

# DIVERSITY WORKS

JANUARY 2019 VOLUME 9 ISSUE 1

"For All of Us"



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Superintendent, FSD1



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**DIANE DAVIS, COMMUNITY OUTREACH COORDINATOR**  
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## MISSION AND VISION

### OUR MISSION

Diversity Works© is a magazine for the socially conscious and responsible worker at any level. The magazine has a commitment to be a showcase for organizations and their individuals that represent best practices in diversity of the workforce and supplier choices. We feature articles on those displaying inclusionary vision in and for the marketplace and who can both encourage and provide role models to others. Diversity Works©, via its editorial content and other signature promotions, will be a vessel to inform the world about appreciating and accepting the physical, social, cultural and other differences in one another and promote better outcomes through interacting with those unlike ourselves. Our mission is to promote the concept "community" in the workplace, to stimulate literacy and save the planet via recycling printed matter.

### OUR VISION

To create a more collaborative world wherein we practice diversity on a more balanced basis, to experience a return to reading and to reuse the ink and paper products that our reading materials are printed with.

### Spanish Version

*Translated by: Yadira Santiago, MA*

### NUESTRA MISIÓN

Diversity Works© es una revista dirigida a trabajadores, de cualquier nivel, socialmente conscientes y responsables. La revista tiene el compromiso de ser una vitrina para las organizaciones y sus individuos que representan las mejores prácticas en cuanto a diversidad de las opciones de plantilla laboral y proveedores.

Nuestros artículos muestran una visión inclusiva en y para el mercado; que a su vez estimulen y promuevan un modelo de conducta para los demás. Diversity Works©, a través de su contenido editorial y sus promociones de firma, será una fuente que informará al mundo sobre la apreciación y aceptación de diferencias físicas, sociales, culturales que promuevan mejores resultados a través de la interacción con los que son distintos a nosotros. Nuestra misión es promover el concepto de "comunidad" en el lugar de trabajo para estimular el conocimiento y salvar al planeta a través del reciclaje de material impreso.

### NUESTRA VISIÓN

Crear un mundo más colaborativo en el que se practique la diversidad de una manera más equilibrada; experimentar un regreso a la lectura, así como la reutilización de los productos de tinta y papel con los que se imprimen nuestros materiales.

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# FROM THE EDITOR'S HEART

## CELEBRATE THE VICTORIES BUT CONTINUE THE FIGHT



**Dawn "D.A." Goodwin**  
Editor

Repeat after me: "I am too blessed to be depressed. I am too blessed to be depressed." Got it? Okay, good. I know many of our 2018s didn't consist solely of dandelions and butterflies, and I must admit that I am glad to see 2019 in front of me. Nevertheless, awaiting us all is a new year full of promise, prosperity and happiness, but we have to proactively seek those things, regardless of which obstacles threaten our paths.

2019 is already proving to be the year for breaking barriers and stereotypes. Just look at how diverse the

U.S. Congress finally is. My arms were covered in chill bumps when I looked on CNN and saw so many women and different ethnicities being sworn in. This truly calls for a celebration, yet it is just the beginning. Change often starts on a smaller scale, specifically with individuals in a community like our own, so that's what this issue is all about. We aim to not only inspire and inform you, but we also desire to celebrate victories while remembering how far we have come and must still go because the fight for diversity and inclusion must continue.

We have so many themes for this edition of Diversity Works Magazine© that I am thrilled to share with you, including our appreciation for engineers and the celebration of Black History Month. Ta'Meeka Epps introduces one of GE Healthcare's mechanical engineers and the company's engineering general manager while Mallory Brayboy enlightens us about the achievements of someone who is not only an engineer but was also the only female and the only African-American in her class. In addition, Brayboy brings to you James Byrd, the owner of Byrd's TV Repair in Florence whose story of overcoming racial division to thrive in the repair industry is one that should motivate people of all races to never give up. Coming up, you'll meet Jannie Harriot--a vital force in helping to preserve African American History in South Carolina--as well as Pearl Fryar, a topiary icon right here in our state. Then Adaila Ellis brings to you the stories of Akilah Weaver, who along with her father, opened a golfing center in Florence, and Ezra Brown, a local musician and the owner of Soule Cafe.

We honor Martin Luther King Jr. in this issue as well. Les Echols brings to you Captain Kaynnera Capers of the Darlington County Sheriff's Office as he calls on young leaders to continue the legacy of civil rights leaders. Echols also sits down with South Carolina House Representative Terry Alexander. Make sure you pay attention to why Alexander says it's so imperative that we empower our community's youth, and listen up for what he means when he says that "all history is not true history." You don't want to miss it. In addition, Jennifer Robinson brings Mayor Anderson of Lake City, Janelle Walters and Kenyatta King as they, too, commemorate the legacy of MLK. Keep reading to find out how Darlington Raceway recently honored fallen Sergeant Terrence Carraway, a local hero. And Jennifer Robinson invites you in honor of Investigator Farrah Turner's life and legacy, which is so appropriate with us celebrating both Black History Month and Women's History Month.

For Women's History Month, Ta'Meeka Epps tells the story of Jacquelyn James Slayton, a woman who has blazed trails from the West Coast to the East coast. Epps even introduces Kimberly Johnson, who is excelling in the banking and finance field. Then the spotlight is on Nicole Boone and Tonya Brown. Both of these amazing women have been bringing us the news about others for years, so it will be insightful

and inspiring to discover how they got to where they are now in life. Now you must stay with us to also learn about Honda of SC's Women's Business Resource Group called We Step Up and to find out what this diverse group of women is up to in the community.

Our cover story features a woman with a heart for the healthcare community. Diane Davis, the outreach coordinator for HopeHealth, is more than deserving of headlining the first edition of Diversity Works Magazine© in 2019. I'm excited to bring her story to you, and you'll soon discover exactly why she was recently honored with a very prestigious award for her tireless work. I also sit with Dr. Emmanuel Quaye, who discusses the wealth of services he offers at Magnolia Healthcare. And I bring to you Dr. Sam Rahman from Carolinas Hospital System, who wants you to know the symptoms of heart disease before it's too late.

For other health-related news, get ready to be blown away with some incredible announcements. You have HopeHealth announcing new providers, amongst other news. Carolinas Hospital System and Carolina Pines both announce several awards they've received while Genesis Healthcare shares how it is improving community health. Then keep going to hear from Keystone Health & Wellness and others.

I hope you didn't think that was it. Not hardly. We celebrate growth and support area businesses including women-led ones like AccuStaff and Ella's Boutique. Don't worry though. We wouldn't dare leave men out. You'll hear from Dr. John D'Ambrosio of the Coastal Carolina Better Business Bureau about resolutions individuals can keep all year. Then entrepreneurs get tips from veterans and even learn how to handle technology challenges while Anderson Brothers Bank and New York Life are at your service with financial information. The City of Florence updates us on what's ahead as we move forward after suffering such a huge loss that almost left the city at a standstill. But thank God for us being in a city that does not have a spirit of defeat.

Speaking of "spirit," Robin Lewis serves up a hearty helping of spiritual guidance that is sure to move you, and of course, we would never forget to catch up with area schools to see what's going on in education. Some that we hear from are Coastal Carolina University, Francis Marion University, Florence-Darlington Technical College, Marion County School District, and several other institutions.

Even more can be said about the exciting and inspiring articles all of our amazing writers are serving in this issue, but you have to stay with us to see for yourself. As always, thanks for being our dedicated reader. Enjoy!

Reach me at [dagoodwin.com](http://dagoodwin.com), [youreeditingpro.net](http://youreeditingpro.net), or follow @d.a.goodwin on Instagram and Dawn Goodwin on Facebook. I would love to hear from you!



Mention Diversity Works  
to Our Partners!



**HOW DO WE MOVE FORWARD IN 2019?** *Submitted by Amanda Pope, CMO Administrator*



2018 Arbor Day Ceremony

“If you can’t fly, then run. If you can’t run, then walk. If you can’t walk, then crawl, but whatever you do, you have to keep moving forward.”

– Dr. Martin Luther King, Jr.

The City’s march Full Life Full Forward pressed on during 2018. Growth continued throughout the city with

the arrival of new businesses and residential construction. The Florence Center (formerly Florence Civic Center) expansion was completed as well as the Pearl Moore Basketball Center, which are positive indicators of this growth. Florence is blossoming into a destination location, boasting opportunities for entertainment at the Francis Marion University Performing Arts Center and Florence Little Theatre; shopping and dining at new retail businesses and restaurants; additional overnight stay options with the completion of a new Hyatt Place Hotel scheduled to open in January; and a host of community events.

The City of Florence remains a leading municipality in the state, receiving its 6th consecutive South Carolina Municipal Achievement Award. The City was honored as the recipient of the Joseph P. Riley, Jr. Award for Economic Development for its neighborhood revitalization efforts directed at improving housing and infrastructure in some of the oldest, most challenged neighborhoods surrounding the City’s downtown. The recognition took place during the annual meeting of the South Carolina Municipal Association in July 2018. This statewide acknowledgement highlights the City’s philosophy that vibrant and safe places to live and work are critical to economic development and sustainable growth for the community, improving the quality of life for all residents.

Any success story includes highs and lows. It was in October, 2018, that our community suffered a tragic loss with horrific circumstances that brought us to a standstill. An unthinkable act took the lives of Sergeant Terrance Carraway and Florence County Investigator Farrah Turner and injured five additional officers/deputies. Florence was broken but came together to demonstrate the true essence of community. We persevered through this devastating loss and supported each other to remain #FlorenceStrong. The outpouring of love and support from the Florence community and across the nation was remarkable. Healing continues as we press forward.

In December at the City’s Arbor Day Ceremony, two of four Willow Oak trees that were planted at the City’s All Inclusive playground on Barnes Street were in honor of our fallen officers. Recognizing the characteristics of these officers, a tree planting is fitting. Much like the way they nurtured and protected the community, these trees will serve a symbolic role, providing a safe place for wildlife and shelter and shade to all who visit the park.

So what’s ahead for 2019? A continued interest from private investors will keep downtown progressing forward. The completion of streetscape improvements will enhance the aesthetic appearance of the downtown area, creating more appeal to private investors and providing an inviting environment for the community. Along with downtown development, the City’s Neighborhood Redevelopment program will advance its goal of improving housing stock in the City’s core neighborhoods with a ground-breaking on its most recent project, Old Carver Station. This project is a planned subdivision development near the intersection of Sumter and Alexander Streets that will produce approximately six to eight new homes for purchase. The construction of a new facility to house the City Center

Farmers’ Market is slated to begin near the Barnes Street Recreation campus. Following the demolition of the Florentine building on the corner of Coit and Evans, we will experience additional growth with a multi-million dollar project from private investment.

City Council’s decision to provide \$15 million funding from revenue bonds for Parks & Recreation improvements will be visible to residents as improvements and signs of construction begin. These funds are designated for projects to include deferred capital improvements for existing recreation facilities, construction of two new community centers at Iola Jones Park and Maple Park, ballfield improvements, a track facility, maintenance and improvements at Freedom Florence Recreation Complex, land acquisition, and trail connectivity. Ground breaking ceremonies for the new Community Centers are planned for early 2019. The City looks forward to these anticipated additions and improvements that were on hold during lean economic years.

Partnerships are essential to the City’s success and will remain a key in 2019 with the challenges and opportunities that are ahead. The generosity and interest of the Drs. Bruce and Lee Foundation Board, combined with community partnerships with agencies such as Francis Marion University, HopeHealth, PDRTA, Florence School District 1, and the investment and support of so many developers and community members keep the momentum strong toward our goal to make Florence a great place to live, work and play for all.

The Mayor’s Coalition is another example of successful collaboration among community partners. The City worked to unite these entities and partially funds the initiatives the Coalition has developed. The “No One Unsheltered Project” launched in 2017, bringing City agencies and nonprofit organizations together to ensure emergency shelter needs of Florence’s homeless population are satisfied. The Florence Family Support Center is a recent initiative by the Mayor’s Coalition that serves individuals and families facing multiple challenges affecting their ability to maintain housing, secure stable employment and effectively manage any physical or mental health conditions. Both initiatives relate to a core mission of the Mayor’s Coalition to reduce conditions affecting life satisfaction for all citizens in the City of Florence.

Complete success for Florence will require that we as a community continue to remove barriers that in the past have been an impediment to our progress. The active movement, “Helping Florence Flourish” has made great strides in tackling issues and opening avenues of communication to eliminate division, but we should not stop there. We must be an example to other municipalities across the region and state avoiding partisanship and negativity. We must continue promoting inclusion and collaboration recognizing it is integral to the continued success of all.

“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.” – Dr. Martin Luther King, Jr.

It is imperative that we embrace our differences and celebrate unity through diversity as we move Full Life Full Forward into the New Year!



MASC Award Council and Staff

# RACEWAY HONORS FALLEN SERGEANT

Submitted by Kayla Jebaily, Director of Philanthropy, Boys & Girls Clubs of the Pee Dee Area



Check presentation to Boys & Girls Club of the Pee Dee

On Dec. 14, Darlington Raceway came to the Florence Boys & Girls Club to present a check from the proceeds of the Darlington Raceway 5K in honor of Sergeant Terrence Carraway. After the tragic events on Oct. 3, Darlington Raceway felt compelled to honor Carraway with its first 5K taking place on the racetrack at night. On Nov. 9, nearly 100 participants raced around the track to honor those who had fallen the month prior. Carraway's cruiser sat proudly at the finish line, in memoriam for the beloved officer. The Boys & Girls Clubs of the Pee Dee was chosen as a recipient for the proceeds because of the strong connection he had with the organization. At the presentation on Dec. 16, Executive Director Neal Zimmerman, was presented with \$4,000 from Darlington Raceway. Mrs. Carraway, along with members of the Florence Police Department, were in attendance to show their support for the event to honor their husband and friend.

Sergeant Carraway's history with the Boys & Girls Clubs of the Pee Dee has spanned for decades. For years, he would stop by the Club on Roughfork Street during his patrolling of the surrounding area and interact with the kids. Even when he was not on patrol, he would often come to the Club. Mike Woods, director of Programming at the Boys & Girls Club

and former Club member, remembers Carraway playing basketball with teens during their nightly program during the summer. Woods described him as a role model for members saying, "Despite his large physical stature, he was a fun, caring guy," and "he was full of tough love." He even took the time to coach a Club Basketball League with fellow officer, now Captain George Mack. In the early 1990s, Carraway would take members to an annual fishing event held at Freedom Florence. Director of Operations, Decar Brown, remembers how he would take the time to stop by each club location in Florence, often stopping by the Club at Church Hill Apartments in East Florence, which has since closed.

Carraway is remembered for his kindness and dedication to his community. Everyone at the Boys & Girls Clubs of the Pee Dee considers themselves lucky to work for an organization which was so highly thought of by this incredible man. The organization will continue to work towards its mission, which was shared by Sgt. Terrence Carraway, "To inspire and enable all youth throughout the Pee Dee area, especially those who need us most, to realize their full potential as responsible, productive and caring citizens."



Located at the corner of Sumter & Alexander Streets in Florence, this brand new development will feature six homes steeped in amenities including full front porches, single car garages, and a landscaped cul-de-sac. With its proximity to Carver Elementary, it's the perfect place for any family.

For more information about Florence's newest planned development, call the City of Florence's Community Services Dept., 843-665-3175.

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# HOW WOMEN BUSINESS OWNERS CRACKED THE GLASS CEILING



Today there are nearly 12 million women-owned small businesses in the United States that generate almost \$1.7 trillion in revenues. But 30 years ago, it wasn't the same story. These business owners' financial futures could have been out of their hands due to sexist lending practices, incomplete government data and limited advocacy on their behalf.

In 1988, women owned just 4.1 million businesses in the U.S., which may have been partially because acquiring financing was so difficult. Up until 1988, lenders could require women business owners seeking financing to have a male cosigner. This shocking and unfair practice made it difficult for women business owners to get the funding they needed to grow, limiting their ability to do everything from open a new location to make payroll or even just refinance other debt.

That all changed with the passage of H.R. 5050, also known as the Women's Business Ownership Act of 1988. This legislation is considered a landmark for women in business, changing the landscape of business financing for women in the United States forever.

H.R. 5050 went on to shape the future of women and business in three critical ways:

## It banned lenders from requiring a male cosigner.

One of the many witnesses to the H.R. 5050 hearings was a woman who didn't have a husband, father or brother available, so she had to ask her 17-year-old son to cosign a business loan for her, which sadly was not an unusual story. By making this practice illegal, the bill helped level the playing field for women in business.

## It created the National Women's Business Council.

This council was established as an independent and nonpartisan federal advisory council. Today, it advises on issues of impact and interest to women business owners by providing data and research to the White House, Congress, the Small Business Administration and the public.

## It required the U.S. census to track women-owned C-corporations when reporting data.

In the 1980s, the Small Business Administration released a report that mistakenly claimed almost all women-owned businesses were home-based and had sales of under \$10,000 per year, largely because data to the contrary wasn't available. Knowing this to be a factually misleading report, the National Association of Women Business Owners' then-president, Gillian Rudd, held a press conference on the steps of the U.S. Capitol to publicly call out the misguided report, which kicked off the call for H.R. 5050. With the belief that knowledge is power, this bill mandated that the government collect more complete information on the state of women-owned businesses.

Together, these pillars helped pave the road for women business owners, and over the past 15 years alone, women-owned enterprises have grown 1.5 times faster than other small enterprises. Access to capital is crucial for any business, and this legislation helped evolve long-outdated practices and beliefs that unfairly favored men. In recent years, online lending platforms like Funding Circle are helping to create opportunities for all. There still may be miles to go in continuing to equalize credit opportunity for everyone, but this significant step in women's business history is surely worthy of celebration.

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# CLOSER TO "THERE" Submitted by Rhonda Midgette, Chief Consultant, InsightfulHR



Rhonda Midgette

Malcolm Forbes stated, "Diversity is the art of thinking independently together." This was definitely the shared, powerful and progressive experience for the 200 plus participants of this bi-annual event. It was a gathering of professionals from varied backgrounds and industries all joined to focus on "Are We There Yet?"

We opened with congratulations and a challenge. The emcee, yours truly, congratulated the attendees for carving out the time to participate in a day of diversity and inclusion (D&I) discussion and learning. The challenge was to channel the learning experience(s) into well-defined success strategies for personal growth, company success and community engagement.



Steve Smith



Drew Griffin



Eric Robinson

After this charge and a gracious "Welcome" by our host Steve Smith from Honda of SC, along with Drew Griffin from the City of Florence, then additional inspiring words were shared by Eric Robinson from SC Vocational Rehabilitation. He warmly inspired the audience to embrace Diversity as an ever-present asset, friend, problem solver and partner in getting stronger together. This message was eloquently delivered through the inspirational poem "I am Diversity, Please Include Me" by Charles Bennafield.



Diana M. Murphy

Diana M. Murphy, CEO/Publisher of the quarterly Diversity Works Magazine© and visionary of the Diversity Focus Training, gave acknowledgements thanking the major sponsors including Honda of South Carolina Mfg., Thermo Fisher Scientific, AccuStaff, HopeHealth and GE Healthcare, along with many other supporters for attending this year's training.

A truly engaging round of Diversity Bingo followed. Facilitated by Chinel Boateng of the American Cancer Society, it raised the level of energy in the room and created a community atmosphere that set the tone for barrier-free learning. And learn, learn, LEARN... WE DID!

Our keynote speaker and panel facilitator Dr. Idella Glenn utilized her own background in higher education, D&I, student affairs and her hometown connection to help define diversity, and also provide multidimensional views of how to address challenging issues. She also led a "community building" group exercise that generated honest, robust and often heart tugging sharing of personal perceptions and paradigm shifts.



Chinel Boateng with members of the Diversity Works Initiatives Board

Comments after the experience included the following sincere, unsolicited statements:

"As student, I didn't think I belonged with this more mature, professional group, but I have learned so much and look forward to returning."

"I now have a better idea of how to relate to people of different races and religions. I feel more comfortable exploring difficult topics."

"I now have information to help my company improve diversity efforts. I had an opportunity to share my ministry and unique religious viewpoints with a total stranger and create a relationship that we will continue based on our common interest in the community we both live in. This is an unexpected and positive experience."



Dr. Idella Glenn

Dr. Glenn then took us from vital exploration to practical application by guiding an impressive panel of successful diversity and inclusion practitioners from various organizations. Their national and local perspectives showcased benchmark-worthy mission statements, communication strategies and best practices. Then, they fielded great questions from a room that hungered (not literally--we did have amazing food by a local caterer, Appetite Delight) for more on how they could "Get There."

She framed the conversation by asking the panel to respond to pre-set questions. The panel was made up of six intelligent individuals: Lucinda B. Fountain, inclusion and diversity leader-Honda of SC Mfg.; Drew Griffin, city manager-City of Florence; Marilyn Harper, human resource business partner-GE Healthcare; Ronnie Duncan, chief diversity officer-Agape Hospice; Aithyni Rucker, Esq, diversity & inclusion program manager-Duke Energy; and Zach Hearne, relationship manager-Signature Wealth Strategies.

Lastly, we closed in agreement to use our collective development and freshly formed network to be catalysts for positive change personally, professionally and in our communities. We also pledged to report back to each other in 2020 on how we moved closer to "There."

Join us!









Dr. Nika White

**GREENVILLE** - Fresh on the heels of Mental Illness Awareness Week, I recall how the recent suicides of designer Kate Spade and celebrity chef Anthony Bourdain highlighted unseen issues that can affect people we think we know. In reality, mental health is just one of the “invisible” diversity issues, or private identities, that affect people every day.

You or a coworker might be a survivor of sexual assault, cancer, or criminal gang affiliation. Other issues include substance use disorder, cancer survivorship or prior incarceration. All these are the types of private identities people often are unwilling to discuss, even though they impact the workplace experience as much as race, gender and other more obvious identities.

## Looking Closer

In a work environment, we tend to relate to people only in terms of their titles or positions. We don’t engage at a level that might reveal private identities secretly vying for people’s attention. Looking at coworkers differently to better understand who they are can be difficult and uncomfortable.

However, it’s sometimes necessary. Those in leadership roles must increase their awareness of private identities and their potential impacts. Similarly, people who are living with invisible diversity traits need to learn how to manage themselves and possibly even “manage up” to educate superiors on what they need.

## Managing others

Leaders’ responsibility is not necessarily to investigate everybody’s individual issues, but rather to be aware of potential challenges and create an environment that de-stigmatizes them.

For example, consider diversity in learning and communication styles. Many people need time to digest information on their own to generate good feedback and valuable ideas. Sending information in advance of meeting can help those people better perform and contribute in group meetings.

In a recent workshop, I heard from a recently widowed mother who found herself repeatedly late for work due to the difficulty of having to drive two children to school without her husband’s help. When her manager learned of her situation – which she’d hidden out of shame – he simply allowed her to shift her schedule to arrive and leave later each day.

Making such accommodations and removing stigma helps create a culture in which people can perform at their best. People should feel okay sharing pertinent private identities, and managers should be trained to become appropriately supportive when that happens. It’s not just about creating a feel-good environment, but rather being better equipped to recognize when patterns call for inquiry rather than discipline. It takes courage to ask, “What’s going on? How can I support you?” With proper training, however, being observant, compassionate and proactive about invisible diversity simply becomes another leadership competency.

## Managing ourselves

While leadership should enable an open and supportive atmosphere, it’s not their job to dig for the details of everyone’s life. If private identities impact your work, you must speak up. And when you do, choose your words and actions wisely.

In my own family, we’ve had to be transparent and proactive to support my son, who lives with obsessive compulsive disorder (OCD).

Always a straight-A student, in private he spent extreme amounts of time checking and rechecking his work, among other unhealthy behaviors. As parents we had seek out a proper diagnosis, and today he does his share of work with a therapist to continually improve his situation. Together, we also sit down with his teachers and share a written accommodation plan that allows him to perform at his all-around best.

## Advocating for Yourself

An important element in both the above stories is self-advocacy. If you find private identities negatively affecting your work, the following system can help resolve the situation.

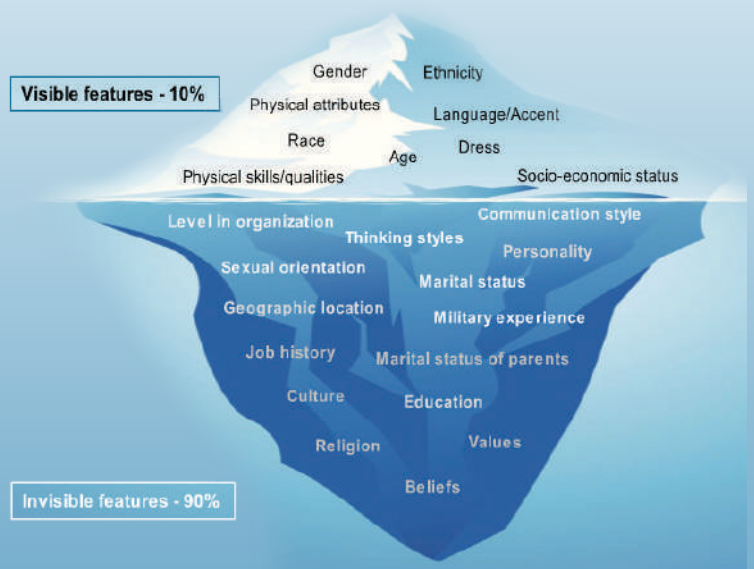
1. First, figuring out the “inner circle” of people who need to be aware. That may include people you work closely with, report to, manage, or some combination.
2. Help them understand. That might mean sharing educational resources, data or finding an expert (e.g. a doctor) who can communicate how and why your point of difference matters.
3. Be crystal clear about what you need. For example, if you need more time to complete tasks, then let people know how much time. Don’t leave it up to others to figure it out or make assumptions.
4. Finally, act with confidence. This means presenting yourself and your situation in a way that garners respect for your issues as a point of difference, rather than a threat to individual or team success.

## Working together

When should accommodations be made? Or requested? I believe it’s circumstantial, case-by-case. I’ve discussed equity previously, which is an important part of this discussion. When equity is prioritized in an organization, there’s no problem with making accommodations that allow otherwise capable and willing workers to succeed. The myth of equality – treating everyone the same – can needlessly discourage flexibility and simple solutions.

If it’s your own private identity that needs attention, mindfulness is key. Are you looking to use your background or circumstances as an excuse for unrelated professionalism? Don’t. Not only does that damage your credibility, but it also diminishes the opportunity for an empathetic environment that benefits everyone.

In seeing and supporting invisible diversity, we all must put in some extra effort. We can begin by just being willing to go beyond the surface – our own and others’. Get comfortable sharing, and let others do the same. Then, with your team in mind, take appropriate steps to make sure everyone is equipped for success.





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# FROM BOOTS TO BUSINESS: VETERANS GIVE TIPS TO FELLOW ENTREPRENEURS



If you're a veteran interested in opening your own small business, you're far from alone. In fact, entrepreneurs often find that the same characteristics reinforced in the Armed Services--traits like decisiveness, courage, logistical acumen and the ability

to stay calm under pressure - serve them well in founding and sustaining small businesses.

Research backs that up. A recent report by the Small Business Administration indicates some 2.52 million businesses in the U.S.--a full 9.1 percent of all American businesses--are majority-owned by vets.

"Starting your own business is very difficult, but I would accentuate the advantages the veteran has," advises Jim Haslam, a Korean War vet and founder of Pilot Flying J, the largest travel center network in North America. "Two things you really understand are discipline and hard work. Take advantage of your service experience in the selection of what you're going to do, who you're going to hire and the course your business will take."

If you're a veteran exploring the possibility of entrepreneurship, consider these further tips from successful vets.

## **Enlist support from those you know.**

Tell everyone you know about your goals in case they can help you or introduce you to someone who can. "Activate your network of fellow veterans, family, friends and former colleagues to notify the referral-based 'hidden job market' you're looking to make a career move," advises Nate Smith, CFO of the organization Hire Heroes USA

that provides free career services to vets.

## **Get to know your local entrepreneur community and build your professional network.**

Research shows 25 percent of transitioning veterans want to start a business, but less than 10 do so, largely because they lack the right professional networks. Hogan says Bunker Labs can help. The national nonprofit has 26 local chapters that help new veteran entrepreneurs start businesses. He recommends the group's Launch Lab Online for testing ideas and its WeWork Veterans in Residence Program for learning to grow a business. He also encourages vet entrepreneurs to check out the podcasts "How I Built It" by Guy Raz and "Story Brand" by Donald Miller as well as the books "Traction" by Gino Wickman and "The Startup Owner's Manual" by Steve Blank.

## **Stay positive.**

"Oftentimes, closed doors prevent us from taking a job that ultimately would not have been the best fit for us," Smith notes. "If you experience serial rejection, odds are it's not you, but the tools or techniques you're using, that need improvement."

As part of its 60th anniversary celebration, Pilot Flying J has announced the donation of \$2 million to more than 20 different nonprofits. In light of Haslam's military service, the company is especially honored to partner with veteran-focused groups like Hire Heroes USA, Bunker Labs, Folds of Honor and Fisher House. Those organizations support vets through scholarships, jobs or free housing for those caring for injured loved ones.

Veterans wishing to start their own businesses don't have to go it alone. There are many resources and fellow vets at your disposal to ensure you're set up for success.



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Back row (left to right) -- Charlie J. Blake, Jr.; J. Greg Hendrick  
Front row (left to right) -- Joshua Bailey; Patrick B. Ford; Gary I. Finklea

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# RESILIENT WOMAN AND FATHER OPEN GOLFING CENTER IN FLORENCE

by Adalia Ellis



Akilah L. Weaver

**CHARLOTTE** - Akilah L. Weaver, the daughter of retired Air Force Lt. Colonel Charles M. Weaver, moved numerous times during her dad's career. Though born in Memphis, Tenn., she calls Montgomery, Ala. home. She holds an undergraduate degree from Elon University and a MBA degree from Strayer University. Weaver is presently vice president of Benefits with Bank of America at their Charlotte corporate headquarters.

Resiliency is a part of her character. As the only African American student in many of her classes in her early school career, she learned early how to adapt to each environment she came to live in. She was taught as a child that you don't look at people based on their color. She learned to focus on the person and treat them as you want to be treated.

Being a gullible fourth grader, it was a black student that forced her to take a real hard look at who she was. In Montgomery, she was not only challenged with a new environment but for the first time, black students posed a challenge to her identity also. She was bullied because of her independent spirit. She didn't carry a purse. She wore her hair in a ponytail, liked to play outside, and had several friends of all races. "Being the new kid at school, I was trying to be friends with everyone, white and black, which was an issue with my black friends. I didn't understand that."

To get along with her new black classmates she began to follow their trends. She wore bangs, carried a purse and wore lip gloss. Over time, her classmates stopped bullying her, and by the end of fourth grade, she realized she didn't feel like herself.

At the end of the day she had to figure out: "Akilah, who are you going to be?"

By the close of fourth grade year, she didn't care anymore. She started looking at her classmates as they really were, and she thought, "These people are upset about so much more than whether or not I carry a purse."

She figured at that point that she was just going to be herself. She was everybody's friend again, but she appreciated those people who were true friends.

"For me my 4th grade year was a real turning point for me determining who I was. My new environment of being in the South required me to recognize 1) that being black was a big deal, whereas before being black didn't matter to me. But then 2) now that I am aware of my blackness, what did that mean and how did I want to fit into this new community and 3) what future challenges await me because of my black skin. I eventually recognized that I could care less what others thought. Regardless of skin color, we can have things in common that can make us friends."

Fast forward. Weaver now lives in Charlotte N.C., but she and her father own 19th Green. Their business is a virtual indoor golfing center here in Florence, offering over 96 golf courses from around the world. She and her father are best friends. She provided the business structure, and her father provided the passion and vision for the business. They opened the business with a multi-million dollar mindset. It was important being a black-owned company to set high standards for the center's design and the level of customer service they wanted to provide for their customers.

Florence and the Pee Dee area have openly embraced them as they continue to meet goals set forth in their business plan. "Though, I am not originally from Florence, every time I come the people are friendly and supportive of our endeavor. We wouldn't want to open this new venture anywhere else."

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## 3 THINGS SMALL BUSINESSES CAN DO TO COMPETE IN THE TALENT WAR



Life at a small company, 50 employees or less, has its upsides. But an employee departure is not one of them. When someone from the team moves on to new opportunities, everyone feels it, whether that means shuffling workloads or working extra shifts.

Added to the day-to-day pressures of running a business is finding time and resources to recruit someone with the talent, drive and personality to fill out the team. Not only is the market tight, but it can be hard to compete when top talent is fielding more alluring offers from big companies, which may come with flashy perks and bigger paychecks.

An advantage small firms have is that more people are looking to work for a company they feel cares about their well-being. Small business owners and leaders can evaluate what motivates their employees and work to enhance their employees' experience with technology, voluntary benefits and increased flexible work.

The truth is, small businesses hold big opportunity for talented employees and prospects, and there are a few things a company can do to help improve its recruitment and retention strategy.

### 1. Support your employees' financial needs.

Even if you already offer a benefits package, it's worth finding out whether the current offerings are, in fact, meeting the needs and concerns of employees. For example, four in 10 small business workers say they depend on workplace benefits for financial security.

To create a benefits plan that stands up to the competition, rethinking it as a means to help workers improve financial wellness can serve as a guide. Expanding the offerings to voluntary benefits, such as assistance with student loan repayment, or supplemental health coverage, like accident insurance, for high-deductible health insurance plans, can help workers manage their biggest costs.

Another effective approach is to offer support to help workers achieve their financial goals, such as financial education, support services and professional guidance.

### 2. Enhance work-life balance.

Everyone wants less stress, but unfortunately, work is a common source of it. Take a look at the quality of the workday from the employees' perspective. Are they always feeling stressed? Are they expected to be available during off-hours to respond to work issues? Most people enjoy a challenge. However, if the work structure keeps the stress response in always-on mode, it makes personal time less enjoyable, diminishing emotional well-being.

### 3. Make the switch to digital.

We live in a digital world where consumers have access to everything they want in the palm of their hands. Bringing that same concept into the workplace with benefits can go a long way with employees, particularly because they want their benefits to be easier to access and understand.

While a small business owner has a lot on their plate to keep their business going, it's important they show their employees that they value their contributions and have their employees' best interests in mind. This will make a small firm one that attracts top talent and inspires good people to stay.

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# PERSONAL INJURY ACCIDENT HELP

Submitted by Keystone Healthcare & Wellness LLC



Bryan Wenner, DC

**Does it matter if I seek care after a car accident, sports injury or other traumatic injury to my body? Does it matter where I seek care? Does it matter when I seek care? These are just a few questions that may enter your mind after suffering a personal injury. We hope this article will address some of these common questions.**

**Does it matter if I seek care after a car accident, sports injury or other traumatic injury to my body?**

Yes! Any injury to the body will begin healing immediately after, and if it heals without proper care, it can lead to abnormal biomechanics and premature degeneration to our cartilage and discs. That's why pro-athletes such as Tiger Woods, Michael Jordan and Tom Brady have used it their whole careers to ensure not only that they play at their highest levels but also that their bodies will be healthy after they are done playing sports.

