Ronald stated. “In order to realize this mission, it is critical to possess and exercise multi-cultural skills,” he added.

Rabbi Ronald adds that he feels diversity is vital for a more effective workplace for two main reasons. “First, the history of discrimination in the South and the rural character of the Pee Dee require that old wrongs should be remedied by new rights,” he said. “Second, the global economy of the 21st century demands that Americans, who are often parochial and monolingual, become adept at working in other cultural contexts and many different languages.”

Although diversity is essential in the workplace, sometimes it may not be such a smooth transition in some workplaces. However, there is room to grow in

that direction.

“The problem with diversity in the workplace in 2012 is that there are limits to what company and governmental standards can do to enforce social interaction. The resistance to social diversity springs from self-isolation in the Pee Dee imposed by the differing racial and ethnic groups. As long as the white community seeks refuge from the challenge of integration in “home schooling” and racially segregated “Christian” schools, the legacy of Jim Crow will never quite disappear. In Florence County, the sky is the limit for the amount of mutual acceptance and inclusion that can be fostered between the races,” he said.

He made it clear that nothing can ensure workplace equality with the absence of two vital criteria. That criterion includes a set of personnel practices which present “clear, consistent and enforceable policies to prevent racial, ethnic or religious discrimination by management or other employees.” The next is an ethic of “inclusion and multi-cultural acceptance, which is either fostered or assumed by every member of the organization.”

Rabbi Ronald suggests that the first criterion is easier to achieve than the latter and explains why he feels this way.

“The presence of a variety of ethnic and religious groups on the staff may lend the impression of social equality, but discrimination can prevail in any work environment if the discrimination is subtle and/or the management tolerates invidious messages or actions,” he said.

As for what his organization does to distinguish itself better than its competitors, he adds that he is not sure that the LOC has either rivals or competitors, given the nature of their work of outreach to the larger community. “I think we do a better job than the average church in making a diversity of people feel included in our work. For instance, even though I am a Rabbi, I feel that I’m more adept at employing religiously neutral language than the typical church ministry, where the religious workers’ idea of inclusion is to assume that everyone they come in contact with is

Christian,” he said.

LOC is dedicated to spreading a modern understanding of the Hebrew Bible to a general audience. They have a few immediate goals to help further their mission and accomplish what they have set out to do. “Our primary goal is the ongoing series of classes about Jewish texts which can be traced to sources in what non-Jews call the “Old Testament,” i.e. the first 24 books of the biblical canon. The second immediate goal is to reach out to other community organizations, online or preferably in-person, who wish to command a more proficient sense of the meaning of Scripture from a point-of-view of the probable authors.”

In every walk of life there will be challenges, no matter what your organization or affiliation may be. Rabbi Ronald shared the biggest challenges that his organization faces right now. “Ironically it is the lack of religious and ethnic diversity in our region that impedes receptivity to a different approach to the biblical text. Institutionally, the search for appropriate partners in the inter-faith dialogue is more difficult in the rural South than in suburban and urban inter-faith contexts,” he said.

He explained that LOC’s best advantage is that they have low overhead and few other expenses. He adds that his knowledge of the biblical text and his ability to teach the text to adult learners is “unequaled in any other part of the local community, in a region where loyalty to the Bible is higher than other parts of the country.”

The best thing about his job, he concludes, is that he doesn’t have to leave his home to get to work.

“Our community allows us to reach students of the Bible, as well as others, for them to be exposed and to take on Scripture which might otherwise elude them. In the words of Israel’s prophets, ‘Have we not all one father?’ (Mal. 3:1). At the heart of Lands of Covenant is the American slogan, *e pluribus unum*, ‘Out of many, a unity.’”



Tamika Fulmore
Staff Writer
Diversity Works

When *She* Thinks Of Diversity, She Thinks Of The *World*

Anative of Whiteville, NC, Tamika Fulmore stands out in everything she puts forth an effort to do. Whether it's at church, school or work, she exceeds her own expectations and gives all the credit to Jesus, her Savior, Lord and King. Tamika is a graduating senior at Francis Marion University in Florence. In May, she will receive her Bachelor of Arts in Mass Communication with a Minor in Political Science. She is a member of the FMU Honors Student Association, the

FMU Student Media Association, and the South Carolina Chapter of Pi Gamma Mu International Honor Society in Social Sciences and has been on the President's List since transferring to Francis Marion in January 2010.

