

DIVERSITYWORKS

JULY 2018 VOLUME 8 ISSUE 3

"For All of Us"



ROBERT L. STUCKS



HEATHER BYRD



PAULETTE LUNN



VANCE REYNOLDS



**RISING THROUGH
THE RANKS**

**HONORED
TO SERVE**

**HARTSVILLE MONTESSORI
ANNOUNCES NEW OWNER**

**MAYO HIGH SELECTED
FOR INTERNATIONAL FESTIVAL**

**CHS-FLORENCE
NAMES NEW CEO**

FEATURING:

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1998 - 2018

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20 years
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Successful!**



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Samuel Georgia - FMU
Heart of Pee Dee Scholar



TSF Board Members



Rashadah Jordan
Black Girl Magic

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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

OUR WRITERS GOT IT RIGHT, JUST FOR YOU!



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

Just a year ago, I stated that I hoped the July issue of Diversity Works Magazine© found you healthy, high-spirited, and sheltered from the sweltering heat outside. Today I must still say the same. And as always, I cannot hide my excitement about bringing our amazing reader a wealth of articles on a variety of topics that are sure to enlighten your life.

As you try to enjoy the summer, praying your children--like mine--don't eat everything in sight or double your electricity bill, it's always great to keep summer camps in mind. Therefore, you must continue reading for information about the grant Kiwanis Club awarded All 4

Autism for Camp Saint John and to learn about the fun activities Girls University has in store for its summer camp attendees. And find out how Florence County Disabilities Foundation has been raising money for individuals with disabilities and special needs.

We show special appreciation for artists this issue, sharing with you winners of the 2018 Arts Awards, winners of the Keep Darlington County Beautiful Art Contest, and winners of the 2018 Art in Business competition. But stick around because we have even more contests with even more winners, and you might just know some of them. Be ready to be inspired when Les Echols discusses the creative minds of Tonya Morman and Kiira Dixon-Printup.

For more information on area entertainment and events, go no further because it's here as well. If you or someone you know is getting married and having an outdoor wedding, you'll find essential planning tips right inside this issue. And find out about the exciting bands performing at Florence After 5 in downtown, and learn more about the 2018 National Horseshoe Pitchers Association World Tournament that will be in Florence. Then plan to attend one of the eye-opening day trips across most regions of South Carolina that tell compelling stories of the African American experience.

In recognition of Recovery Month, Childhood Cancer Awareness Month and National Suicide Prevention Month, which are all in September, we acknowledge several fighters who have won against cancer, suicide attempts or substance abuse addiction in stories by Kim Williams, Les Echols and others. You'll hear from area organizations like Rubicon Family Counseling Services, Circle Park and Leslie's Hope that offer help and resources to those in need.

We at Diversity Works Magazine© know that no two individuals have the same lifestyles and, therefore, need different things, so we have resources in store to help you make it through whatever the situation or circumstances might be. For instance, what if you didn't know how to make it through something as life altering as addiction? Or how do you begin the conversation with a loved one about Alzheimer's? Experts are here to give you those answers. Then in other health-related news, you must pay attention as Carolina Pines welcomes new surgeons to its practice. Carolinas Hospital System shares tons of news, and McLeod hospitals and some of its physicians have won various awards. Check in with Dr. Quayle to discover how to live to one hundred.

Begin living a healthier life today with Eat Smart Move More (ESMM) South Carolina, which has several programs available at some of Florence's parks and centers. In recognition of National

Parks and Recreation Month, we have a wealth of articles that share activities about community events that you and your family are sure to enjoy. You may have noticed, for instance, several community gardens are now at various places in the area. They were established by collaboration between the City of Florence and ESMM. The City of Hartsville and the City of Darlington also have activities you definitely don't want to miss.

But what if you or someone you know struggles with self-confidence or wonders how to find the inner magic that lies within? Well, Anna Bowman discusses how Black Girl Magic of the Pee Dee does just that by uplifting women and encouraging our community's youth. And what if you ask yourself how to make it through the stereotypical mindset that often holds people from chasing their dreams? Well, this time I'm introducing you to an individual from the same small town I grew up in who chased her dreams all the way to the top. Attorney Rangeley C. Bailey of Jebaily Law Firm is that individual and our cover feature. This powerful woman of integrity is not only an attorney, but she has also worked through the ranks and is now a partner at Jebaily.

In other news, Ta'Meeka Epps shares a testimonial by Attorney Linward C. Edwards II about the importance of having a knowledgeable, experienced agent like Quentin Williams Insurance and Financial Group. For more financial news, catch up with Anderson Brothers Bank, SPC Credit Union and New York Life. Check in with Hartsville Montessori, Mayo High School, Francis Marion University, Coastal Carolina University, Chaplin University, and other area schools. Businesses like Santee Cooper, Duke Energy, United Way, and several others are also here to share news with you. And it wouldn't be right if we didn't hear from Honda of South Carolina, which is known for its diversity and inclusion practices. This time, Angela Crosland tells you how the company is celebrating its 20th anniversary, so stick around for a few words from the heart of the organization: its associates. Then Jennifer Robinson, Anna Bowman and Ta'Meeka Epps have more for you as we celebrate Hispanic Heritage Month. Honda's own Oscar Alicea shares some of his heritage with you, and so do Augusto Ruiz de Castilla and Kristal Martinez.

We commemorate the legacy of individuals like Sarah Belle James Little and celebrate the existence of others like Kim Snyder, who Tory White reveals just how deserving she is of the Jefferson Award Foundation's medal of excellence she received. If you need diversity in spirituality, your blessing is truly on the way, so be prepared for the powerful messages, including one by Robin L. Lewis in which she helps you deal with resistance in all areas of your life.

Again, so many more articles and so many more individuals are highlighted in this edition of Diversity Works that if I told it now, I'd be telling the whole magazine's contents. I'd prefer that you keep going to see for yourself, and I promise, we don't disappoint because our dedicated, highly talented writers have it all right here for you. So get comfy on your couch, and prepare to be informed, celebrated and entertained. Enjoy!



WHAT'S SO UNFAIR ABOUT EQUALITY?

Submitted by Dr. Nika White, President and CEO, Nika White Consulting, Best Selling Author of "The Intentional Inclusionist™"



Dr. Nika White

GREENVILLE-America was just given a perfect example of the crucial difference between equity and equality. Earlier this month, Democratic Senator Tammy Duckworth of Illinois was the first person to give birth while serving as a senator. But now as a new mother, she faces a rule that may affect her ability to do either job – state senator and parent – properly: children are banned from the voting floor. That means if the senator has to vote at a time that she also has to care for her

baby, she'll likely have to be absent from work, and her voice will be silenced when her constituency needs it.

So, Duckworth is advocating that parents of any gender be allowed to bring children onto the Senate floor during the first year of the child's life. Although she's not the first woman to publicly address the challenges created by the lack of accommodations for senators with infants, what she's really advocating for is equity – something very different from equality.

Here's a simple way to start thinking about the difference:

Equality is when everyone has access to the same thing.

Equity is when everyone has access to what they need to be successful.

And that's the thing that makes equity so tricky. What people need to succeed can vary from person to person and from one organization to another. Because equity can change, depending on context, employers often back away from trying to resolve problems by addressing inequity. Instead, they try to be "fair." However, that approach rarely solves the problem at hand.

"Fair" doesn't always work for everybody.

If we look at Duckworth's situation, the current rules are completely "fair." Nobody can have children with them on the Senate floor. Everybody has the same restriction.

But because infants need to be close to their parents for a variety of reasons, the fair rules mean that a large segment of current and potential senators may have their opportunities to participate limited if they have small children. They won't be allowed to perform their job if they need to do it with a baby in tow.

Choosing equality over equity can hurt your talent pool.

I find that a lot of key decision-makers err on the side of fairness and equality in the hiring process. However, they need to think more deeply about how they find talent, or they can miss a great hiring opportunity.

No matter what, we should always hire the best person for the job. We can't tell the future, so we rely on basic criteria to inform our decisions. But sometimes the basic criteria need to change. For example, many companies are moving away from educational attainment as baseline criteria. Education level as a requisite can lock out potentially excellent candidates who did not have access to higher education or who gained the needed experience through other avenues.

Even companies that have gone the extra mile to create a diverse applicant pool need to be mindful of whether successful applicants can succeed within the company. If somebody hired is the only one of their group – the only woman, the only differently abled – they'll face challenges that can keep them from advancing.

Equity is good for business.

There's a solid and growing body of research on how diverse teams have been shown to make organizations more effective or more profitable. Such teams are built by taking a more equitable approach–

not by treating everyone the same. And, on a more common-sense level, the business case for equity goes back to some sayings we all know and fall back on:

"A rising tide lifts all boats."

"You're only as strong as your weakest link."

If we're allowing talented people to struggle or eventually leave in the name of equality, we're diminishing our organizational capacity in the process.

There's also a bigger mission here: how we operate as a society either offers the potential for everyone to achieve a great level of success – or it doesn't. The truth is, some people are not going to care at all about equity versus equality, but leaders who are inclusion-minded need to be sure their efforts really offer access to what individuals need to be successful – not access to the same resources across the board.

Opportunities to improve are everywhere.

First, leaders must start with the mindset of being more sensitive to the fact that their employees didn't all take off from the same starting line. They need to recognize that in order to help each one be successful, the solution can't be one size fits all.

Look at how – or if – various groups have access to resources such as funding, space, their leaders, or opportunities for advancement. A lack of equity in the organizational culture affects how resources are prioritized. Addressing the issues can help break cycles that perpetuate inequity and can boost peoples' chances for success.

Finally, don't forget future employees. It might be necessary to create a plan for equitable employment by reviewing hiring criteria and policies. (I offer some actionable tips in my most recent white paper.) You can also look at possible training initiatives, career development opportunities, and accommodations that might need to be made. Any of these would be a great start and should help build true equity and greater success in your organization.

EQUITY VERSUS EQUALITY

Equity is the quality of being fair and impartial

Equality is the state or quality of being equal

Involves treating each individual according to his or her needs

Involves treating every individual in the same manner, irrespective of their differences

Considers individual needs of people

Does not consider needs and requirements of people

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HONORED TO SERVE

by Les Echols



Robert L. Stucks

DARLINGTON - Role models are usually defined as key people who inspire and influence others through achievement, behaviors and/or qualities. When positive role models come from small and rural areas, it can change the status quo of positive images for residents of the area. Attorney Robert Stucks, a native of Darlington, continues to make a positive name for himself in the community, both as a practicing attorney and a

municipal judge.

Stucks is a graduate of Mayo High School in Darlington. After earning a Bachelor of Science Degree in Criminal Justice from Voorhees College, he attended and graduated from Appalachian School of Law. Today he is licensed to practice law in both Illinois and South Carolina. When asked why he pursued a career in law, Stucks responded, "I got started in law because I felt I was called to this profession. I saw so many people within my neighborhood being arrested and not being able to afford proper representation, and I knew I could help them. The decision to be a lawyer is one decision I have no regrets about. I have the opportunity to help people and practice law with some really brilliant attorneys."

Stucks describes his day-to-day as incredibly busy, yet incredibly fulfilling. "My typical day starts around 7 a.m. and ends around 6 p.m.

I generally start with a to-do list of things that absolutely need to get accomplished. I work on those things until I get to court. I practice in criminal, family and summary courts and generally have a lot of appearances. Additionally, I serve as a municipal judge for the city of Darlington. As the City Judge, I conduct bond hearings, hold court sessions, and perform all other judicial related activities. So, I have to balance my day between my responsibilities as a judge and a lawyer."



Stucks sworn in as Darlington Judge
June 2017


"It is an honor to serve as the Municipal Judge of Darlington, S.C.," Stucks continued. "Being on the bench has allowed me to realize that one thing everyone wants is the opportunity to be heard. Whether it is the defendant or the State, everyone wants their position to be heard. And being a judge gives me the opportunity to allow that to happen. I've found that a lot of the time people may not agree with the decision I make, but the fact that they can express their side of the story

makes them feel the process was fair even though they didn't like the outcome. I am always amazed by how the people have embraced and supported me. It means so much to me. I enjoy going to court and learning from other lawyers. This opportunity has blessed me tremendously," continued Stucks.

"I am honored to be able to serve as a positive role model for African American boys and girls and youth of all races and backgrounds. I have had the opportunity to speak to many young men and women in our area. My goal is always to encourage them to set goals and strive to achieve them," concluded Stucks.

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HSC'S 20TH MARKS GROWTH OF A FAMILIAL CULTURE

by Angela Crosland



TIMMONSVILLE - As with building in any organization or family, how well it is maintained and grows is often contingent upon the potency of its guiding principles at inception. When Honda of South Carolina (HSC) opened its doors in Timmons ville some 20 years ago, it did so on the foundational belief that diversity of thought, skills,

background and experiences enriches the workplace and the product.