**Does it matter where I seek care?**

Of course! Healthcare professionals deal with many different kinds of issues, from colds and flu to systemic issues and disease treatment, to name just a few. Here at Keystone, we focus more on spinal and extremity trauma care with our nurse practitioner Celista McKenzie and her many years of emergency room experience and Bryan



Celista McKenzie, FNP  
Medical Director



Brandon Morris, DC

Wenner's experience as chiropractor to many sports teams including Florence's former professional Hockey Team, The Pee Dee Pride. You don't want to just pick any healthcare provider to treat you. You want to pick one that focuses on the type of injury that you have. Does Tiger Woods just use anyone for his care?

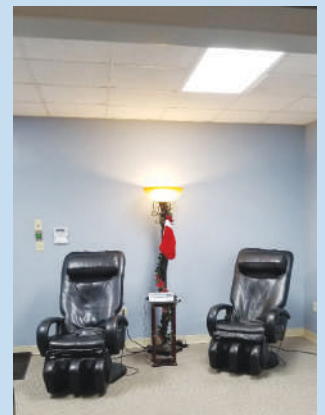
**Does it matter when I seek care?**

As soon as possible! It is normal to not have pain immediately after an auto accident. It will usually begin to show up a few days later. All soft tissue injuries start healing immediately, just like a cut on your hand or a broken bone. Over the next 12 weeks, it will be fully healed. If healed incorrectly, it will lead to abnormal biomechanics and accelerated degeneration in the joints. That's why we see all athletes

like Tom Brady having longer careers because they utilize this model of treating traumatic injuries. He is 41 years old and still playing at the highest level!!

Keystone Healthcare provides a very unique multi-disciplinary approach to any traumatic injury including car accidents, sports injuries or just any trauma you may incur during your activities of daily living. Our customized treatment plan offers a wide variety of methods including chiropractic care, passive modalities, active therapy, extremity injections, spinal injections and dry needling. Celista McKenzie heads our medical division and oversees and directs how each individual patient's treatment plan will be accomplished. She provides injections to knees, shoulders and hips in our procedure room, while using outside services for MRIs, CTs, spinal injections, and surgeries, all on LOP, if needed.

Visiting our clinic will improve your joint mobility and decrease the chance of suffering from long-term soft tissue damage. Even victims who do not immediately experience pain should still make it a top priority to make an appointment with us after a personal injury accident.



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Bryan C. Wenner, DC

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# ONE INDUSTRY'S EFFORTS TO EMPLOY VETERANS



Following military service, many veterans feel overwhelmed by the transition to civilian life and the decision about what's next. While veterans may feel that it's challenging to identify civilian jobs that match their skills, there are job opportunities across the country and in their own backyard. They

just need help finding them.

One industry that is especially relevant for the veteran workforce is manufacturing. According to the U.S. Bureau of Labor Statistics, there are more than 12,000 U.S. manufacturing jobs, and that number continues to grow. Manufacturing industry jobs require the strategy, logistics and leadership skillsets developed in the military. And these are companies that recognize the value, talent, education and work ethic that veterans add to the workforce. It's up to employers to properly target veteran skillsets, and it's up to veterans to use the resources available to them to find mutually beneficial job opportunities.

Hankook Tire, for example, opened its first U.S. manufacturing plant in Clarksville, Tenn., last year, less than 15 miles from Fort Campbell, a U.S. Army installation in Kentucky, and continues to hire local veterans to fill key positions as the company grows. Hankook has become an active employer of veterans in the Clarksville area, and as a result, more than 20 percent of the plant's current employees are former U.S. military members. For many veteran employees, this job has provided them with a winning solution--a great job with growth opportunities in their local area.

For many veterans, their biggest concern about transitioning out of the military is uprooting their families to find a good civilian job. This provides companies, in particular those with manufacturing facilities near military

bases, with a huge opportunity to tailor their job descriptions, recruitment and training to veterans, to help them build successful careers and stay in their communities.

Organizations like Disabled American Veterans (DAV) are dedicated to ensuring that the men and women who stood up for America have the tools, resources and opportunities they need to competitively enter the job market and secure meaningful employment. Those making the switch to civilian life, as well as those looking for new jobs, can take advantage of networking and employment resources at career fairs co-hosted with Recruit Military and Veteran Recruiting.

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- Dennis Bullard, Plant Manager, Green Sustainable Solutions

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### 3 TECHNOLOGY CHALLENGES FOR ENTREPRENEURS AND HOW TO HANDLE THEM



As a small business owner, you face many challenges. From stiff competition for customers to getting your name out there in a crowded marketplace and, of course, balancing your budget, there's always something new that needs your attention.

Investing in technology can help alleviate many of the concerns your small business faces, but if not approached properly, a tech investment can open your company up to an entirely new set of problems. With that in mind, this article takes a strategic look at some of the most common technology problems small business owners face and provides you with tips to tackle them and get back to running and growing your business to be everything you imagined.

#### **Challenge 1: Finding the right technology**

The technology offerings available in today's market have grown exponentially. That's good news for your business, but it can also make finding the right solution for your needs more challenging.

To solve this problem, focus on tried-and-true methods. Read reviews, pay attention to professional reports and listen to what experts are saying on social media. You can also speak to current and former colleagues to learn more about what types of systems they utilize.

And if you need comprehensive support beyond those options, you can also partner with a technology advisor to outfit your business with the appropriate solutions. The right partner prioritizes and determines the necessary solutions that build a foundation for current growth and future innovation.

#### **Challenge 2: Solving the money issue**

The financial implication of every decision is always a focal point for any small business, but this is especially true when it comes to your technology spending. After all, as technology improves, businesses need to know they are purchasing tech that will support their needs for as long as possible, helping them to remain relevant.

Partnering with an established small business advisor - as discussed above - can deliver on this need, but you can also ensure you're using the latest tech by opting to utilize leasing solutions. Instead of buying in particular cases, leasing allows you to maintain the competitive advantage cutting-edge technology provides you at a fraction of the cost. And, when your lease ends, it's easy to move on to the next solution.

#### **Challenge 3: Integrating a new solution with your existing systems**

When you add a new employee to your staff, there's always a certain gelling period. The same is true with new technology. It isn't always a given that a new solution will integrate with your older existing systems.

Therefore, this digital transformation challenge is one many small businesses face. According to the same SMB Group study, only 21 percent of small businesses strongly agree that they have a well-defined strategy for digital transformation.

#### **Finding solutions to your small business's technology needs today**

In today's highly competitive market, your small business can't afford to ignore any potential advantage. While many of these are tied to technology, you don't have to let concern over making the wrong decision bar you from exploring your options. Apply the tips above, and don't be afraid to seek professional advice. Your business and its tech will be better for it.

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## OPEN FOR BUSINESS BUT ALSO OPEN FOR HACKERS?

Protection against cyber-attacks is crucial for any small business. A surprising report says that the average small business website is attacked by bots 44 times a day. However, many small businesses can't picture themselves as a target. It's easy to think that only large companies are subject to cyber threats, and therefore, overlook developing cyber security systems and tools due to cost and lack of resources. Thus, this is the exact reason why hackers will target small businesses: they are expecting to find weaknesses. It is essential for small businesses to protect their data, develop backup measures and build recovery plans to counteract cyber threats in order to reduce the risk of losing everything they've worked so hard to build.

As technology continues to advance, small businesses need to consider what new technologies are best to help them and protect critical business and customer information. There are several key areas for small businesses to focus on.

### Secure access

Customer and business data needs to be protected at all times and everywhere it lives within the business. Cyber attackers use automated-malware to constantly search for weaknesses in data security and then employ ransom-ware to seize data and systems to extort billions of dollars a year from businesses around the world. According to the FBI, more than 4,000 attacks occur every day. Technology features, such as strong passwords, multi-factor authentication and time locks, can help secure points of access, and there is a wide variety of hardware and software available to help small businesses do so.

Without previous technology experience, it can be hard for a small business to know where to start when it comes to purchasing and implementing cyber security solutions. Working with an IT advisor can significantly help with these decisions.

### Secure network

Along with protecting access points, network data also needs to be protected at all times. Keeping a network secure protects valuable customer data.

Businesses can most effectively do so by leveraging encryption, which scrambles the data into unreadable code on your wireless network, making it more difficult for hackers to intrude on your information. Any kind of compromise to customer data can take down a small business. Thus, taking strong precautions is crucial.

### Data backup and recovery

Small businesses often do not back up their data. According to the FCC, nearly half of small businesses report that they never back up data. This puts small businesses at a major risk of losing key information if a data breach or disaster event ever occurs. Threats to data can come from cyber-attacks, natural disasters or even user error. Making backup copies of data is like having an insurance policy to help ensure your business is able to continue operating under all types of circumstances.

### Staying protected

Keeping up with the fast pace of technological change can be difficult, but embracing and adapting new technologies can improve efficiency and provide a competitive advantage. Data backup and cyber security can protect business information from threats and keep systems running smoothly, something every small business needs.



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# BBB RESOLUTIONS YOU CAN KEEP ALL YEAR LONG

Submitted by Dr. John D'Ambrosio, CEO/President, BBB of Coastal Carolina



Dr. John D'Ambrosio

**CONWAY-**As the new year begins, most of us have a list of resolutions that we hope to accomplish. We may plan to eat healthier, exercise more, get more organized or find a new job. Sometimes, even with the best intentions, our goals get lost in our day-to-day life, and we're unable to maintain them.

So, with that in mind, we put together a BBB resolutions list that you can use all year long that will help you be more productive and aware of possible scam threats. Tear this column out, and post it on your refrigerator so that you can see it daily.

Our personal lives and our business lives tend to mesh together. We all have too much to do and not enough time to accomplish it a day. We all want to be more productive. I've found that a productive person has worked to become productive. And that simply means more than writing a to-do list. Consider time-blocking your to-do-list. Assign a time period for each item and stick to it. After a few days, you'll be amazed at how much more organized your day becomes.

Many of us spend all day in front of a computer, and then once we get home, a tablet or smart phone takes even more of our time. And since technology rules our lives, it is vital to remember that scammers are working just as hard to get our personal information.

Those reminders to update your Internet browser, operating system and other software are annoying, but do not ignore them. Keeping your programs current is a great defense against malware. Software manufacturers continually update their programs to protect against the latest viruses.

Tough passwords are a deterrent for scammers. A strong password combines lowercase and capital letters with a mix of numbers and symbols. Go ahead and write your passwords down, but don't store this cheat sheet on your computer.

Take the same precautions on your mobile device as you do on your computer. Protect your phone with a passcode, keep your software up-to-date and watch out for malware disguised as apps.

Social media should be fun. However, the probability of giving your personal information out is high. It's easy to forget that games and contests are often nothing more than a smokescreen to get your personal information.

It's also been realized that when working online, it's tempting to click on a site for just a quick moment, and it's easy to get off track when you do. If at the end of the day it seems that things are not getting done, do an audit on your time, and see how many hours a day you are on social media, and you'll find the answer. There are great apps out that will help you to audit and plan your time.

A little common sense goes a long way in spotting scams. Watch out for anything that's too good (or sensational) to be true. This covers everything from "free" gift cards to instant job offers to scandalous celebrity videos. And be skeptical of any communications riddled with typos and poor grammar. If it looks like a scam, it probably is.

Most scams urge you to act immediately, before you've had a

chance to consider your options. Always be sure to do your research. Depending on the occasion, this can be anything from getting three contractor quotes to performing a quick online search. Just don't be pressured into a commitment before doing your homework.

We need to add time in our schedules to get off of the "technology wheel" and embrace our lives as well. Make time to pay it forward. Become a mentor to someone just starting their career. Connect two people within "your" network that can benefit from knowing each other. And most of all, embrace the journey you are on, making it the best you can, and appreciate it.

Eliminate bad habits that make your day unproductive. Put your radar up when online. Remember that at all times of the year scammers are constantly devising new tricks and refining old ones. But no matter what cons emerge this year and beyond, keeping these tried and true resolutions will go a long way towards keeping you safe.

If you think you or your business has been a victim of a scammer, reach out to us at the BBB. Report it on the BBB ScamTracker at [www.bbb.org/scamtracker](http://www.bbb.org/scamtracker). BBB has more information to help you prepare against scammers.

**About the BBB:** The Better Business Bureau of Coastal Carolina is located at 1121 Third Ave., in Conway, SC and covers the counties of Darlington, Dillon, Florence, Georgetown, Horry, Marion, and Williamsburg in South Carolina and Bladen, Brunswick, Columbus, Cumberland, New Hanover, Pender, Robeson, and Sampson in North Carolina. For more information about becoming an Accredited Business, call 843-488-2227 or <https://www.bbb.org/myrtle-beach/accreditation-application>



*Mayor Lovith Anderson and City of Lake City Council stand with our friends and neighbors impacted by Hurricane Florence. You are in our thoughts and prayers.*

*Additionally, the Lake City community is planning food drives and other ways to assist communities affected by the storms in the Pee Dee.*

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## A DISTINCT SHOPPING EXPERIENCE



*Ella Frazier, Owner*

Ella's boutique has become a staple in the ongoing revitalized downtown Florence. We take pride in serving customers locally and those as far north as Virginia for the past nine years.

We have a different concept of shopping that features distinctive details and attention to fit our customers. Our design philosophy looks to inject colors that bring garments to life and create silhouettes that frame the face and flatter the figure. This one-on-one attention encourages customers to travel more than three hours to buy designs that

cannot be found in local stores in their surrounding area, and we are providing them with the best shopping experience possible.

At Ella's, we offer many name brand suits, (hundreds of white outfits), dresses and hats. We shop the competitors so that our customers don't have to. A success here at our store is ensuring our customers are getting a great deal, great service for giving them a desire to return time after time. So now through April, we will offer an ongoing sale ranging from 20-60 percent on selected items throughout the store. Our store will continue to work hard to bring you the best shopping experience, which means finding the best price to keep costs low, so come out, visit us, and get the best personal shopping experience that you have ever had.



## DO YOU NEED DIVINE WISDOM & REVELATION FOR 2019? by Robin Lewis



### HEMINGWAY - Decisions, Decisions!



Every one of the more than 7 billion people on the planet make an average of 3,000 choices a day. Most of those are not life-changing, but some are. How do you decide when it really matters?

We all want to make good decisions, but pressure, wrong influences, false beliefs and inflated expectations or ego can make us leave the right path quicker than a toupee leaves a head in a hurricane. Since wisdom is different from intellect, how do we access the wisdom we long for?

### Laura's Story

Just outside her hometown, Laura stops at a cafe to meet up with an old friend. They'd not seen each other in several years. The friend has a business proposition that sounds just like what Laura has been looking and praying for. Is this the right opportunity? Something doesn't feel right, and Laura has learned to listen to her gut instincts. Realizing that she needs to learn more, Laura asks for more time to think, talk and pray about the decision. The friend agrees.



### Joseph's Story

Joseph has just finished college and is applying for jobs in his field when someone offers him a job at a much lower salary than he was hoping for. Joseph already feels he is a burden to his parents, so allowing feelings

of guilt take over, Joseph accepts the job and starts work only to have another firm call the next week with a very lucrative offer. Joseph becomes angry at himself for having allowed emotions to rule and moved too soon on the job offer. His father asks, "Son, did you pray about it?"

### Divine Wisdom

Is there such a thing as truly divine wisdom? The Bible has the answer. The book of Proverbs is called the book of wisdom and was written by King Solomon. This book and other



writings were the fruit of his life that would continue to exist and bless many with answers, teaching and wisdom. But where did Solomon get this wisdom?

In 1 Kings 3:1-15, we find the story. The Lord appears to King

Solomon in the night in a dream with a generous offer. He said, "Ask for whatever you want me to give you." Solomon's response was determined by the responsibility he had as king. He knew he needed help to govern well. He replied, "Give your servant wisdom and a discerning heart to govern the people and distinguish between right and wrong." God granted his request. In fact, we have access to the same wisdom that Solomon had. It is based on a relationship with God, and he promises to speak to us and guide our lives in the same way.

We see God speaking through out the Old and New Testaments of the Bible. When Jesus was teaching the disciples about the personal relationship that was now possible with God, he had this to say in John 15. "My sheep know my voice and another they will not follow." He taught them about the Holy Spirit, saying that it would guide them into all truth." We also have the promise in Romans 12:2 that says if we renew our minds in the truth of God's word, then the result will be knowledge of God's perfect will.

Wow. Access into knowing God's voice and his perfect will is promised to us as believers. So how do we move into wisdom, and how can it help us make decisions in 2019? Go to the source.



### Steps to Increase Wisdom

Spiritual Law is the invisible structure holding the universe together. There are many found in the word of God, and like the Law of Gravity (physical law), they work every time. The following principles

are based on spiritual law and work for individuals, families, businesses, churches, any organization or group. When we implement God's ways of doing things, the results are multiplied blessings. Using Proverbs 2:1-8 in the Message Bible, let's look at how you can obtain wisdom and discernment to guide your life in 2019.

**VERSE 1: "Good friend, take to heart what I'm telling you; collect my counsels and guard them with your life."**

To "take to heart" means you embrace the wise counsel of those ahead of us and guard your hearts and lives with implementation. Believe the godly wisdom shared and hold it close. Turn to it when needed.

**VERSE 2: "Tune your ears to be attentive to wisdom; set your heart on a life of gaining understanding."**

There are many voices out there shouting and clamoring for your attention, your focus. Fine tune your heart and mind to recognize and choose the sound advice. Know who you're connected to and who is a regular "wisdom giver" for you. Then commit yourself to always be learning and gaining understanding for all circumstances.

**VERSE 3: "That's right – if you want to make Insight your priority, and won't take no for an answer..."**

When we make something a priority, we seek it, make time for it and embrace it. Become a person who won't take "no" for an answer when wisdom, clarity, and revelation are needed about a situation. Cry out for it. Look for it as you would look for what you treasure. Be diligent and intentional to gain wisdom.

**VERSE 4: "Searching for it like a prospector panning for gold, like an adventurer on a treasure hunt..."**

## DO YOU NEED DIVINE WISDOM CONT'D

Have you ever watched an old western movie where the characters are panning for gold? They are closely focused and intent on their pursuit. Their world is wrapped around their goal of finding wealth. If we searched for wisdom like that, we would spend time daily increasing our knowledge and experience and stopping to ponder the things we are learning. Those who pursue wisdom with a whole heart reap the benefits of the wisdom they discover.

**VERSE 5: “Believe me, before you know it, Fear-of-God will be yours; you’ll have come upon the Knowledge of God.”**

The book of Proverbs also explains it this way by saying, “The fear of the Lord is the beginning of wisdom” (Prov. 9:10). The true fear of God is to see him correctly – as your source of being, provision, health and life. It’s not to be afraid of his punishment, but to be in awe of him as your father. This then leads to a knowledge of God and his ways, which he says is the only thing we should boast in. He wants you to know him. After all, shouldn’t you know your Father?

**VERSE 6: “God gives out wisdom freely, is plainspoken in knowledge and understanding.”**

This means that knowledge and understanding are given from his spirit into your heart and mind. He gives it freely – meaning you have continual access. He doesn’t mince words or make it difficult but speaks to us as his children with what we need to know. A good father gives good things to his children, and God loves giving wisdom and understanding to you.

**VERSE 7: “He’s rich mine of common sense for those who live well, a personal body guard to the candid and sincere.”**

God cares a great deal about the way you live your life. If you live your life well, based on spiritual principles found in his word, and seek to live with integrity, then he promises to be a shield around your life and a source for all you need.

**VERSE 8: “He keeps His eye on all who live honestly and pays special attention to His loyally committed ones.”**

Life is about relationship with God. If you want to live well and be known for your wisdom, it will require living life closely to God, and growing ever deeper in your relationship with him. Scripture repeats a theme of how God is always inviting us closer to him without condemnation. He knows the real you He created and wants you to experience a life of wisdom, abundance and peace.

### The Results of Gained Wisdom

In that same chapter, King Solomon begins listing some pretty amazing results of wisdom and understanding and of living your life close to God. They include things like these...

- knowing the right choice to make
- being aware of danger
- having discretion and good judgment
- knowing who to associate with
- discerning who to not associate with
- understanding the right path to walk
- having knowledge and advice for others

It’s so easy to put trust in ourselves or even our experience, but that isn’t enough. We only have a limited perspective! But God’s perspective isn’t limited at all. He sees the end from the beginning and knows exactly how to guide you to live your best life, unpack the potential He’s placed inside you, and live out a destiny that leaves an inheritance and a legacy for your family and community.

### You Have God’s Word on It

There will be ups and downs, but if you choose to seek wisdom and understanding from God, you will even find that the difficult experiences are used for good in your life. One of my favorite verses is Proverbs 3:5-6 that reads...

“Trust in the Lord with all your heart and don’t lean on your own understanding.

In all your ways acknowledge Him and He will make your paths straight.”

### Self-Awareness Is the First Step – Free Gift

What are your goals and plans for this year? Do you have a strategy and system in place to accomplish them? If not, hire a coach to get you started, deal with any issues or behaviors holding you back from living your best life, and create a strategic plan for moving forward.

For this year to end well, we must begin well and that includes becoming more self-aware. You’re invited to request my “Self-Awareness Packet” that includes my best coaching tools that help you look at your life with a fresh perspective. Once you know yourself better, then you can create the year and the life you really desire that is based on wisdom and revelation.

God’s word to you: “When you seek Me, you will find me, when you search for Me with all your heart.” Do you need to connect to divine wisdom and revelation for 2019? Yes, and now you know how. God longs to supply all the wisdom you need. Begin seeking to know him and live your best year ever connected to the very source of wisdom and revelation.

Blessings!

## HANNAH’S PRAYER

*Written by Debbie McDaniel*



### 1. Hannah knew where to take her problems – straight to God.

“In bitterness of soul Hannah wept much and prayed to the Lord” (1 Samuel 1:10). In this chapter, it says that Hannah had come up to the house of the Lord. Year after year, she was there with her husband, offering sacrifices to God and suffering ridicule

under the actions of Peninnah who was Elkanah’s other wife. How desperate of a situation this all was: another woman who had all that she longed for, a husband who wanted to do the right thing--love and take care of his bride--but had absolutely no control over giving her the child for which she so desperately longed.

But the truth is, it wasn’t all up to them. It never was. Just as our situations, no matter how desperate and broken they seem, aren’t all up to us to solve. Sometimes we mistakenly think they are. Or we feel like we must have done something awful for “God to do this to us.” But that’s not the mindset God wants us to focus on. He just wants our eyes on him.

### 2. In her brokenness and pain, Hannah trusted God’s power and ability to work on her behalf.

“And she made a vow, saying, ‘O Lord Almighty, if you will only look upon your servant’s misery and remember me, and not forget your servant but give her a son, then I will give him to the Lord for all the days of his life, and no razor will even be used on his head’” (1 Samuel 1:11).

She trusted that God was able to do this miracle for which she asked. She knew he was the only one who could hear her prayer and bring an answer to her longing. Hannah was a woman of great prayer.

And this was not a nice, neat little prayer. This was a holy moment, a heart-felt cry, with deep emotions of grief and anguish, pouring out her soul to the Lord. She wasn’t aware of anyone else’s presence around her. She didn’t care what she looked like, what anyone was thinking of her, and probably didn’t worry much about her tear-stained face. She was humbled, broken, and knew the only way to find relief was in God alone.



## MYRTLE BEACH CHEF RECEIVES JEFFERSON FOUNDATION AWARD

Submitted by HGTC



*Chef Geoffrey Blount of the International Culinary Institute of Myrtle Beach received the Jefferson Foundation Award for providing thousands of meals for communities impacted by Hurricane Florence.*

**MYRTLE BEACH** - College's International Culinary Institute of Myrtle Beach (ICI), received a Jefferson Foundation Award on Oct. 18, for his servant leadership during and after Hurricane Florence. The prestigious award celebrates individuals around the country who demonstrate exemplary public service and community impact.

Matt Barbour and a news crew from ABC15 News surprised Geoffrey Blount with the award as he was in the middle of midterm exams with his students.

"I was completely surprised," Blount says. "I am extremely honored and humbled to receive this award."

As Hurricane Florence made its way through South Carolina, and it became clear that Horry County would feel its impact for weeks and months to come, Blount organized a massive meal preparation and distribution effort. He reached out to culinary partners who provided donations in the form of food, manpower, or both. These partners included US Foods, DoubleTree Resort, A & A Produce, Joe Czpala, Girl Scout Troop 843, The Dunes Golf & Beach Club, Peace, Love & Little Donuts, Myrtle Beach General Aviation, Second Harvest Food Bank of Winston Salem, The Golden Egg, A Difference in Dining, ACF Myrtle Beach Chapter, ACF Caxambas Chapter of SW Florida, Lowes Foods #232 and many other restaurant professionals in the Myrtle Beach area.

Help even came from as far as New Orleans. Chef Amy Sins of Langlois restaurant, the Second Harvest Community Kitchen in New Orleans, and Wings of the Spirit prepared and transported over 1,200 pounds of food to Blount's relief effort and relief efforts in New Bern, N.C.



*Left to Right: Chef Nick Huckabee, HGTC graduate and executive chef of the Dunes Golf & Beach Club, Chef Randi Rimedio, owner of A Difference in Dining, Chef Geoffrey Blount, and Chef Danny Smith, executive chef of Franks and Franks Outback, pause for a photo as they prepared meals for communities impacted by Hurricane Florence.*

Over the course of 18 days, Blount, community partners, his fellow chef instructors and students from the culinary program prepared a total of 15,000 meals. The Salvation Army and National Guard distributed the meals to the most impacted communities, 12 in total, every day. Blount even joined the distribution team at times.

"It was amazing to get to go to the front lines of this relief effort and thank and serve the men and women helping our community," Blount said.

Chef Blount's leadership in the relief effort also impacted his students and colleagues.



*Chef Geoffrey Blount of the International Culinary Institute of Myrtle Beach was surprised with a presentation of the Jefferson Award on Oct. 18.*

"It was fun getting to see that side of Chef Blount," said Jill Dail, one of Blount's baking and pastry arts students. "We could tell he cared so much for his community and that he wanted to help as much as possible."

Fellow student Liz Baker agreed. "In my eyes, Chef Blount is a true humanitarian and inspiration," she said. "He never turned down a call or request from someone in need."

"All of us at ICI applaud Geoff and his extraordinary work organizing and leading faculty, staff, students, and members of the community to provide wholesome and tasty meals for those effected by the flooding caused by hurricane Florence," said ICI Executive Director Chef Joseph Bonaparte. "It is an honor to be recognized by the Jefferson Awards, and Geoff is truly deserving of this recognition."

### About the Jefferson Awards Foundation

The Jefferson Awards Foundation (JAF) powers others to have maximum impact on the things they care about most. They are the largest multiplier of public service in America. Through celebration,



*Left to Right: ICI students Jill Dail, Amber Wilson and Liz Baker volunteer their time to prepare meals for Hurricane Florence victims.*

they inspire action. With programs and partnerships, they drive Americans to change their communities and the world. They are celebrating 46 years of powering public service. To learn more about the Jefferson Awards Foundation, visit [JeffersonAwards.org](http://JeffersonAwards.org) or engage with their community on Instagram, Twitter, Snapchat and Facebook.

HGTC offers college transfer and skilled associate degree programs in more than 65 fields of study, and many with online class options. Nearly all programs feature internships that lead to jobs. Ninety-five percent of students either transfer to earn advanced degrees or start careers in their respective fields of study. Horry-Georgetown Technical College prohibits discrimination against students and employees. Please direct discrimination and accessibility issues to the Office of Student Affairs at (843) 349-5228 or Building 1100C, 2050 Highway 501 E., Conway, S.C.



# JEFFERSON AWARDS FOUNDATION





*Urica M. Brown*

**GEORGETOWN**-Urica M. Brown tells of her early role models, Roscoe and Patricia Brown. They are her parents. They taught her and her younger siblings the importance of quality education and always doing their very best. While growing up, Brown's mother was an educator and her father an electrician. Her brother grew up to become an electrical engineer and her sister a middle school teacher for math and science. Brown is no exception to the excellence her siblings were able to attain.

She is an extraordinary example of what hard work and dedication can achieve. She attended the University of South Carolina and received her Bachelor of Science degree in Chemistry. However, she did not stop there and went on to obtain her Master of Arts degree in Education in Teacher Leadership and is now pursuing her Doctor of Education in Educational Leadership, both from the University of Phoenix.

She has held several integral positions in which she has taught many young people and adults, alike. For the last eight years, Brown has taught many summer programs through Coastal Carolina University and South Carolina Governor's School of Science and Math. In addition to that, over the last 14 years she has been walking the halls of Georgetown High School with her fellow peers and students. Although she mostly focuses on chemistry, when opportunities in other areas present themselves, she steps up to the challenge. From July 2012 to January 2018, she served as the assistant band director at Georgetown High School. When that position ended, she began teaching Computer Science in Project Lead the Way as well. Brown has excelled in each position she has found herself in, becoming a mentor to students and



*Urica Brown receiving one of her Bright Ideas Grants*

fellow teachers. She has taken on extra responsibilities like Junior Club Sponsor, School Improvement Council, Mentor to New Teachers, Buddy Teacher, a PACE instructor for the SC Dept. of Education and various committees.

Despite the busy schedule Brown keeps, her efforts have not gone unnoticed. She has been the recipient of many honors and awards. In 2005, she was named College Board AP Chemistry Teacher Scholar. Georgetown High School recognized her as Teacher of the Year for the 2010-2011 school year. That same year, she was also awarded as a National Education Association Classroom Superhero. She has received numerous grants totaling more than \$15,000 from Donors Choose as well as Santee Electric Cooperative Bright Ideas, in which she won nine grants of \$1000 each. In 2012 she was the Educator Category Winner at the District Technology Fair. Multiple years she was awarded grants from USA Today Newspapers in Education, Science News in the Classroom, and PetSmart Pets in the Classroom.

The same dedication Brown serves her students and peers with, she also dedicates to her family and community. She has two sons--James, 21, and Aaron, 10--who keep her busy. Aaron plays basketball,

soccer, and takes taekwon do. James is pursuing his auto mechanic certification and working a part time job.

Brown is the webmaster and Technology Chairperson for the Georgetown Alumnae Chapter of Delta Sigma Theta Sorority. Mount Zion Missionary Baptist Church is where she is a member and serves in several capacities, such as teaching Sunday School, taking part in the Young Women's Auxiliary, the Pastor's Aide Board, Combined Choir and A.B. Nelson Excelsior Choir. She has also served on the Parent Cabinet and Vice-President Co-Chair for McDonald Elementary School.

It is apparent through her hard work and dedication, through setting goals and never giving up, Urica M. Brown has greatly influenced Georgetown immeasurably.

## **GOVAN RE-ELECTED AS REGION 6 DIRECTOR**

*Submitted by Becky Bean, Communications Manager*



*Charles Govan*

**COLUMBIA** – Charles Govan, board secretary of the Darlington County School District board, was re-elected as Region 6 Director of the South Carolina School Boards Association (SCSBA) during the association's annual business meeting Dec. 8. He was elected for his second four-year term. Region 6 includes Chesterfield, Darlington, Kershaw, Lee and Marlboro school districts.

The annual business meeting, which was held during the association's Legislative Advocacy Conference, included voting delegates from most of the state's 81 school boards. In addition to the election of association officers, delegates adopt resolutions to guide the association during the 2019 legislative session.

Govan has served on the Darlington board for 18 years. He has served as chairman and secretary. He spent many years as a public school teacher. He has also worked as a state social worker and youth probation counselor. He is a past chairman of the Hartsville Boys and Girls Club and past president of the Washington Street Elementary School's Parent-Teacher Organization. He is also a past president of the Jerusalem Baptist Church Usher Board in Hartsville, a life member of the NAACP and a member of the Omega Psi Phi, Fraternity, Inc.

Govan is married to Carolyn McCoy Govan and has three daughters (Michelle G. Seymore, Wanda R. Govan and Dione E. Govan), four grandchildren and a great granddaughter.

He also serves on the SC School Boards Insurance Trust Board of Directors.

Officers elected to lead the association's board of directors for a one-year term are as follows:

- President, Tony Folk, Dorchester School District Four
- President-elect, Chuck Saylor, Greenville County Schools
- Vice President, Cheryl Burgess, Lexington School District Three
- Secretary/Treasurer, Jamie Devine, Richland One School District

Others elected to serve a four-year term on the 23-member board of directors as regional directors are:

- Region 2, Cindy Bohn Coats, Charleston County School District
- Region 6, Charles Govan, Darlington County School District
- Region 8, Amelia McKie, Richland School District Two
- Region 10, Hannah Priester, Hampton District One
- Region 11, Tim Rhodes, Abbeville County School District
- Region 14, Travis Sloan, Spartanburg School District One

The South Carolina School Boards Association is a non-profit organization serving as a source of information and a statewide voice for boards governing the state's 81 school districts.

# BUILDING EDUCATOR CAPACITY IN MARION COUNTY SCHOOL DISTRICT

Submitted by Dr. Kandace Bethea, Superintendent



Dr. Kandace Bethea

**MARION**-This year the Marion County School District is implementing Year Two of a five-year U.S. Department of Education Teaching and School Leader Incentive Grant. The Empowering Educators to Excel (E3) project is a networked improvement community of other small districts across four states that are implementing three levers for school improvement — all with the goal of providing more support and leadership opportunities for our educators so they have what they need to serve our students.

## Lever 1: Instructional Leadership Teams

Our Instructional Leadership Teams at both the school and district level are implementing TRACTION for School Improvement™, an asset-based school improvement model that cultivates focus, discipline and accountability among leadership teams to successfully execute their short- and long-term goals for the school.

It is a process that helps our leadership teams turn their vision into action. The team identifies a goal for the year and breaks it down into quarterly “ROCKS” or short-term priorities. Each ROCK is broken down into pebbles or actions that need to take place in a timely fashion (45 days) and are assigned to team members. These actions are reviewed each week for accountability.

By addressing goals in this systematic manner, leadership teams are able to avoid stagnation and chaos while they promote productive communication.

## Lever 2: Professional Learning Community

To greater empower our teachers, our schools are implementing the Supporting Teacher Effectiveness Project (STEP), a systemic, asset-based approach to professional learning communities that helps educators discover

and replicate what’s working in their schools.

Teachers identify the bright spots, or assets, that can be leveraged and scaled toward greater improvement and replication. Knowing that the key to successful learning lies with the classroom teacher, STEP empowers our teachers to take a leadership role and guide their own professional development. This research developed practice helps teachers solve problems through discovering, testing and sharing better practices.

## Lever 3: Individual & Peer Coaching

A third component that ties all this together is job-embedded individual and peer coaching. There is significant evidence that high-quality observations and meaningful feedback are among the most effective ways to promote the growth of teachers. And when teachers grow, our students grow.