Aside from school, Tamika works with children after school at Center Day School in Florence. She assists students with various homework assignments and provides one on one tutoring as needed. She began working with Diversity Works Magazine in March 2012, after being recommended by her Professor Tim Hanson. She is very excited about the opportunity and looks forward to a successful career with this company. Tamika attends Joy Tabernacle Church in Chadbourn, NC. Where her husband, Jermaine Fulmore is the Pastor and Annie and Lonzay Campbell


are the Senior Pastors. She works along with her husband to spread the gospel of Jesus Christ to whomever, wherever. Her passion is working with the youth and she is grateful if she can just touch one person each day with an encouraging word.

When she thinks of diversity, she thinks of the world as one big community. "Diversity is just not people of different races and backgrounds working together, it's about being different all together. What would the world be like if we all looked the same or dressed the same? Pretty boring, right? Diversity is a very broad term that is extremely important and it should be heavily valued in the workplace and in every aspect of life." she said.

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Melissa Rollins
Staff Writer
Diversity Works

Variety Makes *Life* More Interesting and Enjoyable

Growing up, diversity was never really something that I had to consider very much, it just was. My parents raised me to be very accepting of all people. They never told me that I had to agree with everyone but I had to at least understand that everyone was entitled to their own opinion. My mom always said that if everyone was the same, that life would be boring. As I became a young adult and then an adult I have realized that this is truer than I would ever have imagined. Having various groups of people around me makes my life more interesting and more enjoyable. Being around people who thought differently than me or were raised differently than me helped me to form my opinion about a variety of issues.

Looking at cinema and art I can see just how much diversity is at work in the world. Take for instance, Pablo Picasso and Vincent van Gogh. Many people would agree that they are both excellent painters, but there is no way to compare the works of the two men. They do not fall on equal footing; there is no way to say that one is better than the other, it is merely opinion. Diversity is the same way. I do not look at race or gender to compare but merely to admire the differences.

In the world, having diversity is what brings about changes that advance a family, a company and a country. If everyone had always been content for things to remain the way that they always had been, with nothing ever changing, then we would not have most of the things that we take for granted in our lives. They desired to make the world a better place, even if there was not necessarily anything wrong with the way that the world was at the time.

In school, diversity allows for academic conversations about the morality of abortions or a president's decision to invade another country and start a war. Sure, I may not agree with the other person's argument. However, there is also the chance that they might bring up a point in the conversation that I never considered. There is also the chance that because of how I was raised I may bring a perspective to the conversation that they never were able to see the topic from. Either way, I think that there needs to be more conversations and fewer arguments. I have found friends in the most unlikely situations.

My first semester of college, I was friends with an extremely unique group of people. We all considered ourselves to be Christians but were raised in very different church backgrounds. I was raised in a Pentecostal Church, while another was raised in an Episcopal Church where her father was the priest. The other two were raised Southern Baptist and United Church of Christ. At dinnertime on many occasions we talked about our churches and our beliefs. Again, we did not always agree with what the others were saying. However, we were able to be friends, even though we had very different views about many issues.

I have three siblings, two brothers and a sister. As we have all branched out and gone on our ways after moving out of our parent's house, we have all continued the tradition that our parents started of being accepting of all people regardless of their race, gender or be-

liefs. My sister is married with a daughter and her family dynamic now is different than ours growing up. She is married to a man from Guatemala who speaks not only English and Spanish but also a local dialect from that area he grew up in. My niece therefore is growing up bilingual, perhaps even trilingual. She is an American but is also part Guatemalan. She speaks English but also Spanish. Having a childhood with this diversity she views things from a completely unique point of view. My hope for her is that she is the next generation of diversity in my family, that she will be the one to have those conversations sitting around the table with friends. This tradition is one that I can only hope will continue to change the world.

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Businessman Calls on Washington to Add To Core Curriculum *Entrepreneurial* Education in Public Schools

Those looking to start their own business know that often it takes more than a business degree on a resume to achieve financial success. Now, one businessman is calling on lawmakers to add entrepreneurial education to public school's core curriculum to help give aspiring business owners a leg up on the competition.