Honda Motor Co., Ltd. was founded in 1948 by Soichiro Honda and Takeo Fujisawa who created a workplace environment where each employee's ideas received the full consideration and deference of the group. Today, its Timmons ville site has embraced the Honda way for 20 years and is reaping the harvest of its laboring to do so.

"One of the main beliefs of Honda is the establishment of the Honda Philosophy at each location. This is the foundation upon which everything else is built," says Bill Hodges, chief inspector engineer (CIE) Quality senior manager of 20 years.

"Even though HSC is celebrating our 20th anniversary, our mindset is to always work towards continuous improvements within our products, processes and with our associates. We believe we have a strong foundation, and we will continue to build and improve our framework to ultimately exceed all of our customer's expectations," Hodges says.

HSC began production of all-terrain vehicles (ATV) in July 1998 with 200 employees. Honda invested \$30 million in the 200,000 square-foot plant, which was the beginning of HSC's significant contribution to Florence County, particularly the town of Timmons ville. In 2000, operations expanded to include engine production, and now the facility is more than three times its original size with an investment of nearly \$350 million. HSC at present employs more than 1,000 associates.

Since its employees, affectionately referred to as associates, are the basis of the Honda philosophy, it is no wonder the 20th anniversary evokes more of a sense of their value-added contribution to the organization.

"Kim and I are like the rest of the Honda associates. We are all a very important piece of the Honda Team," says Barbara McClellan who has been employed with HSC for 17 years. Her daughter, Kimberly Dennis, has been an associate for five years.



Barbara McClellan & Kimberly Dennis

"We both feel like our dedication, work ethic, continual improvement, and team-first attitude fuel the passion to do the best we can no matter where we are," says McClellan. "With our passion here at HSC, we feel we have contributed to the success over the years."

Feedback from the management team and productivity measures within their departments have given them much to celebrate on this 20th anniversary, says McClellan.

"We take pride in working at Honda," she adds. "It has many opportunities for us to be successful no matter what gender, race or age you are."

JoAnn Hall started as a temporary associate in October 1997 and can recall when the first associates reported to work that year. She remembered feeling as if she mattered and her presence made a difference.



JoAnn Hall

"I was the one who did just about everything from switchboard operator, travel, pool cars, reports and secretary for the president and vice president," says Hall. "All the associates felt comfortable coming to me when they needed anything because they knew I was there to help them and they could depend on me."

Honda still depends on her for a variety of

different tasks and Hall says she is fortunate to be a part of a team where she is valued.

The optimism in the associates' remarks is indicative of the culture that is breeding longevity in a town that so needed it two decades ago when Honda laid its foundation. With only a little more than 2,000 residents and topping only the list of unemployment, Timmons ville residents and those in surrounding areas were in dire need of economic consistency and commitment. In 1998, they found a company willing to invest for the long-term: HSC.

"The strength of HSC is our associates. Honda is comprised of individuals working together for a common purpose," says Bill Hodges. "This 'Respect for the Individual' allows all associates to contribute to Honda's successes, as well as the opportunity for all to develop to their full potential."



Kendra Atticks

He continued, "This associate driven culture has helped Honda to continue to succeed, even when challenges have occurred. Thus, Honda wants to continue to be a valuable part of our community for many years to come."

Retaining associates is the least of its worries, according to Dennis.

He says that HSC has proven to be loyal to her family over the years, and, in turn, they will be loyal to the company.

"With all the challenges that Honda has, we believe that Honda is a big enough company that it will survive when others can't," Dennis says.

Like Dennis, Honda engineer Kendra Atticks takes pride in being a part of a team that is community conscious.

"HSC supports the communities of Timmons ville and Florence both directly and indirectly. We provide jobs to a significant portion of the population," says Atticks. "Additionally, Honda actively works to improve and enrich the community around us."

In other words, "HSC exists because society and its associates want it to exist," echoes Hodges.

Atticks says she is not sure what else Honda will be doing to improve the plant moving forward but expects it will be going through a period of optimizing what they have in an onward and upward thrust.

Vernis Jones graduated from Timmons ville High School, class of 1991. "What inspired me to pursue a career at Honda (since 1998) was that I knew it would be long term with the ability to grow and to be part of a powerful name."

Kent Walden-20 years with Honda. "Integrity is not doing the right thing in front of everyone Integrity is doing the right thing when no one is around."



Vernis Jones



Kent Walden



Hope Melton & Michelle Brisebois

Hope Melton & Michelle Brisebois: "As sisters we have shared many milestones and with Honda we are just continuing the same tradition. Friends and family equals Honda to us!"

HSC Milestones

1997

April 25th - Incorporation
June 9th - Groundbreaking

1999

2nd shift start up
Swing arm production startup
Production reaches 500 units per day
Production reaches 100,000 units per year

1998

July 1st - Mass production startup
Production reaches 50,000 units per year

2000

Engine plant ground breaking
Engine assembly startup
HSC becomes ISO 9001 certified
Machining department startup
Production reaches 760 units per day

HSC'S 20TH CONT'D

2001

Expansion of administration center
Die Cast mass production startup
Safety Award - One million hours with no lost time
Material Services expanded
HSC produces 500,000th ATV
Safety Award - Three million hours with no lost time

2002

HSC site expansion 120 acres
Production Engineering Department(PED) startup
Test track opens
Production reaches 1020 units per day

2003

Honda Federal Credit Union opening
ATV test track and PED building
HSC produces 1 Millionth ATV

2004

Honda Rincon model mass production
Associate suggestion system startup
HSC cafeteria opens
Aluminum Wheel production startup
Weld expansion
Engine Assembly line expansion

2005

Safety Award - One million hours with no lost time
Trailer yard expansion
HSC wins S.C. Large Manufacturer of the Year
HSC produces 1.5 Millionth ATV
Safety Award - Two million hours with no lost time

2006

Machining expansion
(Assembly Frame) AF Line 2 mass production startup

Safety Award - Three million hours with no lost time
Plastics adds "take out" robots
Compliance and Ethics department kicks off
Safety Award - Four million hours with no lost time
Plastics expansion
Safety "Stop the line" program implemented
Die Cast expansion
HSC ISO 9001 and 14001 recertification
Quality Center start up

2007

Safety Award - 1 Million hours with no lost time
HSC produces 500,000th aluminum wheel
HSC kicks off 5S (Sort, Set, Shine, Standardize, Sustain) program
Plastics produce improved fuel tanks
HSC hosts NHC Block Convention
HSC produces 2 Millionth ATV

2009

HSC achieves Wildlife and Industry Together (W.A.I.T.) certification

2008

HSC celebrates 10-year anniversary
Mass production startup of AquaTrax 1500 and TRX420
FourTrax Rancher
HSC wins S.C. Large Manufacturer of the Year

2010

HSC achieves land fill free status

2011

Technical training center opens
HSC wins S.C. Large Manufacturer of the Year

2012

HSC produces its 2 Millionth ATV engine
HSC produces its 2.5 Millionth ATV
HSC announces it will begin mass production of Multi Use Side by Side Vehicles (SxS) in 2013

2013

HSC celebrates 15 years of production
HSC begins mass production of the Honda Pioneer 700 SxS
HSC named one of the safest companies in America by EHS (Environmental, Health & Safety) Today

2015

HSC receives the 2015 S.C. Manufacturing Excellence Award
Safety Award - Three million hours with no lost time
HSC begins mass production of the Honda Pioneer 1000 SxS

2014

HSC received Honda Manufacturing Excellence Safety Award
HSC received the 2014 Theodore (Teddy) Roosevelt Award
HSC begins mass production of the Honda Pioneer 500 SxS

2016

\$45M Plant Expansion announced to public

2017

Plant Expansion project starts
Florence County EMS Property Donation

2018

HSC produces its 3 Millionth ATV

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MEET THE CREATOR OF NOT JUST SPRING BREAK

by Anna Bowman



Khali Gallman

COLUMBIA – Khali Gallman, who was born in Columbia, is a cum laude graduate of the School of Business and Industry at Florida A&M University of Tallahassee, Florida, where she received a Bachelor of Science degree in Business Administration, with concentrations in management and marketing. She received a Master of Business Administration degree from the Darla Moore School of Business at the University of South Carolina in Columbia.

Gallman is the creator of the “Not Just Spring Break®” mobile app and author of “Good on Paper, Great in Person,” a guide to assist new workforce entrants. She is also the organizer of the annual Columbia Career Connect Conference (#C3Conference), where millennials from across the state of South Carolina learn and network with each other to create avenues for career advancement and professional development. Renowned television and radio personality Charlamagne Tha God served as the 2017 keynote speaker and former Def Jam Records music consultant and entertainment entrepreneur Peter Thomas served as the 2018 keynote speaker.

With over 10 years’ experience in marketing and public relations, Gallman has worked for many governmental and nonprofit entities and specializes in small business development and communications. She has provided public affairs outreach for the Durham County Department of Public Health, North Carolina Housing Finance Agency, City of Fayetteville, and the City of Columbia. Serving under two mayors, (Columbia’s Bob Coble and Steve Benjamin), she also worked with council representatives and community stakeholders in various

municipalities. While residing in Florida, Gallman worked for The Paxen Group as an instructor and outreach coordinator for the About Face program, which assisted at-risk teenagers with developing life skills, enhancing interview skills and searching for job placement.

Specializing in brand recognition and awareness, she has worked with many brands in various industries, including True View Photography, The Fat and Skinny on Fashion Blog, Meditating Massage Wellness Studio, The Grant Access, The Neo Soul Group, LLC, Johnson C. Smith University, Shaw University, HUE Women of Color Technology Summit and the SC Alliance of Black Educators, where she has presented at conferences and special events, and created press materials, website content, event planning, social media, and event promotion.

Gallman is a member of the National Public Health Information Coalition, National Association of Workforce Development Professionals, Southeastern Employment and Training Association, North Carolina Employment and Training Association, and the Professional Association of Résumé Writers and Career Coaches. She is also a member of The Girlfriends, Inc., The Moles, Inc., and the Greater Columbia Chamber of Commerce Leadership Columbia Alumni Association.

Gallman is the only child of Dr. and Mrs. Burnett Gallman,

originally from Hartsville, now residing in Columbia. Gallman currently resides in the Raleigh/Durham metropolitan area.

Contact Khali Gallman at khaligallman.com



or visit her website, www.KhaliGallman.com for more information about her public relations, career development, small business, and millennial services.

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25 YEARS OF ADVOCACY GETTING THE RECOGNITION IT DESERVES

Submitted by Dawn Dawson-House, Director of Corporate Communications, SC Department of Parks, Recreation & Tourism



African-American Heritage Commission

COLUMBIA- In its 25th year of identifying and interpreting historically significant African American sites in South Carolina, the African American Heritage Commission is reaping awards and recognition, and gaining a reputation as a reliable source for preserving stories.

The Commission, a group of volunteer professionals from the academic, business, government, industry, marketing and tourism fields, accepted eight awards from prestigious organizations in 2017 and 2018. The awards recognized their outstanding example in preservation leadership, education support and tourism promotion.

Among the awards was the prestigious Governor's Award from Preservation South Carolina, which was given to Dr. Bobby Donaldson, an associate professor of history at the University of South Carolina and a former member of the SCAAHC. Donaldson championed the preservation of Columbia's civil rights legacy for more than a decade. He leads the Center of Civil Rights History and Research at USC and serves as the lead scholar for Columbia SC63: Our Story Matters, a documentary history initiative that chronicles the struggle for civil rights and social justice in Columbia. The Governor's Award is presented every year to an individual who makes significant or landmark achievements in support of historic preservation in South Carolina.

Preservation South Carolina also gave its Elected Official Honor Award to Columbia Mayor Steve Benjamin after he was nominated by the SCAAHC. He was recognized for his support and advocacy for the Historic Columbia Foundation and for African American historical landmarks and buildings in the capital city.

Preservation South Carolina gave its Heritage Tourism Award to SCAAHC for the "Green Book of South Carolina," an online travel guide to more than 300 African American heritage and cultural sites across the state. The award is presented annually to a person or group who uses South Carolina's cultural and historical resources in the promotion and development of tourism.

For its overall body of work, which includes the "Green Book" and other major preservation projects, the SCAAHC was given an Award of Merit from the Confederation of South Carolina Local Historical Societies.

Jannie Harriot, the Commission's vice chairperson and the executive director of the fundraising arm that supports the Commission – the SC African American Heritage Foundation – received the 2018 Presidential Citation Award as an African American Heritage Advocate from the South Carolina State Conference of the NAACP.