Just like in athletics coaching, instructional coaching in Marion County happens face to face and through the use of interactive video through a video coaching platform, Insight ADVANCE. Teachers are able to video their lessons and upload them for self-reflection or coaching from a peer. Video has been used in almost every sport and industry and has been proven to be one of the best ways to accelerate performance. With the immediate, specific feedback provided by video, adjustments can be made for greater improvement over time.

As we work to implement these systemic processes, we’re excited about how our educators are actively engaging with the proven levers for school improvement, and we know we’ll see greater achievement from our students. Stay tuned to Marion County School District’s journey to transform the education of our students.



## Hiring Great Teachers & Transforming Students’ Lives

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Career advancement opportunities

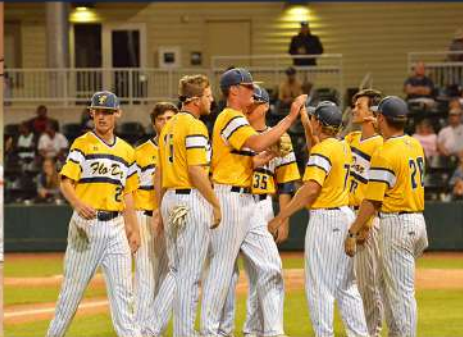


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*Dr. Ershela Sims*

Dr. Ershela Sims, senior vice president at the South Carolina Governor's School for Science and Mathematics (GSSM), recently was appointed to the Florence-Darlington County Commission for Technical Education. Sims represents Darlington County on the Commission, which oversees Florence-Darlington Technical College. She was appointed by the governor.

Sims is senior vice president for the Accelerate Virtual Engineering Program at the GSSM. Before accepting her position at the GSSM, she was the dean of Engineering and Technology at the North Carolina School of Science and Mathematics. There, Sims developed and taught courses in Statics, Biomedical Engineering, Electrical Engineering, Engineering Research and Biomedical Instrumentation. She was also the Director for Step Up to STEM, a residential summer program for teenagers taking Science, Technology, Engineering and Mathematics courses.

Sims was an adjunct assistant professor at Duke University from 2010 to 2013. She trained and mentored undergraduate and graduate students in Biomechanics research projects. Prior to her career in academia, Sims worked as a software design engineer and technical architect for Nortel Networks developing telecommunications software. Following her work at Nortel, she was the assistant director of the Duke-UNC Brain Imaging and Analysis Center where she performed and managed research projects.

The Florida native earned her bachelor's in Biomedical Engineering from Duke University. She received her doctorate in Biomedical

Engineering from the University of North Carolina at Chapel Hill.

Sims has been nationally recognized for accomplishments. In 2012, she won the National Society of Black Engineers Educator of the Year Award, and she and a colleague won an award from the National Science Teachers Association. Sims was also honored with the North Carolina School of Science and Mathematics Exceptional Contribution in Scholarship Award.

Sims joined the South Carolina GSSM in 2017 and is a member of the American Society for Engineering Education and the National Society of Black Engineers.

## STINGERS REMEMBER REASON



*FDTC Stingers playing baseball with Miracle League*

Since 2014, the Florence-Darlington Technical College Stingers have spent Monday nights in the fall at the ball field playing baseball with the Miracle League of Florence County.

From September to the end of October, the Tech Stingers put their pre-season practices aside and participate in a fun night of baseball. Not everyone can play baseball on the college level, no matter if someone is healthy or not. Playing baseball with the Miracle League of Florence County helps the Tech Stingers remember why they started playing baseball in the first place: it's a fun game that can be enjoyed by many, despite life's struggles.

## JONES DISCUSSES FDTC'S 2019 GOALS



*Tyron Jones*

As interim vice president of Information Technology, Marketing and Public Relations and CIO of Florence-Darlington Technical College, Tyron Jones is looking forward to helping implement the measures that will develop and grow the institution. Since relocating to Florence in 1998, Jones has worked in information technology within the manufacturing, banking and now higher education sectors and daily pulls from his

prior experience to shape lean and operational efficiencies for the institution.

"In my role at Florence-Darlington Technical College, I've been blessed with an opportunity to serve a talented IT staff that manages technical services to the students, faculty and staff of FDTC and its satellite campuses," explained Jones. "I like to compare the suite of services--cloud computing, phone, Internet, security, service desk support, etc.--we offer the college to that of other Internet service providers. I have recently been tasked with overseeing the marketing and public relations operations of the college, which has brought new excitement and opportunities to my daily tasks," said Jones with enthusiasm.

Jones stresses that the college is eagerly working to promote its academic and workforce development programs, students, faculty and staff through collaborations with other programs and agencies in the area. "Our SiMT programs are returning profits, which are vital to underpinning other programs and operations at the institution, and under the leadership of Interim President Edward Bethea, we will begin strategic planning with a focus on technical education/programs, student support and workforce development training. We have an Institutional Strategic Planning Process that drives our delivery of quality technical education, general education, community service, and workforce development training," continued Jones.

Institution Goals for 2019 include:

*by Les Echols*

- Improving retention and student success measures
- Budget Stability - Creating new programs, controlling expenses, continuing to emphasize grant funding to support our activities, and improving fundraising efforts.
- Infrastructure and Safety - Repair campus buildings, upgrade facilities, improved campus signage, improve safety measures, and integrate campus camera systems.
- Retention/Enrollment Management - Stabilize enrollment, develop sophisticated enrollment management plan, student success.
- Strategic Technology Planning - Automate budgetary and transactional processes, improve the student's experience through technology.
- Dual Enrollment/Dual Credit - Bring financial and accreditation coherence to the dual enrollment program.
- Quality Programming and Service Excellence Florence-Darlington Technical College will provide high-quality, efficient, customer-focused, affordable programs and services to its constituents.
- Financial Stewardship Florence-Darlington Technical College will have a fiscal base that enables the college to achieve its goals in a responsible and efficient manner. The Florence-Darlington Technical College Educational Foundation will help FDTC reach its goals by building relationships and seeking financial support from alumni, corporations, foundations, friends and other community resources.
- Institutional Culture - Florence-Darlington Technical College will strive to create a culture that drives success and leads to justice and fairness for all.

"At Florence-Darlington Technical College we feel strongly about our mission, purpose and responsibility of developing the human capital of the Pee Dee by providing 'high quality education that furthers the regional economic development and enhances the quality of life for those in our community,'" concluded Jones.

Aside from his duties with the college, Tyron Jones is extremely active in the Florence community, serving on several instrumental boards and committees. He is the current chair of Pee Dee Regional Transportation Authority, and he serves on boards for the YMCA, Greater Florence Chamber of Commerce, Jefferson Awards SC, Florence CDC, and the United Way of Florence County CIC Committee.

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[www.HGTC.edu/HR](http://www.HGTC.edu/HR)

## EARLY COLLEGE HIGH SCHOOL GRADUATE OPENS STATE FARM AGENCY Submitted by HGTC



*Jamesha Gore-Coggin, a graduate of the first class of Early College High School, greets Dr. Rick Maxey, superintendent of Horry County Schools, at the opening reception for Gore-Coggin's State Farm agency in North Myrtle Beach.*

**NORTH MYRTLE BEACH**— Jamesha Gore, a first-generation college graduate and a member of the first Early College High School (ECHS) class, has opened her own State Farm Agency in North Myrtle Beach. Gore's milestone achievement is a story of perseverance, talent and fate.

Early College High School was established in 2006 to provide a personalized education option for exceptional students who are typically underrepresented in

post-secondary education. Leaders from Horry-Georgetown Technical College (HGTC), Horry County Schools and the local business community saw the need for removing barriers to education for these students and took the initiative to establish the high school.

Located on HGTC's Conway campus, the ECHS program is designed so students can earn two years of college credit while they are earning a high school diploma. Many, like Jamesha Gore, graduate high school with an associate degree. Gore graduated high school in 2010 with an Associate in Arts Degree from HGTC and transferred to the Darla Moore School of Business at the University of South Carolina, where she completed her Bachelor of Arts in Finance degree in just two years.

For most of her college career, Gore's career goals were aimed



*Horry County K-12 Foundation Board Members with Jamesha Gore-Coggin at the opening reception for her new State Farm agency. Pictured left to right: Doug Wendel, Ian Maguire, Dickie Lester (board chair), Marsha Griffin (executive director), Jamesha Gore-Coggin (ECHS first class graduate & State Farm aspirant & agency recipient) and Bobby Kelly (State Farm, Bobby Kelly).*

towards a banking career until a fateful meeting at former United States Secretary of Education and former South Carolina governor Richard Riley's birthday party.

For his 80th birthday, Riley wanted to celebrate the first graduating class of Early College High School at his law firm, Nelson, Mullins, and Riley. Marsha Griffin, executive director of the Horry County K-12 Foundation, happily

arranged for graduates to attend and speak at the party. Gore was one of these graduates, and she left quite an impression on party attendees — one, in particular.

Bobby Kelly, owner of Bobby Kelly State Farm Insurance, was so moved by Jamesha's story that he approached her after the program and invited her to join the State Farm Aspirant program. Gore became a State Farm Aspirant in 2013, and the rest is history. She recently passed a rigorous application and interview process with State Farm and accepted an offer to open her own agency in North Myrtle Beach.

"Jamesha is the result of the perfect formula," said Griffin. "We have a fantastic partnership among three incredible entities, one exceptionally smart first-generation college student, and a Blue Ribbon Early College High School equipped with caring staff and a supporting

## EARLY COLLEGE HIGH SCHOOL CONT'D



Jamesha Gore-Coggin with her parents at the grand opening of her State Farm Agency.

community, and we produce graduates that are trailblazers in our community.”

“Everyone at the Horry County K-12 Foundation is beaming with pride, and we’re excited to watch Jamesha, and her fellow ECHS graduates, continue to thrive.”

The Jamesha Gore-Coggin State Farm Agency is located at 442 Main Street in North Myrtle Beach.

About the Horry County K-12 Foundation

Horry County K-12 Foundation, doing business as BE2, Business Education Expectations, is a 501(c), and in collaboration with the Horry County School District and Horry-Georgetown Technical College subscribed to the following:

- Inspiration of middle quartile, first-generation college students to strive for academic excellence and to complete a degree in higher education
- Help for parents and educators to understand the ever-changing demands of the work world for better academic



preparation

- To involve employers in creating meaningful learning experiences for students and educators
- Brokering and negotiating BE2 Scholarships provided by the University of South Carolina, Coastal Carolina University and Francis Marion University
- Provide Mentors, speakers, field trips, business internships, enrichment workshops, college tours, books vouchers, extracurricular orientation fees, etc.

To contribute to the Horry County K-12 Foundation and support scholarships for students like Jamesha Gore, contact Marsha Griffin, executive director, at 843-457-8774 or mgriffin@scoast.net.



## CARE SOUTH CAROLINA NAMED 2018 JIMMY NEWSOM SIGNATURE AWARD WINNER

Submitted by Christopher McKagen, Communications Specialist



CareSouth Carolina employees Kim Dyer (left) and Joy Sparrow (middle) accept the 2018 Jimmy Newsom Signature Award, given by the Darlington County School District Teacher Forum, alongside the award's namesake, former DCSD Superintendent Jimmy Newsom, during the district's Education Forum on Dec. 7.

**DARLINGTON** – The Darlington County School District (DCSD) Teacher Forum presented CareSouth Carolina with the 2018 Jimmy Newsom Signature Award during the annual DCSD Education Forum held at Mayo High School for Math, Science and Technology.

Named in honor of former DCSD Superintendent Jimmy Newsom, the award is presented annually to an individual, group or business selected by the Teacher Forum for having made a significant contribution to education in Darlington County.

“CareSouth Carolina embodies our ideal of positively impacting the lives of our children in Darlington County,” said Dr. Tim Newman, DCSD superintendent. “For more than a decade, CareSouth Carolina has provided valuable dental services for students across the district regardless of any students’ ability to pay. Congratulations to CareSouth on being selected for this award. It is well-deserved.”

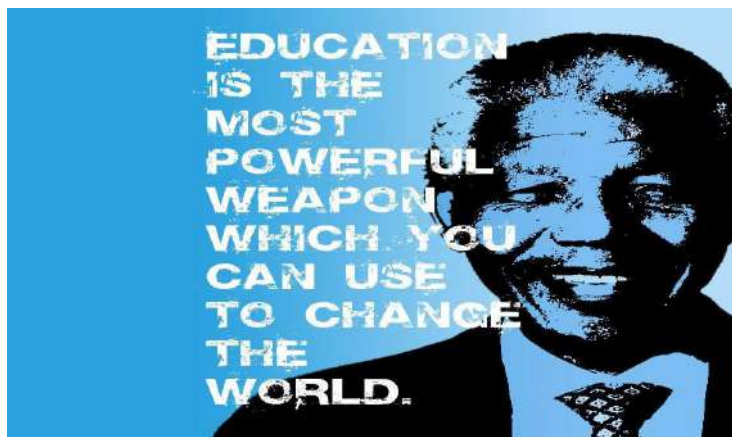
CareSouth Carolina began visiting DCSD schools in 2006. Many of the students CareSouth saw had never before been to a dentist. Many students had cavities, abscesses and severe dental challenges. Dental pain and problems make it hard to concentrate, eat, and even sleep—all of which impact a child’s ability to succeed in school.

Since then, CareSouth Carolina has provided services at 20 schools in the DCSD. The organization’s trailer and fleet of vans roll out to

the schools and provide dental exams, x-rays, fillings, extractions, cleaning and sealing to hundreds of DCSD students each year. This year this organization is expanding its services to provide mobile medical care to our students with wellness check-ups.

Previous Jimmy Newsom Signature Award honorees include North Industrial Machine, Duke Energy, S.C. Speaker of the House Jay Lucas, Darlington Raceway and the Darlington County Library System. CareSouth Carolina marked the 20th recipient of the prestigious award.

The Darlington County Teacher Forum is a teacher leadership organization composed of the 23 school Teachers of the Years, as well as current and former District Teachers of the Year. The Darlington County School District serves more than 10,000 students in 23 schools across the county. For more information, please visit [www.darlington.k12.sc.us](http://www.darlington.k12.sc.us).



# FLORENCE 1 IB PROGRAM RANKS SECOND IN STATE EXAM PASS RATES

Submitted by Melissa Rollins, FSD1 Communications Specialist



## Florence 1 Schools Students first

According to data recently released by the South Carolina Department of Education, the Wilson High School International Baccalaureate (IB) program has the second highest pass rate on subject exams in the state. Wilson has an 84.4 percent pass rate. Travelers Rest has the highest pass rate but only has 12 students in the program.

“This is exciting news,” said Brian Howell, director of the International Baccalaureate Program for Florence 1 Schools. “We test approximately 80 students each year, so to have the second highest exam pass rate in the state is pretty incredible.”

Florence 1 also has a high pass rate for IB Diplomas, 70.6 percent, putting the program at Wilson higher than both the state and national average--55.3 percent and 65.9 percent respectively.

“We have a lot to be proud of,” Howell said. “Our diploma pass rate puts us fourth in the state, and we are closer to the global average of 78.3 percent than many other schools in the nation.”

For the 2017-2018 school year, 25 IB Diplomas were awarded including Wilson’s first bilingual diploma. Ruijia Li earned her diploma in both English and Chinese.

“We are very happy for Ruijia,” Howell said. “Earning an IB Diploma takes hard work and determination. To earn dual diplomas is very impressive.”

In Florence 1, the International Baccalaureate Program is available at three levels: Primary Years, Middle Years and Diploma. Based on what section of the program they are enrolled in, students attend North Vista Elementary, Williams Middle or Wilson High School. Currently, between the three stages, there are over 1,000 IB students.

Along with rigorous coursework, students in IB are heavily involved with school and civic activities, completing community service hours as part of the program. Through the structure of the curriculum, students become critical thinkers, learning time management and study skills that will help them in higher education.

“Data shows that the acceptance rate for IB students to the 20 most popular institutions of higher learning is higher than the general population,” Howell said. “This curriculum prepares students for higher level academics, and schools know that.”

For example, Yale University has a 7.88 percent acceptance rate in the general population. IB candidates have a 19 percent acceptance rate. Duke University’s general population acceptance is 16.48 percent, compared to 28 percent IB candidate acceptance.

The application period for IB admission started Dec. 4 and ends Jan. 31.

Admission for the program is based on a number of factors including current grades, teacher recommendation, standardized test scores and an interview conducted by district IB staff members. Anyone with questions about the program can visit the Williams Middle website, [www.fl1s.org/Williams](http://www.fl1s.org/Williams) or call Brian Howell at 843-758-6610.



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## EXECUTIVE SUMMARY

# A Strategic Plan for Building One of the Nation's Premier School Districts

Guided by four key objectives, our roadmap will transform **Florence 1 Schools** into a highly competitive, nationally recognized, leading school district.

Florence 1 is embarking on an aggressive three-year strategic plan designed to elevate expectations and outcomes; enhance offerings, innovation, and safety; and energize a unified community of learners, educators, and supporters.

### OBJECTIVE 1

#### Exemplary Community Engagement

##### PRIORITIES

- Ownership of the F1S Vision by Every Person in Every School
- Cohesive Communication System District-Wide & Community-Wide
- Synergistic Approach to Improving Parent Connections & Engagement
- Re-energized Collaborations with Our Business Community

### OBJECTIVE 2

#### Superior Student Achievement

##### PRIORITIES

- Comprehensive Array of Academic Options, Exposures & Experiences
- Imagine Forward, a Dedicated Technology Initiative
- Renewed Emphasis on Special Education & Student Well-Being
- Large-Scale Arts & Culture Infusion Across All Schools

### OBJECTIVE 3

#### 21st-Century Facilities & Security

##### PRIORITIES

- Increased Investments in Classrooms, Programs & Technologies
- Detailed Blueprint for Annual Maintenance & Repairs
- Sophisticated Strategies for Enhancing Safety & Security
- Extensive Framework for Facility Design and Modernization

### OBJECTIVE 4

#### Professional Talent in Every Role

##### PRIORITIES

- Robust Professional Development Opportunities
- Creative Incentives for Attracting & Retaining Top Talent
- Dedicated Processes for Elevating Curriculum & Staff Culture
- Systematized Structure for Shared Policies, Procedures & Protocols

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# MEET THE NEW SUPERINTENDENT OF FLORENCE ONE by Adalia Ellis



Dr. Richard O'Malley

Florence District One has a new superintendent whose vision and plans for our children's education are bold, transforming, and innovative. Dr. Richard O'Malley's vision is rooted in his experience as a classroom teacher, principal and superintendent.

O'Malley went to Clemson and after graduation went into the state legislature where he worked on the education committee. He saw how education was formulated from a policy perspective and realized this was not what he wanted to do. He went back to school and got his teaching certificate to become a

teacher. He thought he could make an impact on 25 kids in a classroom. It was his first teaching experience that set the course of his life. He taught in a school district that was predominately black in a very white school district in New Jersey, and it was very poor as well. The particular elementary school where he taught was one where people didn't want to go. It had low academic performance and high poverty. But O'Malley saw the potential of his students and loved seeing them succeed where so many others had said they couldn't.

Where he had originally wanted to have an impact on 25 kids, he now wanted to impact an entire school, and from there he went on to become the youngest superintendent in New Jersey. His life now became about changing systems at a district level. He became superintendent of Edison Public Schools, which is, says O'Malley, "probably the most diverse school district in the nation."

The district has 97 different languages, so diversity was an integral part of the student body, teaching staff and the community. It presented its own set of challenges, not only regarding understanding the various cultures and races, but also understanding how to communicate with those communities, parents and students. Diversity has always been a part of his work in school districts, which ultimately has been the source of some of his success.

At the suggestion of colleagues, O'Malley looked into Florence District One and found that it was a place where some help was needed. "Florence has been floundering academically. Quite frankly, there has been some racial tension throughout its history. As you look deeper into the academic performance, those types of things needed to change. A lot of people told me it was a place I didn't want to go, which triggers me. I run into the fire rather than away from the fire. If you do the work that I've been doing all my life, there are certain indicators that you look at to say if there are more opportunities than there are obstacles. It just felt right for myself and my family to come to a place that I think has more opportunities for the future. When you have a school system, a healthcare system, and a flourishing economy, those three things are going to make the future for Florence very bright. I wanted to make sure that I was a part of it."

## Q & A with Dr. O'Malley:

**Interviewer:** What is your strategy for encouraging ownership of Florence School District One's vision?

**Dr. O'Malley:** The most important thing is our tagline, "One vision. One Voice. One Future." Florence was a system of schools all operating independently, all with varying resources and skill levels, almost operating as separate school districts. The vision is about making

it one Florence One School: one vision for everyone, everyone having the same resources, everyone having the same opportunities regardless of what school you attend, will attend, where you teach or where you live. That is the underlying theme for the school district. That what is done in one high school is done in every high school. If we do 1 to 1 technology, it's not for one school to pilot, it's about every kid having that at that grade level.

It is very strategic how we are doing things. It was really important to get everyone on board, but more importantly, it was to focus my board, who represent different areas, to come together as one board. That was very significant with a unanimous vote to come up with this sort of plan. When I was coming here, over and over I heard, "The district doesn't have a plan." So it was important to have a central focus. The vision has been distributed to teachers, to custodians... everywhere you go in our system, people know what we're focused on. Everything we do comes back to the four objectives outlined in the vision.

**Interviewer:** How will you improve parent connections and engagement?

**Dr. O'Malley:** A big part of it is knowing what people want to know and how they want to get their information. So we did a lot of research and talked with kids, parents, principals. We took a look at our community and said, "Where are our parents? We are going to go to them--not have them come to us." One of the most important things is that we have technology. Everyone has a phone, so we think the mobile device is probably the best way to begin to let parents understand what is going on.

One of the things we have done is to develop a mobile app that has news and updates. You can contribute to and access it by district, by school, and by classroom. Parents can choose which schools to follow and can choose what they want to see. At a district level, the public relations people put out a "This Week In Florence District One" where there is an end of the week summary of what has been going on in the schools. Every Sunday evening at 7:00, we do something called "Florence One in 60 Seconds," which is a video montage of the good things that happened in the school district. No words--just music and quick images of different things that are happening. Then we have a monthly newsletter called "Students First Newsletter." Since we have 24 schools, every month we break it up into 12 schools, and every school highlights something from their school because we are one school district and we want you to see all of the great things happening in our schools. That way, if you have no kids in school or if your kid goes to Greenwood, you can still see what is going on a South Florence. Finally, one of the last things we do is a video highlight every other week, which focuses on a program that's happening at a specific school or a couple of schools. This is what is happening at the district level and the same thing is happening at the school level. Every school in our district has a parent engagement goal, and everyone is trying something different to engage the parents.



## MEET THE NEW SUPERINTENDENT CONT'D

**Interviewer:** What is the district's dedicated technology initiative?

**Dr. O'Malley:** There is a lot to this question. I believe there is a wealth gap, but there is also a technology gap. We are looking at technology as an opportunity for both our staff and their students. We are implementing technology for teaching and learning. We want to make sure they are having educational opportunities that they wouldn't have if they didn't have a device. What we are looking at is



using technology that allows kids to explore and teachers to allow them to explore. Technology will not change student achievement, but it does allow for teachers to have more opportunities and resources than they would have if they just had a textbook. It also allows us to expand the walls of the classroom.

**Interviewer:** How are you implementing

processes dedicated to elevating curriculum and staff culture?

**Dr. O'Malley:** Coming to South Carolina I noticed, in my opinion, a low level of expectation. What I mean by that is that we have 24 credit hours to graduate. Our students, if they go to high school every day and just perform at a C level, they can meet those requirements by the middle of their junior year. To me that doesn't send a high level of expectation for the students. I believe that students will rise to the expectation level that you set for them. And I think the expectation is set low for a reason that I am not sure of yet. We are trying to challenge that by raising the expectation and making the students future ready rather than career ready. If they want to go into a career after graduating, I want them to be the best applicant. If they want to go to college, I want them to have the best opportunity, with the best resume to go to the best college they want to go to. We need to be future ready with a skill rather than career ready. I think we are going to be the lighthouse for this state of what it should look like for expectations for kids, for staff and for our community.

**Interviewer:** What is your strategy for large-scale arts and culture inclusion across the district?

**Dr. O'Malley:** There is a tremendous research. It's just common sense. The more that the arts play a role in a school district or in students' lives, the more successful they are. It's proven in the poorest neighborhoods to the richest neighborhoods and the same with schools. We started off with a \$3 million initiative just to bring arts to our schools, and that included 6 items:

**1. Facilities.** Renovate all of our auditoriums and insure that each high school has a culture of the arts. Right now, South Florence is an arts school, but the plan is that all schools have a dedicated arts program.

**2. More Art Teachers.** Wilson and West Florence only have one art teacher, so we want to invest in more art teachers.

**3. Supplies and furniture.** The art classrooms had nothing. They hadn't been getting anything for years. We bought new furniture, easels, supplies, and new technology.

**4. Expanding Arts Courses.** We are adding more courses next year that are for all different levels: AP arts, art history, photography, electronic keyboarding and more.

**5. Instruments.** So we invested half a million dollars in getting new instruments across the district. Kids at Williams Middle School haven't had instruments in 30 years. The kids at Wilson High School and their band had patched up instruments. I remember going to the Wilson Alumni Parade and meeting with the high school kids before they performed, and their instruments had duct tape on them. I think one of the proudest moments I will have is when I get to hand that kid

# Florence 1 in 2021

One vision. One voice. One future.

his brand new sousaphone to replace the duct-taped instrument he had to play in cold weather. That's equity. That's an equity, equality issue that we're seeing. And we did this for all three high schools and all three middle schools.

**6. The future.** We are trying to build a comprehensive art program from kindergarten all the way up to our high school. That will take longer, but I think if every year we do something what we are trying to say to the community is that this is an investment. Investment into our children's futures is an investment in everyone's future. If we don't do something every year, you get where we are. When you kick the can down the road, the can becomes more expensive. And that's why things cost more now than if you had just invested along the way.

I know no one wants to talk about taxes, but it's about what you spend your tax dollars on to get that value added. If I invest in education, it will raise the value of my home when I decide to sell it or increase the businesses that are coming here that are going to pay more of the property tax burdens than the residents. Those economic considerations alone are transforming, and that is the message I am trying to send--that this future, this plan, this vision has so many ways of making our community better when it is based on a better school district.

In closing, I do believe Florence is ready for this kind of shift. I think we sit between hubs like Greenville, Columbia and Charleston. I believe we are ready to be that hub. I think geographically, economically all those things are there for the taking. I just think that the K-12 system is the most important anchor to any economic development. If we do our part and make our schools the top of the list for why people want to come here, then the sky's the limit for Florence.



## PROCK HONORED BY FMU *Articles submitted by FMU*



*Dr. Will Wattles, chair of the FMU Department of Psychology, and Amy Prock, the City of Myrtle Beach chief of police*

Francis Marion University's Department of Psychology honored Myrtle Beach Chief of Police Amy Prock as the recipient of its 2018 Psychology Alumni of the Year award during the department's annual alumni reception on the University's campus.

Prock received her Master of Science degree in Clinical Psychology from Francis Marion in 2002.

She was named the chief of police for the City of Myrtle Beach in 2017 after serving more than 20 years with the Myrtle Beach Police Department.

Dr. Will Wattles, the chair of Francis Marion's Department of Psychology, said Prock's acumen for community service was apparent as a student.

"She was somebody that was so enjoyable to work with and so conscientious about her work," Wattles said. "I was so excited and so pleased that my colleagues agreed with me that she should receive this award."

Prock previously graduated from Radford University in 1996, but her experience at Francis Marion continues to impact her career.

"Francis Marion has been something that's been a part of my career because I learned so much," Prock said. "I often say that gaining my master's was not just gaining my master's, but it was adding another tool to my tool belt... It's something that's helped to get me where I am today. It's put me in a position where I feel like I can help my community."

## FMU DEDICATES TOM ROOP PHYSIOLOGY LAB



Dr. Tom Roop was a professor of biology at Francis Marion University more than 30 years, a mentor to hundreds of students and one of the University's biggest boosters.

The University recently recognized that enduring legacy when it dedicated the Tom Roop Physiology Lab in the Leatherman Science Facility.

Francis Marion University President Dr. Fred Carter recalled the instrumental role Roop played in training many of the practicing physicians throughout the state.

"Tom's legacy is to be found across the state," Carter said. "There are dozens of physicians that came to the true realization that becoming a physician was achievable because of the instruction, encouragement, advisement, support, and motivation that Tom lent every one of them."

Roop, who was at FMU from 1972-2004, was best known for his close relationship with his students and his unrelenting advocacy of FMU, especially for the University's pre-med and pre-health sciences programs. Roop helped establish FMU as a serious destination for students interested in a career in medicine and was a one-man public relations campaign in Florence and beyond. Nothing made him happier than to see yet another former student accepted to a med school, where he or she invariably soared.

Roop was awarded FMU's Distinguished Professor Award in 1980 and was named the J. L. Mason Professor of Health Sciences and Professor of Biology and Coordinator of Biology Pre-Professional Programs, an endowed position at FMU.

Roop also worked with the South Carolina Academy of Science in many capacities and helped to found the South Carolina Governor's School of Math and Science.

Roop passed away in 2017.

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# A WORTHWHILE JOURNEY

Submitted by Holli Armstrong, Spokeswoman



Eric George

**COLUMBIA**-Eric George is not an actor or a spokesman. He's just a regular guy, whose inspiring story of change caught the attention of the South Carolina Education Lottery, so much so, the Education Lottery featured him in advertisements like the one in this edition of Diversity Works Magazine©.

George's story starts out like a lot of ours. He spent years working various odd jobs, many at restaurants and bars. But then George started a new chapter when he decided to chase after his dream job. The journey began by going back to school.

Lottery Tuition Assistance helped make that choice easier. But George sacrificed plenty. He moved to a new city, made less money for a while and watched as his friends went out and had fun while he hung back to study and save. In the end, George says it was worth it.

"It's taken a while to get here," George admitted during filming for the lottery commercial that aired this past fall. "But it's worked out much better than I thought it would. I would have sold myself short if I had written the script of my life myself."

Today George has an IT degree from Trident Technical College and a rewarding career in cyber security.

"Now, I'm part of calls with some of the biggest corporations in America," George shared. "It blows my mind. Bartending and waiting tables are a long way from here...I've got it all."

And George not alone. With more than 1.9 million lottery-funded scholarships and grants awarded to deserving students, countless South Carolinians are graduating with less student loan debt.

George found a way to make a difference. What could you do next?

South Carolina Education Lottery proceeds are deposited into the Education Lottery Account, from which the General Assembly makes appropriations in support of higher education scholarships and grants, K-12 public education programs and community education programs in our state.



I found a way to make a difference.  
**What could you do next?**

Eric George  
Cyber Security Specialist  
Lottery Tuition Recipient



## DIVERSITY AND INCLUSION AT CCU Submitted by Abby Barnes



*Dr. Atiya Kai Stokes-Brown*

CONWAY- Coastal Carolina University (CCU), established in Conway and nine miles away from Myrtle Beach, is a dynamic public institution that promotes a diverse, inclusive and equitable environment where students, faculty and staff learn from and value one another's differences. A key office in the University that reinforces these ideals is the Office of Diversity and Inclusion (ODI). Its mission is to provide leadership, expertise, partnership and support to help students develop their future career fields

and prepare them to be productive, responsible healthy citizens with a global perspective.

The newly created ODI is led by Dr. Atiya Kai Stokes-Brown, CCU's inaugural assistant vice president for diversity and inclusion and chief diversity and inclusion officer. Her central role is to guide efforts to conceptualize, nurture and cultivate diversity and inclusion as an institutional resource for the university. Stokes-Brown holds a bachelor's degree from Randolph-Macon Woman's College (now known as Randolph College), a master's from Temple University and a doctorate from the University of Maryland-College Park. She joined Coastal in August 2018 after a 10-year career at Bucknell University. In her role, Stokes-Brown actively collaborates across campus and with surrounding communities to oversee the implementation of strategies that advance accessibility, inclusion and diversity as crucial parts of the campus's strategic plan.

Recognizing that diversity and inclusion are necessary to achieve academic and institutional excellence, CCU continually strives to create a vibrant community that embeds these core values throughout the institution. The 2016-2021 strategic plan focuses on ensuring

academic excellence and instructional quality; engaging with others; strengthening infrastructure; communicating achievements and commitments; and on diversity and inclusion. The ODI focuses on the latter, better known as strategy 4. The goal is to involve students, faculty, staff and the greater community in a partnership of learning grounded in the liberal arts, based on respect for diversity and inclusion.

While working on projects such as the Access, Diversity and Inclusion Strategic Plan, Stokes-Brown engages in conversations with partners and stakeholders across campus to develop a standard, institutional understanding of these values. "Recognizing that diversity and inclusion are necessary to achieve academic and institutional excellence, CCU continually strives to create a vibrant community that embeds these core values throughout the institution," says Stokes-Brown.

To better understand the future of diversity and inclusion at CCU, ODI will conduct CCU's first all-campus climate survey. The all-campus climate survey serves as an opportunity to understand the environment at this moment. Data gathered from the study will be used to ensure that issues of importance are addressed through the Access, Diversity, and Inclusion Strategic Plan.

Another priority of the ODI is the development of an official Diversity and CHANT inclusion website. It will serve as a one-stop resource for information relating to diversity, inclusion and equity for the entire population of CCU.

Stokes-Brown says that "the responsibility for diversity and inclusiveness falls on everyone within the community as opposed to one unit, department or office," working cohesively to create and sustain inclusive learning, living and working environment where all members of the Teal Nation feel that they are welcomed, supported and valued.

COASTAL CAROLINA UNIVERSITY

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# RESEARCHER HONORED FOR ROLE IN IMPROVING CANCER CARE FOR MINORITIES

Submitted by Helen Adams, MUSC Staff Writer



Chanita Hughes-Halbert, Ph.D.

**CHARLESTON**—The American Association for Cancer Research (AACR) recently announced Hollings Cancer Center researcher Chanita Hughes-Halbert, Ph.D., is the recipient of the 2018 AACR Distinguished Lecture on the Science of Cancer Health Disparities, funded by the Susan G. Komen organization.

The AACR Distinguished Lecture on the Science of Cancer Health Disparities recognizes an investigator whose novel and significant work has had or may have a far-reaching impact on the etiology,

detection, diagnosis, treatment or prevention of cancer health disparities.

Hughes-Halbert said she's honored to have been chosen. "This important award brings attention to the research and scholarship that is being conducted to enhance cancer equity in racial and ethnic minorities and individuals from other medically underserved groups," she said. "My topic, which will address the ways in which social and psychological factors contribute to disparities, can be used to promote effective behavior and clinical changes to promote equity."