Anthony Delmedico, founder and chief operating officer of Del Visionaries, said many graduates who have high school or college degrees on their resume are still not prepared for today's new economy. He is calling on President Barack Obama, Congress and Education Secretary Arne Duncan to mandate entrepreneurship education starting in grade school.

"[Two-thirds] of all new jobs come from entrepreneurs, not large corporations," Delmedico stated. "We must launch E2 (entrepreneurship education) as required core curriculum in our schools, starting in the 4th grade and advancing to the 12th grade. And we must do this by 2013. This will create an army of job creators versus job seekers and change the face of the American economy within 8 years."

According to the Bureau of Labor Statistics, more than

2.5 million jobs were created by establishments less than 1 year old in the U.S. in 2010.



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Gerry Madison
Small & Minority Business Director
The Greater Florence COC

Gerry Madison has been with the Greater Florence Chamber of Commerce since November 1994. She is the director of the Community and Minority Enterprise Division which oversees such programs as Business before Hours, Washington Trip, Martin Luther King, Jr., Celebration, Building Bridges, Business & Go-Green Expo, Small Business Seminars, Administrative Professionals Day Luncheon, Emerging Business & Opportunity Conference and Leadership Florence.

The Greater Florence Chamber of Commerce is a robust, non-profit membership organization driven by dedicated volunteers, six paid staff and a growing economy. It was established June 15, 1916, steadily grew and in November 2011 moved to our new location in the First Federal Building, 238 S. Coit Street (3rd floor).

A Brooklyn native, Madison has lived in Florence for the past 35 years. Her past experience includes working at Francis Marion University, the South Carolina Department of Disabilities and Special Needs/Pee Dee Center and Wilson High School. She graduated (May 2002) from Limestone College with a Bachelor's of Science Degree in Business Administration.

Gerry is the mother of four children, grandmother to six and is very involved in community and religious activities. In addition to her secular duties, she loves talking to people about God's word, the Bible, as a full-time pioneer (840 hours a year) with the Florence-Central Congregation of Jehovah's Witnesses. Madison loves to travel, entertain and any kind of shopping.

Wearing Multiple *Hats* Keeps This Change Agent On Point

In a Q&A format, Madison gives her take on diversity's role in her world.

Why is diversity important in the workplace?

Diversity is important because our whole economic makeup centers on differences in cultures and people. In the workplace our diversity is about learning from others who are not the same, showing dignity and respect for those differences.

What is the value of Diversity in your place of work?

The actual value comes from learning. In our workplace we are willing to learn from each other, which gives us an advantage. We are able to capture different diverse perspectives and experiences.

How do you in your role at work ensure proper management of diversity observances and practices?

I work with a lot of minority business' which may not have a voice in this community except through the Chamber. Some of these businesses participate by holding board positions, working and being visible in the community which helps to distill a lot of cultural misunderstanding.

Where do you think we should go from here in regards to the current state of workplace diversity? And how much room is there to grow in that direction?

Our community as a whole can go no other place but upward. With new businesses moving into the Pee Dee, we are moving toward providing customer service on a global basis and that is what our goal should be. Of course as any other city we still have ample room for growth. With fluctuating markets and constant customer demands, we want to make sure that we are communicating well and are accepting of these changes.

Please give me an example of how diversity in the workplace ensures workplace equality

Treating people equally is essential to being an effective and productive or-

ganization. I don't think I have just one example of that, but so many it's hard to choose. But I can say that when everyone can participate fully in economic growth and has the opportunity to fulfill their potential this eliminates prejudice and discrimination and makes us more accountable to each other. The Chamber's Building Bridges program is an excellent example of this..

What are some of the accomplishments you're proudest of?

There are several programs that I am very proud of. One that I have worked very hard to get for the Pee Dee area is SCORE. To be able to have counselors here in the Pee Dee area for people to go to for advice on maintaining, expanding or creating a business has been a goal of mine for some time. In 2006 a SCORE branch office was realized in Florence. While there is no longer a SCORE office in Florence, you can still get the information needed to start, grow and expand your business from the Chamber.