In addition to the Preservation South Carolina Award for Heritage Tourism, the "Green Book of South Carolina" was recognized by:

- The South Carolina chapter of the International Association of Business Communicators with a Palmetto Award of Excellence for marketing
- The South Carolina chapter of the Public Relations Society of America with a Mercury Award of Merit
- The Southeast Tourism Society with a 2018 Shining Example Award for Best Niche Marketing in the Southeast

"We're humbled by the recognition we're getting from our peers and from professionals in a multiple fields," said Jannie Harriot, vice chair of the SCAAHC. "The hard work of so many dedicated volunteers over the decades demonstrates our commitment to telling this story."

To continue its significant advocacy, the SCAAHC will spend part of its 25th anniversary hosting a special fundraiser. For more about the fundraiser, visit www.SCAAHeritageFound.org.



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UNITED WAY TREASURES ITS DONORS

Submitted by Rachel Baggett Director of Marketing and Initiatives United Way of Florence County



UWFC Campaign Chair, Kevin Russell, presents the Live United Award to representatives from Pepsi of Florence.

After sailing around Florence County in search of donations, the United Way of Florence County (UWFC) celebrated the culmination of their 2017-2018

“Treasure Your

Community” campaign at their Annual Luncheon and Awards Celebration that was sponsored by PGBA LLC, Assurant, and Stifel.

“We are extremely grateful to those in the community who donated some of their treasure to this year’s campaign,” said UWFC President, Wendy Bird. “The donations we receive through our annual campaign helps fund over 24 programs at 17 local non-profits that change the lives of thousands each year for the better.”

Top Giver Awards

The Top Giver Awards honor the companies with the highest total giving, combining corporate and employee support, in each Campaign Excellence level.

- Overall Recipient: PGBA, LLC, \$173,702
- Gold Level Recipient: HONDA of South Carolina, \$46,950
- Silver Level Recipient: GE Healthcare, \$29,862
- Bronze Level Recipient: UPS, \$8,555

Campaign Excellence Awards

The Campaign Excellence Awards are presented to companies in recognition of their total employee and corporate giving of \$5,000 or more during the campaign. A full list of Campaign Excellence Award winners can be found at www.uwflorence.org.

Partner Agency Award

Recipient: Pee Dee Speech and Hearing Center

The Partner Agency Award recognizes the UWFC partner agency that has demonstrated commitment to the cooperative relationship between United Way and its agencies by providing projects for Day of Caring, running a campaign, sending staff to trainings, and participating in company presentations.

Campaign Advancement Award

Recipient: City of Florence (59% increase)

The Campaign Advancement Award honors the company with the greatest percentage increase in giving from last year’s campaign. The City of Florence and campaign coordinator Faith Krepps were able to increase their campaign total by over \$10,000. Assurant was also recognized for increasing their campaign total by over \$22,500.

Live United Award

Recipient: Pepsi of Florence

The Live United Award honors a company that consistently shows what it means to Live United by giving, advocating, and volunteering. Pepsi of Florence not only volunteered through the UWFC’s Day of Caring and advocated by having their general manager, Les Ward, join the UWFC Board.

Spirit Award

Recipient: Florence School District One – Administration Office

The Spirit Award recognizes a company that displayed outstanding enthusiasm and creativity when utilizing the UWFC’s campaign theme. The Florence School District One’s Administration Office took the 2017-2018 campaign themes of pirates and treasure to heart by dressing up as pirates and decorating their space with pirate decor for their office’s campaign kick-off.



UWFC Past Board Chair, Quincy Kennedy, presents the Ashpy P. Lowrimore Award to Andy Patel.

Ashpy P. Lowrimore Award

Recipient: Andy Patel

The Ashpy P. Lowrimore Award is presented annually to an individual or individuals that model Lowrimore’s legacy of humanity and generosity through financial and public support of the Florence County Community. During his time on the UWFC Board, award recipient Andy Patel graciously gave his time and effort whenever the UWFC needed it and continues to give back to the community.

The United Way of Florence County will kick off its 2018-2019 annual campaign with a brand new theme on Friday, September 21 at the 2018 Day of Caring event. If you would like to learn more about UWFC and how to get involved with treasuring your community, go online to www.uwflorence.org or www.facebook.com/UWFlorence.

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SEC COMMUNITY APPROACH TO BROADEN SOLAR POWER

Submitted by Mary Grace McGee, Marketing Representative



Pictured Left to Right: Santee Electric CEO, Rob Ardis; Williamsburg County Economic Development executive director, Jim Moore; FTC CEO Brad Erwin; Rep. Cezar McKnight; manager of System Engineering Ryan Cooper; assistant to Congressman James Clyburn, Kenneth Barnes; SEC manager of Marketing, Jay Kirby; Williamsburg County Supervisor, Stanley Pasley; SEC board member, Bill Floyd; SEC board member, Don Coker; director of operations of the North Eastern Strategic Alliance, Ronald Carter; and SEC VP of Engineering, Rob Higbe.

KINGSTREE- Citing a “common-sense approach” to solar power, SEC has recently completed its first community solar farm.

“Community solar is a good fit for electric cooperatives and our consumer-members,” says Andy McKnight, SEC board chairman. “This project will produce local, renewable energy for the members who want it.”

Community or shared, solar means multiple people get electricity from a midsize solar array, offering a convenient option for consumers who want to buy power from a carbon-free resource.

Pricing includes an upfront charge of \$50 per block and a monthly fee of \$14 per block. A block is equal to approximately 150 kWh, which is 12 percent of the average SEC member’s monthly usage. Subscribing members will receive a monthly credit of 10 cents per kWh produced.

The state’s independent, member-owned distribution cooperatives are participating in a project to add up to 250 kilowatts (kW) of community solar installations each, up to a total of five megawatts (MW) statewide – creating the largest network of community solar arrays in the state.

“Our consumer-members think community solar is a safe and reliable

option,” says Rob Ardis, Santee Electric’s CEO. “It means they don’t have to install panels on their roof, nor do they have to worry about their construction and maintenance. The co-op will do the heavy-lifting so members can access this renewable resource.”

Community solar gives access to an energy resource that is out of reach for a significant amount of co-op consumers. Many have roofs unsuitable for solar production. Other consumer-members cannot benefit from solar power because they rent a home or apartment, or cannot afford to pay for the solar system installation and maintenance.

“There are co-op consumer-members who want the benefits of solar, but they can’t install a system of their own,” says Chairman McKnight. He notes that 49 percent of all U.S. households are unable to access rooftop solar.

“Santee Electric and other electric cooperatives are doing for the membership what we have done for over 75 years – using our collective strength to provide energy solutions that members could not do on their own.”

Like most traditional community solar arrangements, SEC is responsible for the construction, operation, and maintenance of the solar plant. The consumer-members can participate through a monthly “subscription” and receive a bill credit based on how much energy is produced by the solar array.

Those interested in learning more can visit mySCsolar.com, the electric cooperatives’ solar information website for consumers.



Santee Electric Cooperative, which celebrated its 75th anniversary in 2014, has built and operates an electric system that covers more than 5000 miles of power line and carries electricity to more than 40,000 consumer-members in four counties.

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5 IMPORTANT TIPS TO RECRUIT AND RETAIN MILLENNIALS



(BPT) - As millennials continue to expand their share of the workforce in this country, they're using their influence to change the workplace to their advantage.

The generation of workers ages 22 to 37 is an important segment for

employers as baby boomers retire in huge numbers to create what's slated to become a 15-year labor shortage. To stay competitive, employers are increasingly stepping up to appeal to young, tech-savvy workers by digitizing their most important employee communications and interactions, including their benefits administration.

Being an innovative company where millennials want to work means employers need to digitize not only for their customers, but also for their employees. Companies seeking to engage and enhance the employee experience are using pulse surveys and feedback tools, check-ins, employee-curated learning platforms and many other tools that help us get a total understanding of what makes employees happy and productive.

If you're an employer wishing to recruit and retain younger workers moving forward, you may wish to move forward with the following millennial-friendly digital tactics.

1. Teleworking opportunities. As employers and employees increasingly recognize the advantages of at-home work, about half of all U.S. workers now hold jobs that offer at least part-time telework. Proponents say such opportunities decrease employee stress levels while boosting productivity and reducing employer overhead.

2. Integrate digital benefits. A recent study found millennials prefer a more intuitive, personalized and engaging benefits experience from their companies. The study finds employers are beginning to improve the end-to-end user experience, with 75 percent now focused on improving effectiveness of self-service platforms compared to 61 percent in 2014. Eighty-one percent of employers surveyed are satisfied with the highly digital benefits administration platforms they've used. Sixty-seven percent say such platforms work well for enrolling workers, and 58 percent particularly praise their record-keeping ability.

3. Social media for recruiting and screening. If you're not using tools such as Facebook and Twitter as supplementary tools for finding and vetting candidates, you're missing out on the ability to spread and/or gather information that transcends the limitations of resumes and cover letters. Ninety percent of Americans 19 to 30 are now on social media, and many expect their employers to be equally on board.

4. Professional development. Millennials place great importance on being given opportunities to learn and grow on the job, and employers can make that happen through company-funded webinars, podcasts, online college classes and other curricula. Many such courses are tax-deductible, and such investments also pay off for employers as their workers gain new skills and abilities.

5. Multiple communication and storage tools. Savvy employers set up their communications systems to allow for interactions and collaboration anywhere, anytime via a choice of channels. That kind of flexibility often calls for cloud-based storage platforms and content management systems.

Keeping up with the latest digital tools is important for any company wishing to find quality millennial workers in today's competitive environment. To learn more about how integrating digital employee benefits can help create a more satisfied workforce.

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CHAMBER HONORS LEADERSHIP HARTSVILLE CLASS OF 2018

Submitted by Quinetta M. Buterbaugh, President



Hartsville's future leaders complete development program

HARTSVILLE –The 2018 Leadership Hartsville class graduated in a closed ceremony on May 30 at the Butler Heritage Auditorium. The 9-month leadership development program, made available through the Greater Hartsville Chamber of Commerce, has provided participants with growth and networking opportunities since the class kicked off in September of 2017.

The 16 honored during graduation were Kelly Benton, Macon Hunter State Farm; Mark Chapman, McLeod Health; Rebecca Chastain, Embrace Hospice; Deborah Dowling, Duke Energy; Sheri Gibson, Duke Energy; Stephanie Glanville, Burry Bookstore; Rebecca McDonald, Sonoco; Robin Perdue, Coker College; Jordan Pupa, VIP Magazine; Lori Shaw, SPC Credit Union; Dr. Cathy Thomas, SC Governor's School for Science and Mathematics; Beth Tripp, City of Hartsville; Dorene Watson, Carolina Pines Regional Medical Center; Christina Webb, Coker College; Austin Wheeling-Goodson, Burry

Bookstore; and Diane Wise, Wise Design. "This year's class was unique in that 14 participants were women. Many of them have already begun new chapters by volunteering on boards and with other organizations to make a difference in the Hartsville community," commented Chamber President Quinetta Buterbaugh.

Each year, the class selects a service project to contribute positively to life in Hartsville. Previous class projects have included the Tales on the Town downtown scavenger hunt, the park-style benches downtown, an information kiosk and a youth mentoring program. The 2018 class chose to make improvements to the exterior of the Hartsville Boys and Girls Club. Employers of the classmates and the business community donated funds to the project.

The 2018 participants enjoyed learning about Hartsville's many business, social and civic opportunities, as well as about its rich cultural history. Site visits included the Robinson Nuclear Plant, Kalmia Gardens at Coker College, Butler Heritage Center and many others.

The chamber will begin accepting applications for the 2019 Leadership Hartsville class this coming fall. Employees of all chamber member businesses are welcome to apply. To learn more about the Leadership Hartsville program, contact the chamber at 843-332-6401.

The Greater Hartsville Chamber of Commerce is a membership-based business advocacy organization founded in 1910. The Chamber provides a voice for local businesses, supports economic development, and promotes the vibrant and personal community that makes Hartsville appealing to businesses and residents.



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GHARTEY-TAGOE PAYS IT FORWARD THROUGH DUKE

by Ta' Meeka Epps



Kodwo Ghartey-Tagoe

GREENVILLE- Kodwo Ghartey-Tagoe believes to whom much is given, much is required, and he views life through the lens of a person who has been incredibly blessed.

As president of Duke Energy in South Carolina, one of his primary responsibilities is leading a team that interacts with customers,

state and local political and community leaders, and other stakeholders across the state and setting the tone for the organization in the communities the utility serves. Ghartey-Tagoe grew up in the west African nation of Ghana, where he was raised in a home where both parents valued education. His parents grounded him in spiritual values and the importance of giving back to your community, planting the seeds of service within him that guide his leadership of the company in South Carolina.