Hughes-Halbert is the principal investigator and director of the Transdisciplinary Collaborative Center in Precision Medicine and Minority Men's Health at Hollings Cancer Center at the Medical University of South Carolina (MUSC). In addition, she is the associate dean of assessment, evaluation and quality improvement and a professor in the Department of Psychiatry and Behavioral Sciences at MUSC. She also holds the AT&T Distinguished Endowed Chair for Cancer Equity at Hollings Cancer Center at MUSC.

The AACR is recognizing Hughes-Halbert for her research aiming to identify sociocultural, psychological and behavioral determinants of cancer disparities and to translate this evidence into interventions to improve

cancer outcomes in medically underserved populations. Within this overarching program, her research focuses on three converging lines of investigation that have high clinical and policy importance: enhancing the participation of minorities in cancer research, developing culturally tailored assessments and interventions to improve cancer outcomes in minorities, and developing a sustainable infrastructure for cancer prevention and control through community-based participatory research methods.

Notably, her research has defined the field of genetic counseling and testing for inherited breast cancer risk in African-American women, and she was the first to examine acceptance rates and outcomes of genetic counseling and testing for BRCA1/2 mutations among African-American women. Her research in genetic counseling and testing provided a model of culturally tailored strategies for cancer prevention and control among racial minorities.

More recently, Hughes-Halbert has conducted translational research to understand the complex ways in which sociocultural, psychological, behavioral, genetic and clinical factors interact to produce racial and ethnic disparities in health care and disease outcomes among minority men. Her evolving research in this area has demonstrated that a willingness to participate in precision medicine studies is limited among African-Americans despite having positive expectations about the benefits of personalized medicine.

Hughes-Halbert has been a member of board of scientific advisors at the National Cancer Institute and the National Advisory Council for the Human Genome Research. The National Academy of Medicine elected her to its ranks in 2017, making her the first investigator and woman in South Carolina to earn this distinction. She received a bachelor's degree from Hampton University and both a master's degree and doctorate in personality psychology from Howard University.

Portions of above release used with permission of the American Association for Cancer Research (AACR).

# FOCUS ON DIVERSITY



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## SPEAKING FROM THE HEART TO HEARTS IN THE HEALTHCARE COMMUNITY

by Dawn "D.A." Goodwin



Diane Davis

**SUMTER** - "How are you doing?" Usually, when walking into a company, this is a common greeting given to its customers. But when you work for a company with employees who ask this question out of genuine concern, it shows the employees value the same thing outside of the workplace. One such employee is Diane Davis, whom the South Carolina Primary Health Care Association recently named Outreach Worker of the Year.

Davis was born and raised in North Carolina, but, because her father was in the Navy, she lived in several other places, including Tennessee, New York, Guam and Saudi Arabia. Today, Davis lives in Sumter and works for Hope Health from the Florence Medical Plaza and the Manning office as the community outreach coordinator for Florence, Williamsburg and Clarendon counties.

March of this year will mark Davis' sixth year with HopeHealth. Prior, she served as executive assistant to the CEO of Black River Healthcare until HopeHealth absorbed Black River in 2013.

Though she enjoyed her previous positions, Davis loves what she does as a community outreach coordinator--helping those in need. She says she finds it satisfying to see people in the community getting the medical care that they need through the variety of services HopeHealth offers.

"Since joining HopeHealth, Diane has extended our outreach program into two more counties and has worked tirelessly to get people into affordable, quality health care," says Tiffany Straus, HopeHealth director of communications and Davis' supervisor. "She has great passion and is a true advocate for the health center movement. I am proud of all she has accomplished," says Straus.

In her current position, Davis attends health fairs for HopeHealth as part of efforts to get people into medical care. Davis says, "Some people do not have a provider. They do not have a medical care home. And there are so many issues with insurance and with the Affordable Care Act. At HopeHealth, we want to make sure that everybody has a medical home, whether you have insurance or not. We have something called a sliding fee scale for people who do not have insurance, and it's based on your ability to pay. When I do health fairs, there are people who say, 'Well, I don't have insurance.'"

In response, Davis says, "Come to HopeHealth. Let us work with you."

At the health fairs, Davis is usually accompanied by a HopeHealth medical assistant (M.A.) or nurse. They provide free blood pressure checks and blood sugar screenings. They also check cholesterol for \$5, which covers the cartridge cost.



Diane Davis, center, receives her Outreach Worker of the Year award from Roland Gardner, left, CEO of Beaufort Jasper Hampton Comprehensive Health Services and chair of the SCPHCA Board, and Luthran J. Woodard, CEO of the South Carolina Primary Health Care Association. (PHOTO COURTESY SCPHCA)

Davis says it is rewarding when a patient returns to the same health fair a year later and stops to say, "thank you." She specifically recalls one patient who said, "Thank you. I'm around to see my grandkids grow because you all found out that I had a blood pressure problem."

Davis loves how her position allows her to help in rural counties, where it's usually harder for people to get to a doctor's office. "Everyone needs to have their own provider. You want to have your medical records at one place and be able to see a doctor and not have to utilize an emergency room for a bad cold," says Davis.

"My dad died on December 1st, 2017," she says. "It was unexpected, and, as my mom and I talk about it, we came to realize that he was sick before he died but just didn't go to the doctor. You keep wondering, if he had gone to the doctor, would he be alive today? He did finally make a doctor's appointment, but it was for the week after he died...so it's more important to me now."

Davis also participates in Homeless Connect First Friday, a partnership of Florence area agencies led by Lighthouse Ministries to connect the homeless and other people in need with resources.

"We have about 30 agencies such as the DMV, SC Legal Services, and Poynor to help. People are able to come in and talk to whatever agency they need. A church brings clothes and shoes to distribute."

In addition to health fairs, Davis helps coordinate Seniors with Hope, which began in August of 2017 in partnership with Golden Life, Longs Drugs, and Florence County Parks and Recreation.



From left, Renee Brown, Diane Davis, and Janice Anderson Barr participated in the Central Missionary Baptist Church health fair in Salters.

"We want to help seniors learn about lifestyles and medical topics. We hold Seniors with Hope at three locations: Bethea Retirement Community in Darlington, the HopeHealth Medical Plaza in Florence, and the HopeHealth in Kingstree. Seniors hear from two speakers. One talks about lifestyle, the other about medical care. We do door prizes and play Bingo. Seniors really seem to enjoy it."

Davis loves talking with people in the community, hearing their stories and being able to help them. "I've always been a person who likes to help others. I've been that person who tells my husband to pull over and give a person on the street a few dollars to go buy themselves something to eat."

In caring for the community, Davis has trouble not getting attached to the people she sees, who sometimes remind her of her own family. She is the oldest of three siblings and has three cherished daughters.

"Carl Humphries, the HopeHealth CEO, treats everyone who walks into the building the same way you would want to be treated. The same occurs with employees at HopeHealth, who care for and look after each other." Davis says, "The whole organization is like that. There is nothing a co-worker wouldn't do for another."

Dr. Ed Behling, the chief medical officer at HopeHealth reinforces just how appreciative others are of Davis, calling her "an asset to HopeHealth! She works tirelessly to reach members of our community through health fairs and outreach events. Most of her weekends are occupied with community activities. She is passionate about the message of HopeHealth's accessible and affordable health care. I have seen, firsthand, her dedication and compassion as she interacts with patients and other community agencies. She is a true advocate for patients and for HopeHealth!"

For Davis, being a health care advocate is not just about people going to HopeHealth. Instead, Davis says it's okay to see another health care provider. She adds, "Just see one."

# Honoring the Legacy of Dr. MLK, Jr.



## THE DREAM HAD REACHED THE MILLENNIALS *by Jennifer Robinson*



*Kenyatta King*

**PAMPLICO**-When Kenyatta King was asked about the impact of Dr. Martin Luther King's legacy on millennials, he was fully aware of what it meant to keep his dream alive. With funds in hand from his uncle, who had a dream to help him, Kenyatta King purchased People's Funeral Directors, LLC in Pamplico. He is a 30-year-old with drive and passion for the town and people of Pamplico. As a student at the American Academy McAllister's Institution of Funeral Services in New York, King states that much of his

educational and business accomplishments began as a result of what he received from the teachings of Dr. Martin Luther King Jr.

From Dr. King's acting on his beliefs about civil rights, to him working in silence and letting his works speak for him, the impact on Kenyatta King's life is immeasurable and timeless. One of the many things that helped Kenyatta King to begin his work in the funeral industry is Dr. King's example of taking a chance. Mr. King stated that being a young funeral director is risky, and to find a niche in a business that is prevalent throughout the region is very challenging. He stated that, as with Dr. King, he has found that being young and ambitious is met with skepticism from older generations. He was faced with ridicule and, at first, did not get a lot of support. The criticisms and ridicule are what he uses as building blocks to take him to higher heights in achieving his dreams. Kenyatta King said that what keeps him going is his belief in God and his determination to better his community.

As with Dr. King, Kenyatta King is innovative and uses creativity to bring his unique services to the masses. As a student of Dr. King's community leadership, Kenyatta King stated that much like in the 50s and 60s, current trends were used to thrust Dr. King's work forward to gain the attention of those he believed would carry the message of civil rights. Kenyatta King states that he has done many things to shed a different light on funeral services. "Though funerals are sad occasions, we add a few touches to our services that distinguish us from other



*People's Funeral Directors*

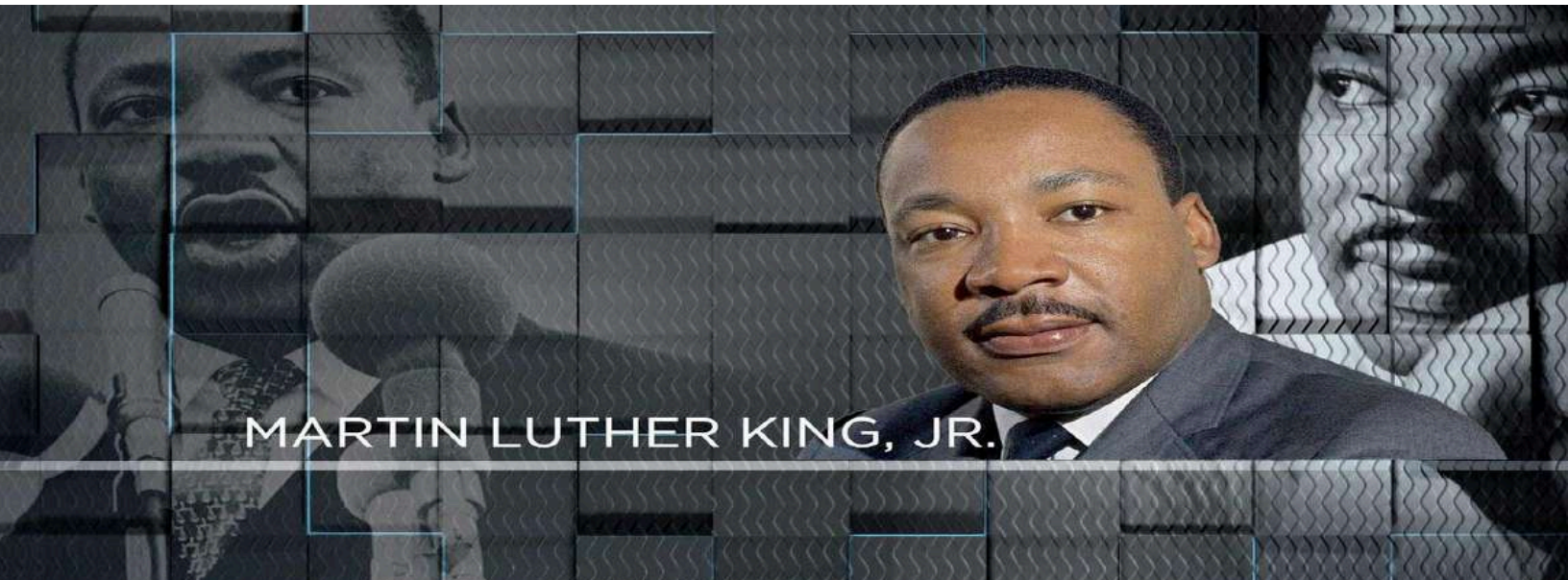
People's Funeral Directors is the first funeral home in the Pee Dee area to bring the motorcycle hearse and red carpet at the hearse when the deceased is being placed in the hearse.

Those innovative touches have caught the attention of people who have solicited their services throughout the Pee Dee area and beyond. Kenyatta King said they can and have traveled the state to provide comfort to families during their time of bereavement. He hopes that he can also impact his community through public services. He wants to create jobs in Pamplico and build an event center that will put money back into the community. "This is my legacy," Kenyatta King said. "I am already working on my succession plan!"

Under the direction of Lawrence T. James, People's Funeral Directors, LLC has a long history in the town of Pamplico. Believed to be founded in 1955, People's continues to provide stellar services at affordable prices. Funeral packages start at \$4595. Kenyatta King wants everyone to leave feeling great about their encounter. Thanks to his willingness to learn and act upon his beliefs, he and People's Funeral Directors are well on their way to be the pinnacle of the funeral service experience! People's Funeral Directors, LLC- 843-493-2523, 430 E. Main St, Pamplico, SC 29583. Website: [www.peoplesfunerals.com](http://www.peoplesfunerals.com) Facebook: PeoplesPamplico

funeral homes," he adds.

They offer single rose tributes to surviving family members in honor of the deceased and a signature saxophone solo at the conclusion of services and during burial services. Also, the uniforms the directors and staff wear are not standard black or gray, but crimson colored.





## REP. ALEXANDER EXPLAINS HOW ALL HISTORY IS NOT TRUE HISTORY by Les Echols



*Representative Terry Alexander*

As we take time to pay homage to the legacy of Dr. Martin Luther King Jr., Diversity Works Magazine© had an opportunity to catch up with South Carolina House Representative Terry Alexander for an interview. Representative Alexander is a Democrat who represents District 59 (Florence and Darlington counties) and is a pillar of community and political service in the state of South Carolina.

**DW:** Welcome, Representative Alexander. Tell us about your service to community and as an elected official.

**TA:** It is difficult to be involved in politics and not be involved in the community. To be involved in politics is to be involved in the life and community of the people that we serve. My service in community and in politics started to intertwine many years ago as a student at Francis Marion University, where I helped organize the college's NAACP chapter and the FMC Young Democrats. It was there that my work in the community began. I was the FMU college chapter president, the local youth chapter president, and the SC Youth and College president. I went on to become the SC NAACP Youth and College advisor. In that position, I was responsible for organizing and maintaining youth and college chapters throughout the state and region. I went on to become president of the Florence Branch NAACP. And there were many other opportunities of service that was offered me throughout the community, i.e., Florence County Council, Boys and Girls Club, Florence Breakfast Rotary Club Charter member, Pee Dee Regional Council of Government, Boys Scouts of the Pee Dee, just to name a few.

**DW:** You are passionate about youth and the role they need to play in community.

**TA:** At one point, I left school for lack of financial resources and went to work as a youth development coordinator for the Florence County Community Action Agency, known now as the Pee Dee Community Action Agency. It was there I was taught an important philosophy, and I still hold it true today: "Helping others helps oneself." It was my responsibility to coordinate programs for the young people in Florence County. I would travel from community to community throughout Florence County to set up and manage programs in the areas of work, education, high school and college's career counseling and any other areas that would improve the life of the younger population. It was at this job that I learned, more importantly than ever before, the value of community and the importance of our young people's engagement in our community.

Even today, I value greatly the work of young people and their positive impact on our community. Yet, I often discern that we, as adults, are not as inclusive or appreciative of the ideas or ideals shared by our youth in the political process or in community development--at least not as we once were. I sometimes believe that we have failed so many of our young people by not being more attentive to helping them

prepare for the future.

Admittedly, many things have changed, but human nature remains the same. The countless issues I faced as a youth, the youth of today are still confronted with the same, and in many instances, the issues have exacerbated because we have not been good stewards of our freedom. In many cases, we have not used our freedoms to catapult us toward success, but have allowed our freedoms to inhibit and impair our futures with complacency, abuse, and lack of knowledge. While there are some positive things, good things, that have taken place because of the work that others, even before me, have done, there are still some areas that have not embraced or benefitted the entire community. Our educational system continues to fail us, certain economic opportunities have evaded us, illnesses and diseases are still rampant in our communities, despite the presence of major healthcare entities right here among us. And incarceration has become an epidemic in our community. I reiterate, we must help to empower our young people so that they might empower our community.

**DW:** If not for Civil Rights innovators and leaders such as Abraham Lincoln, MLK, Harriet Tubman and Rosa Parks, what would our world look like? How would our world have not changed or shifted?

**TA:** Let me preface my comments about the history of this country with this: "All history is not true history," and most people of good conscience will understand and accept this statement to be true. I sit on the SC Education Oversight Committee, a committee set up for the purposes of assessing how the designated dollars are utilized within our education system according to funds allocated by the Education Improvement Act. As we were discussing the state's social studies standards, I mentioned to the body that we, the members of the SC Legislative Black Caucus, were not just concerned about the impact and role of the civil rights movement on the development of this country, but the actual roles that key individuals, significant persons, played in the civil rights movement as it pertained to the development of this country.

I believe that all of our histories, both individually and collectively, have flaws, but the beauty of that concept is that a part of who we are as a nation is, in part, a result of those flaws. For example, I would not consider Abraham Lincoln, whom some call "The Great Emancipator," as being a true civil rights innovator/leader because history records that Lincoln clearly stated that his actions were not to benefit the "colored race," but to preserve the union. He stated, "My paramount object in this struggle is to save the Union, and is not either to save or to destroy slavery. If I could save the Union without freeing any slave I would do it, and if I could save it by freeing all the slaves I would do it; and if I could save it by freeing some and leaving others alone I would also do that." While I admire Lincoln's contribution to the future civil rights movement and appreciate that he personally did not agree with slavery, however, I disagree with some historical data with regards to the particularities of what his contribution truly was.

Now, the work of other leaders that you mentioned in your question continues to impact our nation and the world. We must admit that the work Dr. Martin Luther King Jr. led, still today, influences the lives of so many people worldwide. It was because of his work in fair housing, voting rights, education, wage parity and basic human dignity, that we honor his legacy so greatly. Yet, there are some "historians" who would deny even the role that Dr. King and others have played in our society.

The likes of Dr. King, Harriet Tubman, Rosa Parks and so many others have shaped racial justice throughout the world, and their efforts

# Honoring the Legacy of Dr. MLK, Jr.



## REP. ALEXANDER EXPLAINS CONT'D



and intentions continue to make America what she has yet to become. We, too, are part of the history of this country--the best and the worst of it. And, yes, there is definitely some "bad" in this land of the free and brave, our home, the United States of America.

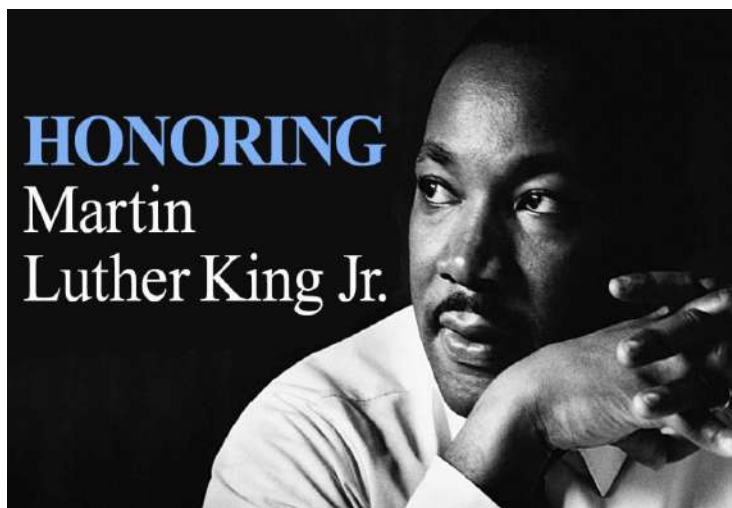
**DW:** What changes--good and bad--have you seen over the past decade?

**TA:** Let us start with the good we have seen this past decade. I think the election of President Barack Obama

was the highlight of the past decade. I don't believe anyone at the time of his announcement thought that he would rise to become the president of these United States of America. He reshaped how this country and world looked upon us as a nation. He brought us dignity and respect, which was a good thing.

Unfortunately, some the worst of this country came alive after President Obama's election, with rudeness and ill-will toward him taking center stage. Our history, if the truth be told, will show that people of color, as a whole, were harassed in protest by some as punishment for his dual election and tenure as president. Elected officials called him the "N" word and declared him a "liar" publicly in Congress with no formal reprimand or apology. Some worked against this country so that he might not succeed.

Another bad thing we have seen is how individuals in positions of power have sought to control the voting rights of the people to sway the election process. This attacks the very core of our constitution, trying to dismantle the rights to vote that many died for. Sadly, some continue to create distorted policies to thwart the right to vote under the guise of voter protection/ voter fraud. When our right to vote is taken away, then our voice is silenced. It becomes once again a country of "taxation without representation." I must agree with the writer of Ecclesiastes as "there is nothing new under the sun" as this country has been here before, but I urge us to never go back to that wicked place again, that place of racial divide and disharmony. Ashamedly, race is still the number one dividing factor in this country, and that is indeed "bad."



## CALLING ON YOUNG LEADERS *by Les Echols*



*Kaynnera Capers*

Kaynnera Capers has built a wealth of knowledge and experience in law enforcement, community service and coaching. A U.S. veteran from Summerton, South Carolina, Capers gave a lot of credit to his great-great grandmother and his parents, who adopted him at nine months of age. Capers began his dedication to service his junior year of high school when he enlisted into the South Carolina Army National Guard under the Split Option Program and went to boot camp at Ft. Jackson at the end of his junior year in high

school.

After graduating high school, Capers switched military branches and pursued his dream by enlisting in the United States Marine Corps. "I dedicated fifteen years of service to our nation to include two combat tours in Iraq," he explained. "While serving as a U.S. Marine, I achieved the rank of Gunnery Sergeant and received numerous medals and awards. I started my law enforcement career with the Holly Hill Police Department. Since then, I have served as police chief with the Eastover Police Department, Society Hill Police Department and Andrews Police. I currently serve as captain of the Darlington County Sheriff's Office," Capers continued.

Capers helps to coordinate many of the community outreach functions for the Sheriff's Office. He is a certified life/career coach and frequently presents at outreach events, providing motivational speaking and mentoring to youth and troubled teens.

We asked Capers how the civil rights movement would have progressed without some of its most noteworthy leaders. "The courage, poise and tenacity of these great civil rights leaders have helped to change the climate and culture of the world that we live in today. Their courage to go against the grain and stand alone, knowing they could be hurt or killed, but still choosing to take stand for a change was phenomenal," said Capers.

"Going back to the times of President Lincoln's move to end slavery, to Harriet Tubman's leading slaves to freedom through the underground railroad, the quiet courage of Rosa Parks who refused to sit on the back of the bus, to the fiery speeches and marches of Dr. Martin Luther King Jr., without these moments, the world that we currently live in would be different. I believe that America would not be a major world power it is today. We still have a long way to go as a nation, but I do believe that we have made great progress in many respects. As a nation, I believe we have lost our focus when it comes to faith in God and in the way we treat others from different culture and social backgrounds. As a nation, I think we are more divided now than we've ever been. So we need some young leaders with the same courage, poise and tenacity of great civil right leaders of the past to step up and empower our communities and strengthen our nation so that we can carry on the legacy that was set before us," Capers concluded.

Kaynnera Capers is an alumnus of Central Carolina Technical College and Morris College in Sumter. Earlier last year he was inducted in the Morris College ORM Program Hall of Fame. He is also a graduate of Webster University. Capers is a proud member of Omega Psi Phi Fraternity Inc.



*Lt. Capers with Sheriff Tony Chavis*

# Honoring the Legacy of Dr. MLK, Jr.



## TAKE A RISK. MAKE A DIFFERENCE.

by Jennifer Robinson



Janelle Walters

It is no secret that people of color have had some great civil rights leaders that created and forged the fight against segregation and injustice. Those leaders and their works made a lasting impact on our society. It is very hard to imagine a world without figures such as Rosa Parks, Medgar Evers, Malcolm X or Marcus Garvey. They sacrificed their lifestyles and their lives so that people could live together in equality and peace. But often times, what goes unnoticed or unquestioned is how non-persons of color feel about those social figures. Many of them have learned from the teachings and inspirations of those civil rights activists. Here in the Pee Dee, we looked to find individuals who are non-persons of color who also were impacted by their leadership and courage. We found Janelle Walters, a local woman who is active in several social projects in the community.

When asked her perspective on a world without our civil rights heroes, Janelle shared this: "Well, first and most importantly, I think it is important to give an immense amount of credit to these specific individuals that had the courage to publicly stand up for what they believed in, what they thought was right, and without concern for themselves. Without people taking risks and standing up for what they believe in, we would not evolve as human beings. These important figures in history have done some amazing and very important things for all of us. I would like to think if it wasn't them it would have been someone else. The timing may have been different, but my faith in humanity makes me believe that we all want to work toward a better world. For me, it's an inspiration that anyone can make a difference. I may not be able to effect as much change as these people, but that doesn't mean I can't try. I can make a difference in my community, among my friends and family and the people I come in contact with everyday. When it comes down to it, these people were people just like you and I, who took risks, stood up for what they believed in, and if we can all do that on a scale we are comfortable with every day, we can make a difference and make this world a more accepting, loving and safe place to live."

Everyone's voice should be heard when we think of the impact that was left by those civil rights heroes like Dr. Martin Luther King and many more. We do live in a more harmonious society because of their work. We do have much work to do, and we are glad that we did have those civil rights icons who left a legacy that promotes peace and nonviolence.



## Celebrating History Arthur W. "Man" Stanley



Darlington native Arthur Whitfield Stanley served the Darlington chapter of the NAACP as its president, a post he held for 40 years, and led the effort to desegregate the public school system in Darlington County through legal action. In addition, Stanley initiated a legal challenge to the discriminatory polling practices of the City of Darlington municipal elections. His efforts led

to the adoption of three single-member electoral districts and three at-large districts. He holds the distinction of being the first African American elected to a seat on Darlington City Council. Stanley received the Order of the Palmetto from S.C. Governor David Beasley, and the Arthur W. "Man" Stanley Gymnasium in Darlington was named in his honor.

### *Sites of Interest*

**Darlington Memorial Cemetery,  
c. 1890, Avenue D and Friendship St**

**Edmund H. Deas House, c. 1915, Avenue E**

**West Broad Street Historic District,  
featuring many late-19th to early 20th  
century residences designed and built  
by Lawrence Reese**

**St. James United Methodist Church,  
c. 1866, 400 S. Main St.**

**Macedonia Missionary Baptist Church,  
c. 1866/1935, 312 Pearl St.**

**Historical Museum of Ethnic Culture,  
114 Coker St.**

**Henry "Dad" Brown Memorial Marker,  
U.S. 52 and Brockington Road**

The Darlington County Cultural Realism Center, 302 Pearl St., hosts an MLK Celebration weekend of events each year culminating in a Noon program on Monday, Jan. 21, 2019. Info: (843) 393-9762 or [culturalrealismvision.com](http://culturalrealismvision.com).



[www.darlingtonSOnline.com](http://www.darlingtonSOnline.com)



# Honoring the Legacy of Dr. MLK, Jr.



## PRESERVING AFRICAN AMERICAN HERITAGE IN SC

by Les Echols



Jannie Harriot

**HARTSVILLE** - The preservation of history is a vital cog in making sure society has a comprehensive knowledge of history. The South Carolina African American Heritage Commission has made great strides in creating practical efforts to the preservation of African American history.

As a charter member and current vice chair of the South Carolina African American Heritage Commission, Jannie Harriot is no stranger to the preservation of history and education. Harriot taught in the public schools of North and South Carolina and community colleges in New Jersey before returning to Hartsville in 1990. Since returning, she has served as executive director of several community-based organizations and retired in 2005 as executive director of the Allendale County First Steps for School Readiness.

As founding chairperson of the Butler Heritage Foundation, Harriot was instrumental in getting the Darlington County Board of Education to deed the Butler High School to the Foundation for restoration and preservation.

The South Carolina African American Heritage Commission was created by the South Carolina General Assembly in 1993 for the preservation of African American historic site and buildings. According to their website, the mission of the South Carolina African American Heritage Commission (SCAAHC) is to “identify and promote the preservation of historic sites, structures, buildings, and culture of the African American experience in South Carolina, and to assist and enhance the efforts of the South Carolina Department of Archives and History. The 15-member commission includes representatives from all regions of the state.”



Jannie Harriot

We asked Harriot what would happen if not for civil rights leaders such as Harriet Tubman and Martin Luther King Jr. “I believe in divine order,” she said. “In the divine process of evolving into who we are, at some point, someone else with similar vision would have come along, and we would have been at the same place with different leaders,” she continued.

“The civil rights movement led to other movements of African Americans and other marginalized groups to seek inclusion,” said Harriot. “The last decade has been like a roller coaster... some good, some bad. Good things have come about in terms of diversity including ‘Black Lives Matter,’ ‘The Me Too,’ young people rising up again (Parkland Students). People feel more empowered to stand up for equity.”

Harriot was born Wilmington, N.C. and grew up in Hartsville. She graduated from Butler High School in Hartsville, attended Talledega College in Talledega, Ala. and received a bachelor of science degree from Fayetteville State University in Fayetteville, N.C. She continued her studies at University of South Carolina and Montclair State University.



Submitted by LaShondaNeSmith-Jackson

The Florence Community Development Agency Proudly presents the 20th Annual MLK March & Rally. We will be honoring the loving memory of Civil Rights Icon Dr. Martin Luther King, Jr. and Councilman Ed Robinson. MLK March and Rally Jan 21, 2019 at 9:00am Coffee & Donuts at Shekinah Glory Seventh Day Adventist Church (803 Oakland Ave, Flo) 10am March begins to the Francis Marion Performing Arts Center for a brief program. Complimentary City buses take people back to Shekinah Glory on Oakland Ave \*\* Buses will follow behind the March for those with disabilities and those who want to participate in the March but can't walk. Asking you to give me Equal Rights Implies they are yours to give. Instead I must demand that you Stop trying to deny me the rights all people deserve. “UNITED WE STAND DIVIDED WE FALL” Special Thanks to the founders of the Florence SC MLK March & Rally for their service and dedication for over 20 years! The Late Councilman Ed Robinson Former Councilman Billy D William's and Community Activist Mr. Freddy Jolley “THE DREAM STILL LIVES” Preorder your 20th Annual T-Shirt today! For more information contact Erica Robinson 843-453-6358



### Support the South Carolina African American Heritage Commission!

For its 25th anniversary, the SCAAHC launched an effort to raise \$25,000 by April 2019. Called “25 for 25,” its goal is to generate funds for the SCAAHC’s ongoing program of work to preserve and share our heritage. You can join us with a single donation of \$25 or with a pledge for monthly commitments. Make your tax-free donation or become a member at [SCAAHeritageFound.org/donate.html](http://SCAAHeritageFound.org/donate.html).



“...preservation engages the past in a conversation with the present over a mutual concern for the future.” — William J. Murtagh



## Celebrating Black History

### FOLLOW THE MUSIC by Adalia Ellis



Ezra Brown

I invite you to imagine. You live in a house, in a small town, with an upstairs window that overlooks a busy interstate. You are a child, playing with your best friend--someone so close, that you consider them a sibling. Imagine you and your best friend looking out of that window, watching the cars pass by, and you wonder where the people are going. You imagine yourself being one of those people, on your way to somewhere, and

that somewhere is your dream. This is how the story of the migration of musician, entrepreneur and owner of Soule Cafe, Ezra Brown begins.

His cousin KoKo was that best friend, and they would talk everyday about where they would go as they watched cars pass by. Both boys were drawn to music from a young age. When Brown speaks of KoKo, who recently passed away, he points out that his cousin was eight times better than him musically, saying that he was a phenomenal drummer. Brown's mother, also a musician, had a strong influence on his love of music. She emphasized the importance of music as well as community.

"My years growing up as a child here in Florence really fortified the rest of my life. My mom is really about community, so we would go the nursing home--the nursing home that we still go to today--for the holidays. My mom doesn't know it, but it's kinda how I learned how to play Bidwiz, play spades and talk trash and all that kind of stuff. And also my grandmother... she could sell anything. She would make me and my sister pick peas. She would sell fruits and vegetables around to different people. She showed me how to work hard but also how to make a sale. It's all about how you present it, your intent and you're not coming out of there with a 'no.' Seeing my mother teaching by day, teaching piano lessons at night, and when she got home, going to see people that were sick and stuff like that...and then singing in church and going to many different churches seeing other people, it changes your life--what you see and how you see it."

Knowledge of self and how you help the community were so emphasized by Brown's mother that he didn't see anything different and didn't know of anything different. This view on life would play a big role in his experiences going to an inner city school in Augusta called Josey High School. The school was right in the middle of the community, so close to home that he only had to walk a block or two. He speaks of this walk with humor while also driving home the idea of how important it is to understand the community.

"I've got five horns, and I am walking to school. The only reason why I can go home with five horns is because I was cool on my block, and I played basketball. If not, I would end up with zero horns on my way to school. There is a point to helping, but you also have to be a part of the community at the same time. You have to understand who, what you are trying to help."

So one may ask why he was walking to and from school with five instruments. While in high school, he participated in competitions. Unfortunately, there were disadvantages for people from the inner city who went to the inner city schools. To not be hampered by those disadvantages, Brown learned to play multiple saxophones. When reflecting on this time, he says, "We had to be extra good, extra dope, so we felt like, if you are not going to let me in one way, we are going to try out on all of them. So I made it in on two instruments: baritone and tenor. But I tried out on alto, tenor and baritone."

It was his awards and winning competitions that brought Brown to the attention of the United States Collegiate Winds Band. He was chosen to represent the state of Georgia as one of 50 young people to tour Europe.

He was 16 years old at the time. This experience alone changed his life by expanding his understanding of the world and community.

After high school Brown went on to attend Jackson State University, a historically black university. It was here that he was exposed to the beautiful diversity of views, approaches to community, lifestyle and musical influence amongst the predominantly black student population. It was while in university that he also came to understand the importance of the diversity of the black experience and how it can shape communities.

Let's fast forward to Soule Cafe where we are sitting as I conduct this interview. Jazz is playing in the background. We are surrounded by coffee, artwork and furniture, all sourced from local businesses and artists. In the years between college and now, Brown has travelled the world, designed a unique saxophone, and has a permanent residence in Singapore where his saxophone production business is located. He opened Soule Cafe downtown because his dad would take him to a record shop downtown called "Moe the Rooster." There he met Billy D. Williams, Maggie Glover, Ed Robinson and Rev. Thompson from the barber school. Their history made him feel proud.

When asked how his personal migration impacts his vision for Soule Cafe, Brown smiled and said, "To see a community grow from just a cup of coffee and just a couple of chairs. Sitting down and talking. How that has built dreams, built companies, built future companies and spaces, ideas. Just sitting down and saying, 'Can I do this?' And the answer is YES."