Building Bridges is another program that I am proud of. To have people from all different backgrounds come together and discuss heated topics such as religion, sexual orientation in the workplace, gangs, family dynamics and diversity in the workplace has truly been enlightening. While we have trained facilitators, each person has taken away something different—realizing we can agree to disagree.

My latest accomplishment was in 2011 when GE Healthcare partnered with the Chamber for our first Emerging Business Opportunity Conference. Small businesses were able to meet with larger corporations to see exactly what is needed to do business with them. We are planning another event this year in September.

Oh, yes and three years ago I won the 2009 Small Business Champion of the Year Award by the Small Business Administration.

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To request tickets, visit the Florence Civic Center Box Office or send a self-addressed, stamped envelope along with the request to: Airmen of Note Tickets, 3300 West Radio Drive, Florence, SC 29501. Tickets are limited to a maximum of 8 tickets per order. Requests should include first and last name, contact phone number and the quantity of tickets requested.

This concert is part of a 19 day tour through Virginia, North Carolina, South Carolina, and Georgia.

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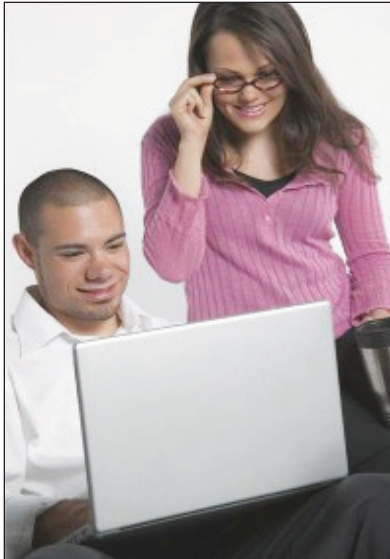
Entrepreneurs Optimistic About Growth in 2012

Those looking to add an advanced business degree on their resumes will be happy to know that a growing number of entrepreneurs are optimistic about their companies' prospects in 2012.

According to the first Kauffman Foundation/Legal Zoom Startup Confidence Index, more than one-fourth of those surveyed said they plan to hire additional staff this year, with twice as many of them expecting the economy to improve or stay the same as those who expect it to worsen.

The survey also found that 81% of respondents said they are confident that their businesses will be more profitable over the next 12 months.

"Despite the recent downward trends in business starts and startup hiring, these data suggest new business



owners have adopted the optimistic entrepreneurial spirit as they anticipate what lies ahead for their businesses in 2012," Robert Litan, vice president of the Kauffman Foundation said. "Entrepreneurs drive the economy and, while this survey is one monitor on one group of entrepreneurs who matter, it may be a leading indicator that the trends are turning around."

The Bureau of Labor Statistics reports that approximately 2.5 million jobs were created in the U.S. last year by companies less than 1 year old.

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Dr. Elijah Owens
Neurologist
Carolinas Hospital System

By Dr. Elijah Owens, Neurologist

Each year, 700,000 men and women in the United States suffer a stroke – about one person every 45 seconds – and nearly one third of these strokes are repeat events. Unfortunately, more than half of those under age 65 who suffer a stroke die within eight years, according to the American Heart Association (AHA).

A stroke is caused by the interruption of blood to the brain, either from a blood clot or the rupturing of a blood vessel, and results in the death of brain tissue, due to being deprived of oxygen. Oftentimes, a full-blown stroke is preceded by a “mini-stroke,” also known as a transient ischemic attack (TIA), a stroke-like event in which the symptoms resolve within 24 hours. TIA symptoms are temporary and produce no lasting damage to the brain. However, a TIA should be considered a warning sign that a full-scale stroke could follow in the near future: days, weeks, or months.

Anyone can have a stroke, regardless of age, race or gender. But, the chances of having a stroke increase if a person has certain risk factors, or criteria that can cause a stroke. Controllable risk factors – high blood pressure, high cholesterol, heart diseases, tobacco and alcohol use – can usually be changed with a doctor’s help. Uncontrollable risk factors – age, male gender, ethnicity (African American, Hispanic

A TIA Can Be A *Wake Up* Call To An Impending Stroke

or Asian/Pacific Islander), a family history or previous stroke, cannot be treated, but can be effectively managed, again with a doctor’s help.