“I have not accomplished anything on my own. It has been God and the mentoring of others who took interest in my life,” Ghartey-Tagoe said. “I pay it forward by being a mentor and a sponsor. I share my values and what is important to me with others. I serve because I want to see the underrepresented, represented.”

He will quickly tell you that education – along with great guidance from his father – has been a key to his success.

He recalls his father strongly encouraging him to further his education and influencing his decision to apply to school in Canada, and at the age of 19 he left Ghana to attend McGill University in Montreal, Canada, where he earned a Bachelor of Arts degree with joint honors in economics and finance. He then earned a law degree from Duke University and later completed the Advanced Management Program at the Wharton School of Business at the University of Pennsylvania. In 2017, Ghartey-Tagoe was conferred an honorary Doctor of Humanities degree by Francis Marion University.

Ghartey-Tagoe joined what was then Duke Power in 2002 as chief regulatory counsel. He has served in a number of legal roles for the company, including leading Duke Energy’s litigation, commercial business legal and regulatory teams over the 15 years prior to becoming the chief executive in South Carolina. Before joining the company, Ghartey-Tagoe was a partner with McGuire Woods LLP in Richmond, Va.

Ghartey-Tagoe’s diverse professional and educational background has helped him develop great interpersonal skills which allow him to think strategically about what’s necessary to successfully run an electric utility as well as understand the needs of the customers of that utility.

“Customer expectations are driving diversity, and social studies have proven you achieve better outcomes when working with a diverse team,” he said. “You leave talent behind if you are not diverse in your hiring practices. A company that has the best employees and talent will be able to deliver, not only the best, but the right products and services to the consumers while growing the brand. Only a diverse workforce will deliver those results.”



Kodwo Ghartey-Tagoe, state president for Duke Energy in South Carolina, celebrates the opening of the company's new W.S. Lee Combined Cycle Natural Gas Plant on June 1 near Williamston

As state president, Ghartey-Tagoe has taken on the charge to strengthen consumer and community engagement. He understands the importance of customers and communities proactively contributing in co-creating their experience. To further these goals, he has created a president’s advisory council for both of the utilities Duke Energy operates in the state – Duke Energy Carolinas, primarily in the Upstate, and Duke Energy Progress in Florence and the surrounding region.

Through active, explicit and continuous dialogue and interactions with a diverse group of community leaders, business owners and consumers, he and his team are able to answer the most important questions customers and stakeholders have of the utility – What do we expect from Duke Energy?

“The feedback from my advisory councils has been instrumental as our team constantly checks and adjusts our performance,” Ghartey-Tagoe said. “This ensures accountability for the company and assures customers that what is expected of Duke Energy in South Carolina is being delivered.”

Ghartey-Tagoe and his wife, Phyllis, have three daughters and they call Greenville, S.C. home.



Kodwo Ghartey-Tagoe, state president for Duke Energy in South Carolina, reads to children at Cain Elementary School in Darlington, S.C., as part of the Read for Success program, a partnership with Reading is Fundamental to help minimize the summer slide and improve the reading proficiency of more than 3,000 second graders in South Carolina.

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GRAND OPENING OF THE GREATER LAKE CITY COMMUNITY RESOURCE CENTER

Submitted by Ericka Bennett, Executive Director of Community Outreach Lake City Creative Alliance



LAKE CITY- On June 30 Lake City Community Outreach, a program of the Lake City Creative Alliance, celebrated the grand opening of the Greater Lake City

Community Resource Center.

Lake City Community Outreach's mission is to make such an impact in our community that citizens are empowered and encourage others to improve. With the creation of the Resource Center, Lake City Community Outreach will now have a "home" to develop programs that offer a range of charitable, human service, educational and community development activities and projects that will not only restore hope in residents, but also promote self-sufficiency.

The Greater Lake City Community Resource Center is located at 410 West Main Street in Lake City. The building is no longer the "old Chevy dealership," as many locals affectionately know it, but it is now a safe haven for those in need to come and receive assistance with food and clothes.

During the public grand opening, community vendors were on site to offer information and assistance to those in need. Donations of food and clothes were accepted during the event. Those attending were also free to use the convenient drive-through to drop off food and clothing without leaving the comfort of their car.

Post-celebration, the Resource Center will become the hub for Community Outreach. With voucher-based clothing and food distributions as its immediate goal, the Community Resource Center will eventually develop into a nucleus for those in legitimate need of charity. It will become a one-stop shop for community needs and direction.



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FIVE-MINUTE LIFE HACK: TIPS TO BOOST YOUR CAREER



(BPT) - The rapid pace of change in jobs means the era of one-and-done learning is over. It no longer matters what you learned in the past. To stay

relevant, you need to up skill. So if you want to improve your marketability and get ahead in your career, it's time to think about the valuable skills that could open the door to new opportunities. The good news is with tools and online courses on platforms like LinkedIn Learning, you can explore and develop critical skills and interests--right at your fingertips anytime, anywhere.

Experience never gets old, but your skills can. Re-skilling throughout your career will position you to ensure you're finding meaning in your work, growing in your profession and making an impact along the way.

Here are three tips for kick-starting your learning efforts:

1. Find the time!

The #1 career goal for professionals in 2018 is to learn a new skill, but not everyone knows where to fit learning into their daily lives. Here's a tip: in today's ever-connected digital world, we're living in the era of bite-sized learning, where new skills can be honed in minutes on the subway or while you're eating breakfast.

Start by picking 5- to 10-minute windows in your daily routine. You don't need to find hours, minutes are fine. For example, try

skimming through courses on a Sunday night, and make a wish list of courses to view throughout the week, whenever it's convenient for your busy life.

2. Make it a habit

They say a habit is formed in 21 days. Whenever you slot learning into your daily schedule, try to pick a time when you can make it routine, whether it's on the bus during your morning commute or in the ten minutes after you brush your teeth at night. You'll be growing in your skills before you know it. Fun fact: LinkedIn Learning also sets a reminder for you, so it's one less thing you have to remember in your day.

3. Pick your skills

Today's skills landscape is changing faster than ever with new technologies and digital techniques emerging at every turn. Whether you want to advance your existing career or begin a new one, start by identifying a few key skills you'd like to hone. For example, people in every job can benefit from learning soft skills that teach you how to get things done or achieve your goals. Soft skills, such as communication and critical thinking, will give you a competitive advantage in the workplace, and you never know when you'll uncover a new passion or side project along the way.

One of the most important skills for keeping your passions alive is to learn how to be a lifelong learner. In any industry, in any phase of life, there are always new skills to be gained, and new knowledge to explore. Committing yourself to being someone with a constant appetite for learning will enrich you not only today, but throughout the course of your career.



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5 WAYS TO DEFEAT RESISTANCE IN ANY AREA OF LIFE

by Robin Lewis



My Typical Day:

I get up early to pour coffee and pray. Yes, in that order. I write in my journal to get honest thoughts flowing because honesty is not only a good policy, but it is also healthy for me to empty my

thoughts from the start. It's like priming the mental pump. I read two different online devotionals and wait for my friend Sandy to call on her way to work so we can pray for our families. While I am waiting, I listen for God's voice and write down what he speaks to me.

After Sandy's call, I walk two miles, return home and shower, get dressed, and maybe pour another cup of coffee. I sit at my desk, review the schedule for the day and prepare to see my life, coaching clients.

When I'm not coaching, I am completing business and ministry courses and writing my first book. I put my butt in the chair, crank out words, and put in the time. If I need clear my head, I call a friend or go for a walk.

At the end of the day, before supper, I reflect over what I did and refuse to be critical, but instead celebrate every single client and every written word as a win. Did I do well? Some days I'm unsure, but what I do know is that I overcame Resistance.

What is Resistance?



Do you live on the side of caution? Is "Better safe than sorry" your motto? Do you find yourself putting off what you know needs to be done? Maybe you believe you should just be content with what you have rather than going for the desires of your

heart? Is the voice of Fear louder than God's still, small voice? Do you put off anything that will require an investment of time?

Resistance keeps us from doing what we know we should do. It's the feeling that wants to distract us, repel us, and prevent us from doing our work. It wants us to take the road of least resistance that leads to instant gratification instead of doing what matters now.

Steven Pressfield, author of "The War of Art," writes, "Most of us have two lives. The life we live, and the un-lived life within us. Between the two stands Resistance, the most toxic force on the planet. To yield to Resistance stunts us and makes us less than we are and

were born to be. If you believe in God (and I do), you must declare Resistance evil, for it prevents us from achieving the life God intended when He endowed each of us with our own unique genius."

There is a Battle for Your Destiny

The Bible is clear on certain things. We are to love God with all our heart, mind, soul, and strength and love our neighbors as we love ourselves (Matthew 22:36-40). The Bible also teaches us that we have an enemy, Satan, who is out to ruin our lives and derail our destiny that God set in motion for us.

Jesus contrasts the difference between opposing forces in John 10:10, where he said, "The enemy (satan) comes only to steal, kill, and destroy, but I have come to give life and life abundant until it overflows."

1 Peter 5:8 is another verse that gives a great description of the enemy's plan and how we should guard against it: "Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour."

The battle over your life is invisible. It's not seen by the naked eye but felt every day of the week. It's the temptation to say "no" rather than "yes" to the wonderful things God has planned for us to do. Tamara Lowe, founder of Kingdom Builders Academy puts it this way:

There are always two lives ahead of you and every second of your life, you'll have to choose which one you'll embrace. The first is the life of saying "No" – where you're constantly hiding from God's purpose, avoiding Him, ignoring Him, and trying to run away from His plans for you...then experiencing the resulting boredom, emptiness, and sorrow.

The second is the life of saying "Yes" – where you dive headfirst into God's great plans for you, listening to His voice, seeking His will, and joyfully embracing all the amazing circumstances He sends your way as you experience the joy of fulfillment!

What Does This Have to Do with Resistance?

Your enemy may be the spiritual enemy, Satan, or your own lack of self-discipline. Either way, your enemy is a very good teacher. The place where your dreams and goals collide with roadblocks can indicate your current place of destiny or purpose and where you need to push forward. In other words, it may be hard to do what you want to do because you are indeed supposed to do it.

Psalms 139 clearly describes your unique destiny and significance. "You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. How precious are your thoughts about me, O God! They cannot be numbered!"

My friends tell me that I'm always encouraging others to "be intentional" and get good things done. A few of them actually put it on a t-shirt for me a few years ago.

Intentionality is the main quality trait of people who know they are here to make a difference. This is the tribe that gets up early and presses forward especially when it's hard to do so. These are the ones who run in the rain, finish the books, invent new technology, save for the future, and teach their children when they are young. These are the warriors who have refused the easy road and taken the higher road of purpose, training their minds and bodies to submit to the Lordship of Jesus and discipline instead of listening to the temptations of the enemy.

5 WAYS TO DEFEAT CONT'D



These are also the ones who have discovered how to balance work and proper rest to keep their minds, bodies and spirits healthy. So, how do we overcome the Resistance in our lives?

7 Ways to Overcome Resistance

Procrastination is the most common wardrobe of Resistance. Steven Pressfield writes that it's the easiest to rationalize. "We don't tell ourselves, 'I'm never going to write my symphony.' Instead we say, 'I am going to write my symphony; I'm just going to start tomorrow.'"

Learning to recognize Resistance is the first step in overcoming it. Then we practice forming new habits as we realize that our habits determine our destiny.

1. Have clear goals and write them down. Know your 'why', your motivation. Keep these posted in front of you. Divide them into Daily, Weekly, and Monthly categories.
2. To defeat Resistance, we must defeat Fear. Grab some Bible verses to use as swords against Resistance when it attacks with Fear. Google "Bible verses against fear."

WHAT POWER DOES SATAN HAVE IN THIS WORLD



In all that swirls around us today, from news headlines to daily life struggles, we may be aware more than ever of this one thing: we're in a battle. We face an enemy every single day that we're here breathing

air. We may not see it. We might forget he's there. We may lose our focus when things seem tough or get distracted on all that doesn't really matter.

But the truth is, spiritual forces are at work.

There's one who lurks around us today. He's real. He's alive. He's deceptive and crafty. His primary goal is to strike you down, along with as many others as he can drag down with you. He waits, searches, and watches for the best time to attack—your weakest and most vulnerable moments.

Satan is the enemy of every believer. And he's not just some guy in a red suit, pitchfork in hand. Don't be fooled; he's far more deceptive than that. He wants nothing more than to silence every Christian and render us completely ineffective. He seeks to gain ground today in as many lives as he can, and in every corner of our world, for he knows his time is limited.