### AT 79, TOPIARY ICON STILL PRODUCING



Pearl Fryar

**BISHOPVILLE** - Work, passion, and marketing are the three tenets to success, says topiary icon Pearl Fryar whose work has garnered national attention for the small town of Bishopville. With just over 3,000 residents, the small rural town, which is about a half-hour drive from the state's capital, has reaped substantial notoriety because of the topiary genius of Fryar.

He has been featured in various national publications and television shows, including The New York Times, "The Martha Stewart Show" and "CBS Sunday Morning," and his "Eden" of sorts has drawn people from across the globe to visit. He was even invited to the "Oprah Winfrey Show" once and always regretted not taking the opportunity.

These days, Fryar is out in the community carrying a message of hope to the likes of Harvard and Berkley universities, to the University of California and local universities and technical colleges. It's not your typical university message though. Fryar, who was the first in his family to attend college, says that what a person does well may never show up on test scores.

His message is, "In the final analysis, it's not whether you graduate but how much work you put into what you do well."

Fryar says focusing on what one does well simply means "use what you have." He says he realizes the educational process involves discovery of what that is. Fryar assists young people in this endeavor by proving scholarships for them to attend junior college, community college or technical schools.

"We're losing too many students from the bottom," says Fryar. "There is a lack of financial resources to develop talent from the bottom because we educate from the top down."

His message is to try to get people, particularly the younger generation, to think a little differently. The garden has provided a way for him to cross paths with just the right people at just the right time in his life. With nearly 10,000 visits each year, there have been many paths of varying geographical



## Celebrating Black History

### TOPIARY ICON CONT'D



Pearl Fryar's work

origins drawn.

"I guess that's where my inspiration comes from because I can't believe that people come from so far to see cut up bushes," says Fryar.

The whimsical, fanciful plant designs can be described as anything but "cut." It is an art form that began to develop in Fryar early in life.

It was in the cotton and tobacco fields of Clinton, N.C.,

where his parents were sharecroppers that Fryar got his start. Making the transition to his acres of fully developed topiary artwork in Bishopville, S.C., was an almost seamless one – almost.

This pearl of a man faced opposition when he moved to Bishopville in the early '80s. Just as was true for many southern towns, there was an obvious ethnic divide that some wished to maintain.

He had traveled the world as a soldier in the U.S. Army then moved to New York where he landed a job at a bottling company, which eventually relocated him to Bishopville, only to find that the South had not changed much.

After not being welcomed into the white community for fear of him not maintaining his yard, Fryar set out to win the local garden club's coveted "Yard of the Month" award. From this adverse racial climate grew a place known for its tranquility.

Armed with nothing but a two-minute tutorial on how to prune a plant, the self-taught horticulturalist took what was in his hands and his green thumb and created a paradise by all accounts.

Fryar's garden contains more than 300 individual plants, very few of which have been spared from his expert trimming. Included in the tour are what Fryar calls "junk art" sculptures, which are placed throughout the garden.

Some 12 pages into a Google search of the legend is a continued yield of information on his exploits. From a documentary of his life debuted on Netflix and John Deere commercials to instructional videos and a Wikipedia entry, Fryar has left an indelible mark on the world of topiary art.

The garden is open to visitors Tuesday through Saturday from 10 a.m. to 4 p.m., year-round, without appointment. There are garden brochures in the kiosk near the north driveway entrance, which includes a self-guided walking tour and information.

For information about guided tours of the garden, please contact Fryar directly at 803-484-5581.

### MAYOR OF LAKE CITY ON HONORING MLK by Jennifer Robinson



Mayor Lovith Anderson

**LAKE CITY**-Hearers of the words of Dr. Martin Luther King, Jr. may not be as prevalent as they were 20 or more years ago. Many are now deceased and did not document their experiences to be shared with other generations. What we do not want is for those memories to totally be lost from our existence. The more we remember and document what we know of this world icon, the more he and his works with continue to be a legacy.

What those who do remember of the time that King was on the earth inspired them to do and be what they pursued in their lives. For many African

American, or "negroes," as they were known back in the 1950s and 1960s, his messages gave hope and a sense of promise for the future. The Honorable Lovith Anderson, Mayor of the City of Lake City received and conveyed the words of King into the current role he plays in his community. Anderson recounts the day he heard King during a visit to Williamsburg County.

"Mother's Day 1966 is a day that will forever be a bookmark in my life as it was the day I met Dr. Martin Luther King Jr. at Tomlinson High School football field in Kingstree. Mother's Day was always special in Lake City because Boy Scout Troops 113 and 120 held our annual Mother's Day Breakfast at Carver High School. The highlight of the breakfast was the scouts pinning their flowers on their mothers or whomever filled in as a surrogate mother that day. There was something special in the air at this breakfast because the mothers were excited about going to hear this young minister after their own church services in Lake City. Young Dr. Martin Luther King Jr. spoke at a rally concerning voter registration just down the road in Kingstree. I was 12 years old and had never been in a crowd that large as thousands attended. Dr. King spoke of the importance of exercising the precious right to vote and not to let anything or anyone deter you from that mission. In 1966 there were few, if any, Blacks holding elected office in the state of South Carolina. I count it a special blessing to have seen and heard him speak in person. Dr. King is a true hero who gave his life for his fellow men and women. I and many others are where we are today because

of his ultimate sacrifice. It's ironic today that we are still fighting for this right over 50 years later."

Knowing Mayor Anderson's account brings a clearer understanding behind his drive to have a wonderful city for which its residents can be proud. Anyone who has visited Lake City in the last 10 years can see all of the progress that has been made. We discussed the City's boom and Mayor Anderson said, "MLK opened doors for us to work in our communities as we began to integrate the business and government in leadership roles. Lake City is being transformed from an agricultural community to a working community that will have a workforce capable of competing in the world. Florence Darlington Technical College and Francis Marion University will have a footprint in Lake City. Public Safety is being addressed with LC Fire Dept. equipment upgrades. Lake City Police Department (LCPD) has a solid vehicle replacement policy, bulletproof vest replacement, weapons replacement, E-Ticket for patrol cars and mutual aid agreements in place. LCPD has a Checkmate program to monitor and assist our Senior Citizens."

"The City has partnered with Lake City Community Foundation to host ArtFields that has grown tremendously each year along with The Tobacco Festival and Lake City Alumni Weekend events. Downtown revitalization is moving forward with facade improvements and new businesses in cooperation with The Greater Lake City Development Office. The Lake City Boys/Girls Club and Technology Center along with the Lake City Recreation department provide outlets for our youth. The Lake City Senior Center is vital for our 'People of Wisdom' seniors in keeping them active and being a place that they can socialize. The Water and Sewer department has a 'Coins that Care' program to assist those in need of assistance. Our judicial system participates in the Dannon Project to assist offenders ages 18-24 who qualify for the program."

This is what legacy means, and Dr. Martin Luther King Jr's legacy is well represented by Mayor Lovith Anderson and his love for Lake City. From the moment Mayor Anderson heard Dr. King until today, we know how he is able to change a city, by motivation, determination and respect for a world icon.



## Celebrating Black History

### IWC SHOWCASES AFRICAN AMERICAN CONTRIBUTIONS Submitted by Nicole E. Harvel (IWC), Chair



IWC BRG Group

**TIMMONSVILLE-** "Black Migrations," the theme for this year's Black History Month, focuses on "honoring African-Americans in motion." This idea comes from African Americans leaving the South and industrializing the North and other areas during the 20th century. This period became

known as the Harlem Renaissance, and from it emerged black leaders, intellectuals, entrepreneurs, musicians, writers, and artists whose work still impacts us all today.

Intently Working for Change (IWC) is a business resource group (BRG) group whose mission is to utilize the unique perspectives of African-Americans and allies to employ and retain a diverse workforce. IWC was the first BRG started at Honda of South Carolina Mfg., Inc. (HSC) and has been in operation just under two years.

For Black History Month, the organization selected 28 unknown African American inventors who have greatly influenced today's

society. Each day of the month of February, a large poster of an African American Inventor with their biography and invention was displayed on a wall in the common hallway for all the Honda associates to read at their leisure. By the end of the month, there were 28 African American inventors on display. Many associates expressed how informative the display was and how they gained a greater appreciation for the sacrifices made by each inventor. It was important to IWC to showcase how much African Americans contributed to society and to encourage and inspire our associates to create, invent, think outside the box and come up with new and innovative ideas to solve common problems. IWC included in its business plan to display similar accounts of African American contributions to this year's African American History Month, with a slight twist. We embrace its efforts to increase awareness of the African American culture, experiences and talents with Honda of South Carolina for a second year.

As mentioned earlier, IWC also likes to give back to the Florence/Timmons ville community through community service projects. Last year the group hosted its second annual clothing drive where it collected gently used clothing from Honda associates to donate to a non-profit organization in the Florence/Timmons ville area. All clothing donations will be donated to the Florence County Disabilities Foundation.

### EXCELLING BEYOND RACIAL DIVISION TO THRIVE IN BUSINESS by Mallory Brayboy



James E. Byrd

As you've learned from the history books, many black Southerners began moving north in 1916 to flee racial tension and to seek better opportunities for themselves and their families. This period, known as the Great Migration, continued until 1970. James E. Byrd, owner of Byrd's T.V. Repair in Florence challenged that status quo and strived to reach success here in his own home state. Byrd's TV Repair opened its doors in March of 1959 and is still operating as one of the longest running businesses in the area.

Byrd was born in Darlington County where his family worked as sharecroppers. He attended local schools, graduated from Rosenwald High and took great pride in his education. "A good education and proper discipline is one of the biggest keys to success," quotes Byrd.

His plans after high school were put on a brief hold as he was drafted into the U.S. Army. There, Byrd served two dedicated years during which his work ethic garnered him "Soldier of the Month" in 1954. This was an amazing feat as the Army had only recently integrated the troops.

After returning home from the military, Byrd attended the South Carolina Area Trade School (now Denmark Tech) where he received certification designating him a radio and television repairman. He applied for repair positions in Darlington and Hartsville with no such luck, for many businesses feared losing their white customer base by hiring a black technician. One of the business owners he dealt with even confessed that Byrd was one of the best technicians he had seen fresh out of college and suggested that the young man move north to find work. Byrd decided that he had one more option up his sleeves before he would give in and move north. He relocated his family to Florence to start his very own repair shop. This was an impressive move for the young entrepreneur. However, it did not come without sacrifice and hardship.

Byrd arrived to Florence without a vehicle and with only \$600 in

savings set aside to purchase furniture. After a promised loan fell through, he was forced to use the money in his savings to begin his business. Here he ran into more issues--issues all too familiar to black men in the South at this time. "When I first opened up my business, I was denied a license," says Byrd. "They said they didn't allow blacks to have businesses in the area I was applying for my license."

As fate would have it, shortly after leaving the office he ran into a white childhood friend who agreed to help him get his business license. "I gave him the money, and he went down and got the license in a joint name--his name and my name. He told them that he owned the business and had me working for him," Byrd recalls. Byrd later renewed the license in his own name.

Byrd began his repair shop and built up a good clientele. Aside from this, he also began doing repairs for Rainwater Furniture Company. There, the company paid him \$5 for every customer he referred to them to purchase a television set. This gave Byrd the motivation to not only repair TVs but to also begin selling them as well to take home the full profit.

Next, he applied to sell RCA TVs. Initially, the wholesale company didn't hire him because they feared their white vendors in the area would sever ties with them for working with a black man. However, Byrd got a visit one day from the RCA employee who had approved his credit to work with the distributing company. After learning of Byrd's unfair denial, he set out to make some changes. Two weeks later, a sales representative returned to Byrd's shop informing Byrd that he would be given a test trial. This was just the beginning for Byrd. His trial period went well, and he continued to sell RCA televisions. He fared so well with them that by the mid-70s he was approached by Curtis Mathis. The company offered to make him the sole seller of their televisions in Florence. Then, after a competitor in a nearby city closed shop, Byrd became the only dealer in the entire Pee Dee region. He even went on, one year later, to gain recognition as the #2 seller in the entire Southeast, all while being the only black dealer in the region.

Being the only black had its disadvantages. Although he worked hard to perfect his craft and be a top-notch businessman, Byrd was not



## Celebrating Black History

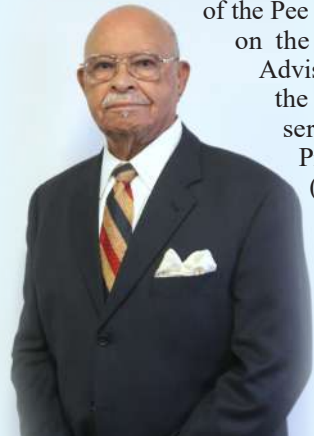
### EXCELLING BEYOND CONT'D

always respected as a professional. "One year during a convention out in Texas I won a Rolex watch for my sales. After going up to receive it, I was approached by a white man who said, 'You look mighty nice. Mr. Byrd let you come up here and represent the company.' I just told him 'thank you.' He didn't know I was Byrd."

Byrd also shared that during workshops and conventions, blacks were not allowed to dine alongside whites. Thus, he had to get his food from an outside window or from a nearby Black-owned establishment. "That went on until the Civil Rights Bill passed, and after the bill passed it still went on in some areas up until the early '70s," says Byrd.

After being in business for four years, Byrd hired a recent college graduate, Jerry Keith Sr., to work with him. He, too, was African-American and traveled with Byrd to work-related events. "We won trips to Bermuda, Jamaica, Las Vegas, Europe, you name it," says Byrd. Byrd eventually began giving the trips to different employees each year.

His giving spirit did not stop there. Byrd has donated both time and money to many local organizations receiving a host of recognition and awards from The Boys and Girls Club, Florence Black Delegation and Coalition of Black Networking, and even "Sponsor of the Year" from The City of Florence Recreation for his sponsorship of the Pee Dee Little League. Byrd has also served on the board for Wachovia Bank Florence Advisory Board, served as local Treasurer for the Florence Chapter of the NAACP, and served as the National Pee Dee Alumni President of South Carolina Area Trade (Denmark College) from 1965-1978 and again from 1997-2005.



Byrd's business has done all that he dreamed and more. It's provided a quality life for he and his family and has sent all three of his daughters to college. He is now partly-retired and still operates his repair business at 231 N. McQueen Street. He plans to retire soon.

### SABB MAKES HISTORY IN DISTRICT 32 *by Adalia Ellis*



Senator Ronnie A. Sabb

**KINGSTREE**-If ever there was a story of triumph and the influence of a dream, it is Senator Ronnie Alan Sabb's. He basically grew up in a single-family home in which his grandmother and mother were head of household. Education was stressed in his home, and his first step toward a future--very different from his present--started in school. Sabb's high school principal, Dr. Charles Edward Murray, featured on 60 Minutes for his extraordinary work as an educator and principal, had an incredible influence on Sabb's life. "I grew up

at the right time and in the right place," said Sabb, who found opportunities made possible by people who helped him for no apparent reason other than that he was a person who wanted to find purpose in his life.

When Sabb was still a young boy, his mother married his stepfather and moved to the Mishoe Farm and became sharecroppers along with other family members. His stepfather, the oldest of 12 children, dropped out of school in the fourth or fifth grade to work the farm.

Upon graduating from C. E. Murray High School, Sabb attended Voorhees College with the dream to become a mathematics teacher and

basketball coach. He later made the decision to change his major from education to liberal arts. While attending Voorhees, Sabb became a member of Omega Psi Phi Fraternity where he focused on the cardinal principle of scholarship. Omega men were expected to be listed on the Dean's list. Therefore, for the first time, this young man set and accomplished one of his goals and was named to that very list. He was also elected vice-president of the Student Government Association. His new focus on scholarship and political involvement in college gave him skills he would use later in life.

After graduating from Voorhees and feeling he had much to offer, Sabb returned home to find a job, but there were none to be found. His grandmother was the person from whom he also sought advice. When he attempted to talk with her about this frustrating situation, she stopped him and shared her dream. She said, "Son you don't have to talk to me today. I had a dream about you last night. My dream was that you would leave South Carolina, move to Florida, live with my son--your uncle, and life for you will be fine after that."

Sabb moved to Miami as his grandmother advised. There he met people who presented him with ideas and opportunities that led to him becoming a math teacher and basketball coach while he also worked as a full-time employee at a hospital. He then applied and was accepted into the University of Florida's School of Law. His grandmother didn't just have a dream. Sabb believes God gave his grandmother a vision for his life.



Upon graduating from law school, Sabb moved back home, joined a law firm and served as an assistant solicitor. In 2004, he became a widower and single parent with the responsibility of rearing his daughter, Whitney. After being encouraged to run for the S.C. House of Representatives seat vacated by Representative Kenneth Kennedy, Sabb reflected on his 20 years of service as an assistant solicitor and decided this was an opportunity to serve the citizens of his community in a different capacity, so he took on the challenge. His campaign was successful, and he became Representative Ronnie Sabb. In 2014, the senator from his district, J. Yancy McGill, was elected Lieutenant Governor for the state of South Carolina. Once again, Sabb was approached about running for the senate seat. After prayer and deliberation, he decided to run. Sabb became the first African American Senator for District 32 since reconstruction. When asked about his role as senator, he states, "I think I am to serve and not be served. My role as a senator is to be a servant leader. So I don't ask folks to do things I am unwilling to do myself."

For Sabb, life came full circle when he won the seat in the South Carolina House of Representatives. His republican opponent was Barbara Mishoe, who was the wife of the man his family sharecropped for when he was a child. "That is the beauty of America," says Sabb. "That's why we've got to make sure America stays true to who she is. America is a place where it doesn't matter where you grew up. It doesn't matter what you grew up with. The only challenge is whether you are willing to work hard and sacrifice. If you are willing to do this, then you are better than good enough to achieve all your goals and your dreams. This is the message, particularly to our youth."

It was the vision God gave Sabb's grandmother that set everything in motion. Sabb is thankful to those who helped to pave the way for his journey. The lesson? Be open to the opportunities that are placed in your life. It's not about where you start. It's how and where you finish.

# WOMEN'S HISTORY MONTH

## AN INSIDE LOOK INTO THE LIFE OF NICOLE BOONE *by Angela Crosland*



Nicole Boone

MURRELLS INLET—There is no guarantee that the family will gather around the kitchen table for a meal or come together in the den for time to catch up on the happenings of the day. The likelihood becomes greater in some homes because of WBTW news anchor Nicole Boone.

For residents of the Pee Dee and Grand Strand regions, her voice and presence have provoked occasions for thousands to gather for food and conversation surrounding the events of the day.

Boone and co-anchor Bob Juback have shared more meals with strangers than any others in the Pee Dee and Grand Strand regions and laughed and cried with thousands they have yet to meet. In the words of the poem “IF” by Rudyard Kipling, Boone has walked with kings without losing the common touch.

For five days or more each week, for the past 29 years, she has entered living rooms, and onlookers have stopped long enough to embrace her smile and charisma, even making her name a household one. A celebrity of the region, Boone has met her share of famous people, including singer and author Gloria Gaynor, singer Darius Rucker and other members of Hootie and the Blowfish, the Harlem Globetrotters, various NASCAR drivers, pro-golfer Dustin Johnson and actor Tom Cruise. It was during the filming of *Days of Thunder* that the young reporter first met Cruise, and it almost didn't happen.

“Cecil (Chandler, who was interviewing Cruise) had forgotten a piece of equipment. I told him that I would be right there,” recalls Boone. “I sat there the whole time with him (Cecil), and he (Cruise) touched my shoulder.”

In the early stages of her career, Boone says she was able to work on some really fun projects. One of her most memorable assignments includes a trip to California. She traveled to Hollywood for a special series of reports on the stars of CBS Daytime television. During that trip,

she even appeared as an extra on *The Young and the Restless*.

“It was a cameo appearance on a pay phone,” recalls Boone. “My 15 seconds of fame.”

These are fun to do, but it is the everyday stories of people doing good things that kept her eager to go to work each day. “I am always thankful for those moments when people are giving back,” says Boone. “Nothing makes me happier than to fill a show with good news.”

Unfortunately, the news isn't always good as journalists have a responsibility to also share what is happening in the community, Boone says. “We have a duty to help people understand what is happening in their community,” she says. “We strive to be responsible, to be fair, and hold people accountable just as we are held accountable for what we put on the air.”

For 29 years, this has been Boone's mantra. Her faith has been fueled by that accountability, she adds. When the industry took a turn for the worse around 2008 or so, and reporters were being let go, it was her faith that reminded her of the fact that she had been responsible with the gift God had given her to do.

“We would go in wondering if we were going to be next (fired),” says Boone. “It was a dark time, but I said, Lord, I know you'll get me

through it.”

Just as she had in the darkest time of her life—her father's passing—Boone found herself leaning on the tenets of her favorite bible verse, *Philippians 4:13*. And just like that, God came through again, she says.

Today Boone continues to serve as main anchor of the 5, 6 and 11 p.m. weekday newscasts for News 13, which has earned the distinction of being the #1 station in the market since she came aboard in 1989.

However, in the living room of homes throughout the Pee Dee isn't the only place one can find Boone. She takes time out of her busy schedule to speak to school, civic and church groups. She enjoys participating in events for the Grand Strand Miracle League, American Red Cross and other organizations. She has also volunteered at Burgess Elementary School in Horry County where her children once attended.

In December 2016, she was a special featured guest as the Local Celebrity/Community Hero “Mother Ginger” character in the 2016 Nutcracker production by the Coastal Youth Ballet Theatre. In May 2017, she emceed the Miss Darlington and Miss Darlington Teen Scholarship Pageants.

Through the years, she has been named Best TV Personality by the readers of *The Morning News*, and she's received similar recognition from the *Horry Independent* and the *Sun News* newspapers. She's received the Gold Ribbon Award from the Pee Dee Regional Breastfeeding Coalition; the Television Journalism Award from the S.C. Medical Association; two awards from the S.C. Associated Press Broadcast Awards contest for *Infertility: A Count on Health Special Report*; and has been honored by the Girl Scout Council of the Pee Dee Region in South Carolina as a “Mary Dean Brewer Women of Achievement” recipient.



Nicole and her daughter Livie

She accomplished all of this while rearing two children: one (son) of whom attends Clemson University and the other (daughter) who attends St. James High School in Murrells Inlet.

“I hope that women can see that you can work, have a career and have a family,” says Boone. “Your children will learn from you by seeing mom work.”

Boone says she spent a great deal of time worrying about whether she made the right choice in taking on both career and family. It appears to have been in vain since she is now reaping the benefits of having done both. “I feel really blessed to have two great kids who are healthy, have good minds, and who want to do well,” says Boone. “(I have) good family, a great career, and I am most thankful and humbled by it.”



Nicole and her son Mac

Boone says she isn't taking anything for granted. “We're not guaranteed anything in life,” she says. “I won't stop working until it's time, and I will continue doing what brings good to those around me.”



# WOMEN'S HISTORY MONTH

## DORIS LOCKHART: BIG COMES IN AN A-CUTE PACKAGE *by Angela Crosland*



*Doris Lockhart*

It's as if the Pee Dee Region has birthed its own shark in the person of tough, obstinate, four-foot, 11-inch tall Doris Lockhart--a shark in the best sense of the word. The critically acclaimed, entrepreneurial-themed reality show Shark Tank underscores the savvy of successful business people who live to be an inspiration for others to dream bigger.

This owner of Randstad franchise, Accustaff (a temporary staffing service in Florence and Conway) and co-owner of MiLadies 182

Boutique, a women's clothier shop in Florence, is a former long-time school board member, community activist, and the youngest sibling of national gospel recording artists, the Sensational Brown Brothers.

"I just believe everybody should have the opportunities I've had," says Lockhart. "I'm concerned about where we are as a people and a community and how we can help one another."

That inclination to serve others came early in life. It had a lot to do with growing up the youngest of 13, being reared with a host of nieces and nephews and having parents that were God-fearing disciplinarians. Though she was the youngest of the 13, Lockhart was expected to lead the charge in carrying out the household duties. That's where it all began.



*Doris with co-owners of Mi-Ladies, Mrs. Lowery & Mrs. Alexander*

"Coming from a big family, it is not uncommon to have a desire to help others. (It's) one of the things I live and breathe on," says Lockhart. "As a child, my mother instilled in me to be in charge of doing things, cooking and making sure the dishes were done."

Many dishes later and ever since, Lockhart has been

in charge. She's been owner of Accustaff for the past 33 years. Her footprint in the community is a big one as well. She serves on the Advisory Board of BB&T Bank and the Florence County Planning Commission. She served on the Board of Trustees of Florence School District One as the secretary, vice chair, and two terms as the chair. Lockhart served on the Board of Directors of the Greater Florence Chamber of Commerce as the vice chair of the Small & Minority Business Division. As a result of her leadership, programs like the



*Doris with daughter Natalie & grandson Brandon*

for the good of the community and others.

"I'm just not afraid to try new challenges, even building relationships with total strangers," says Lockhart. "It takes that, it takes courage to even seek out advice, ask questions and try even if you don't succeed."

Failing is all a part of succeeding, intimates Lockhart.

"Don't let that be a stumbling block but a learning tool," she says.

In all that she has encountered, it is her faith that she will make it through that keeps her plowing forward.

Forward as a member of the following organizations: McLeod Fellows, Florence Alumnae Chapter of Delta Sigma Theta Sorority,



*Owner of Accustaff*

Inc., Florence Bethune Section of the National Council of Negro Women, Success Seekers Investment Group, Mary Perkins Chapter # 292, Order of Eastern Stars and The Savannah Grove Community Action League.

She advises that it is also okay to look back on what one has been able to accomplish with the support of family and others. Lockhart was named the 2016 Entrepreneur of the Year by Florence Darlington Technical College; inducted into

the 2014 Hall of Fame of Wilson High School; named the 2004 South Carolina Women in Business Advocate of the Year by the S.C. Chamber of Commerce and the U.S. Small Business Administration; named the Small Business Person of the Year by the Florence Chamber of Commerce; received appreciation by the U.S. Congressional Black Caucus Educational Think Tank in 2002; named Woman of the Year by Zeta Phi Beta Sorority, Inc.; African American Women Making A Difference by Alpha Kappa Alpha Sorority, Inc.; and honored as the only African American Female in Temporary Staffing for Temps & Company by Franchising for Women in Atlanta, Ga.

Through her service, Lockhart says that it is her desire to first be an example of a Christ-like individual by her actions, to be a blessing to others as God has blessed her and serve others so that they too can achieve their purpose in life.

Lockhart is the daughter of the Late Arthur and Alice Brown and is married to Nathaniel Lockhart. Their daughter Natalie and grandson Brandon Nathaniel live in Raleigh, N.C.



*Doris with husband Nathaniel*

Women's History Month

Women of Character  
Courage & Commitment

# WOMEN'S HISTORY MONTH

## LOCAL WOMAN BLAZES TRAIL OF SERVICE FROM COAST TO COAST Articles by Tu'Meeka Epps



Jacquelyn James Slayton

Hartsville, Slayton is a product of the Darlington County community, which she now serves.

As executive director, Slayton has the responsibility for the day-to-day management and oversight of all agency operations including program administration, consistent with applicable federal and state (funding source) requirements and budget development and implementation. Slayton is responsible for employment and administrative policy development as well as implementation, staff development, strategic planning, capacity building, marketing and community outreach and collaborating with other public and private organizations to enhance efficiency and effectiveness of the agency's programs.

A native of Society Hill, Slayton is the ninth of 10 children, all of whom graduated college (nine) or trade school (one). She received her bachelor of science degree from South Carolina State University with first honors and was recruited into a career of federal service, holding management positions including with the U.S. Federal Labor Relations Authority in the nation's capital as assistant regional director. From there, she excelled as the deputy to the assistant general counsel for the U.S. National Labor Relations Board. Before leaving Washington, D.C., she would become the director of Field Management Programs for the U.S. Equal Employment Opportunity Commission and rounded out the tour of the nation's capital as office director for the U.S. Department of Housing and Urban Development (HUD) where she was awarded the Hammer Award by Vice President Al Gore for achieving the highest level of efficiency in a federal grant program before accepting the assignment to manage HUD's largest field office in Los Angeles, Calif.



Jacquelyn and Mayor Darnell Byrd-McPherson

Being a visionary requires one to be proactive instead of solely reactive. With the support of strong, God-fearing parents who understood the importance of integrity and hard work, Slayton's humble beginnings only served as a catalyst for propelling her to higher levels of achievement. As a result, she has been able to use her experiences, God-given abilities and prowess to create professional opportunities, which continue to catapult her to the head of her profession. From the nation's capital, to the West Coast and back to her hometown of Society Hill, Slayton has blazed a trail of service. Being a visionary has allowed her to visualize and accomplish what others often are unable to. As such, she consistently demonstrates the ability to both see what needs to be done and to actually get it done through original ideas, imagination, commitment, dedication and a strong work ethic.

**SOCIETY HILL** - This year's theme for Women's History Month is "Visionary Women: Champions of Peace & Nonviolence." In taking on the task of educating others about key figures from history, we must also educate them about key figures that are currently paving the way for others. One such trailblazer carrying the mantle and etching out her own lane for women's history is Jacquelyn James Slayton. Currently, the executive director for Darlington County Community Action Agency in

Yet, Slayton continues to write her story. The chapter of executive director for Darlington County Community Action Agency has been in the making since January 2016. The mission of the agency is aligned with the vision Slayton has for the community: to eliminate the causes of poverty through partnerships and programs which will help improve the standard of living of low income individuals and families. The agency administers Darlington County's Head Start program and provides assistance with home energy (heat and cooling) bills, rent and rent deposits, homeless supportive services, senior citizen and youth employment programs, among others, all of which are aimed to support the citizens of the County who are most in need.

Slayton, mother of a daughter, Tia, and grandson, Ethan, currently resides in Society Hill where she spends down time from serving the citizens of Darlington County gardening, reading and spending time with her pups, Rexie and Shadow. Slayton exhibits a heart of service and strives to positively influence others toward a similar goal.

## CHOSEN BY HER PROFESSION



Denise Chavis

**HARTSVILLE** - Madame C.J. Walker once said, "There is no royal flower-strewn path to success. And if there is, I have not found it, for if I have accomplished anything in life it is because I have been willing to work hard."

There are countless extraordinary women who, through their hard work, are making formidable accomplishments in their professional field. The town of Hartsville has one such woman: Denise Chavis. Chavis has been working hard in the legal field since 1992

because she knows the path to success is a brief coast down a whole lot of hills and a hard climb up some rough sides of the mountains.

Chavis began her legal career as a receptionist. Being in a fast paced environment where the employees work hard to distinguish their firm from others in such a competitive field seemed to be a fitting place for Chavis.

"I didn't choose this profession so much as it chose me. I started out as a temp to help a friend although I had no real interest in the law. What drew me in was the capacity to serve someone at what could possibly be the very lowest point in their life and make a difference to forever impact their future. More often than not, people seek the services of a law firm out of necessity, not choice."

Born in Florence and raised in Hartsville from the age of seven, Chavis' roots are deeply rooted in her community. In 1994 she secured a position working for Senator Malloy at Saleeby & Cox, P.A., and from that experience she joined him in the opening of his own practice, The Malloy Law Firm, where she currently serves as the office manager.

Chavis has been employed with Senator Malloy for 24 years. "His compassion for people spoke to me, and I knew that was where I belonged." One of Malloy's favorite quotes that Chavis has adopted into her everyday life is: "Whatever you did for the least of these brothers and sisters of mine, you did for me." Matthew 25:40

As office manager, Chavis' duties include a myriad of assignments as she oversees the daily operations of the office, ensuring it is running in an efficient and effective manner.

Celebrating women and their accomplishments as well as how they triumph in the face of adversity is necessary, for every time a girl



# WOMEN'S HISTORY MONTH

## CHOSEN BY HER PROFESSION CONT'D



Denise & husband  
Sheriff Tony Chavis

sees a woman achieving great things or displaying resiliency, she is able to see her worth through the works of someone who looks like her.

There are many historical women Chavis has studied and admired. However, her daughters are her biggest inspiration and why she is victorious in the face of adversity. "At 10 years apart, my daughters have witnessed the struggles and triumphs of their working mother. I've instilled in them they are limited only by their own drive and ambition. In 2016, I witnessed them become mothers, overcome their own

struggles, juggle their families and careers, and grieve their own losses. They are strong, compassionate women who make me proud every day, and I hope I make them just as proud."

Chavis is happily married to her husband of the last 25 years, Sheriff Tony Chavis. They have three children--Erica Ayers, Kirsten Chavis and Jackson Chavis--and two grandchildren, Wyatt Ayers and the late Julian Chavis.

## HONDA'S WOMEN'S BRG STEPS UP

Submitted By Paula Lintz (BRG) Chair



Honda's We Step Up Group

**TIMMONSVILLE**--The 2019 theme of Women's History Month is "Visionary Women: Champions of Peace & Nonviolence." This theme is befitting as Honda of South Carolina Mfg., Inc. (HSC) has a group of visionaries whose members serve an imperative role in empowering, mentoring, and educating women in the community, which is what the month of March is all about.

The Honda Powered by Women's Business Resource Group (BRG) at HSC is "We Step Up." Our mission is defined as a team of diverse individuals committed to empowering leadership within ourselves and mentoring others. Through our own unique perspective, we will create opportunities for individuals and community development.

Using four pillars--community, commerce, career and culture--together, we develop activities that will help our BRG meet our mission.

Some of our activities have included supporting the United Week of Caring and sponsoring a table at our Honda Wellness and Benefits fair with information on women's health. Several members from our BRG attended the Hartsville Chamber of Commerce Women's Leadership Symposium. In January we are offering a course on violence awareness called "How to Prevent Yourself From Becoming a Victim."

We Step Up is a diverse group of women from our manufacturing facility, professional support groups, management and different ethnicities. Together, we look forward to what our future will bring to Honda.

## HONORING A WOMAN EXCELLING IN BANKING AND FINANCE *by Ta'Meeka Epps*



Kimberly Johnson

**MANNING** - "God is within her, she will not fail"--Psalms 46:5." She believed she could, so she did"--R.S. Grey. Both of the previous statements are the foundation on which Kimberly Johnson builds her philosophy of life. Born and raised in Manning, she received her B.A. in religious studies and her master's of social work from the University of South Carolina.

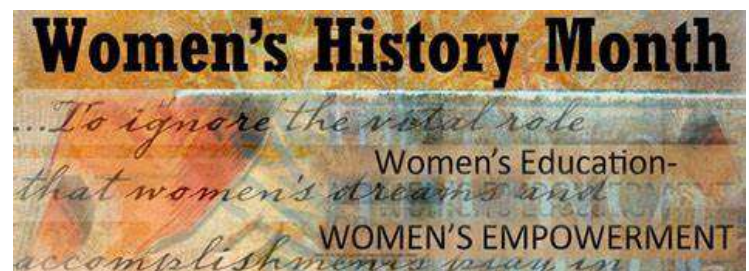
Johnson does not believe in coincidence but divine intervention and knows her story has been unfolding since her high school years. She was an avid basketball player with a defensive mind set. She recalled a trajectory moment from her balling days: "I sprained my ankle, and after being cleared by the doctor to play in the next game, I doubted the stability of my ankle and allowed weaker offensive players to dribble past me. During a timeout, Coach told me I could do a better job cheering for my teammates from the bench, and I needed to decide if I would return to the game or ride the bench. I went back in the game and had one of my best games defensively and offensively. I realized that day, if I choose to do something I must commit. I need to give it my all, at all times, or simply ride the bench. No one likes riding the bench, so I choose to give my all in life!"