~Take Heart~

If you have had a TIA, or you have an elevated risk for stroke, new research shows that making heart-healthy lifestyle choices can reduce your stroke risk. Even patients who have already experienced a TIA can reduce their stroke risk by participating in cardiac rehabilitation. Not just for patients who are recovering from a heart attack, cardiac rehabilitation programs can improve your heart health, as well as your chances of averting a future stroke.

According to the AHA, coronary artery disease and stroke share many common lifestyle-related risk factors: hypertension, high cholesterol, smoking, physical inactivity, and obesity. These lifestyle choices play an important part in determining – or reducing – your risk of stroke and cardiovascular disease. Making choices to support heart health also reduces stroke risk.

Traditionally, stroke risk has been managed with medication and counseling. Recent studies using a combined approach of medically supervised exercise, counseling and nutrition programs, have shown that comprehensive cardiac rehabilitation can reduce multiple risk factors for stroke.

One such study, conducted at the London Health Science Center in the fall of 2011, examined the effects of cardiac rehabilitation programs on 100 patients with at least one risk factor for heart disease and who had experienced a mild stroke or TIA. Over a six-month period, more than 25 study participants dropped into lowest mortality risk category on the Duke Treadmill Score, a commonly used measurement that predicts heart disease mortality risk, as well as a lower stroke risk. Benefits included

TIA signs and symptoms can include:

- A severe headache
- Weakness, numbness, or paralysis of the face or limbs on one side of the body
- Difficulty walking
- Loss of balance or coordination
- Dizziness
- Blurred or double vision
- Trouble speaking clearly.
- Confusion or difficulty understanding verbal communication

significant reductions in LDL cholesterol and triglyceride levels, weight loss, reduced body mass index (BMI), improved HDL cholesterol, and increased cardiovascular fitness.

If you are at risk for stroke or heart disease – or have experienced a mild stroke or stroke-like event – talk with your doctor about the risk factors that you can control.

Learn more at www.CarolinasHospital.com by clicking on “Health Resources” and “Interactive Tools,” and taking the “Stroke: Test Your Knowledge” quiz, or the Heart Disease Prevention Quiz.

Dr. Elijah Owens is board certified in neurology and psychiatry and is a member of the medical staff at Carolinas Hospital System. He is associated with Carolinas Neurology and is accepting new patients. To schedule an appointment, please call 843-669-0927.

This information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health.

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Homelessness: A *True Equal* Opportunity

Unlike anything else, homelessness is no respecter of persons. Just ask 25-year-old Taylor from Birmingham how she wound up in a Florence shelter and her two toddler sons in state foster care in the Piedmont.

Wandering around in Florence since August of 2011, she entered the Pee Dee Transitional Shelter in October and has a story so sordid that it almost makes love a dirty word.

"I fell for a guy in the military, we traveled, had two babies but he was very violent and one day stabbed me and one of our sons so the Anderson Department of Social Services took both our children, ages 2 and 3," she told.

Fleeing the painful circumstances, warzone type relationship and the memories of that territory, she sought help from the Pee Dee Coalition Against Domestic and Sexual Assault, which required her to complete a two-year non-offender treatment program and a 12-week parenting class. "I've completed the parenting class but still go 'cause I really want to have this thing down pat when I get my kids back – especially if I have to do it alone," said the articulate adoptee who was enrolled in a Clemson University nursing program and will take her state LPN board exam in April.

She is encouraged that she visits her sons once monthly and is grateful for the support from the shelter, whether it be in the form of a bus ticket or personal driver or the Christmas and birthday gifts which staffers always make sure the two boys get in time. "I will never forget Mrs. Janie (McClain, office manager) and Mrs. Margaret (Nash, case manager) because they keep conflicts out. The location is good because I've found a nearby church and often visit the library, but it's about the people who work here. The only thing better than that is that I know this is temporary."

Balding and blond, Thomas of Kentucky agrees. Formerly military and married, he is father of three sons and has coached and taught school for 13 years. He has been a newspaper sportswriter and when he got caught up in the downsizing



Community Action Logo

layoffs, he has been plummeting ever since. "Street people (which is what we are called in certain places) get enough of being bum-rushed and being told 'you don't belong here, move on'. But this place – which is stern but understanding -- has enabled me to re-evaluate myself, update my resume, submit job apps and even though I was overqualified for some jobs and underqualified for others, I kept pressing and the shelter personnel kept on pushing me. Here they give you all the support you need and comparing this to other shelters I've been in is like comparing day and night. I am learning to appreciate this stopover in my life, but my goal is to move into a family home where my boys (one of whom is Learning Disabled) and I can bond again. It's just a process," he said.