But we don't have to let him win the battle in our lives.

"We must be alert to what his schemes are so that we're not tricked and taken off guard."

God reminds us in his word to constantly be aware of the devil's schemes. If we're aware of how the enemy operates and know what his weaknesses are, he loses effectiveness. The best soldiers understand that when you're in a war, you're never going to win if you don't know who it is you're fighting against. We must be alert to what his schemes are so that we're not tricked and taken off guard.

Revelation 12:4, Isaiah 14:11-15, and Ezekiel 28:12-19 tell us how Satan was cast out of heaven and that a third of the angels fell with him. Though his power is limited, he has many dark forces on his side. We may not know exactly how many demons are at work in this world, yet we can know, according to scripture, there are many.

3. Make a decision that you are not going to remain where you are in an un-lived life. Share your goals with a close friend who will hold you accountable.
4. Create a personal growth plan. Be determined to unpack your potential. You will literally be astounded at what you are capable of.
5. Follow the 5-second rule: When you know what to do, begin it within 5 seconds.
6. Show up every day, no matter what, and do your work, write your book, run your mile, invent, invest, and influence the world around you.
7. Honor God with your life. He stands ready to help you unfold and fulfill your destiny. The dreams and desires of your heart were woven there by your creator. That means they are completely possible.

Remember that God is in your corner and on your side. You don't have to get it all done right or get it all done today. But honor him and yourself, and fulfill your purpose. Never live an "un-lived life."

Robin Lewis, The Freedom Coach, is a certified spiritual life coach and speaker and the creator of the Launch My Life Premium Coaching Program for women. Contact Robin via her website at www.RobinLewisLife.com.

And though the enemy's threat may seem real and fierce, he's not all powerful. He wants to be. He pretends to be. But the Bible tells us differently. There are things he'd prefer you didn't know about him because it reveals his weaknesses.

Satan is not in full control. His power is limited by God.

Satan's power is limited and his destination is certain, so he seeks to take as many with him into destruction as he possibly can, knowing full well that his time is limited.



The book of Job is again a reminder of the enemy's limitations. He must ask God for permission to bring harm to this God-fearing man, Job. Ephesians 2:2 refers to the devil as "the ruler of the kingdom of the air" and says

he works in the hearts of the disobedient. His main aim is to steal, kill, and destroy us. John 10:10 calls him a "thief."

We should be very aware that as we stand against him, we are only secure in the armor of God and protected by his power. We cannot fight this enemy alone. Yet God reminds us to stand strong. He reminds us that there is indeed a real enemy. And he assures us that he is the one who will fight our battles and give us final victory. It's not up to us or our power and strength. We don't have enough in and of ourselves. But through Christ and his completed work on the cross, we can stand strong and believe that he is the One who will lead us through even the fiercest of battles.

But our God is omnipotent.



He is all powerful. He reigns supreme. He gives us what we need for every moment in this life. He strengthens us, his spirit guides us and empowers us for his purposes. He alone holds the power to forgive, the power to set free, the power to save, and the power to give eternal life.

"Salvation and glory and power belong to our God... Hallelujah! For the Lord our God, the Almighty, reigns." Revelation 19:1, 6

"For nothing will be impossible with God." Luke 1:37 (ESV)

CLAFLIN PRESIDENT HENRY N. TISDALE ANNOUNCES RETIREMENT

Submitted by George Johnson, Jr., Assistant V.P. of Communications & Marketing



Dr. Henry N. Tisdale

ORANGEBURG - After serving Clafin University as its eighth president for over two decades, Dr. Henry N. Tisdale announced his retirement effective as of June 30, 2019. His tenure at his alma mater is marked by visionary leadership and remarkable accomplishments for the oldest historically black college or university in South Carolina.

"I am honored to have served Clafin in this leadership role," Tisdale said. "I am thankful for the Clafin community that embraced my hopes, dreams and vision for the University. I

never felt alone in the process to move the University forward. This has been a rewarding journey and a mission to make a difference."

And what a difference he has made.

Appointed by the Board of Trustees in 1994, Tisdale established the goal that Clafin "will enter the 21st century with an eye to becoming a premier liberal arts institution," and that the Christian tradition on which it was founded would remain a part of the University. He also found it important to "create a sound fiscal system, a dynamic strategic planning process, a link between the budget and planning process, an enrollment plan, and an academic plan for excellence."

Four months after his arrival, Tisdale announced the establishment of the Center for Excellence in Science and Mathematics. With funding from the National Science Foundation and the Department of Energy totaling nearly \$2 million, Tisdale identified three areas of concentration: strengthening academic programs in science, engineering and mathematics; renovating the James S. Thomas Science Center; and upgrading the Summer Science Camp for middle-school students. In addition to strengthening Clafin's academic programs, the Center for Excellence in Science and Mathematics was implemented to increase the number of minorities receiving bachelor's degrees in science, engineering and mathematics, thus incorporating a strategy to reverse the number of underrepresented minorities in STEM disciplines.

Also in 1994, the Alice Carson Tisdale Honors College was established. With higher entry requirements, the Honors College works to prepare students for graduate and professional schools and leadership roles in their profession and society at large through learning experiences, academic advising, cultural enrichment and community service.

Committed to the vision of making Clafin a premier liberal arts college, Dr. Tisdale implemented several programs. Clafin's state-of-the-art television production studio began producing local shows through a collaboration with Time Warner Cable. The award-winning Freshman College was established in 1996 to ease the transition into college life, and the Professional and Continuing Studies Center became a reality in 1997 after years of planning. Also in 1997, Clafin's Academic Plan for Excellence was implemented, and the Leadership Development Center was established.

Also in 1997, the University kicked off its most ambitious Capital Campaign in Clafin's history at the time - a five-year, \$20 million campaign. The Peter and Eleanor A. Kleist Foundation made a \$1 million gift to the University in support of the campaign, specifically the Living and Learning Center; a \$1 million challenge grant was received from the Bush Foundation; a \$1 million challenge grant was awarded from the Lilly Endowment; a \$1 million gift was received from an anonymous donor; and gifts of \$50,000 and \$250,000 were given from Dr. and Mrs. James and Dorothy Z. Elmore. The \$20 million goal was surpassed in three years and reached more than \$30 million in 2002.

One of the crown jewels of the facilities enhancement effort was the

completion in 1998 of the three-building Living and Learning Center. Named for Peter and Eleanor Kleist, the complex includes a four-story residence hall configured in suites with computer laboratories and study rooms, a leadership development center and a campus center. To complement the Living and Learning Center, give better access to the campus and create a more appealing appearance, a new entrance was completed and won the statewide Outstanding Downtown Revitalization Award. In 2000, three new parking lots were developed, and a new Goff Street entrance was added.

In 1999, with support provided by a grant from the National Park Service, historic Ministers' Hall underwent major restoration and now serves as a performing arts facility. In 1999, the interior of the building was named the Ernest A. Finney Jr. Auditorium, in honor of South Carolina Supreme Court Chief Justice Ernest A. Finney, a Clafin graduate. That same year, the Board of Trustees adopted a resolution to restore the institution to its original historic name, Clafin University. Another event that year was the naming of the Arthur E. Rose Museum in honor of the distinguished graduate and professor.

In 2003, the University restored Tingley Memorial Hall and renovated the H.V. Manning Library. In 2004, the University constructed the \$15 million Student Residential Center comprised of four residential facilities and the new University Dining Center for students and faculty. The new \$2 million Music Center was also constructed to house the nationally accredited music program. In 2005, Clafin broke ground for its new \$3 million chapel to replace the T. Willard Lewis Chapel, which had been demolished in 1968 to make room for the W.V. Middleton Fine Arts Center. That same year, the University earned the S.C. Preservation Honors Award for the restoration of Ministers' Hall, Tingley Memorial Hall and Lee Library, and Clafin launched its second graduate program, a Master of Science in Biotechnology.

In 2006, the University did a complete makeover of the Mary E. Dunton Residential Hall for women. In early 2007, the newly built chapel was consecrated and named the James and Dorothy Z. Elmore Chapel in honor of the husband and wife whose \$250,000 challenge grant inspired more than 2,000 supporters to contribute to the \$3 million building. A permanent marker was erected at the site of the old chapel.

By 2008, the student population of 1994 had doubled. Students came from 26 states and 15 countries, and the pool of applicants rose significantly. The campus had also doubled in size, undergoing more than \$50 million in renovations and improvements. The student/faculty ratio was 12:1, and 80 percent of faculty held terminal degrees in their fields. That same year, Clafin was ranked the top HBCU in the country by Forbes.com and listed in the top four percent of all colleges and universities in the nation.

Many more developments have occurred since 2008. Clafin consistently has been ranked as a "Best Buy" and a national liberal arts institution by "U. S. News and World Report." The University's Molecular Research Center has been designated a core research facility by the South Carolina Research Authority, and the University capped in 2016 a Capital Campaign by raising \$105 million, exceeding its \$96.4 million original goal. Additionally, the University has launched fully online undergraduate and graduate programs and constructed a \$12.5 million residential facility for men and women with amenities for health and wellness and a revised strategic initiative that drives the University's desired goals during the early part of the 21st Century. Under Tisdale's administration, alumni support has soared to a high of 52.2 percent, which led all historically black colleges and universities. During the 2016-2017 academic year, Clafin launched its RN (registered nurse) to BSN (bachelor of science in nursing) program, becoming the first and only historically black college or university in the state to offer a program of this impact in South Carolina.

Throughout his career, Tisdale has been the recipient of numerous awards and honors in recognition of his exceptional and transformative

CLAFLIN PRESIDENT CONT'D

leadership. He is the recipient of the Order of the Palmetto, South Carolina's highest civilian award, and the Higher Education Leadership Foundation Award. In September 2008, the town of Kingstree, in recognition of the extraordinary achievements of their native son, erected a lasting tribute, six highway markers proclaiming Kingstree as the "Home of Dr. Henry N. Tisdale, The Eighth President of Claflin University." Tisdale's other recent honors include the 2008 CASE (Council for Advancement and Support of Education) District III Chief Executive Leadership Award, the 2007 Milliken Medal of Quality Award, 2007 BellSouth Honoree, the I. DeQuincey Newman Humanitarian Award, the NAFEO (National

Association for Equal Opportunity in Higher Education) Distinguished Alumni Award, Who's Who Among Black Americans and the NAACP Educator of the Year Award. He has been awarded honorary doctorates from Hofstra University and South Carolina State University.

Over the years, Tisdale also has served on many committees, councils, boards and task forces at both the state and national levels.

Dr. Tisdale and his wife, Alice Carson Tisdale, have two children, Danica Camille Tisdale Fisher and Brandon Keith Tisdale, and two grandchildren, Asa and Anansa Fisher.

UNCF CECELIA WASHINGTON AWARD WINNER

Submitted by J. Craig Cotton, Director of Public Relations, Office of Communications and Marketing



Rev. Whittaker V. Middleton

government contributions to UNCF or extensive work with UNCF-member groups.

Middleton has worked in several capacities during his 45 years as a distinguished administrator at Claflin. In his present position, Middleton supervises the University's fundraising and communications efforts. He has orchestrated four capital campaigns which raised more than \$145 million, and his innovative fundraising strategies helped Claflin increase its annual alumni giving from 11 percent to 53 percent. The U.S. News

ORANGEBURG - Rev. Whittaker V. Middleton, '73, vice president for institutional advancement at Claflin University, received the Cecelia E. Washington Award during the recent 2018 UNCF Leadership Conference in Atlanta, Ga. The Cecelia E. Washington Award is presented to an outstanding UNCF alumnus who has made noteworthy contributions to UNCF in one or more of the following areas: fundraising, giving, facilitation of corporate or

fundraising, giving, facilitation of corporate or

and World Reports ranks Claflin No. 1 in annual alumni giving percentage at HBCUs (historically black colleges and universities) and among the national leaders at all colleges and universities.

Middleton has also coordinated numerous events that support UNCF scholarships at Claflin, including the Annual UNCF Community Prayer Breakfast, the UNCF Kick-Off Luncheon and the Miss UNCF Pageant.

"Reverend Middleton has provided exemplary visionary leadership in the areas of fundraising, marketing and communications and alumni relations," said Claflin President Henry N. Tisdale. "He has played an integral role in the University's ability to increase funding to support scholarships for the next generation of diverse and engaged visionary leaders with global perspectives."

Middleton, a native of Pineville, is also pastor of Silas United Methodist Church in Eutawville. He earned a bachelor's degree in English at Claflin and his master's degree in education at South Carolina State University. He received his master's in divinity from Erskine Theology Seminary and a doctorate in divinity at Carolina Bible College.