The professional plan that led to her current career wasn't planned but merely a part of divine intervention. "During my freshman year of high school, my dad strongly advised my brother and I to enroll in the JROTC Program. We both fell in love and enrolled every year of high school. I received 2 partial scholarships to college and decided to enlist in the military with the Army College Fund option. After completing my first term, I reenlisted and joined the National Guard so I could attend college full time. After an injury ended my military service, I enrolled in graduate school."

In 2007, Johnson accepted a position with Bank of Clarendon, and she now serves as the director of marketing and community development. As the community development officer, she serves as the primary liaison between the bank and the community as well as serves on numerous boards representing the bank.

Johnson uses her platform to educate the community on the importance of savings and credit. Bank of Clarendon hosts various seminars for schools (both public and private) and churches within the community. At career fairs she discusses the various opportunities of a viable banking career, specifically community banking. The finance and banking field is wide open, and young girls need to be exposed to women excelling in the field.

Kimberly Johnson enjoys reading a good book and being in the company of her elders to decompress and reenergize so she is able to continue to serve in her purpose.



# WOMEN'S HISTORY MONTH

## PUTTING A STOP TO FAKE NEWS IN THE PEE DEE *by Jennifer Robinson*



Tonya Brown

**BENNETTSVILLE** - Reporting about societal issues in an era of “fake news” meets with several challenges. Good reporting involves reporting on things that are tragic and report of things that help improve communities, the good and the bad. In the Pee Dee area, one reporter who has made a difference not only in journalism but also in the community is Tonya Brown. Born in Bennettsville, Brown said that her inspiration to be a journalist came from observing her aunt, UVE Brown Washington, who was a journalist in the 80s. Brown said that her aunt gave a powerful speech at a graduation when she was younger and that she was memorized not only by her aunt’s career but by her love for her community. She stated that her aunt

chose to do a news series on single parents and how they raised children in the ‘80s versus in the ‘60s and ‘70s. Brown remembers watching Uve Brown Washington putting that series together, and it instilled in her to be more community involved. Much like her aunt, Brown uses her media platform to ensure people are made aware of important “hot button” issues.

“Stories that may seem insignificant to many are significant to those impacted. I try to find those stories and hope it makes a difference in the community. I cover 11 counties in North and South Carolina, and it is important that people know what is occurring around them.”

Though she does not lead efforts to end wars, Brown does report what is happening with our community and surrounding regions. Her promotion of ending injustices and changing society is shown in her work during her broadcasts on WPDE News 15. What Brown does is to provide resources and highlight how people can use those resources to have a better way of life. Her life outside of journalism includes church activities, but her key community service is with youth. Brown states that even though her career is very demanding, she works to make time to stay involved with the youth in her community.

Even in the age of social media, Brown continues to be relevant. When asked about longevity in journalism, she was honest about her concerns. She states that in this age of social media and other technological advances, she had to learn to keep up. She says that when she first started as a reporter, news was reported at 6 pm. Now news is reported as soon as it occurs. She is still first on the scene with

most news stories and continues to have a pulse on the community. Tonya Brown is a general assignment reporter at WPDE News Channel 15. She attended Morris College and received a Bachelor of Arts degree in Communications. Tonya is a native of Bennettsville and grew up watching News Channel 15. She remembers almost all the past reporters and anchors. When Brown isn’t meeting deadlines, she’s speaking to community groups and churches. She has been reporting stories out of the Pee Dee for nearly 20 years. Tonya has covered hurricanes, tornados and a major ice storm. She lives in the Pee Dee with her husband. She looks forward to continuing to tell the stories of the Pee Dee.

## FARRAH TURNER: FALLEN BUT NEVER TO BE FORGOTTEN

*by Jennifer Robinson*



Farrah Turner

**LAKE CITY** - Women’s History Month in March is an ideal time to celebrate the character, courage, and commitment of women throughout history. The important role women have played in shaping our nation and the world can often be overlooked, whether in the fields of science, politics, environment, law, the arts or others. Therefore, we need to educate our young and old, alike, about key historical figures, milestones, and motivational messages so they can remember those who paved the way. This year we honor women who have led efforts to end war, violence, and injustice and pioneered the use of nonviolence to change society.

We at Diversity Works Magazine© thought it fitting to honor our local hero, Investigator Farrah Turner, who died doing what she loved—serving the people of Florence County and getting justice for those who could not fight for themselves.

166. When you hear those numbers in the Pee Dee area, they are very well known and will never be forgotten. Those numbers belonged to Turner. Turner left this life on Oct. 22, 2018 as a result of injuries sustained during an ambush in Florence on Oct. 3.

Turner was an investigator with the Florene County Sheriff’s Office for 12 years, receiving the Investigator of the Year award in 2016. She provided security for schools, churches and businesses throughout the area and was loved dearly. She had a special place in her heart for youth and was very active with many local youth serving organizations. In April 2018, she extended her reach of community service by joining Delta Sigma Theta Sorority, Inc. being affectionately called “Two Tall” due to her line standing and her larger-than-life personality.

A fighter until the end, Turner left behind an impressionable legacy that many people will mimic for years to come. We salute Investigator Farrah Burdette Godwin Turner.



## THE PURSUIT OF ENGINEERING

Articles by Ta'Meeka Epps



Stuart Feltham

Engineer's week is a time to celebrate how engineers make a difference in our world, increase public dialogue about the need for engineers, and bring engineering to life for kids, educators and parents. Engineers, companies, schools, colleges, libraries and groups across the country are needed to get involved and help spark enthusiasm about the engineering profession among young people.

The field of engineering requires skilled workers to creatively apply principles based in scientific, mathematical, technological and social methodologies. Engineers are professionals who invent, design, analyze and build while testing machines, systems, structures and materials to fulfill objectives and requirements while considering the limitations imposed by practicality, regulation/procedures, safety and cost.

Stuart Feltham, engineering general manager with GE Healthcare in Florence, has nearly 20 years of professional experience designing, developing and analyzing various components for health care equipment before he segued smoothly into project management and functional management.

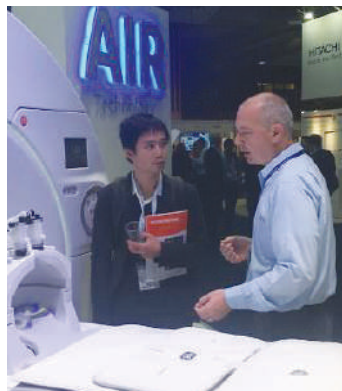
As the engineering GM, Feltham has full strategic, functional, design and budgetary responsibility for the superconducting magnet and gradient coil components that GE Healthcare MR uses in its magnetic resonance imaging (MRI) machines. His role is to deliver the best components possible for GE's customers and the business, understanding what's needed, what's possible and ensuring the team has all the tools and information they need to deliver on their commitments.

Born in Salisbury, Wiltshire, England, Feltham joined a small UK-based company 20 years ago that made magnets for MRI scanners. The company was acquired by Siemens. Feltham later joined GE Healthcare in the UK before relocating to Florence eight years ago, and he has spent the last four serving in his current capacity.

Feltham's pursuit of engineering grew from a desire to understand, "I found math and science made more sense to me than other subjects at school. I was naturally drawn in that direction. I like to understand how things work and challenge myself to solve problems. The hardest problems and toughest tasks always end up being the most rewarding."

As an engineer, it is the duty of those passionate about the field to share their enthusiasm while shining the light on the many possibilities the field has to offer. Feltham described his team's enthusiasm best as it relates to them designing the components of a

MRI: "We all love what we do, so it's really not hard to describe with passion and clarity. We deal with one of the few macroscopic examples of quantum mechanics, superconductivity (superconductors are materials that have no resistance) that only work if they're cooled to very low temperatures--very close to the temperature of outer space. We get temperatures that low using liquid helium. It's almost impossible to keep it in liquid form as the slightest injection



of heat will turn it to a gas. We generate magnetic fields 30,000 times the size of the Earth's magnetic field, measure accelerations ~500 times the acceleration due to gravity, apply ~1000 Amps in and out of a gradient coil ~1000 times a second. These technologies are essential for magnetic resonance imaging that scans 30 million patients a year in the USA alone!"

An MRI is the enabler for the detection and care of many significant diseases and life changing ailments and the same piece of medical equipment Feltham applied for a position as a magnet design engineer 20 years ago. "I didn't really know much about MRI when I applied. I knew (high level what it did), but I had no appreciation for the complexity of the hardware or software required to generate images. I genuinely believe that it's as complex as rocket science, and far more rewarding as there's a tangible benefit to the lives of patients that use our equipment."

The engineering field continues to expand at an accelerated rate, yet many positions remain vacant. The challenge becomes motivating the current student population (elementary through post secondary) to look at the field of engineering as a viable career choice and exposing them to rigorous curriculum through STEM.

Feltham believes, "Finding what drives the passion and desire of the younger generations and making them feel the relevance in what they are learning will make them want to spend their time learning. Industry needs to help, but the framework needs to be embedded by the education system. I need highly skilled and capable engineers (~50% of the team have a master's or PhD) to stay at the cutting edge in this fast moving field. I have no doubt that the local talent exists. We just need to work together to encourage them into the right areas of study."

Stuart Feltham currently resides in Florence with his wife and two children, ages 11 and 3. His favorite activities are spending time with his family, watching his daughter horseback ride, chasing his 3-year-old son and cycling.

## SWAHLSTEDT CONTINUES A LEGACY



Stephanie Swahlstedt

Stephanie Swahlstedt from Peoria, Ill. is a design engineer at GE Healthcare. As a design engineer, she provides support to a variety of projects throughout the design and development phase, makes calculations and prepares plans for projects, and oversees and provides reports on progress and issues that arise during the project lifecycle.

Swahlstedt was raised by engineers. Her mother retired early from her career as a mechanical engineer to stay home and raise Swahlstedt and her two brothers. Her father retired from Caterpillar, also as a mechanical engineer.

Swahlstedt received her bachelor's degree in mechanical engineering with a biomedical concentration from Bradley University. During the summer of her sophomore year, she was involved in a research group that used MEMS for drug discovery.

There are a myriad of options when it comes to the different engineering fields and career options available to skilled and educated engineers. Every single day the public makes use of infrastructure and amenities that are the work of engineers. From magnets used in MRI imaging equipment to computer processors and even logistics to safely and efficiently transport natural gas, the reach of engineers is vast.

As a design engineer for GE Healthcare, Swahlstedt models and

# Appreciating Our Engineers

## SWAHLSTEDT CONT'D



Stephanie Swahlstedt

creates drawings in Creo (a computer aided design package), then creates the assembly bill of materials (BOMs--engineering talk for parts list), and finally she is able to get her hands dirty building prototypes of the models.

Swahlstedt was a designer for the Integration and Test team working on

MRIs where she was responsible for making sure components fit within their real estate. She has been a design engineer with GE Healthcare for three years, gaining experience ordering/tracking parts and writing the instructions needed to build the prototypes. She recently moved to the gradient coil team gaining experience designing gradient coils.

“Having an interest in how things work and growing up in a family full of engineers seemed like it was meant to be. I never saw myself doing anything else. Engineering allows me to tap into my creative side, by prototyping and performing root cause analysis.”

Swahlstedt’s journey to becoming an engineer started at home, and she uses her experience to expose students to the dynamic field of engineering. “When talking with students about the work engineers create, it is always easier to explain in terms which they can relate. Being able to adjust the information into a form you or your audience can understand helps set the stage for effective dialogue.”

Engineering students are more motivated when they can relate their course content to real world examples and problems. It provides students concrete examples to see how a theory or concept can be put into application in real life situations, and it gives students the potential to recognize how an engineer can affect human lives and help build society.

For Swahlstedt the reward comes from knowing the kind of impact she has on the lives of everyone who benefits from the use of a MRI. “I don’t need to know the details, but just knowing the MRI machines we make are able to transform someone’s life and being able to be amid the new advances we are generating is an awesome feeling.”

Stephanie Swahlstedt lives in Florence with her fiancé whom she met at Bradley University. They have two dogs that keep them on their toes. Swahlstedt enjoys working out, volunteering at a local horse farm, reading mystery novels and wood turning projects.



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## PAULA BRYANT: MORE THAN TYPICAL by Mallory Brayboy



Paula Bryant

Paula Bryant isn't your typical engineer. Not only is she female, she is also African-American. Despite being an outlier in her industry, Bryant has excelled and continues to enjoy a fulfilling career. Her career has spanned across the southeast and has even taken her to Mexico, but it all began in Hartford, Conn. with positive familial influences and a broad educational system.

"My mom was an avid reader. My first lesson came from her. She really expressed to us how knowledge is power and independence," explains Bryant.

Bryant and her siblings held on to this strong philosophy taught to them. After receiving private Catholic schooling throughout her childhood, Bryant decided to veer in another direction for high school. She enrolled in A.I. Prince Technical School in her hometown. There, freshmen were sent through "exploratory" for six months, where they alternated weekly between regular classes and exploring a particular trade. At the end of that period, the students would choose a trade to focus on during the duration of their education. Those trades included several different disciplines such as plumbing, carpentry, auto mechanics, fashion design and culinary arts. "I chose machine drafting, where you're drawing machine parts," says Bryant.

After high school, she followed the path of her older sister and attended college. Bryant obtained a liberal arts degree from Hartford College for Women, a private college in the state. Afterwards, she began working for United Technologies Research Center in East Hartford, Conn. where over 50 percent of employees hold a PhD. "A lot of development of new ideas took place. It was fun being around all that technology and science. Being in that atmosphere sparked me to continue my education," says Bryant.

She went on to earn her M.A. in mechanical engineering from the University of Hartford. During her senior year at the University, Bryant was approached by a gentleman from Otis Elevator of Farmington, Conn. after presenting her senior project. He encouraged her to interview with the company. Unbeknownst to him, Bryant had previously been employed with United Technologies Research Center, which shares the parent company United Technology with Otis Elevator. Upon viewing her resume, the interviewers were excited to learn that she had previously worked for a subsidiary. She began working with Otis Elevator a month after graduation.



Paula the Thinker

Bryant stressed the broadness of the engineering industry and gave us a peek into the field while describing her various roles. In her initial position, she worked on sound, vibration mitigation and treatment for the elevator. "A lot of people don't realize, but there is actually a lot of requirements for how loud we design--how much outside noise comes in the elevator when you're riding it, and also the movement you feel. A lot of effort and research is put into making sure that the ride is smooth, quick, and comfortable," explains Bryant.

Engineers place microphones and accelerometers in and on the car of the elevator to make sure they are under certain decibel levels and under certain milligrams of vibration level.

She later delved into the aesthetics side of engineering, focusing on the interior design. "I went back and forth because our factory was in Mexico at the time. I went from there to working on the composites

of the interior walls of the elevator," says Bryant.

This new process involved her working to reduce the carbon footprint by ensuring elevators were Leadership in Energy and Environmental Design (LEED) certified. LEED is the most widely used green building rating system in the world. Bryant selected adhesives and various composites to create the wood panels and also completed burn tests to make sure the VOCs were below a certain level. "You see how simple something is, and you don't realize how much goes into it," expresses Bryant, who has worked in an array of areas down to the systems integration team (SIT) that involved integrating the manufacture of products at a less expensive cost.

Bryant was fortunate to, at an early age, be introduced to an industry that would hold her passion for years to come. "I think the most fascinating thing about engineering is that even after a 20-year career you learn something new everyday if you allow yourself to," she says. "For me, it was enjoyable going through the actual school and learning engineering and learning physics. It was a fun four years of learning about how things work--learning about the laws of nature and Newton's three laws of physics."

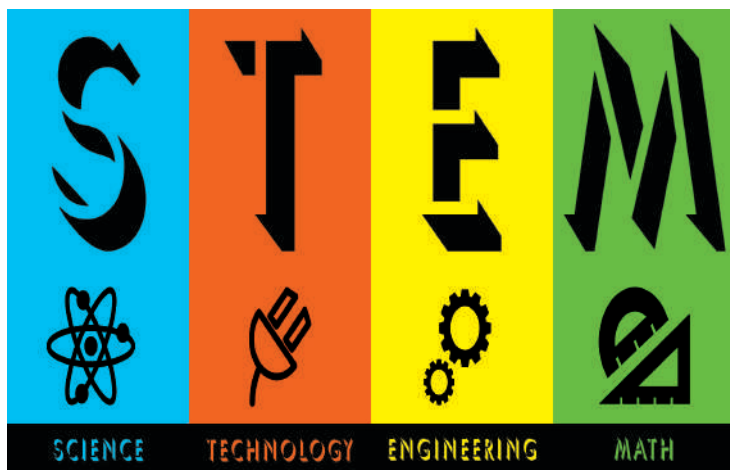


Bryant with Lamar Elementary at a First robotics Competition

Bryant says engineering is a rewarding field for anyone to be in. She notes that African-Americans and females are both underrepresented and recommends others enter the field. She encourages anyone interested in pursuing engineering to focus on mathematics and the sciences, maintain good grades, become well-rounded by joining clubs that encourage teamwork, and develop your presentation skills.

"It definitely was a challenge being the only female in class and for many years of my career being the only African-American and the only woman as well," says Bryant.

Instead of letting these demographics deter her success, Bryant fueled her confidence by viewing herself as an extraordinary exception. She has recently relocated to Tennessee and is employed with a different company under United Technology. She has been with the company for 31 years.



## MILITARY FAMILIES OFTEN NEED EXTRA FINANCIAL PROTECTION



As a member of the military, you've dedicated your career to protecting and serving others.

You've also accepted the risks that often accompany your trade. But have you thought about what would happen to your loved ones if something tragic—whether it was in the line of duty

or not—suddenly took you away? How long could your family make ends meet without your income to support them?

You know how important protection can be. While you may have helmets and armor to protect you, life insurance may be the only financial safeguard your family has in case you pass away. That's because life insurance pays a death benefit that your loved ones can use to fund your children's education, retire a mortgage, or to help meet day-to-day expenses. What's more, permanent life insurance policies offer living benefits—such as cash value accumulation—that you can use to pay for unexpected repairs or medical expenses.<sup>1</sup>

Do you have enough coverage, and is it the right kind? Even if you have life insurance through the military, it may not be enough to meet your family's current and future needs. There's also a good chance that your coverage will expire if you leave the service or are no longer on active duty. To find out if your loved ones are adequately protected, ask yourself some basic questions:

- How much is your monthly household income?
- What are your total monthly expenses?
- How much do you have in available savings?
- Do you foresee any significant financial obligations in the future: college, wedding, or car purchases?
- How much life insurance do you currently have?

If you find that your current level of coverage won't meet all of your family's needs, now may be the best time to do something about it. Since life insurance premiums are based partially on age, you will generally pay less for coverage when you act sooner. Of course, there are lots of policies to choose from, so you may want to work with a life insurance professional to make sure you get the right coverage for the right price. That way, you can help make sure that your family's future is as securely protected as our nation's.

<sup>1</sup>The cash value in a permanent life insurance policy is accessed through policy loans, which accrue interest and decrease the death benefit and cash value.

This educational, third-party article is provided as a courtesy by Julie A Cord, Agent, New York Life Insurance Company. To learn more about the information or topics discussed, please contact Julie A Cord at 317.289.3010 or [jacord@ft.newyorklife.com](mailto:jacord@ft.newyorklife.com).



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## ABB CONWAY CHURCH STREET PROMOTES MASLICH

Articles submitted by Susan Grant, V.P. Marketing Director/CRA Officer



Marie Maslich

**CONWAY** - Anderson Brothers Bank announces the promotion of Marie Maslich to branch operations coordinator/customer service representative of the Conway Church Street office. Maslich joined Anderson Brothers Bank in January of last year at our Conway Church Street Office, went on to be promoted as the Branch Operations Coordinator at the Conway Main office and is transferring back to the Conway Church Street office. She has been a great asset to Anderson Brothers Bank and our customers. Maslich will assist customers with

a full array of financial products and services including consumer deposits along with the day-to-day administrative and supervisory support of the Conway Church Street office.

“Marie is a talented, hands-on banker, and her strengths and experience have proved to be invaluable as we continue to grow in The Horry County Region,” said Richard Carroll, VP Conway City Executive with Anderson Brothers Bank. “She has an enthusiastic desire to contribute to the continued growth of the bank and has consistently demonstrated outstanding customer service. Marie is focused on strengthening our customer relationships and committed to community involvement while representing our bank and working closely with our customers.”

## ABB CONWAY MAIN PROMOTES HEARL



Harriet Hearl

**CONWAY**-Anderson Brothers Bank announces the promotion of Harriet Hearl to branch operations coordinator of the Conway Main Street Office. Hearl has worked for Anderson Brothers Bank 6 of her 14 years in the banking industry. As branch operations coordinator, she will continue to assist customers with a full array of financial products and services including commercial and consumer deposits. In addition, she will provide administrative and supervisory support within the branch.

“Harriet is a true definition of a team leader.

She leads by example in doing all that she can to assist the customers of ABB in and out of the office which has proved to be invaluable as we continue to grow in the Horry County Region,” said Richard Carroll, VP Conway City Executive with Anderson Brothers Bank. “Harriet does a

fantastic job staying committed to strengthening customer relationships along with being involved in the community while representing our bank.”

### About Anderson Brothers Bank

Anderson Brothers Bank is a full service community bank offering a complete range of competitive loan services and deposit products. Founded in 1933, this family-owned bank blends the elements of traditional personal service, local market awareness, and advanced technology to meet the financial needs of its customers.

Anderson Brothers Bank offers 23 branches conveniently located in 16 communities throughout the Pee Dee, Coastal and Low Country regions of South Carolina. The bank’s main office is located at 101 North Main Street, P.O. Box 310 in Mullins, South Carolina. For additional information about Anderson Brothers Bank, call (843) 464-6271 or visit [ABBank.com](http://ABBank.com).

For More Information, Contact Susan Grant, Anderson Brothers Bank (843-464-3551) [susang@abbank.com](mailto:susang@abbank.com).

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## 7 TIPS ON HOW TO STICK TO YOUR RESOLUTIONS

Submitted By Rachel Baggett, Director of Marketing & Initiatives for the United Way of Florence County



Through our Burn and Learn Initiative, the United Way of Florence County is helping to educate individuals in the Pee Dee on how to live healthier lives through fitness and nutrition. Now that we are in 2019, many people might be looking to improve their health this year through New Year's resolutions. Making resolutions is easy, but keeping them can be a lot harder. If you have made any healthy resolutions for 2019,

check out our seven tips below on how to stick to them.

**1. Pick Specific & Realistic Resolutions** – One of the most common reasons people have trouble sticking to their resolutions is because they make resolutions that are too vague. “Lose weight” is a good goal to have, but does that mean one pound or ten? Another common mistake is making unrealistic goals. If you did not go to the gym at all in 2018, it would be unrealistic to assume you could follow a resolution of going to the gym every day in January 2019. When you make your resolutions, make sure you are first putting a specific goal with it (such as cook a healthy meal at home once a week), and that second, it is something that will challenge you, but not be impossible to achieve.

**2. Plan Ahead** – Now that you have your resolutions, the best way to guarantee success is to go into the new year with a plan that includes steps and actions that you are going to take to complete your resolutions. For example, if you want to eat healthier, your first step could be to talk to your doctor or a nutritionist about different ways you can improve your diet. Then, you can start collecting healthy recipes to make and clean out any junk food that might tempt you from your house. Another step could be to go shopping for healthy items and then make your first healthier meal. The more you set yourself up for success, the more likely you are to actually succeed.

**3. Pick A Start Date** - Whether it is January 1 or some other date, you need to decide when you will actually start making changes. For example, if you want to start going to the gym, are you going to start today or next Saturday? Having a set date to start helps ensure that you actually DO start versus being able to keep putting things off. When you go to pick your start date, you want to try to start as soon as you can, but you also want to give yourself enough time to get your plan together from Step #2.



**4. Post Reminders** - A typical excuse that comes up when trying to keep a new habit is being forgetful. “I forgot I was supposed to go to the gym today” or “I forgot that I was supposed to be drinking more water.” To combat any chances of forgetting, write your resolutions down and put them in places you will frequently

see them. For example, if you are eating healthier, put your resolution on your fridge or pantry door so you see it every time you make a meal. If you are trying to increase the amount of water you drink, set alarms on your phone to remind you to drink such much water every hour. The more that you are reminded about your resolutions and the more they are on your mind, the more likely you are to stick with them.

**5. Share Your Goals** - Along with keeping yourself accountable, you can also create more accountability by telling your friends and family about your resolutions. By doing this, you will not

only have someone else there to make sure you are staying on track, but they can also help motivate you. For example, if you tell your friends you are trying to eat at home more often, maybe they will suggest having a dinner party instead of going out to a restaurant. You may even find out that someone you know has a similar resolution, and you two can support each other.

**6. Accept Failure** - Nobody is perfect, and try as you might, but there are going to be occasions where you mess up on one of your resolutions. And that is perfectly okay. If you go into this thinking you are going to stay on track 100 percent, you will just end off feeling down on yourself when something inevitably comes up that derails you. Then, the more you get down on yourself, the more likely you are to just throw in the towel on your resolutions completely and give up. Before you even start, come to terms with the fact that there are going to be days where you are not going to be able to follow your resolution and that it is okay as long as you pick yourself back up and get back at it the next day.

**7. Reward Yourself** - While there are plenty of rewards to living healthier (longer life, improved confidence, less doctor bills, etc.), many of those do not come until you complete your resolution or maybe even longer after that. Before you start, come up with small rewards you can give yourself when you reach a certain point or milestone. For example, if you went to the gym every time you were supposed to in the month of March, reward yourself with a massage or an afternoon of binge-watching your favorite reality show. Or, if your resolution is to lose 20 pounds by the end of the year, do something special for every pound you lose. Giving yourself small rewards will help to motivate you in the short-term while you work towards the long-term goal.



If you have healthy resolutions for 2019 and need some extra help staying on track, you may benefit from joining the Florence's Biggest Loser program. Through partnerships with the McLeod Health and Fitness Center and the Morning News, the Florence's Biggest Loser

program provides fitness, nutrition, accountability and other fun activities over the course of ten weeks to individuals that want to lose weight and/or make healthy lifestyle changes.

Contestants who register for Florence's Biggest Loser will receive:

- Free membership to McLeod Health & Fitness Center for the duration of their participation in the contest.
- Fitness training sessions with McLeod Health & Fitness Center certified trainers.
- Nutrition counseling from registered dietitians and nutritionists.
- Additional nutrition and active events throughout the competition, such as kayaking, volleyball and soccer.
- The chance to win over \$1,000 in cash and prizes.
- And, most importantly, accountability measures that will help you stick to your goals.

To register, go online to [www.burnandlearnflorence.com](http://www.burnandlearnflorence.com), or stop by the United Way office located at 1621 West Palmetto Street in Florence. Registration costs \$185 and can be paid by cash, check or card. Spots are first come, first serve, and registration will close on January 15 or when all 60 contestant spots are filled. For any questions or concerns, please call 843-662-2047, or email [rbaggett@uwflorence.org](mailto:rbaggett@uwflorence.org).



# LEARN HOW GENESIS WORKS TO IMPROVE COMMUNITY HEALTH

## ABOUT US

**DARLINGTON** - Genesis Health Care is a nonprofit Federally Qualified Health Center (FQHC) healthcare provider. We have locations in Darlington, Olanta, Florence and Lamar, all servicing the Pee Dee area. We also have our Walterboro Family Care Center servicing the Walterboro area. We are deeply rooted in these communities and committed to improving their health through prevention, early intervention, rehabilitation and education.

We even have programs that focus on detecting and managing any chronic pains, chronic illnesses and chronic ailments you have, providing you with the care that allows you to live a happier and healthier daily life. We also make sure to take full advantage of our FQHC title and reach out our helpful arms to the community in ways many other healthcare providers cannot.

Genesis has the ability to provide quality healthcare at affordable prices. We accept many different insurances, including Medicaid and Medicare, or even no health insurance at all. With these benefits, we focus on improving the health of your community, our community.

Genesis provides a variety of services including, but not limited to:

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Genesis isn't your regular doctor's or physician's office. We do, like any other doctor's office, have licensed physicians, physician assistants and nurse practitioners that provide our patients with the highest quality care service, and preventive healthcare. But what makes us different is that as a community health center, Genesis Health Care has the ability to go beyond that and take additional steps to help improve the health of our community.

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## NURSE OF THE YEAR 2018 WINNER

Articles submitted by Jana E. Pye, Director of Marketing and Public Relations



Kimberly Prescott, RN is the winner of the Nurse of the Year 2018 for Nursing Excellence for Carolina Pines Regional Medical Center.

**HARTSVILLE-** Kimberly Prescott, RN, of the Medical/Surgical Department at Carolina Pines Regional Medical Center was named the Nurse of the Year for 2018. The award is chosen from the four winners of each year that are nominated by hospital staff, patients and family members that wish to recognize exceptional nurses each quarter.

“Carolina Pines awards the nurses of distinction with the national Daisy Award each quarter,” shared Christy Moody, chief nursing officer. “Kimberly is an excellent RN who provides exemplary service to her patients. She is compassionate, patient, and

very knowledgeable. She treats her patients and their families as if they were her own – and Kimberly has been known to go out of her way to care for her patients.”

In her nomination form, Prescott was described as “a rainbow on a cloudy day” by a recent family member of a patient. It also stated that she is “a professional and shows her love for the job – you can tell that she truly has nursing in her heart.”

Prescott began her medical career as a med tech/caregiver with the Kershaw County Board of Disabilities in Camden until 2010 and worked as a CNA at Kershaw Health for six years. She is a graduate of North Central High School and received her associate degree in Nursing from Fortis College in Columbia in 2015. She has been an RN since September of 2016 and began working at Carolina Pines Regional Medical Center in November of 2016.

She is the proud mother of a son, Jaylen, and attends Mill Creek Baptist Church with her family.

## CPRMC MANAGER OF THE YEAR 2018



Shannon Kennedy

Shannon Kennedy, assistant practice administrator of The Medical Group at Carolina Pines Regional Medical Center was named the Manager of the Year for 2018. The award is chosen from the four winners of each year that are nominated by hospital staff that wish to recognize one of their peers as an exceptional manager each quarter.

Kennedy has worked for various departments in The Medical Group for over 14 years and began her career in healthcare in August of 2004 working for Dr. Emmanuel Quaye. She is a graduate of Hartsville High School and Florence-Darlington Technical College.

From her nomination form, Kennedy is described as a very hard-working individual that is actively involved with both The Medical Group clinic offices and the hospital, taking initiative to implement changes to keep each office running smoothly for both physicians and their patients.

“This manager makes you feel important no matter what your job is; she is a very hard worker and is very deserving of this award.”

She and her husband have two young sons and reside in Hartsville. One of her sons participates in the Miracle League in Florence, and she aspires to help bring a similar field to the Darlington County area for special needs children to participate in sports.



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## CPRMC EMPLOYEE OF THE YEAR 2018

Submitted by Jana E. Pye, Director of Marketing and Public Relations



Jeff Steen

**HARTSVILLE** - Jeff Steen, CNA, of the Surgical Unit of Acute Care Services at Carolina Pines Regional Medical Center was named the Nurse of the Year for 2018. The award is chosen from the four winners of each year that are nominated by hospital staff that wish to recognize one of their peers as an exceptional employee each quarter.

Steen graduated from Hartsville High School in 1991 and remains a devoted Hartsville Red Fox fan. He continued his education at Florence Darlington Technical College and graduated with an associate degree in science. He began his career at Carolina Pines Regional Medical Center in September of 2013 as a nurse extern and is continuing his studies to become an RN. From his nomination form, he was described as a kind and soft-spoken person who always greets his co-workers and patients with a smile, and "Jeff leaves you with the feeling that there are still good people in the world."

In addition to his duties at Carolina Pines, Steen is an active member of the community and maintains a second job at Brown-Pennington-Atkins Funeral Home as a funeral assistant, helping family and friends that have lost a loved one. Steen and his wife and two daughters reside in Hartsville.



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# WHERE YOU CAN RECEIVE SUPPORT, COUNSELING, RESOURCES, AND LOVE

by Kim Williams



Selena Tisdale

**KINGSTREE-** In December of 2014, Selena Tisdale found out that she was pregnant. She recalls that time vividly and was so happy with the news, yet scared since she didn't know what to expect in her future. Regardless, she celebrated and anticipated her new baby. Those early months were great. She mainly just worked, ate and slept. As the months passed, Tisdale's baby grew and became increasingly active. So active in fact, the doctors could not

determine if she would be having a girl or a boy. However, on March 31, 2016, she learned that she would indeed be having a boy. She was elated. From that date on, little Eli's mom thought he was having a field day every day because he was just that active.

Tisdale's six month doctor's appointment was scheduled for April 28. Yet on April 24, she began to experience more pressure than usual—cramping, and spotting. Fearful that something might be wrong, she decided to drive from Kingstree to the emergency room at Carolinas Hospital System in Florence. Upon arrival, she was examined and told that she was in labor, already dilated, and that her uterus lining was paper thin. She told the medical staff that she was only 23 weeks and 6 days along. Everyone knew that it was too early for Eli to be born. At this point, the medical staff called McLeod Children's Hospital (NICU) because they were more equipped for micro preemies. The best team came ready to transport Eli after he was born. The doctors and nurses exhausted all measures as they tried to stop Tisdale's labor. Despite all efforts, Eli Collins seemed to have decided that he was ready to be born. Contractions were already nine minutes apart and increased in frequency to four minutes apart. Tisdale accepted the fact that she was about to deliver, called her family, and Eli's dad to let them know that this would not just be an overnight stay. Of course, they panicked.



Santee Electric Co-op donated blankets for our Premie moms care packages.

About 30 minutes later, she was in the process of giving birth when the doctor yelled, "Stop pushing now. I see an arm!"

The doctors were trying to give her family time to get to the hospital, but they could not hold out any longer. Tisdale was about to have an emergency cesarean delivery. After being given the anesthesia, she began to count

back from 10. The last thing she remembered was counting back to seven and hearing the nurse announce, "Dad is here."

When she awoke, the room was filled with family and friends, which she will forever be grateful for. Eventually, the doctor came in and told her that Eli weighed only 1 lb. 3 oz. and that her cord had been tied in a very fine, tight knot, which caused him to be deprived of oxygen. There was no way of knowing how long Eli had suffered from that. He continued to tell of the many risks associated with premature babies. The next morning, doctors from McLeod came over to Carolinas Hospital to share that things did not look good for Eli because his lungs were grossly under developed. They assumed that he may only survive a day or possibly a week.