Success story Cynthia Shefton, who after several tours finally became self sufficient enough to leave the shelter in 2000, comes back often to say thanks to the administration. "Some people go to shelters to see what they can get free or who they can get over on, but I wound up here all those times because of poor coping skills after death of family or loved ones, or because of substance abuse or jail and prison but after I tired of all that and got myself together I look forward to helping people who are now where I was," said the Bachelor of Science degree candidate who has her own apartment now.

Nash, a 16-year veteran at the east Florence site, said these are just a few examples of the better cases. "The most extreme cases are those who are chronically homeless and keep returning. It is true that

you can't cure or help everyone; people that want real change have to help themselves."

Executive Director Rev. Dr. Mack T. Hines has been at the helm of this Pee Dee Community Action Partnership program 30 years and has seen many changes over the decades in the diverse clientele. "Although we treat them equally as residents, each client, whether family or individual, teaches us about the need to constantly adjust in practicing inclusion so that their outcomes will become a positive condition of our society, coming from where they are from," he said, adding, "if a substance abuser or domestic violence victim lands on our doorstep and we help them get on a new, plain path, they cannot remain successful if they return to their old ways, haunts and habits. They leave here prepared to find some new friends and playgrounds and environments. So everything we do here is for a purpose, tailored to meet specific needs and glorify God."

Even the growing campus is adapting to fit the needs of its community. "We did not always offer child care or direct job search assistance but that is now available and sets us apart from many other shelters. We have begun collaborating with home improvement centers to make our physical structures better and we hope that grows as well," Hines said, adding that volunteer, material and financial support is always welcome.

Tireless Service Bring Prestigious Award to Coker College Student



Jessica Covington
Algernon Sydney Sullivan
Coker College

In recognition of exemplary of character and service, Jessica Covington, a senior communications student from Mullins, S.C., received the Algernon Sydney Sullivan Award during Coker College's 2012 Honors Convocation April 9.

Named for a prominent 19th-century lawyer, orator, mediator, philanthropist and courageous citizen, this award is presented in cooperation with the Algernon Sydney Sullivan Foundation of Oxford, Mississippi.

The Algernon Sydney Sullivan award seeks to perpetuate the excellence of character and service to humanity exemplified by its namesake. It recognizes and honors selflessness, generosity of service, nobility of character, integrity, and depth of spirituality. It is among the most prestigious awards bestowed by the college faculty.

In nominating Covington, Assistant Dean and Director of the Center for Engaged Learning Darlene Small wrote that "Jessica has made a difference wherever she has served," which is saying a great deal, especially when one considers the many places Covington has served.

A leader through her involvement in the classroom, internships, campus organizations and extra-curricular activities, Covington is widely known as a role model among her peers and as an inspiration to the faculty. Some of the organizations she

serves include Omicron delta Kappa, Residence Life, Coker Cheerleaders, Students In Free Enterprise (SIFE) and the Student Advisory Committee.

"Jessica has been the spark to our success with various SIFE projects," said SIFE Director Neil, whose team last year won numerous awards including a top-60 finish at the national exposition in Minneapolis. "Her enthusiasm and motivation inspires others to create and implement projects that truly benefit those around us," he added.

As a Sparrow Scholarship recipient, Covington worked with the Children's Defense Fund Freedom Schools acting as a teacher in Bennettsville, where, in addition to providing instruction, she served as a role model for children in that economically depressed school system.

Her service also took her to a small private school as a cheerleading coach, where she faced the challenge of representing a minority. Through her hard work, competence, and positive attitude and ability to motivate children, she was able to break

the ice with students who were not originally supportive.

Covington's senior project focused on the recognition of Black History Month, and as part of the project she organized a presentation of the civil rights group, Friendship Nine, which was open to the community.

Covington graduates this May, and when she does hundreds at the college will wish her well and eagerly look forward to her return as a proud alumna for Homecoming 2012, if not before!





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