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The World Needs Visionaries!

TIPS FOR TODAY'S FREELANCE ENTREPRENEUR



(BPT) - From millennials who have been grinding away in the workplace for a few years to Gen Xers looking to move out of their cube, many have been intrigued by the possibility of freelancing.

It means the freedom to set your own hours, to work closely with clients, to be your own boss and have greater control over your career.

Unlike a traditional job where you generally don't need to bring more than a packed lunch to work, freelancing requires a few essential tricks and tools to succeed. Whether you're looking to start out or refresh your personal brand, homeworking experts cite five important tips to help you succeed at the freelance game.

1. Manage your time. One of the best parts, and the most challenging parts, of freelancing is that you get to make your own schedule. Many find that they need some sort of structure in their day, and for this reason it's important to have the right time management software. This will notify you of calls, deadlines, track how long you work on a project and more.

2. Get the right laptop. A laptop is your office, your meeting room, your library, your entertainment source and so much more, making it one of the most essential freelancing tools. It's the lifeline between your business and your clients, so it's critical to be sure you have the right one. A great option is the remarkably thin and light LG

gram. This computing powerhouse comes in 13-, 14- and 15-inch screen options and packs a battery that lasts over 16 hours. Each model weighs about two pounds and for small businesses looking for extra connectivity, LG's commercial-grade model comes equipped with the Windows 10 Pro operating system. It's fast, mobile and able to keep up with the daily demands and surprises of the freelancing life.

3. Use professional email and social media accounts. For all work-related correspondence and interactions, be sure to use a dedicated email account. This will make you appear more professional to prospective clients. You should also set up work-related social media accounts where you can post examples of work and professional insights and network.

4. Keep track of finances. For a lot of freelancers who are on the creative side of things, keeping track of finances can be a real challenge. Not only do you have to manage invoices, expenses and make sure you're getting paid, you also have to keep taxes in mind. That can be a lot of numbers to juggle. The right accounting software can greatly simplify this process and save you innumerable headaches.

5. Find the right space. While freelancing is largely a digital game and requires the right laptop loaded up with the tools you need to manage your business, you still need to find the right place to work. Some work in a coffee shop and others require a dedicated home office. You might work best in a shared office space. The point is, it's vital to figure out where you do your best work.

The right software, running on the right computer and a place you can work are the cornerstones of a successful freelance gig. From there, all that's needed is your talent and determination.



**Florence Public School District One
Salutes Academic Excellence:
The Class of 2018
–1049 Graduates–**

Scholarships Awarded Total More Than \$32.9 Million



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West Florence High School

Wilson High School

**The Class of 2018 Produced:
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(Named by earning a Grade Point Average of 4.5 or higher in the Uniform Grading System)

58 Palmetto Fellows

(Named by earning a Grade Point Average of 3.5, a score of at least 1200 on the SAT, and/or a ranking in the top 5 percent of the graduating class)

293 Life Scholarship Winners

(Named by earning at least two of the following: a Grade Point Average of 3.0 or higher, a score of at least 1100 on the SAT, and/or a ranking in the top 30 percent of the graduating class)

167 Double-Cord Graduates

(Named by earning a Grade Point Average of 4.0 - 4.99 in the Uniform Grading System)

384 Single-Cord Graduates

(Named by earning a Grade Point Average of 3.0 - 3.99 in the Uniform Grading System)

Over 82% of the Class of 2018 will be attending post-secondary institutions this fall.

**Four Florence One students receive both High School Diploma and an Associate Degree
from Florence Florence-Darlington Technical College**



Avahna Baker



McKenzie Gallo



Hannah Griffin



Jerrisha Genwright

This year four graduates of Florence One schools are a part of the third graduating class of Florence-Darlington Technical College's Early College Program.

Students receiving both a high school diploma and an Associate Degree from FDTC include: Avahna Baker, a Wilson High School Double Cord Graduate who will attend Coker College in the fall; McKenzie Gallo, a West Florence High School Board of Trustees Scholar who will attend the College of Charleston; Hannah Griffin, a Wilson High School Board of Trustees Scholar who will attend Clemson University; and Jerrisha Genwright, a Wilson High School Single Cord Graduate who will attend Winthrop University.

Established in the summer of 2014, the Early College program offers students the opportunity to take college classes leading to an Associate of Arts degree. In the high schools, a certified college instructor teaches the students in the program. High school students of the program will earn at least three hours of college credit for each class once they have successfully earned a "C" or higher. The Early College program offers 71 college hours.

MAYO HIGH SELECTED FOR INTERNATIONAL FESTIVAL

Articles submitted by Christopher McKagen, DCSD Communications Specialist



Paulette Lunn, a teacher at Mayo High School for Math, Science and Technology, wrote and directed "You Are Not Alone," a production performed by students at Mayo that was recently selected to be a part of the 2019 Edinburgh Fringe Festival in Scotland.

DARLINGTON— A Mayo High School for Math, Science and Technology theater production has been selected to perform at the 2019 Edinburgh Fringe Festival, the world's largest arts festival, as part of the American High School Theater Festival (AHSTF).

Each August, Edinburgh becomes one of the most exciting places on earth as performing artists from all over the world participate in the Edinburgh Fringe Festival. The AHSTF Board of Directors selected Mayo High School's production,

"You Are Not Alone," which is written and directed by Mayo High School English teacher Paulette Lunn. The play ran in November performances in the Mayo High School gymnasium before Lunn received an invitation to apply for entry into the festival.

The AHSTF Board reviewed all completed applications and identified the top high schools based on most recent bodies of work, awards, community involvement, philosophies and recommendations. The Board chose Mayo High School from among hundreds of applications to perform at the 2019 festival. In all, the Board chose 40 American schools and 40 international schools.

Lunn, Mayo High School's drama students and the school's Phoenix Phame performance choir will fundraise to finance their two-week adventure to Scotland and England next summer.

DCSD HONORS STUDENTS WITH 2018 STAND AWARDS



Darlington County School District's 2018 STAND Award winners gather for a photo following a recognition ceremony.

DARLINGTON— Students from across the Darlington County School District earned recognition during the 2018 STAND Awards Ceremony at St. John's Elementary School. STAND is an acronym

for "Students Taking Action, Not Drugs." The awards are presented to a student from each school for displaying positive character, encouraging others to live drug-free lifestyles, and seeking to improve in academics and behavior.

The 2018 STAND Award winners are:

- Emilee Lloyd, Brockington Elementary Magnet School
- Nevaeh Ham, Brunson-Dargan Elementary School
- Nygeria Hickman, Cain Elementary School
- Rainn Dyce, Carolina Elementary School

- Miriael Lesane, Darlington County Institute of Technology
- Kinsley Benton, Darlington County Intervention School
- Tylek Deberry, Darlington High School
- Angel Johnson, Darlington Middle School
- Elianna Thompson, Hartsville High School
- Reggie Bennett, Hartsville Middle School
- JaLiyah Quillen, Lamar Elementary School
- Diajah Lee, Lamar High School
- Alexandria Moore, Mayo High School for Math, Science and Technology
- Annsley Tolar, North Hartsville Elementary School
- Nevan Joyner, Pate Elementary School
- Breanna Mills, Rosenwald Elementary/Middle School
- Jarvis Richardson, Southside Early Childhood Center
- Timothy Joyner, Spaulding Elementary School
- Jayda Grosse, Spaulding Middle School
- Mya Joe, St. John's Elementary School
- Brayden Rhodes, Thornwell School for the Arts
- Caroline Ard, Washington Street Elementary School
- Emilee Tiller, West Hartsville Elementary School

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www.fdtc.edu

WHY A POSITIVE CULTURE & CLIMATE IS TOP PRIORITY FOR MARION SCHOOLS

Submitted by Dr. Kandace Bethea



Dr. Kandace Bethea

MARION-In Marion County School District, we are on a mission to provide all our students with a world-class education—and we know that a positive climate and culture across our schools and in every classroom is critical to ensuring this is possible.

For decades, research has linked **positive culture and climate to student success**. When a school is a positive place to be and students and staff are happy to be there, they do their best and make

their best better. According to authors Petersen and Deal, “[culture] is the glue, the hope, and the faith that holds people together.”

A positive climate and culture, however, doesn’t just happen—it is intentional and requires the active engagement of all stakeholders, including school leaders, teachers, students, parents, elected officials, and community and business members. Here are a few ways we are intentionally building this positive culture and climate in our schools:

- **Principals set the tone** for their buildings by establishing a set of norms that focuses attention on what is important and valued.
- **Teachers create** supportive, engaging and inspirational classrooms for their students.
- **Teachers and school leaders engage** in a wide-variety of professional development and coaching where they feel supported and there are opportunities to grow.
- At home, **parents and caregivers positively shape** the perceptions their children have of their schools and encourage their children in their academic pursuits.
- **Community members become advocates** of their local schools’ initiatives and help spread the word about the great things happening.
- **Elected officials regularly encourage**, listen, and provide necessary supports to school and district leaders to ensure students are getting what they need.

When this intentional climate and culture is put into place, **what does it look like** and what kind of impact can it make? To start, here are seven ways:

1. **Students** are excited about the positive learning environment and grow exponentially in their achievement.
2. **Students and staff** treat one another with kindness and respect and each person feels valued.
3. **Teachers and leaders** feel supported and go above and beyond because the culture of positivity is infectious.
4. Potential **new teachers** are attracted to come to work in our schools and want to join in the amazing work happening.
5. **Highly effective teachers** want to stay in our schools and give the strong instructional support our students need.
6. **Parents** choose to send to their students to our schools and are excited about the progress their children are making.
7. Conversations about our schools **in the community** radiate a positive energy that spreads and increases support for our students in a wide variety of ways.

As we plan for the upcoming school year, I urge every stakeholder of Marion County to join us in this exciting journey as we continue to transform our schools to places that amplify positive energy, vitality and trust so that our students ultimately get what they need to be successful in life and career.

Learn more at <https://www.marion.k12.sc.us>.



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Irmo, South Carolina

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Peach Belt Basketball Player of the Year

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FRANCIS MARION PRESENTS 2017-18 ACADEMIC AWARDS

Submitted by FMU



Francis Marion University presented awards to outstanding students in all its academic departments during a ceremony in April in the McNair Science Building's Chapman Auditorium.

The top students in each department were recognized. Some students also received special named awards. A number of university awards were also presented.

Sara Christine Wilkerson was presented the Pee Dee Electric Cooperative Scholars Award. Melina Emily Much received the President's Undergraduate Research Award. Much was awarded the Duane P. Myers Honors Award. Gabriel Clint Hutson received the Honors Student Advisory Council Award for the second year in a row. Melina Much also received the Phi Kappa Phi Award.

Winners of the Scholastic Achievement Award were William Chandler Huntley, Emily Brook Lavender, Melina Emily Much, Emily Ella Wachter and Shelly Elizabeth Smith.

The awards for the College of Liberal Arts are as follows: Biology Award, Amber Lynn Zonca; Biology Research Award, Ryan Clayton Holland; Outstanding Sophomore Biology Award, Zachary Stephen Cagle; General Chemistry Award, Darian Cooper Sansbury; Organic Chemistry Award, William Henry Seals, III; Analytical Chemistry Award, Christen Allyse Ezekiel; W.H. Breazeale Chemistry Major Award, Kalin Somone Smalls; SC Section of the American Chemical Society Outstanding Chemistry Major, Kalin Somone Smalls; English Award, Emily Ella Wachter and Joshua Irvin Stalheim; McCrimmon Writing Award, Micahla Nykol Kitchen; Play writing/Screen writing Award, Shari Antoinette Tingle; Katharine S. Boling Memorial Award In Fiction, Aolani Robinson; Richard B. Larsen Memorial Award, Taylor Ann Powell; Robert R. Parham Poetry Award,

Diamond Ruby Gregory; Modern Language Award, Joshua Daniel Smith; Peggy Love McLaughlan Art Award, Jordan Leigh Stucky; Dr. Jack W. Baker Memorial Award, Philip Zeb Sowell; Donna H. Goodman Community Service Award, Anna Kathryn Strickland; Music Industry Award, Blake Alan Avery; Theatre Arts Award, Jordan Lyn Watson and Ilia Katharine Campbell; History Award, Harrison Francis Smith; Mass Communication Award, Lauren Danielle Owens; Mathematics Award, Javier Bustos-Jaimes, Yaping Yang and April Michelle Garrity; Engineering Technology Award, Colton Jake Hutchinson; Health Physics Award, Kevin Forbes Wykoff; Computational Physics Award, April Michelle Garrity; Industrial Engineering Award, Javier Bustos-Jaimes; Eileen L. Kirley-Tallon Political Science Award, Melina Emily Much and William Chandler Huntley; Neal D. Thigpen Award in South Carolina Politics and Government, Tyler Tristan Hughes; Dr. Jesse A. Coles Jr. Award for Public Service, Precious Nycole McLaughlin; Douglas A. Mandra Memorial Award in Applied Psychology, Hadiaya Ayanna Manners and Heather Marie K. Causey; L.A. Hoff Psychology Research Award, Andrew Cope Quattro; Mike Jordan Psychology Award, Ronda Renay Gandy; Linda M. summer Social Work Award, Alayna Morgan Hoover.