Tisdale recalled how she was not thinking clearly. Her mind raced in all directions as she blamed herself and tried to think of possible ways all of this could have been prevented. Many tears were shed as she continued to pray. Later that day, she was discharged from Carolinas and went straight to McLeod. Tisdale remembers the elation she felt when she was finally able to see Eli and feel that connection between



mother and son. With Eli being extremely tiny, hooked up to so many machines, and inside of an incubator, she could not yet touch him. However, Eli was a fighter.

The doctors were amazed that he did not have any brain bleeds, lack of brain development, digestion issues or even sucking reflex problems.

After Tisdale spoke with the nurse, she decided to breastfeed. This began an extremely busy time as she pumped every three hours, traveled almost an hour one way to visit, read, and talk to him about five or six times a week, and tried maintaining a healthy diet in order to pump regularly. She is still amazed that she had enough energy to do all of that while continuing to work, yet knows that it was the love she had for her child that gave her the strength and stamina she needed. Besides the physical and mental toll that she experienced, there was also a high financial toll that took place. Many times she struggled with having to make tough decisions on how to spend her money. She was struggling



Care packages delivered to McLeod Hospital NICU.

on when to spend money on healthy foods that would supply her body with nutrients needed to breastfeed, gas money to get her back and forth to the hospital, all while fighting to keep her job.

Even taking care of the many responsibilities she had, she could still look around with compassion and knew that she was not the only one in such a desperate situation needing help. Tisdale recalled how her hours at work had been decreased to part time and only had \$10

to her name. She had come to visit Eli and saw a mother who had a child in the unit as well, sitting in the waiting room with five other children who seemed fussy and hungry. Although Tisdale had very little resources, she chose to go to McDonald's, raided their dollar menu, and came back to deliver a much needed meal to that family. It made her feel so good to do this act of kindness for that family.

July 1 rolled around and was a precious day Tisdale will never forget. She was at work when she received a phone call saying that she could finally hold her baby for the first time. She got to McLeod as quickly as she could and held Eli for about four or five hours. Eli was so happy to be in his mother's arms that he opened his eyes and smiled so big. That moment was everything.

Although Eli was growing and developing, he still faced many tests, x-rays, breathing issues and surgeries resulting from his little body being under developed at birth. It was determined that he would need another surgery to close his patent ductus arteriosus, or PDA, and improve blood flow between the two major blood vessels leading from the heart. This surgery required him to go to the Medical University of South Carolina (MUSC). He was airlifted by helicopter. Unfortunately, the transport stressed Eli and caused his stats to go through the roof, delaying his surgery.

During that time, his



## WHERE YOU CAN RECEIVE SUPPORT CONT'D



Zeta Amicae donated crochet blankets for our Preemie moms @ our Annual Prematurity Awareness Festival. 11/17/18

mother would travel 77 miles one way, four or five times a week. She knew that he was aware of her presence and could hear her because whenever she would arrive and speak to him, his vitals would somewhat improve. After her visit, she would make the trip again and work her shift of eight hours before repeating the day again. Time was taking a toll on her, and if it wasn't for the love for her son, a praying family, and God, she doesn't know how she would have been able to get through those times.

Eli received the surgery, and it was a success. He was then airlifted back to McLeod where he spent about six weeks before returning to MUSC to receive a tracheostomy. While on the airlift, his SAT skyrocketed again and did not return to a manageable level for two weeks. The medical staff began to prepare for his surgery, but unfortunately, Eli developed an infection and pneumonia, making him unable to withstand it. In fact, his vitals decreased so staggeringly that the nurses had to call his mom and tell her the devastating condition of her son.

They told Tisdale that she needed to come as soon as possible as well as consider giving permission for a "do not resuscitate" order. Like all parents, she wanted to give her son the chance to overcome the odds like he had already done so many times before. He had already proved that he was a strong fighter and had grown to be an 11-pound butterball. She quickly gave the medical staff permission to resuscitate.



As soon as she hung up, she began praying to God for her baby to be alive when she arrived but, ultimately, for God's will to be done.

When Tisdale arrived at MUSC, Eli's pressure was extremely low. She remembers walking in, rubbing his leg and talking to him. God was merciful and gave her two and a half hours to be with her baby before he passed away peacefully in her arms.

The pain of losing Eli took its toll on Tisdale. For about six months, she was withdrawn and seemed to be letting herself go. Her mother would run errands for her, so she never had a reason to leave the house. She was on her way to a very dark place of deep depression or possibly even a nervous breakdown.

One day, however, it was like she heard a voice say to her, "Selena get up, get dressed, and get out of this house." To her mother's surprise, Tisdale called and told her that she was going to do her own errands that day, and that is just what she did. That was a turning point for her. When she returned home, she sat down at her computer with a notebook and began to ask God what she could do next. The answers started pouring out of her heart and onto the pages of her notebook. Tisdale wanted to be able to help other moms and families. She knew she could help support and encourage families that found themselves with a premature baby because she had walked that difficult path as well.

Since Selena Tisdale formed the foundation named after her son, they have been helping countless families, as well as medical staff at

MUSC, McLeod and Palmetto Health in Columbia. Every May around Mother's Day and during the Preemie Awareness month in November, they deliver care packages. The bags contain a variety of items that might help families that have babies in the NICU, such as journals, pens, insulated bags, snacks, bottles of water, gas/food cards, and a brochure about the services the foundation provides. If a family misses being able to receive a bag, as the foundation learns of the need it makes a special delivery to get the bag to them. The foundation have also made discharge packages to share with people so that they can be better prepared as they bring their baby home.

Through donations and fundraisers, the foundation and number of people that it has been able to help has substantially grown. Recently, the foundation was very thankful to Santee Electric Cooperative for a generous donations of blankets and insulated bags. So far, they have been able to make and dispense about 500 bags. If you would like more information, and ways to become involved, make sure you look up [www.elibabies.org](http://www.elibabies.org). They recently received their 501(c)3 not-for-profit organization status, which will make any donation tax deductible. There are also many ways listed to volunteer that would help give others hope. Please consider how you can keep spreading hope to those who need it the most.

Foundation Celebrating Premature Awareness Month



# HOW TO TELL THE DIFFERENCE BETWEEN A COLD AND THE FLU

Submitted by Temujin Chavez, M.D.



Temujin Chavez, M.D.

Colds and the flu often occur around the same time of year, and both have similar, unpleasant symptoms. While it can be hard to differentiate between the two, it's important to distinguish the cause of your symptoms to determine the best course of treatment.

## The common cold

The most common symptoms of a cold are within the respiratory system and include a stuffy or runny nose, sneezing, cough or chest discomfort. Treatment for these symptoms is available through over-the-counter medication designed to target the various symptoms. For example:

- Antihistamines can help control a running nose, sneezing and watery eyes.
- Decongestants relieve nasal and sinus congestion.
- Acetaminophen or non-steroidal anti-inflammatory medicines reduce pain, fever and inflammation.
- Expectorants loosen mucus from the respiratory tract, alleviating chest congestion and discomfort.

The best way to treat a cold is to drink plenty of fluids to stay hydrated, use over-the-counter medication and monitor for symptoms that last longer than five to seven days. If symptoms persist, your cold may have developed into an advanced respiratory illness in the form of an ear infection, sinus infection or bronchitis. If this occurs, you should seek treatment from your doctor.

Distinguishing between a cold and the flu can be difficult because many of the symptoms overlap. A fever is one of the most common differentiators, although not everyone with flu will have a fever. Getting to your doctor for testing within a few days of experiencing symptoms can help, as there are medications that can minimize the symptoms of flu when action is taken quickly.

## The flu

While both a cold and the flu generally attack the respiratory system, producing many or all of the same symptoms, flu can affect the entire body. Additional symptoms associated with flu include a fever between 100 and 104 degrees Fahrenheit, headache, body aches, fatigue, exhaustion and nausea.

To confirm a diagnosis of flu, your doctor will swab your nose or throat to test for the virus. Test results are usually available within 30 minutes. For the most accurate results, the test should be performed within four to five days of onset of symptoms. The tests are fairly accurate and can give a positive diagnosis about 50-70 percent of the time. If the test indicates you don't have the flu, it's even more accurate at a 90-95 percent rate.



With a mild case, flu can be treated with rest, fluids and over-the-counter medication targeting the symptoms. If your case of flu is more severe, your doctor may prescribe antiviral medications. Anti-nausea medications help with stomach discomfort and vomiting while

acetaminophen or non-steroidal anti-inflammatory medicines reduce pain, fever and inflammation. Antiviral medications, such as Tamiflu® or Relenza, shortens the duration of the flu and lessen the serious complications. However, antiviral medications work best if started within 48 hours of getting sick. These medications are particularly

important for children, the elderly, pregnant women and people with chronic illnesses who are particularly vulnerable to catching and experiencing complications from the flu.

As with a cold, if symptoms persist longer than three to five days or become increasingly severe, see your doctor. The flu can develop into bronchitis or pneumonia, particularly in patients who are older or have compromised immune systems and may require more intense medical treatment or even hospitalization.

Flu can be particularly dangerous for infants, pregnant women, older persons or anyone with chronic medical conditions, so they need to be evaluated quickly to be considered for antiviral medication. Preventive measures such as getting a flu shot for everyone in the household, washing your hands and staying home when you are ill will help to reduce the spread of flu.

The best way to avoid contracting the flu is to get an annual flu shot. Unfortunately, there is no immunization against the cold, but washing your hands frequently, not touching your face with your hands, and avoiding contact with people who have a cold can be a strong defense.

Dr. Temujin Chavez is a member of the medical staff at Carolinas Hospital System and is associated with the Carolinas Infectious Disease practice of Carolinas Medical Alliance. For more information, please call 843-674-6400, or go to [CarolinasMedicalAlliance.com](http://CarolinasMedicalAlliance.com).

## IS IT THE FLU OR A COLD?

SIGNS	COLD	FLU
High Fever		✓
Cough and sore throat	✓	✓
Body ache, headache, and tired		✓
Sneezing	✓	
Stuffy nose	✓	✓
Breathing problems		✓

\*This chart is to help show the difference between cold and flu. Only your healthcare provider can determine if you are sick with cold or flu. If you are concerned about signs of the flu or cold contact your healthcare provider.

## HOW HOME DIALYSIS IMPACTED ONE WOMAN'S QUALITY OF LIFE



Clara Tanner

A skeptic at first, 71-year-old Clara Tanner began her journey on dialysis treating in a center even though her son, who is her care partner and an experienced dialysis technician, continually tried to convince her to make the switch to home dialysis. After a year of going into a center for treatment, Tanner switched to treating in her home,

and she's stayed with that treatment option for the past 10 years.

"He kept telling me I needed to come home, but I wasn't ready," Tanner said. "I didn't know what it was all about."

For many people on home dialysis, having more flexibility and freedom when it comes to their treatment schedule is important and can help prevent missed treatments. Missing a treatment has never been an issue for Tanner.

"Home dialysis allows people on dialysis to dialyze from the comfort of their home, giving them better control of their treatment schedules, more time for themselves, their families, their jobs and the activities they enjoyed before starting dialysis," said Dr. Martin Schreiber, chief medical officer of Home Modalities for DaVita Kidney Care.

There are two types of dialysis that can be done at home: peritoneal dialysis (PD) and home hemodialysis (HHD).

PD is a needle-free dialysis treatment that's most similar to a person's natural kidney function. Instead of cleaning the blood outside of the body, PD uses the person's peritoneum, which acts as a filter to remove toxins and fluid in place of the kidneys. It can be done during

the day at home or work, at night during sleep--or potentially even on vacation.

HHD uses a machine with a filter to remove fluid and waste from the blood. HHD treatments can be done on a person's own schedule and in the privacy of their home.

A nephrologist, which is a physician who specializes in kidney care, guides people with kidney disease to help identify the best treatment option for them. While home dialysis treatments primarily take place in the home, people on PD and HHD still come into a center about once a month for support.

Tanner worked with her physician when considering switching to HHD treatments. Her physician also prescribed a treatment plan that works best for her condition and lifestyle to help her manage her treatment schedule.

That said, Tanner cautions that being on HHD doesn't give a person a license to slack off.

"You have to have discipline," Tanner said. "You've got to do what you're supposed to do, and diet is so important."

Not only is each type of home dialysis treatment different, but every person on home dialysis is unique. Dietitians who specialize in helping people on dialysis with their diets take into consideration a person's lab results, access to food and food preparation, weight, malnutrition and other factors to help come up with diets that work best for the individual. For example, Tanner loves watermelon, but because it's high in potassium, she has a strategy to control her cravings.

"When I want watermelon, I cut out everything else that has potassium," Tanner said. "Everything should be done in moderation."

One piece of advice Tanner recommends: "Ask questions so you can be aware and don't assume you know."



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## CHS RECOGNIZED FOR PATIENT SAFETY RECORD

Submitted by John Russell, Marketing Manager



Carolinas Hospital System (Florence and Marion) has earned 13 South Carolina “Certified Zero Harm Awards” from the South Carolina Hospital Association

(SCHA). The award is in recognition of the exceptional performance for patient safety and prevention of hospital-acquired infections.

Carolinas Hospital System- Florence is the only hospital to be recognized in seven different categories. Carolinas Hospital System - Marion also received six different awards. The hospital sustained three zero bloodstream infection awards for 12 months in the Cardiovascular Intensive Care Unit, 12 months in the Surgical Intensive Care Unit, and 18 months for the Medical Intensive Care Unit.

The other four awards are for no surgical site infections (SSI): 58 months for knee replacement, 36 months for hip replacement, 18 months for abdominal hysterectomy, and 12 months for colon.

Carolinas Hospital System – Marion has been recognized with six awards. In the newly created Methicillin-resistant Staphylococcus aureus (MRSA) category, it received an award for 24 months zero harm and also 12 months Penicillin resistant. For SSI, the hospital received 30 months, 18 months for zero colon infections and 36 months abdominal hysterectomy. Finally Marion was recognized for 58 months of zero bloodstream infection.

Since 2013, SCHA has presented Zero Harm Awards to hospitals that are on the forefront of preventing medical errors. By some estimates, medical errors are the third leading cause of death in the United States with an economic impact that could reach one trillion dollars annually.

Thanks to collaboration with The Duke Endowment and The Joint Commission Center for Transforming Health, SCHA and South Carolina hospitals have taken part in a statewide effort to create a culture of high reliability and reduce harm in our facilities. This effort implements robust, evidence-based practices that make a positive impact on patients and the safety and quality of care.

Certified Zero Harm Award hospitals must experience no preventable hospital-acquired infections of a specific nature over an extended period of time. All hospital data used for the awards is independently verified by the South Carolina Department of Health and Environmental Control, recognizing the exceptional achievement the hospital or unit has made to the safety and quality of care within their facilities.

“It is great to be recognized by the SCHA in seven different categories,” Carolinas Hospital System Chief Executive Officer Vance Reynolds said. “This recognition affirms our efforts to make patient safety our top priority. All of our staff are to be commended for their ongoing commitment to high quality health care.”

According to Thornton Kirby, president and CEO of SCHA, the awards are all part of the Association’s efforts to guide and support the state’s hospitals in creating a culture of “Zero Harm” by recognizing the efforts of the amazing clinicians who work everyday to provide high quality care in South Carolina’s hospitals and health systems.

“Zero Harm is about taking the principles of high reliability and applying them to how we deliver healthcare in South Carolina,” said Kirby. “While one medical error is one too many, highly reliable organizations celebrate milestones to establish a new standard -- and that’s exactly what we’re trying to do with Zero Harm.”

### About the South Carolina Hospital Association

Founded in 1921, the South Carolina Hospital Association (SCHA) is the leadership organization and principal advocate for the state’s hospitals and healthcare systems. Based in Columbia, SCHA works with its members to improve access, quality and cost-effectiveness of health care for all South Carolinians. The state’s hospitals and healthcare systems employ more than 70,000 persons statewide. Learn more about SCHA at [www.scha.org](http://www.scha.org).

## TOLERANCE FOR CERTAIN FOODS

Submitted by Vera Zaraket, MD



Vera Zaraket

Digestive concerns, including acid reflux, are more common during older adulthood. As you age, you may find that foods you once enjoyed leave you with a painful, burning sensation. Potential reasons for this include:

**1. Lower esophageal sphincter (LES) changes**—The LES is a ring of muscle located at the point where your esophagus and stomach meet. Normally, the LES relaxes to let food into your

stomach and then closes. However, aging can affect LES pressure. Decreases in LES pressure can cause the muscle to remain relaxed instead of closing completely. As a result, acid can travel backward, or “reflux,” into the esophagus and cause heartburn.

**2. Taking certain medications**—Some medications, including those used to manage overactive bladder, asthma, high blood pressure, anxiety, depression and migraines, can affect LES function, according to Harvard Medical School.

**3. Your diet**—No matter your age, you may experience heartburn if your diet includes certain “trigger” foods, such as spicy or fatty foods, coffee and chocolate.

**4. Mid-life weight gain**—A sluggish metabolism and decreasing activity levels can cause people to gain weight during middle and older adulthood. Those who are overweight or obese have an increased risk of acid reflux.

Sidebar: Reimagined Wow-y Maui Pasta Salad

This pasta salad, with a tropical twist, has been given a makeover to avoid acid reflux-inducing ingredients like whole-milk dairy and pineapple. Instead, enjoy it with skim-milk dairy and a less-acidic Hawaiian fruit—tasty papaya.

### Ingredients

2 cups whole wheat macaroni  
1 cup fresh snow peas, julienned  
½ cup cucumber, peeled and diced  
½ cup of carrots, peeled and diced  
½ cup of papaya, cubed  
½ cup plain, skim milk yogurt  
1 tablespoon of fresh chives, chopped  
1 tablespoon of fresh parsley, chopped  
¼ teaspoon of salt

**Directions:** Boil pasta according to package directions. Drain and set aside. Steam the peas until warm. Mix the remaining ingredients together. Add the pasta and the peas, coating them gently in the mixture. Refrigerate until ready to serve.

### Nutritional Info

Serves: 4>  
Calories: 139  
Protein: 6.7g  
Fat: 1.59g  
Carbohydrates: 27.51g  
Fiber: 3.8g  
Sugar: 6.68g

Original recipe courtesy of the Produce for Better Health Foundation, [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).

Tidbits:

- > Overeating can cause heartburn.
- > It helps to keep a food diary to identify heartburn triggers.
- > Exercising too soon after eating can lead to heartburn. Wait an hour or two after eating before working out.

Dr. Vera Zaraket is a member of the medical staff at Carolinas Hospital System and is associated with Carolinas Gastroenterology of Carolinas Medical Alliance. For more information, please call 843-674-1530, or go to [CarolinasMedicalAlliance.com](http://CarolinasMedicalAlliance.com)



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## CAROLINAS HOSPITAL SYSTEM

Patient results may vary. Consult your physician about the benefits and risks of any surgical procedure or treatment.

## HOPEHEALTH WELCOMES NEW PROVIDERS

Submitted by Vera Zaraket, MD



Varinder Singh, MD

HopeHealth welcomes Varinder Singh, MD, to the HopeHealth Medical Plaza in Florence, where she is accepting new patients.

Dr. Singh studied pre-med at MCM DAV College for Girls in Chandigarh, India, and earned her medical degree at the Government Medical College in Patiala, India. She attended the Morehouse Family Medicine Residency Program for her internship, residency, and

Faculty Development Fellowship.

She is board certified by the American Board of Family Medicine and the American Board of Bariatric Medicine. Singh is a member of the American Academy of Family Physicians, Obesity Medical Association and Doctors Without Borders.



Will Hunter, PsyD

HopeHealth welcomes Will Hunter, PsyD, to HopeHealth Behavioral Health Services in Florence.

Dr. Hunter joined HopeHealth in September 2018 as a clinical psychologist. He is originally from Columbia and earned his Bachelor of Science in Psychology from Davidson College in North Carolina. He completed both his Master

of Science in Clinical Psychology and Doctor of Psychology in Clinical Psychology at Baylor University, Texas. Hunter completed his fellowship for Psychosocial Rehabilitation and Severe Mental Illness at South Texas Veterans Health Care System, San Antonio, Texas.

He has also received training in Cognitive Processing Therapy for post traumatic stress disorder (PTSD) and enjoys working with veterans. His clinical interests include the diagnostic assessment of complex mental health issues, crisis intervention and risk assessment, and the treatment of severe and chronic mental illness, including schizophrenia-spectrum disorders and bipolar disorder.

He is a member of the American Psychological Association, Collaborative Family Healthcare Association, Christian Association for Psychological Studies and Psi Chi National Honor Society in Psychology.



Joye Hilton, MA, LPC

HopeHealth also welcomes Joye Hilton, MA, LPC, to HopeHealth in Manning as a behavioral health consultant.

Originally from Manning, she earned her Bachelor of Science degree in Psychology from Fayetteville State University and Master of Art in Counseling degree from Webster University.

Hilton is a licensed professional counselor who approaches treatment holistically and is experienced with treating child and adolescent disorders such as attention deficit hyperactivity disorder, mood disorder, disruptive behavior disorder and oppositional defiant disorder.

She enjoys mentoring youth with the SC Youth Challenge Academy and at Society Hill AME Church.

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## LONG-TERM HIV SURVIVORS REASSURE OTHERS: “YOU ARE NEVER ALONE”

In 1990, after Michelle Lopez left a domestic violence situation, she and her infant daughter were homeless and were both diagnosed with HIV. “If I had not found community, I truly believe I would have been dead,” remarks Lopez. Today, Lopez, a 51-year-old mother and grandmother, reminds people that “you’re not alone. You’re never going to be alone.”

While HIV can now be a long-term, manageable chronic disease for many, aging with HIV can present a unique set of challenges. Stigma is among the foremost barriers to HIV treatment, care and support. It’s common for older adults living with HIV to feel lonely and isolated. That’s why the HIV: The Long View Coalition is helping to reinvigorate the dialogue around HIV and shift the conversation toward a focus on long-term healthier living, regardless of a patient’s age at the time of diagnosis. A large part of the Coalition’s mission is dedicated to reducing stigma and helping older adults living with HIV find communities and networks of support as they navigate the challenges of living with the condition.

Ed Shaw says finding community support and reaching out to people who could help him better understand his diagnosis was so important in learning to live with HIV. He felt ashamed and embarrassed when he was first diagnosed. However, after talking with a healthcare provider and learning more about his condition, Shaw began to feel comfortable enough to seek treatment. “The more I came to understand about HIV,” he says, “the less afraid I became.” Today, Shaw mentors individuals living with HIV and helps connect them to resources and organizations like the ones that helped him more than two decades ago.

Kim Watson, a woman of trans experience, is also sharing her story of learning to live with HIV to help others feel comfortable talking about the condition. When Watson was in her twenties, she wished that she had someone to guide and mentor her through the challenges of living with HIV. Today, Watson takes pride in being that resource for a younger generation. “It’s so important for people impacted by HIV to feel supported,” she says. “And the best way to find that support is to confide in loved ones and to go out and explore your treatment options with a healthcare provider.”

Today, individuals with HIV are living longer, healthier lives than ever before. The Centers for Disease Control and Prevention estimates that there are 1.1 million adults and adolescents living with HIV in the United States. People aged 50 and over account for an estimated 47 percent of Americans living with diagnosed HIV.

As a result of this demographic shift, the community has arrived at a crossroads. It’s a time of tremendous opportunity to envision the future and develop innovative solutions that can help improve the long-term outlook for those living with HIV.

The HIV: The Long View Coalition is helping people living with HIV address some of those challenges. Established in 2016 in collaboration with Gilead Sciences, the Coalition is a forward-looking health initiative working to drive discussion and action on the long-term needs of people living with and at-risk for HIV. The Coalition is comprised of a diverse group of partner organizations that support some of the communities most heavily impacted by the HIV epidemic today. The Coalition is working to reignite the conversation around aging, long-term health and HIV.

Last summer, the Long View Coalition released its Never Alone video series. The videos feature the inspiring stories of three long-term HIV survivors, each of whom shares their experiences of overcoming stigma and aging happily and healthfully while living with HIV.

While Shaw, Lopez and Watson each have their own unique stories to tell, they share many common experiences and have confronted many of the same challenges. From overcoming stigma, to feeling comfortable speaking with a healthcare provider, to talking openly with loved ones, there is a lot that those living with HIV should think about. Here are some of the most important things that Shaw, Lopez and Watson have learned:

\* Life doesn’t stop with HIV: More people are living longer, and aging healthier, with HIV than ever before. With proper medical care and a healthy lifestyle, those impacted by HIV are able to continue living their lives and doing what they love. As Lopez puts it, “HIV is just a diagnosis.”

\* Community is always there: When anyone first hears the words, “You are HIV positive,” it’s easy to feel like no one else could possibly understand. Fortunately, that’s just not true. Whether you have a question about living with HIV, or you’re looking for additional resources, or just want to talk to someone who knows how you feel, there is a welcoming HIV community for whenever you need it. You are never alone.

\* Paying it forward: If there is one thing that Shaw, Lopez and Watson each emphasizes again and again, it’s how thankful they are for the support they’ve received and their desire to pay it forward however they can. They each work with community advocacy organizations throughout the city to help prevent HIV as well as mentor young people who are learning how to live with HIV. “I consider myself fortunate to be a long-term HIV survivor,” Shaw says. “It’s up to people like me to pass on the knowledge and support that we’ve been given.”

To learn more about the Never Alone video series and to hear from Ed Shaw, Michelle Lopez and Kim Watson directly, visit <http://hivthelongview.com/neveralone/>.



I AM MY BROTHER'S AND SISTER'S KEEPER. FIGHT HIV/AIDS!



*Jim Flemming*

He's a degreed marketer employed as the executive of shop operations for GE Healthcare in Florence, a unit of General Electric Company.

Jim Flemming's career path is a testament to the maxim that a marketing degree along with passion and purpose will land you nearly anywhere you want to be in business.

The Northeastern Illinois University alumnus says, "One of the reasons I'm always encouraging people

that it doesn't matter so much what your degree is in is I've never worked a day in my life in marketing."

He instead advises young people to demonstrate commitment by completing the degree, and the rest will take care of itself. It's all about how you perform in the workplace once you start. The degree just gets you in the door, so it's important to finish, Flemming says.

"No one would have ever talked to me without the marketing degree," he adds.

Though he's been at the Florence plant less than one year, he's been in the supply chain industry for 30 years and employed by GE since 2004, and he has climbed the ladder quite swiftly. Flemming was first a planner, which means exactly what it sounds like. He was responsible for building and maintaining detailed schedules to support the execution of large projects. From there he became a customer service supervisor and materials manager, then on to plant manager and global supply chain leader before occupying his current position. Flemming moved from Fleming Island, Fla., to Florence in 2018.

Certainly, he had to make some adjustments with the move, but his work regimen remained the same. Just before the start of the workday as executive of shop operations, Flemming has his coffee, checks emails and begins to assess and build strategy to address the matters of the day.

"I go out to the floor where we hold our production meetings. There, we have a visual representation of the flow of operations or problems," says Flemming. "Do we have issues we need to address? Where do I see little gaps?"

If unaddressed, those gaps could adversely impact GE as the leading provider of magnetic resonance imaging (MRI) components and systems for the healthcare industry, he says. "If we're not delivering to our customers, if we can't meet the end goal, we all lose," Flemming says. "We have to be able to work successfully together."

Flemming says it's not necessarily the day-to-day operations that are seen that elicit the problem solving skills he's acquired over the years, but the "hidden factory." His job requires a mastery of soft skills, which can be used to address the root of productivity.

"We can't afford to have people who don't care," says Flemming. "If you just don't know, I have all day for that."

By that, Flemming says he believes most employees care, but some need direction in performing their jobs at an optimal level. That's where he comes in.

"When we explain the 'why,' we get a much better response from people," he says.

The end goal is to produce an MRI system, which is defect-free, delivered on schedule, meets U.S. Food and Drug Administration (FDA) regulations and is cost competitive, Flemming says. There is a science to becoming the world leader GE is today, he adds.

"If we have an issue somewhere, where is priority?" asks Flemming.

"Field, factory and future," is the order of priority, and every task is tackled and every meeting conducted with the future in mind, he says.

"We hold a series of meetings looking forward," Flemming adds. "Transfer of work, helping a sister plant, looking out a couple of weeks

ahead as long as the current day is covered" are acceptable according to him.

That planning has forever carved a place for GE globally and specifically in the city of Florence. Whether entering or exiting Florence where U.S. Interstates 95 and 20 intersect, the GE facility is hard to miss. A staple in the Florence community since 1974, GE employs nearly 500 people at the 500,000-square-foot facility located at 3001 W Radio Drive.

The company whose slogan is "Imagination at Work" continues to electrify and inspire employees like Flemming, who not only hasn't worked a day in marketing, but also has likely never regarded his position at GE as work either but, rather, a function of passion and purpose.

## SWEATT NAMED BILLING & COLLECTIONS EMPLOYEE OF THE YEAR

*Submitted by Donna Tracy, Communications Coordinator*



*Anne Sweatt, SCPHCA Billing and Collections Employee of the Year.*

Anne Sweatt of HopeHealth has been named Billing and Collections Employee of the Year by the South Carolina Primary Health Care Association (SCPHCA).

Presented at the annual SEA Retreat, the award recognizes Sweatt's work as the behavioral health billing specialist, as well as a front office manager, for HopeHealth Behavioral Health Services in Florence.

"Sweatt arrived at her FQHC 15 months ago and quickly turned around insurance billing and collections for behavioral health and developed strong ties with payers," noted Dr. Vicki M. Young, SCPHCA chief operating officer, who presented Sweatt with the award.

Dr. Farrah Hughes, director of HopeHealth Behavioral Health Services, said Sweatt brought a wealth of knowledge to the team and continuously identifies and resolves any inefficiencies and problems within the department.

"She presents billing issues and difficulties with collections in a solutions-focused way that fosters teamwork," said Hughes. "Moreover, Anne loves her job, and it's obvious. She is helpful and joyful regarding her work, and she is a remarkable team player."

Additionally, Sweatt helps monitor gaps in care and studies Healthcare Effectiveness Data and Information Set (HEDIS) measures and EMR documentation to ensure providers are credited for their work and that patients' electronic medical records are accurate. HEDIS is a set of more than 90 performance measures that provide for accountability across six aspects of health care: effectiveness of care, access/availability of care, experience of care, utilization and risk adjusted utilization, health plan descriptive information, and measures collected using electronic clinical data systems.

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For questions or more information, email [tstraus@hope-health.org](mailto:tstraus@hope-health.org) or call 843-245-2291.

# SIDS AND SAFE SLEEP DO'S AND DON'TS

Submitted by Lela Gregg, Lactation Specialist The Women's Center



Lela Gregg

Just like you would put an infant in a car seat while driving, an infant needs to be placed in a safe sleep environment while you (the parent) are sleeping.

According to research studies by U.S. Centers for Disease Control and Prevention (CDC), unsafe sleep practices contribute to about 3,500 sleep-related deaths of U.S. babies every year. And the U.S. has one of the highest infant mortality rates in the developed world. For decades, babies have died in their sleep—deaths that have long been attributed to Sudden Infant Death Syndrome (SIDS). SIDS is defined as the sudden death of an infant less than one year of age that cannot be explained after a thorough investigation, including a complete autopsy, examination of the death scene and review of the clinical history. The number of infant deaths initially decreased in the 1990s after a national safe sleep campaign but has plateaued in recent years. In 1992, the campaign to have babies sleep on their back started, but at that time, even health professionals didn't believe it was the best thing. I believe in it, and that's why I support safe sleep.

Moms are better prepared now than they were years ago. As a mother of five children, I have learned a lot over the years too. Now we give a lot of information to make sure moms are prepared when they leave the hospital with their baby.

There are more things available for babies these days like wearable blankets, also called sleep sacks, whereas before you had to learn to wrap the baby yourself when it was bedtime.

Parents or guardians have many challenges when caring for a newborn, such as generational habits and not knowing what unsafe sleep is. All of us pick up patterns that those before us did with their babies. Grandparents and parents would put the infant to sleep on their stomach or on their sides just in case the infant spit up. It was just a

lack of information.

Another common challenge for mothers is maternal exhaustion. Tired mothers go back to work and try to breastfeed throughout the night and get sleep in between feeds. Breastfeeding is and was often the reason parents co-slept with their baby because mothers want to be readily available to breastfeed when the babies are hungry.

According to South Carolina Birthing Outcome Initiative, South Carolina's State Child Fatality Committee found 80 cases of infant deaths reviewed in 2017 were due to unsafe sleep. In South Carolina an infant sleep-related death is 18 times more likely to occur than a motor vehicle-related death. Six infants die each month in South Carolina from unsafe sleep. The goal is to educate how to put baby in a safe sleep environment.

The American Academy of Pediatrics (AAP) recommendations to create a safe sleep environment include:

- Place the baby on his or her back on a firm sleep surface such as a crib or bassinet with a tight-fitting sheet.
- Avoid use of soft bedding, including crib bumpers, blankets, pillows and soft toys. The crib should be bare.
- Share a bedroom with parents but not the same sleeping surface, preferably until the baby turns one but at least for the first six months. Room-sharing decreases the risk of SIDS by as much as 50 percent.
- Avoid baby's exposure to smoke, alcohol and illicit drugs.

The National Safe Sleep Hospital Certification Program has recognized Carolinas Hospital System as a "Gold Safe Sleep Champion" for commitment to best practices and education about infant safe sleep. Carolinas Hospital System is the first hospital in South Carolina to receive this recognition.

Lela Gregg is a Lactation Specialist, Safe Sleep Coordinator and Baby Friendly Chair at Carolinas Hospital System at The Women's Center. For more information go to: [CarolinasHospital.com](http://CarolinasHospital.com), or call 843-674-4608.

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imagination at work

# BREATHE EASY – YOUR GUIDE TO IDENTIFYING AND AVOIDING PNEUMONIA

Submitted by Rami Zebian, MD



Rami Zebian, MD

Cold and flu season can hit your family hard in the winter. As the months of cold and damp weather wear on, immune systems become more compromised, and more serious illnesses can enter the picture. Nearly three million cases of pneumonia are reported in the U.S. each year with the highest percentages of cases found in small children and the elderly.

“Everyone is at risk for developing pneumonia, but some people are more at risk than others,” said Dr. Rami Zebian. “Extreme age groups,

such as children and elderly are more susceptible for developing pneumonia. Baseline health conditions such as asthma or COPD will not only make you more susceptible to developing pneumonia, but also pneumonia can be more severe if it develops.”

Pneumonia can often follow the flu as a complication or can be caused by other viruses or bacteria and sometimes fungi. Community acquired pneumonia (CAP) is the most common type of pneumonia. “Walking pneumonia,” like the name entails, can occur in healthy people and does not cause a severe illness unless it is left untreated. Patients can still be “walking around” and having this type of pneumonia.