School of Business Awards were as follows: Accounting Award, Emily Hope Johnson and Bridget Nicole Gainey; Computer Science Award, Stewart Patrick Wallace; Economics Award, Melina Emily Much; Management Award, Marie Katherin Krueger; Management Information Systems Award, Jackson Gabriel Currin; Marketing Award, Taylor Lorraine Gray.

School of Education Awards were as follows: Thomas W. Sills Memorial Award in Early Childhood Education, Emily Brook Lavender; James E. Potterfield Award in Elementary Education, Shelly Elizabeth Smith; Middle Level Education Award, Anna Kathryn Strickland.

School of Health Sciences Awards were as follows: Healthcare Administration Award, Michael Allen Whittington; Nursing Award, Grayson Andi Hucks.

TSF AWARDS OVER \$161K TO FLORENCE DISTRICT ONE

Submitted by Debbie Hyler, Executive Director



Front row, left to right: Judith Kammer (TSF Board); Kelly Tanner and April Leroy, (Savannah Grove); Deidre Harley (McLaurin Elementary); Toni Allen (Timrod Elementary); Megan Gause (Wallace Gregg Elementary); Ashley Dawkins (Briggs Elementary); Susan Rhodes (Florence One); Judy Lee (West Florence High); Debbie Hyler (TSF Executive Director); Jeff Helton (TSF Board); and Carlos Washington (TSF Board).

Back row, left to right: Marion Ford (TSF Board); David Copeland (Savannah Grove Elementary); Billy Volk (Greenwood Elementary); Danielle Scandrol, Tara Newton, Suzette New, Paige Rogers-Garrison, Angie Willard, and Stephanie Walker-Boston, (Briggs Elementary); Dr. Floyd Creech (Florence One); and Mindy Taylor (TSF Board).

Trisha Caulder, Chair of The School Foundation's Grants Committee (TSF) announced the foundation will distribute a total of \$161,252.60 in grant awards to schools in Florence School District One (FSD1) for the 2018-2019 school year. The announcement was made at a grants reception held at the Floyd Conference Center.

The TSF Grants Committee reviewed ten applications requesting a total of \$363,742.33. Five applications were funded. The Child Development Center at Woods Road was awarded \$41,150 for its "Golden Keys to School Readiness Campaign" grant, which will promote the optimal development of young children and build a strong foundation for their future success in school and overall well-being. Briggs Elementary was awarded \$12,066.27 for their "Aligning Academics – Level Two of

The Leader in Me" grant, which will provide its faculty and staff with professional development, online resources, and field guides to allow them to empower students to gain academic success. Savannah Grove Elementary was awarded \$27,279.10 for its "Coding Immersion Phase Two" grant, which will provide materials needed to impart phase two of the coding immersion cycle already in place in their school. Students will be given the opportunity to engage in 21st century skills by having hands on materials in which to collaborate with students, see how technology works to enhance society and to actively become involved in their own learning process. Timrod, Wallace-Gregg, McLaurin and Greenwood elementary schools were awarded \$42,557.26 for their "Bots, Dash and Dots" grant, which will provide them with the robots and coding technology to help meet the standards in informational technology. West Florence High School was awarded \$38,199.97 for its "Saturating the Curriculum with STEM" grant, which will enhance its use of technology, fine-tuning its program of interdisciplinary and cross-circular course work, and it will add a STEM Professional Learning Community to coordinate collaborative lessons and increase its students' college and career readiness by building problem solving skills, cognitive thinking and technical skills.

"Our teachers spend many hours researching and compiling these grant applications. It is exciting to see the vision they have for our students and their desire to provide them with the skills necessary to succeed in school and in life," Caulder stated. "I continue to be amazed at the dedication and talents displayed by our FSD1 educators."

Debbie Hyler, executive director of TSF stated, "I enjoy going into the schools and seeing firsthand the collaboration and passion our educators have for improving our children's educational experiences."

To date, TSF has awarded \$1,516,630.50 in grants to FSD1. This funding would not be possible without the support of the community and our donors.

For additional information, please contact Debbie Hyler, Executive Director, at dhyler@theschoolfoundation.org or call 843-662-9996.

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HGTC RAPID WORKFORCE TRAINING PROGRAM

Articles submitted by HGTC



Representatives from Train to Work MB partners, from left to right: Amanda Lykins, Olive Garden; Rick Shelley, Palmetto Goodwill; Cookie Goings, City of Myrtle Beach; Pat Kleber, HGTC; Shayla Livingston, Palmetto Goodwill; Julie Golden, HGTC; and Brandon Oates, Shepherd's Table.

CONWAY - Horry-Georgetown Technical College (HGTC) recently launched Train to Work MB, a pilot program aimed to bridge the gap between the unemployed or underemployed and local employers who needed skilled workers. Myrtle Beach City Council members Mike Chestnut and Dr. Phil Render (also the former HGTC Dean of Dental Sciences) approached HGTC in December with a need for workforce training for residents, and Train to Work MB was born.

Under this program, individuals can choose from a variety of career tracks and enroll in classes that train them for the workforce in two to four weeks. Career tracks include hospitality, culinary, electrician assistant, plumbing assistant, certified nursing aide and residential construction/carpentry.

Financial assistance and transportation vouchers are provided to residents thanks to partnerships with the City of Myrtle Beach, Coast RTA, SC Works Waccamaw, Palmetto Goodwill and the Horry Georgetown Home Builders Association. Officials are pleased with the program and its success so far. "We have had over 80 people apply for the program in just three months and have been able to offer multiple sections of classes," said HGTC Vice President for Workforce Development Greg Mitchell. "This program and its growth would not be possible without the support of all of our community and industry partners."

Mitchell says HGTC has applied for a grant that will allow the program to expand to Georgetown County. For more information, call 843-477-2020 or apply online at www.hgtc.edu/trainworkmb.

WELDING STUDENTS SUCCESSFUL IN STATE SKILLS COMPETITION



Pictured left to right: Kyle Jordan, Codie Barnhill, and Dustin Richardson

CONWAY-- Three welding students from Horry-Georgetown Technical College travelled to Central Carolina Technical College in Sumter to compete in the Annual Welding Skills Competition held on April 18 and 19. Ten technical colleges throughout the state were in attendance, and 52 students competed.

The HGTC students competed and placed in three categories and will graduate with an Advanced Welding Technologies Certificate at the end of the summer.

- Codie Barnhill - 1st place, SMAW pipe welding category
- Dustin Richardson - 5th place, SMAW Vee groove plate category
- Kyle Jordan - 9th place, SMAW Tee joint category

"These students represented HGTC very well at this competition," said Associate Dean Brandon Haselden. "They demonstrated skill sets learned in the advanced welding technology program and will continue to be successful as they pursue a career in the field."

HGTC offers college transfer and skilled associate degree programs in more than 80 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.



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HARTSVILLE MONTESSORI ANNOUNCES NEW OWNER

Submitted by *Quinetta M. Buterbaugh, President of Greater Hartsville Chamber of Commerce*



Heather Byrd

HARTSVILLE – The Montessori Day Academy of Hartsville (MDAH) announces Heather Byrd as its new owner and administrator. Byrd joined the MDAH family on June 1. She has a strong background in administration and is grounded in the development and execution of policy and procedures, which are the cornerstones of any successful school. Byrd shares, “The program at MDAH promotes learning through a psychology-based approach to education that encourages students to explore math, science,

language arts, music and the outdoors in an academically stimulating environment at their own pace. As a product of non-traditional education during my elementary years, I’m excited to be sharing this program with the Hartsville community. Together with families, we are going to continue our mission to build a school that meets the needs of all learners and helps all of our children reach their full potential.”

Current owner and MDAH founder Terie Rousseau will be working to direct curriculum and education as she transitions from her role as administrator. Rousseau will also continue pursuing National Association for the Education of Young Children accreditation and ABC Quality certification on behalf of MDAH, as well as assist in developing curriculum and certifications/trainings for faculty.

Twenty-seven children (ages 6 weeks to 6 years) are now attending the school in three multi-aged classrooms, newly renovated and outfitted with hands-on learning materials that encourage exploration and experimentation emphasized in the Montessori method. Classrooms boast a low student-to-guide ratio in which teachers are learning guides who foster non-competitive, creative learning environments where students can work and explore at their own pace.

Montessori Day Academy of Hartsville is located at 103 Campus Drive inside St. Bartholomew Episcopal Church and is Hartsville’s only Montessori school. The school incorporates the time-tested, research-based, nurturing educational philosophy of Maria Montessori with an emphasis on individualized learning, student independence, and strong family engagement. MDAH intentionally attracts and supports a diverse student and parent body. Before the start of the Summer Semester and in anticipation of the 2018-19 Academic School Year, families had the opportunity to tour the school and talk with staff at an Open House May 30.

As part of its partnership with parents and the Hartsville community, MDAH offers its full day program from 8 a.m. to 2:30 p.m. with an active and dynamic extended day program from 2:30 to 5:30 p.m., Monday through Friday. Summer enrollment also has a half-day option from 8:30 a.m. to 12 p.m. For more information, visit the school website at www.montessorihartsville.com, email enrollment@montessorihartsville.com or call Heather Byrd at 843-245-7320. Registration is open for Summer Semester, as well as the 2018-19 academic school year. Applications are available electronically on the website and available through email by request.



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Future students, please visit musc.edu/admissions.



Changing What's Possible

DUKE GRANT WILL SUPPORT FMU ENGINEERING EXPANSION

Articles submitted by FMU



The Duke Energy Foundation recently made a \$50,000 gift to Francis Marion University's new Mechanical Engineering degree program. The gift is part of the Duke Energy Foundation's ongoing support to

communities in South Carolina through its "K to Career" educational and workforce development initiatives. "K to Career" grants focus on support of science, technology, engineering and math (STEM) areas of study, childhood reading proficiency, and workforce development. The grant will go towards the purchase of equipment necessary for FMU to bring the program online.

The Mechanical Engineering program at FMU is in its development stages. A feasibility study, which endorsed the idea, was completed last year. Mechanical Engineering represents an expansion of FMU's recent, highly successful foray in engineering. The University launched its industrial engineering (IE) program in 2014. The first two classes of graduates all either have been employed in their field or have moved on to graduate studies, and the program is growing steadily.

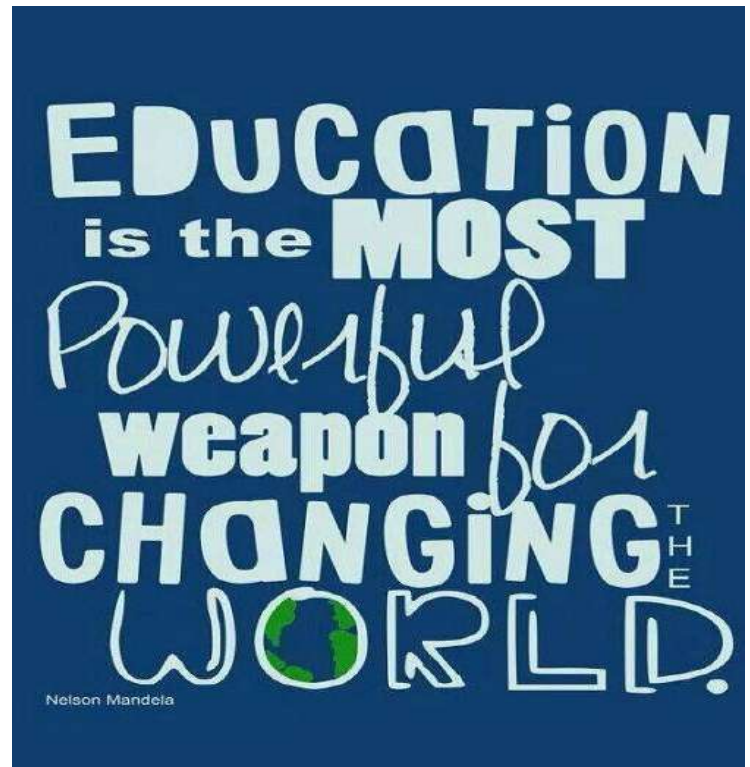
Duke Energy also made significant contributions to the IE program, and to FMU's highly regarded programs in health physics.