Initial symptoms of pneumonia often look much the same as the flu or common cold: fever, cough, and nasal and chest congestion. In some patients, however, the only symptom is unusually rapid breathing and/or breathing accompanied by a wheezing or grunting sound. If your doctor suspects pneumonia, he or she will likely order a chest

X-ray for confirmation before prescribing further diagnostics and treatment. Antibiotics are an important part of the treatment of bacterial pneumonia but are not indicated and have not shown to add benefit in patients with bronchitis. Differentiating the two is important and most of the time can easily be done via a chest-X-ray.

Some cases of pneumonia can be severe enough to warrant hospitalization. You may need IV antibiotics, monitoring of your oxygen levels or frequent nebulizer treatments. Those are usually done in a hospital setting, and you will need to seek medical help sooner than later in those cases. Early medical care in those cases lead to more favorable outcomes.

Most physicians agree that immunizations are the best line of defense for preventing pneumonia and are highly recommended for those with more fragile or compromised immune systems.

“Flu vaccines are important because pneumonia can be caused a lot of times by the flu or follow the flu as a complication,” said Zebian. “Also, pneumonia vaccines are indicated for patients above the age of 65 or if they have health conditions that make them at risk for pneumonia.”

It’s also important to encourage more vigilant hygiene habits during cold and flu season. Washing hands and cleaning household and workplace surfaces will all work to eliminate germs and prevent their spread. Maintaining proper diet and exercise habits is also important in the winter months. These basic and obvious lifestyle choices will give your immune system an edge and make you less likely to contract a virus of any sort.

For assistance, find a physician who can help you prevent or diagnose pneumonia or other winter illnesses.

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# HOPEHEALTH DEDICATES FOUNTAIN

Submitted by Donna Tracy, Communications Coordinator, HopeHealth, Inc.



HopeHealth held a dedication ceremony in the Medical Plaza Meditation Garden and unveiled the plaque naming the garden's fountain for Longs Drugs.

The fountain is the second named gift at HopeHealth and is the result of the ongoing support of Longs Drugs. This support allows HopeHealth to expand its

services and provide essential care for more members of our communities.

"A lot of what we do wouldn't be possible without this relationship," said Carl M. Humphries, HopeHealth CEO.

Humphries said the partnership with Longs Drugs has been more of a friendship with both organizations growing side-by-side since HopeHealth became a Federally Qualified Health Center in 2007.

"Their help has facilitated the expansion of our services and afforded us the opportunity to help many more people," he said.

Christi Epps, Longs Drugs CEO, was integral to those early meetings and recognized the efforts of the team members at Longs Drugs in the Medical Plaza and all those behind the scenes that help make everything possible, noting especially pharmacist Jessica Crowe who has been with the Longs Drugs operation at HopeHealth since day one.

"(They) are the ones who really make it happen on a day-to-day basis," said Epps.

Epps commended "all of the great work that HopeHealth and all FQHCs throughout the state do to serve patients and help provide quality health care," and said such efforts are really something needed in our communities.

Epps also touched on the changes that the two organizations have traversed together and the major evolution of both. As HopeHealth has expanded, so has the pharmacy – from an initial 250 square-foot office with two employees, to 750 square feet, and then to its current 5,000 square-foot location with more than 20 employees at the Medical Plaza.

The named gift from Longs Drugs is the first of its kind for the HopeHealth Medical Plaza, though additional naming opportunities are also available.



Longs Fountain Dedication

"We are so proud of this great opportunity to present our first named gift," said Scherrie Cogdill, associate director of development. "It represents just one of the ways people and organizations can give to our nonprofit organization."

Other opportunities to support HopeHealth

include donating to our compassionate care fund and participating in HopeHealth programs and events such as Children of Hope and the second HopeHealth Golf Classic in Manning on Nov. 15.

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HopeHealth's primary care providers meet the needs of individuals across rural and urban areas of Florence, Williamsburg and Clarendon Counties.

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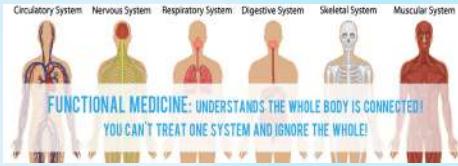
## MEET THE M.D. BEHIND MAGNOLIA HEALTH CARE by Dawn "D.A." Goodwin



*Dr. Emmanuel Quaye*

Dr. Emmanuel Quaye was raised in Ghana, Africa. In 1982 he came to the U.S. to attend college at the State University of New York. He later attended Emory University's Medical School in Atlanta. After nine years of medical practice in Atlanta and teaching at the Morehouse School of Medicine, Quaye came to South Carolina and began working at The Medical Group of Hartsville. Today he practices functional medicine at Magnolia Health Care here in Florence.

Outside of work, Quaye is a family man who loves spending quiet time with his wife and quality time with relatives, often traveling home to Africa to visit his 94-year-old mother. He has an older brother who is also a physician, who, along with his dad, influenced Quaye's to become a doctor. On a typical day, Quaye wakes up early and starts his day by listening to national public radio and cooking breakfast. He then begins his workday. After seeing patients he heads home, where he brings a bit of Africa right to the Pee Dee by making dinner that consists mostly of African food cooked with fresh ingredients.



One fact about Quaye that would surprise his patients is that he loves to dance. In fact, one thing that makes him almost want to jump out of his work chair and start dancing is when a patient comes in and has a dramatic reversal in response to treatment. He says, "In the last few years, I have been doing something called functional medicine, and I have seen an impact on my patients. In fact, one of the things I have focused on in my practice is diabetes treatment. My goal is to get an A1C below six, so we are heavy on education. We are heavy on diets and on lifestyle programs. I have seen some very good impacts on patients. Sometimes we have patients who have been coming to see me for years. I'll give you an example of someone with diabetes who, after years of seeing me, their A1Cs still are in the eight or higher range. I'll sit down with them and say, 'Look, I'm not happy with



where your numbers are. We need to work together. We need to get you to below six.' When I have such a talk with a patient, and months later, when I see the A1Cs in the six range, that excites me."

At Magnolia Health Care, Quaye has his regular practice for patients in the community, but he also has premium services that include an anti-aging program for those who want to live a long, healthy life; an Alzheimer's disease treatment program developed out of UCLA; an auto-immune program still under development; and non-narcotic pain management. These are part of Magnolia Health Care's functional medicine program. All the treatments emphasize lifestyle, supplements and vitamins and fewer prescription drugs. "We can do well with fewer drugs when we focus more on lifestyle and nutrition," says Quaye. And he adds that the results have been great for his patients. All premium services are done through a membership program.



Dr. Quaye would want to be remembered as someone who does something in our community for the people. Fortunately, Magnolia Healthcare has lots to offer, including an overall great practice. Quaye adds, "For people who are looking for certain goals, and people who know what they want with their health, they will do very well. For patients who are looking for results, this is the place for them. When my patients are happy, I am happy."



If you or someone you know has had the pleasure of experiencing the great services Magnolia Health Care has to offer, I encourage you to spread the word and share the news with your family and friends. Wouldn't you want them to be healthy and happy as well?



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## Dr. Emmanuel Quaye

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## CHS- MARION RECOGNIZED FOR EXCELLENCE

Submitted by Holley Morgan



Marion Administration and staff were recently recognized for excellence by achieving Chest Pain Center Accreditation.

**MARION** - Carolinas Hospital System-Marion provides necessary care, resources to patients with heart attack symptoms. The American College of Cardiology has recognized Carolinas Hospital System-Marion for its demonstrated expertise and commitment in treating patients with chest pain. The hospital was awarded Chest Pain Center

Accreditation in November based on rigorous onsite evaluation of the staff's ability to evaluate, diagnose and treat patients who may be experiencing a heart attack.

According to the Centers for Disease Control and Prevention, more than 730,000 Americans suffer a heart attack each year. The most common symptom of a heart attack for both men and women is chest pain or discomfort. However, women are more likely to have atypical symptoms. Other heart attack symptoms include, but are not limited to, tingling or discomfort in one or both arms, back, shoulder, neck or jaw; shortness of breath; cold sweat; unusual tiredness; heartburn-like feeling; nausea or vomiting; sudden dizziness; and fainting.

Hospitals that have earned ACC Chest Pain Center Accreditation have proven exceptional competency in treating patients with heart attack symptoms. They have streamlined their systems from admission to evaluation to diagnosis and treatment all the way through to appropriate post-discharge care and recommendations and assistance in patient lifestyle changes.

"Carolinas Hospital System - Marion has demonstrated its commitment to providing Marion County with excellent heart care," said Phillip D. Levy, MD, FACC, chair of the ACC Accreditation Management Board. "ACC Accreditation Services is proud to award Carolinas Hospital System - Marion with Chest Pain Center Accreditation."

Hospitals receiving Chest Pain Center Accreditation from the ACC must take part in a multi-faceted clinical process that involves: completing a gap analysis; examining variances of care, developing an action plan; a rigorous onsite review; and monitoring for sustained success. Improved methods and strategies of caring for patients include streamlining processes, implementing of guidelines and standards and adopting best practices in the care of patients experiencing the signs and symptoms of a heart attack. Facilities that achieve accreditation meet or exceed an array of stringent criteria and have organized a team of doctors, nurses, clinicians and other administrative staff that earnestly support the efforts leading to better patient education and improved patient outcomes.

"We are so proud of the entire Carolinas Hospital System - Marion team for achieving Chest Pain Center accreditation," said Vance Reynolds, CEO of Carolinas Hospital System. "This accreditation is the satisfactory result of over a year's dedication and hospital-wide teamwork. We are committed to providing exceptional care to patients, and this serves as an example of external validation that we are giving excellent, evidenced-based care for this community. It is our employees who bring to life the Carolinas difference, and we look forward to continuing to provide preferred emergency care to the residents of Marion County and the surrounding areas."

The ACC offers U.S. and international hospitals like Carolinas Hospital System - Marion access to a comprehensive suite of cardiac accreditation services designed to optimize patient outcomes and improve hospital financial performance. These services are focused on all aspects of cardiac care, including emergency treatment of heart attacks.

### About the American College of Cardiology

The American College of Cardiology envisions a world where innovation and knowledge optimize cardiovascular care and outcomes. As the professional home for the entire cardiovascular care team, the mission of the College and its more than 52,000 members is to transform cardiovascular care and to improve heart health. The ACC bestows credentials upon cardiovascular professionals who meet stringent qualifications and leads in the formation of health policy, standards and guidelines. The College also provides professional medical education, disseminates cardiovascular research through its world-renowned JACC Journals, operates national registries to measure and improve care, and offers cardiovascular accreditation to hospitals and institutions. For more, visit [acc.org](http://acc.org). For more information about ACC Accreditation Services, visit [accreditation.acc.org](http://accreditation.acc.org), or call toll-free 1-877-271-4176.

## KNOW THE SYMPTOMS OF HEART DISEASE

by Dawn "D.A." Goodwin



Dr. Sam Rahman

"If you catch heart disease early, treatment will be easier, and there is typically a better outcome," said Interventional Cardiologist Dr. Sam Rahman of Carolinas Medical Alliance Cardiology. "If you have heart valve disease, for example, and don't get treated, it could mean you may cause irreversible heart damage. On the other hand, if you catch it early and get treated, people can go on and live a full life. It's very important

to see your doctor and get diagnosed and treated early."

He said that, unlike other organs in the body, the heart doesn't repair or rebuild itself. "There are medications to minimize heart damage, but because it's a mobile organ, people should immediately seek help if they are experiencing symptoms of heart disease."

Unlike males, females can exhibit slightly different symptoms while having a heart attack. Rahman said males typically have chest pain, but females might experience discomfort, fatigue or unexplained shortness of breath.

"Some other signs or symptoms of heart disease could include dizziness, swelling in the lower extremities and high blood pressure. I highly encourage anyone that thinks they are having any symptoms like these to seek medical assistance. It's just as the saying goes: 'Time is muscle.' The sooner you can get to the emergency room, the better off you will be."

At Carolinas Hospital System, Rahman and the cardiology team has been able to reduce the standard time, of 90 minutes, for patients in need of heart catheterization. This is referred to as the "door-to-balloon time," which is the amount of time from when a patient comes to the hospital to the time the closed artery is cleared. Carolinas Hospital System's year-to-date average door-to-balloon time is 58 minutes.

"We, as a hospital and as a cardiology team, have a responsibility to minimize the door-to-balloon time as much as possible," Rahman said.

He suggests people with certain risk factors take proactive steps to avoid heart disease. High blood pressure, high cholesterol, a family history of heart disease, sleep apnea and someone who is overweight are all indicators of the possibility of heart disease. Smoking is also very bad for you and is a big contributor to heart disease.

For patients to avoid heart problems, Rahman emphasizes the importance of diet and reducing salt intake and fried foods. He suggests focusing on a Mediterranean diet consisting of fruits, vegetables, and vegetable fats like olive oil. In addition, he advises people to avoid excessive carbohydrate intake and to reduce weight by avoiding excessive calories.

"I urge people to be active and exercise regularly," he said. "Preferably three to five hours per week, if possible. It doesn't have to be strenuous, but just move the muscles."

Dr. Sam Rahman is a board certified interventional cardiologist and a member of the Carolinas Hospital System medical staff. He practices with Carolinas Medical Alliance Cardiology at Carolinas Hospital System. For more information, visit [CarolinasMedicalAlliance.com](http://CarolinasMedicalAlliance.com).



Healthy  Woman

# Dawn Smith Jordan

Shari's farewell letter

## KEEP BELIEVING

In 1985, Dawn Smith Jordan's younger sister, Shari, was kidnapped and murdered just two days before her high school graduation. Shari's murderer allowed her to write a letter of farewell to her family, saying: "Please don't let this ruin your lives. Remember, everything works out for the good to those that love the Lord. Some good will come of this." Today, the heartbeat of Dawn's message and music is the sufficiency of God's grace, even to the point of forgiving the man who killed her sister.

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## 5 TIPS FOR CAREGIVERS TO TAKE CARE OF THEMSELVES TOO



According to AARP, more than 40 million people in the United States are providing care for an older or aging loved one—and 7 million of them are Latinos. That doesn't come as any surprise to members of their community. It's simply what they do for family. For many, caregiving starts with simple

errands and to-do items, like scheduling a doctor's appointment or helping out with grocery shopping, and then expands to more responsibilities over time. It's a beautiful thing to do what we can for the people we love, but there are also moments when we can feel worn out or stretched too thin.

When you look at the numbers, it's clear how hard we're working. Nearly seven in 10 Latino caregivers work outside the home. One in three provide more than 40 hours of care to loved ones each week. You do the math. It doesn't add up to much time for the "life" side of a caregiver's work-life balance.

That's why AARP and the Ad Council started a Caregiver Assistance campaign to offer information and free online resources for caregivers. On AARP's Family Caregiving site, there are wellness tips, planning resources, financial guidance and Care Guides tailored to specific topics and challenges, such as caring for a loved one with dementia. It also includes self-care tips and advice for caregivers.

Throughout our own caregiving experience, here are some helpful

tips we've learned along the way:

**Care for yourself.** You cannot care for your loved ones unless you care for yourself. It's important, not only to your mental well-being, but your physical well-being, too. Caregivers have a higher-than-normal rate of getting sick and are oftentimes so depleted that they can't care for either their loved one or themselves. Look after your own health by eating well-balanced meals, exercising getting enough sleep and taking time off.

**Stay organized with handy tools.** You're probably already an expert at organizing documents and medical cards, insurance papers and everything else. Make your life a little easier by leaning on free resources that can help you keep everything together. There is a ton available for your needs on AARP's Family Caregiving site.

**Remember to laugh.** Caring for someone with significant impairments or illness can be difficult emotionally, but laughter and lightness can exist there too. Joke with your loved one—he or she is still the same person inside—and try to be amused by the little things.

**Make future plans.** When a loved one you've been caring for passes away, it can come as a shock. You might feel like your purpose is gone, and this can exacerbate the grieving process. Planning for the future will help relieve that shock for you, even if the plans aren't concrete. Dream about the exciting roads ahead, and keep in mind all the incredible ways you've learned and grown through caregiving.

**Accept help.** Whether it's from other family members or outside sources, help is critical to caregivers. Start with the free resources that AARP can offer you at [aarp.org/cuidar](http://aarp.org/cuidar) (Spanish) and [aarp.org/caregiving](http://aarp.org/caregiving) (English), or feel free to call the hotline: 1-888-971-2013 (Spanish) or 1-877-333-5885 (English).

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# MAKING IT COUNT: 5 TIPS FOR CHOOSING A HEALTH PLAN



Choosing health benefits can feel stressful, but it doesn't have to be. Here's five tips to help make the process easier and ensure you are choosing the right option for you:

## Review your options

Take the time to explore your options and understand the benefits and

costs of each plan so you can find the coverage that works best for you. Beyond the monthly premium, you also should understand what out-of-pocket costs, including the deductible, copays and coinsurance, you may be responsible for. Also, consider any changes to your health over the last year or if you have any major health events planned for 2019, such as having a baby or surgery, to determine if your current coverage still fits your needs.

## Prevent financial surprises

Before you select a plan, check if your doctor is in your health plan's care provider network. Visiting doctors that are in-network is one way to help keep your costs lower. If you select a plan that would make your visit to a doctor or hospital outside the network, make sure you understand the costs.

Also, see if your medications are covered by the plan. Even if you don't expect to change plans, it's important to make sure your drugs will still be covered in 2019. People with Medicare should remember that Original Medicare doesn't cover prescription drugs, so if you are looking for help covering the costs of your medications and choose either a Part D plan or a Medicare Advantage plan with prescription coverage.

## Look for ways to save

Ask about incentive-based wellness programs that reward you for living a healthier lifestyle. Some health plans offer incentives for their members to participate in activities that may help improve their health, such as completing a health assessment, visiting a gym, lowering their cholesterol, participating in a wellness-coaching or tobacco-cessation program or even just walking.

Also, check to see if your plan includes 24/7 telehealth services. Telehealth services can be especially convenient for consultations on minor health issues. Often, telehealth is available to members of employer-sponsored, individual and Medicare Advantage plans.

## Don't forget about additional benefits and features

Open or annual enrollment is the ideal time to select benefit plans that can help protect you and your family from head to toe, so consider adding vision, dental and financial protection plans such as life, accident or critical illness coverage. For people on Medicare, many are surprised to find that Original Medicare doesn't cover most dental, vision and hearing services. But many Medicare Advantage plans do and often include perks like gym memberships or discounts on hearing aids.

## Learn the lingo

Do you have a full understanding of health care terms, such as premium, deductible, coinsurance and out-of-pocket maximum? If not, there are resources online to help you learn and understand health care terms, or just call an insurance agent to answer any questions you may have at the time.



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# DELTA SIGMA THETA NAMES MISS JABBERWOCK 2018

Submitted by Dr. Tonya F. Mack, First Vice President, Florence Alumnae Chair, Jabberwock Steering Committee Along with Hilton Howe Cooper, President, Florence Alumnae



*Kalyn Monique Phillips*

Florence Alumnae Chapter of Delta Sigma Theta Sorority, Inc., in Partnership with the Minerva Center Foundation, a 501(c)3 non-profit organization, sponsored Miss Jabberwock 2018 Scholarship Cotillion. Our theme for the occasion was "Achieving Excellence...In the Circle of Life." Eight high school girls were selected by chapter members to participate in the Scholarship Cotillion. High school girls participated in college prep and etiquette workshops, sisterhood events and fundraising. This signature event was held on May 19, 2018, at the Francis Marion University Chapman Auditorium and showcased

the talents of the young ladies as well as their formal presentation. At the end of the event, all girls were recognized, and scholarships were announced. Miss Jabberwock was crowned, along with recognition of the first and second place winners. The cotillion raised \$45,000 for scholarships to be awarded to the participants and young girls in the community once enrolled in college.

Miss Kalyn Monique Phillips was crowned Florence Alumnae's Miss Jabberwock 2018. She is the daughter of Mr. and Mrs. Keith and Yolanda Phillips. She is a junior at Mayo High School for Math, Science and Technology. Kalyn was escorted by Master Kenyon Coker, a junior at Wilson High School. He is the son of Mr. and Mrs. Kelvin and Gloria Coker.

Miss Kamryn Jhanari Aldrich, 1st Runner Up, is the daughter of Mr. and Mrs. Bradley and Keon Aldrich. She is a senior at Darlington High School. Kamryn was escorted by Master Keenan Cottingham, a freshman at Coastal Carolina University. He is the son of Mr. and Mrs. Shenard and Angela Cottingham.

Miss Sarah Olivia Carey, 2nd Runner Up, is the daughter of Ms. Leslie Fay Carey and granddaughter of Mr. and Mrs. John and Carolyn Carey. She is a senior at West Florence High School. Sarah was escorted by Master Quran Forte, a senior at West Florence High School. He is the son of Mr. and Mrs. Anthony and Nyisha Wingate.

## Other scholarship recipients included:

Miss Camryn Delaney Edwards is the daughter of Mr. Dennis Carraway and Ms. La'Shonnette Edwards. Camryn is a junior at Florence Christian School. She was escorted by Master Christopher Taylor, a junior at Timmonsville High School. He is the son of Mr. and Mrs. Christopher Sr. and April Taylor.

Miss Sharice Ha'Nayya Green is the daughter of Mr. Charles Green and Ms. Alisha Howe Belin. Sharice is a senior at Wilson High School. She was escorted by Master Deantri Singletary, a senior at Wilson High School. He is the son of Mr. Brian Singletary and Mr. Lucretia Jones.

Miss Darielle LaShawn Hamlin is the daughter of Ms. Valisha Jefferson and Mr. Darrell Hamlin. Darielle is a senior at South Florence High School. She was escorted by Master Terrell Jarvis Leonard, a senior at South Florence High School. He is the son of Mr. and Mrs. Terry and Sheila Leonard.

Miss Dionna LaShea Segres is the daughter of Mr. and Mrs. LaTorrence and Lucretia Jackson. Dionna is a junior at Darlington High School. She was escorted by Master Christian "Blake" Walker, a freshman at Coastal Carolina University. He is the son of Mr. and Mrs. Craig and Joy Walker.

Miss Mia NaShae Williams is the daughter of Mr. and Mrs. William and Shateisha Williams. She is a senior at Wilson High School. She was escorted by Master Jalen Page, a sophomore at South Carolina State University. He is the son of Mr. and Mrs. Darryl and Angel Page

Jabberwock is a competition that originated in 1925. It has since



*Kalyn Phillips*  
*Miss Jabberwock*



*Kamryn Aldrich*  
*1st Runner Up*



*Sarey Carey*  
*2nd Runner Up*



*Camryn Edwards*



*Sharice Green*



*Darielle Hamlin*



*Dionna Segres*



*Mia Williams*

evolved into a Delta tradition. The program now represents an event of sophistication and entertainment that showcases the talents of the participating young women while advancing the goals and objectives of Delta's scholarship initiatives.

Delta Sigma Theta Sorority, Inc. was founded in 1913 on the campus of Howard University to promote academic excellence; to provide scholarships; to provide support to the underserved; to educate and stimulate participation in the establishment of positive public policy; and to highlight issues and provide solutions for problems in communities. Today, Delta Sigma Theta Sorority has more than 900 chapters worldwide and has initiated over 250,000 members. The Sorority uses its Five-Point Programmatic Thrust of Economic Development, Educational Development, International Awareness and Involvement, Physical and Mental Health, and Political Awareness and Involvement to create its national programs. For more information on the local chapter or Jabberwock, please go to [www.florencealumnaedst.com](http://www.florencealumnaedst.com).



## 5 WINTER DRIVING TIPS FROM THE TUNE-UP TO THE TUNES



“From Atlantic to Pacific, gee, the traffic is terrific...” No matter their destination, Americans are more than twice as likely to drive as fly this year (76 percent vs. 24 percent), according to Hankook Tire’s newest Gauge Index Survey.

Where is everyone going? That depends. More than one-third of Americans (36 percent) want to travel somewhere involving sand and palm trees, choosing the beach as their ideal winter getaway. Other top destinations include a trip to the mountains (22 percent) or a family reunion (21 percent).

Wherever you are headed, bank on busy roads. Check out these five tips to ensure everything for your trip is well-oiled, well-maintained and, well, worry-free this winter:

### 1) Check the Tires

Before settling in behind the wheel, don’t forget to look at your tires. The Gauge found 27 percent of Americans hope to stay on top of their car’s maintenance schedule better in the new year, but it’s never too early to kick-start those resolutions. Instead of kicking the tires, try the penny test to see if yours are ready for the road. Insert the penny into the tread groove with Lincoln’s head upside down. If you can see all of his head, it’s time to replace your tires. Check out the tires with an integrated studdable tread design to help you stop on a dime when winter roads get really rough.

### 2) Stay Tuned

Beyond your four tires, it’s also a good idea to give your entire car a quick checkup before taking any road trip. Look under the hood to ensure adequate fluid levels, including antifreeze and wiper fluid. Check the headlights, taillights and brake lights to be sure no bulbs are burned out; inspect windshield wipers for signs of wear; and make sure there is air in your spare tire.

### 3) Pack Prepared

Keeping an emergency kit in the car is always a good idea, especially if you’re driving toward inclement weather. A roadside emergency kit should include first-aid materials like bandages and antiseptic as well as tools that can help in the event of an unexpected breakdown. Be sure you have jumper cables, flashlights (with extra batteries) and roadside flares as well as drinking water and non-perishable snacks to get you through any delay. For added peace of mind, double-check that your roadside assistance subscription is current.

### 4) Map Your Route

While nearly a quarter (24 percent) of Americans have built-in navigation in their vehicles, it’s still a good idea to scout your route before putting the car in drive. At the very least, make sure your passenger has a good sense of direction.

### 5) Get in the groove

A solid road trip soundtrack, still wins as the top road trip entertainment for nearly half (46 percent) of Americans, according to the Gauge. Set your playlist before getting in the car, and make sure it can last the length of your road trip and then some, in case you do end up in a traffic jam.

Keep your winter travels worry-free with these tips, and here’s to smooth sailing - or rather, driving--all season long.

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# CANTY PLAYS HIS WAY TO YOUR HEART

Submitted by Florence Symphony Orchestra

**MYRTLE BEACH** - For over half his life, James Canty has been playing the trumpet professionally. His first major job as a musician came at age 22 on Holland America Lines cruise company. He played for crowds of 2000 people everyday, 180 days straight, in every major port around the world. "It was a scary thing at first," said Canty. "To be in a situation where you have to sight-read everything in front of complete strangers was a lot of pressure at the time. But as a young musician I just decided to be grateful for any and every opportunity, no matter how pressure packed it was. In any profession, if you can overcome the extreme, the mundane becomes another day in the park."

Canty is the principal trumpet player for the Florence Symphony Orchestra and said he is grateful for the opportunity. "This orchestra just keeps getting stronger. We are sitting on a gold mine here in Florence. Dr. Terry Roberts wants to do the biggest pieces possible and they challenge us as musicians. I'm looking forward to playing Bolero in February. That piece has been on my bucket list forever," he said.



James Canty

Recently, he started doing soundtrack work for the Disney Studios in Orlando. "This was a dream of mine as a young musician, and it's been an amazing transition for my career. It has helped me focus on playing in the present and to be on my A-game, playing things right the first time." Canty has most recently played soundtracks for Mary Poppins, Star Wars the Last Jedi and Incredibles 2. He said that more major movie work is on the horizon.

Canty lives in Myrtle Beach, where he also plays with the Long Bay Symphony, several jazz and beach bands, and does wedding and church services. "I believe that God has given me this opportunity. Any day that I get to wake up, be vertical and put a trumpet to my face is a good day," said Canty.

A few years ago, Canty began to experience problems with his eyes. In both eyes, the retinas became partially detached. "I know Ray Charles and Stevie Wonder both had exceptional careers as blind musicians. But for what I do, being a classical, sometimes jazz, and most certainly commercial musician, I need to see." For the past eight years, doctors have been able to repair his eyes through a series of surgeries. "By the grace of God I have not had to stop doing what I love to do," he said.

"It was instilled in me as a kid to be humble and grateful. My grandmother has said to me that your music can help someone have a better day. You don't know what other people are going through. Just play your way into their heart, and make them smile. That's what I try to do every time I play," he said.



Tiffany Ellis Photography



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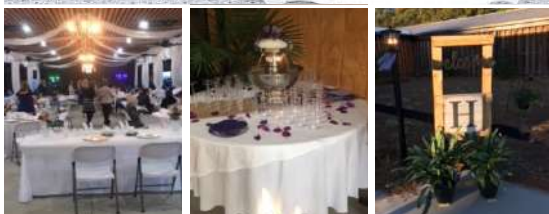
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**FY18 ANNUAL MEETING!** *Submitted by Florence County First Steps*



Florence County First Steps (FCFS) held its annual FY18 meeting at the Florence County Library on Dec. 11. FCFS is a non-profit that offers assistance to low-income families and helps provide financial assistance to send children to experienced day cares.

FCFS's vision is that every child in Florence County will be prepared for success in school. Executive Director Spencer R. Scott started off the meeting with an overview of last year's accomplishments.

Last year, FCFS provided 42 children with scholarship assistance so their parents could work or attend school with the Child Care Scholarship Program. The Child Care Training Program provided 27 early childhood staff with high quality training, and 366 children across 17 programs had access to teachers that were trained through FCFS. The Quality Enhancement program provided \$5,967 in materials grants to participating childcare providers. Finally, the Parenting Program served 45 children and 45 families. 1,450 hours were spent in homes with families.

He then awarded a certificate to Katie Godwin, whose daughter, Officer Farrah Turner, was fatally wounded in the Oct. 3 ambush. The certificate stated that First Steps has created The Farrah Turner Scholarship Award, which will be given to a child from birth to three years of age who meets the First Steps requirements. The scholarship is valued at approximately \$5,200 per child.



First Steps also revealed their winners for the Terrific Toddlers Baby Contest. The King was Mark Keeson McClain, Jr.,

son of Keyha Johnson and Mark E. McClain. The Queen was Karleigh N. Ray, daughter of Jasmine Scott and Karl Ray. The King and Queen were both given a crown and will be on future promotional material for First Steps.



Musical performances were given by Precious One Learning Center and Live Love Grow Learning Center. The meeting concluded with the Florence County Children's Library reading several books to the children, including "Pete the Cat Saves Christmas." The meeting concluded with a special guest, Mickey Mouse, for the children.

For information related to Florence County First Steps, please contact Spencer R. Scott at 843-629-0202.



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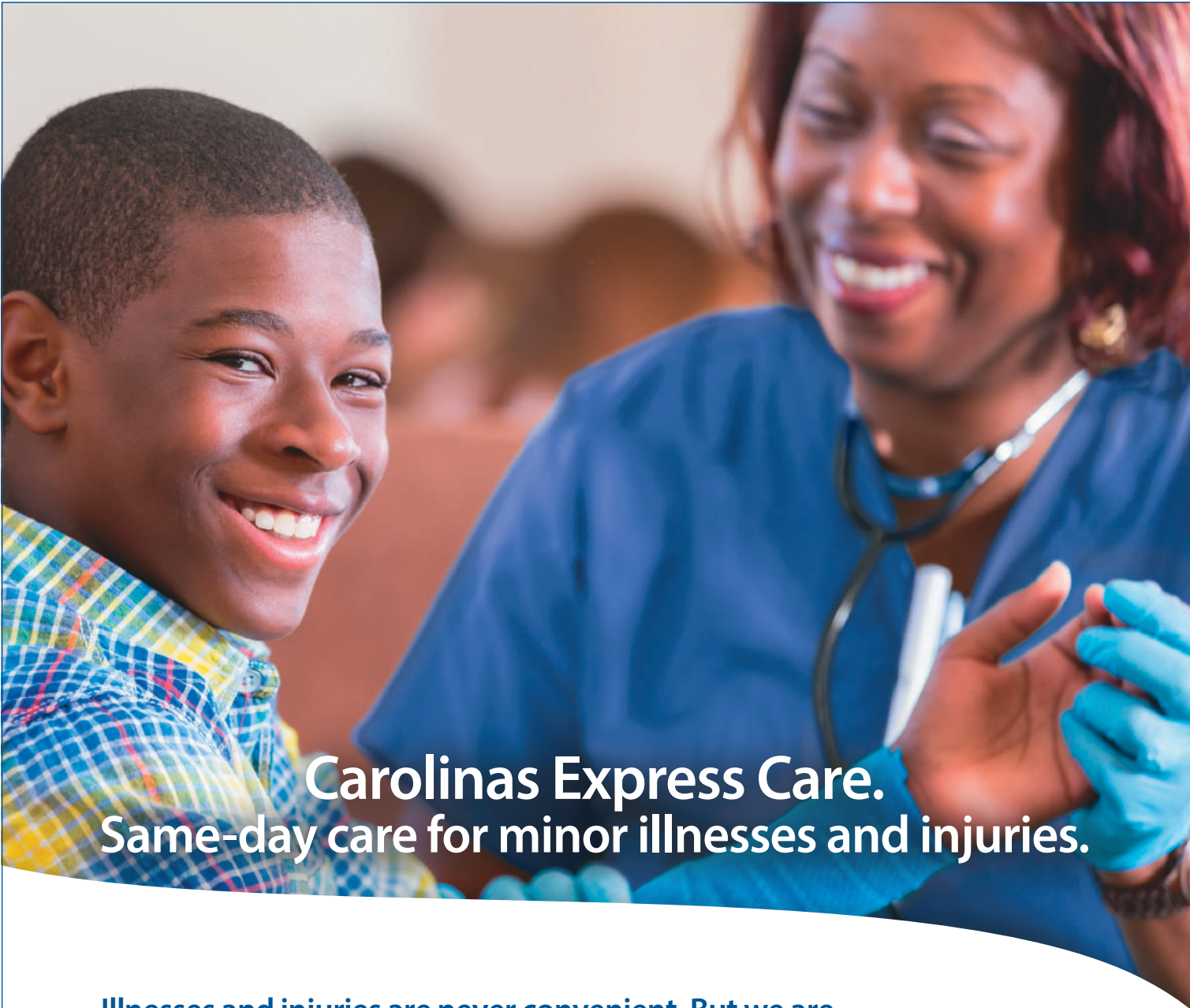
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If your doctor's office is closed or you can't wait for an appointment, you can still get the care you need for the flu, a fever, a simple fracture or other common ailments. No appointments necessary; just walk in. If you prefer an appointment, visit [CarolinasExpressCare.com](http://CarolinasExpressCare.com)

### **Carolinas Express Care – Florence**

1925 Hoffmeyer Road • Florence, SC 29501  
Mon.-Fri., 2 p.m.-10 p.m.; Sat., 9 a.m.-6 p.m.; Closed Sun.

### **Carolinas Express Care – Lake City**

148 Sauls Street, Suite E • Lake City, SC 29560  
Mon.-Fri., 2-10 p.m.; Sat., 9 a.m.-6 p.m.; Sun., Noon-6 p.m.

**CAROLINAS**  
HOSPITAL SYSTEM



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A STORE FULL  
— OF NOTHING —  
BUT APPLES**

**FOOD  LION**

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