Dr. Fred Carter, president of Francis Marion, says the latest gift is part of one of the university's most successful public-private partnerships.

"Duke continues to be one of our strongest industry partners, and we're delighted that they've chosen to support the development of our mechanical engineering program," says Carter. "This type of donation enhances the opportunity for students throughout this region to receive an incomparable education in a dynamic field — at a reasonable cost."

Mindy Taylor, government and community relations manager for Duke Energy, says education is a critical component of ongoing workforce development.

"Education and training are important throughout one's career," says Taylor. "Workforce development initiatives, including higher education and job readiness programs, can help create the next generation workforce business and industries need to be successful."



FMU "HEART OF THE PEE DEE" SCHOLARS



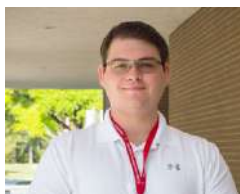
Briana Wheeler

Francis Marion University has named five South Carolina students as Heart of the Pee Dee Scholars for the coming academic year. The recipients will pay no tuition during their FMU career as long as they maintain at least 3.0 grade-point average.

The Heart of the Pee Dee Scholarship is a long-standing program at FMU and a significant part of the University's commitment to providing a superlative education to students from the Pee Dee.

Deserving recipients are selected each year by area guidance counselors who attend become a part of the program by attending the annual fall guidance counselor breakfast hosted by FMU. The students are individuals who counselors believe might not attend college without the Heart of the Pee Dee assistance.

This year's recipients were Samuel Georgia of Latta, Briana Wheeler of Lake View, Sabrina Stanley of Hartsville, Fantasia Toney of Hartsville and MyKenna Blankenship of Darlington.



Samuel Georgia



Sabrina Stanley

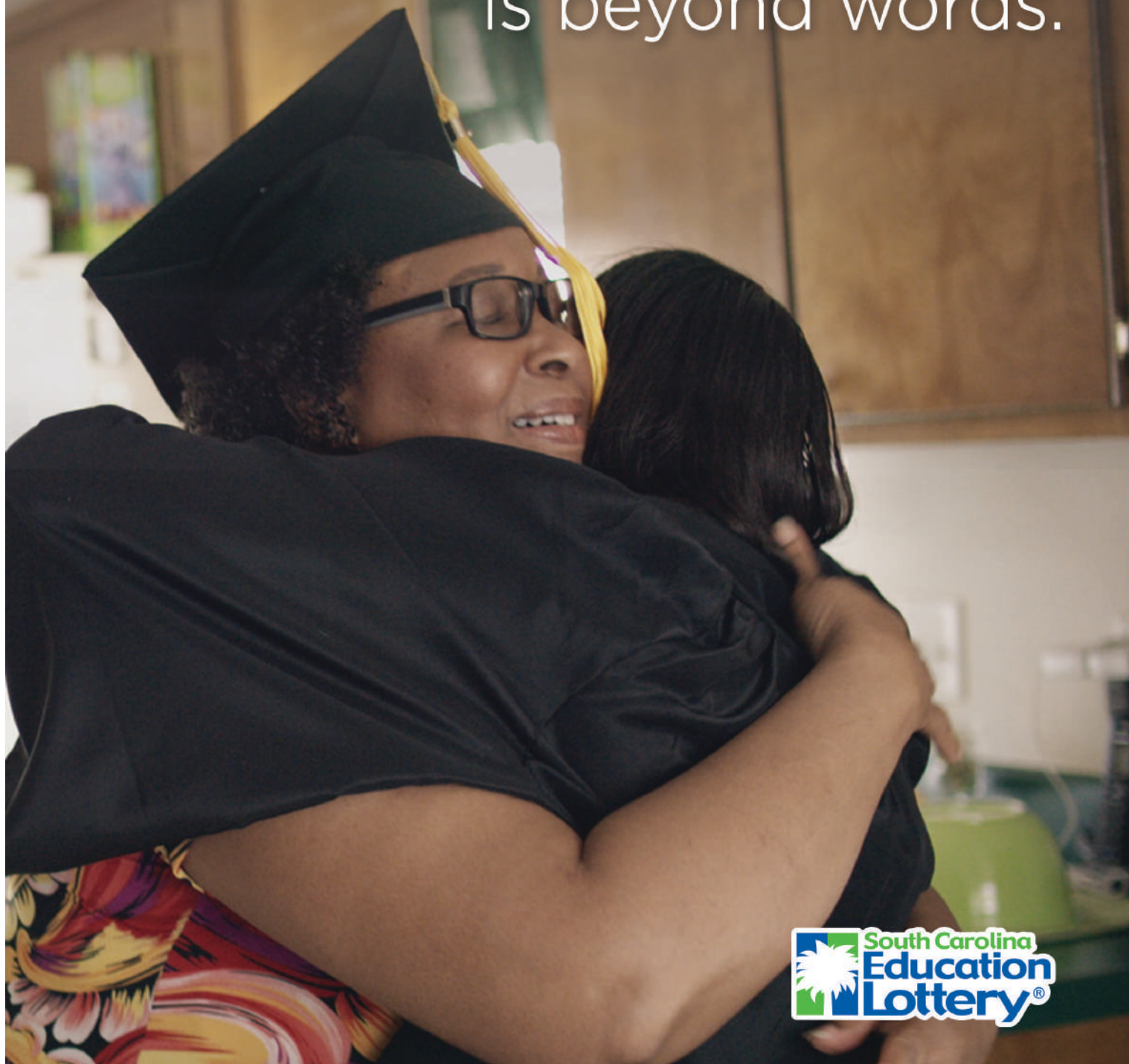


Congratulations! College Acceptances for 2017-2018

- | | | |
|---------------------------------------|--|---|
| Air Force Academy | Elon University | Savannah State University |
| Air Force Reserves | Erskine College | South Carolina State University |
| American Musical and Dramatic Academy | Flagler College | Southern Methodist University |
| Babson University | Florence-Darlington Technical College | The New School |
| Berklee College of Music | Francis Marion University | The Ohio State University |
| Bob Jones University | Furman University | The University of the South |
| Boston University | Georgia Institute of Technology | University of Arkansas |
| Brevard College | Kent State University | University of Illinois - Chicago |
| Campbell University | Lander University | University of Massachusetts - Amherst |
| Case Western Reserve University | LIM College | University of South Carolina - Columbia |
| Catawba College | Limestone College | University of South Carolina - Upstate |
| Charleston Southern University | Louisiana State University | University of Washington - Seattle |
| Cliffon University | Loyola University-New Orleans | University of Wisconsin - Madison |
| Clark Atlanta University | Newberry College | Vanderbilt University |
| Clemson University | North Carolina Agricultural and Technical State University | Wake Forest University |
| Coastal Carolina University | Pace University | Worcester Institute of Technology |
| Coker College | Purdue University | Western Carolina University |
| Colorado College | Protestant College | Wingate University |
| Columbia College | Queens University | Winthrop University |
| Columbia International University | Radford University | Wofford College |
| College of Charleston | Regent University | Young Harris College |
| Converse College | Rutgers University | Youngstown State University |
| Duke University | Saint Mary's University-London | |

100% of the graduating class was accepted to a 4 year college or university earning \$5,577,140 in scholarship money.

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Barbara Wallace
Grandmother of Scholarship Recipient

BOYD RETIRES FROM DCSD AFTER 50 YEARS

Submitted by Audrey Childers, Public Information Officer



Dr. Willie "Bill" Boyd

DARLINGTON—Dr. Willie “Bill” Boyd Sr., formerly the interim superintendent for the Darlington County School District, retired at the end of the academic year. Boyd served the school district with the highest distinction for 50 years in numerous capacities across the education spectrum.

“It truly takes an exceptional individual to devote 50 years of his life to educating our young people,” said Jamie Morphis, chairman of the Darlington County Board of Education.

“Dr. Boyd is a well-respected leader, educator, bridge builder and advocate, and I expect those aspects will continue long into his retirement. We thank him for his time, energy and dedication to our families, employees, students and community. His wisdom, humor and guidance will be greatly missed by all of us, but if ever anyone deserves a rest, it is Dr. Boyd. We wish him best of luck.”

Boyd began his career in the district as a teacher at Mayo High School in 1968 shortly after his return from the Vietnam War, where he served as a combat infantryman. He eventually became assistant principal there before taking over as principal of Rosenwald High School. In 1982, he returned to Mayo as principal. Upon the encouragement of his mentor, Dr. I.A. Greene, Boyd later joined the district’s administrative team as transportation director. He went on to become assistant to the superintendent, assistant superintendent for administration and associate superintendent for pupil personnel. He assumed his closing role of interim superintendent of the district in August.

“I have been blessed to work with many talented and dedicated people over my 50-year tenure,” Boyd said. “I have truly enjoyed serving the children of Darlington County. If I had to do it all over again, I would fill out my application today. I’d like to thank our board members, administrators and employees for giving so much of themselves to our students. I’d especially like to thank my beautiful wife, Patricia, for her unwavering support and love over these many years.”

Earlier this year, the Darlington County Board of Education hired Dr. Tim Newman to be the district’s new superintendent.

“It has been a great experience to work with Dr. Boyd through this transition period,” Newman said. “There is no substitute for 50 years of knowledge and experience in this district, and I have learned a great deal already. We will miss Dr. Boyd, but we wish him the best of luck in his retirement.”

In 2005, Boyd was named the South Carolina Transportation Director of the Year. In 2012, the Greater Darlington Chamber of Commerce named him the Citizen of the Year. Three years later, the S.C. Association of School Administrators bestowed upon him its Lifetime Achievement Award.



Boyd serves on the Florence-Darlington Technical College Board of Directors, as well as the McLeod Health Board of Trustees and the First Church of God Board of Trustees. Boyd is married to Patricia White Boyd, and they have four children.

“Teaching is the profession that teaches all other professions.”
-Anonymous



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- Our graduating seniors scored higher than the national average on the 2017 SAT.
- 88% of our students graduate on time, in four years.
- Our students are prepared to meet the future.
- Our community supports education.
- Our families and community value dedicated teaching professionals.

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SINGLETON-YOUNG RETIRING FROM COASTAL

Submitted by Krystin Dean, freelance writer for Coastal Carolina University



Pat Singleton-Young

CONWAY - Beginning as a student in the early 1970s, Pat Singleton-Young '75, '78 has been a vital advocate for student growth and multiculturalism at Coastal Carolina University—as well as an inspiration to hundreds of students.

Singleton-Young never expected to become a first-generation college student at Coastal Carolina College, located down the road from her home in Murrells Inlet. A conversation between her father and early Coastal benefactor William A. Kimbel made it happen.

She was accepted in fall of 1971 and immediately got a job in the Office of Student Activities. Her job helped her take on leadership roles in organizations like the campus programming board, yearbook, newspaper and Student Government Association (SGA).

Promoting inclusion on campus has been a passion for Singleton-Young since she helped establish the University's first African American organization, now called the African American Association, and planned a successful commemorative celebration.

"There was only a handful of black students, but we were very involved in a lot of different things," she said. "My experience was easy once people got to know me for me."

Singleton-Young earned a psychology degree in 1975 and moved directly into the master's program in counselor education. She received a graduate assistantship—one of the first ever offered at Coastal—in the Office of Student Affairs.

She was offered the position of assistant director of student activities in 1979. The director left a year later, and she was promoted. At age 25, she was running a department.

Singleton-Young's experiences equipped her to advise and guide

students. Multicultural Student Services program assistant Bertha Fladger said it's not uncommon for counseling sessions to extend past the allotted time frame as Singleton-Young seeks out each student's story.

"She's authentic. She really loves the students. They're not just numbers to her. They have names, they have history," said Fladger. "She takes the time to mentor them."

This student-focused approach has defined every role Singleton-Young has taken on through the years, ranging from academic adviser to assistant dean of student services. She developed the position of director of volunteer services; assisted in the expansion of the Office of Career Services; hired the University's first psychiatrist as interim director of counseling and health services; and created "special interest housing" as interim director of residence life.

Now that she is retiring, Singleton-Young often reflects on memorable moments from her 46 years on campus as a student and staff member. Some of her best memories are of commencements. She has attended dozens of ceremonies, but it's always a singular experience.

"Every time I see a student I know cross that stage, I have a flashback," she said. "The times you sit and talk and guide and encourage. That's got to be the best thing ever. I get choked up every time."



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Ian Matsko
Collegeville, Pa.
Coastal Marine & Wetland Studies,
M.S. graduate student

Doug Pastore
New Providence, N.J.
Coastal Marine & Wetland Studies,
M.S. graduate student

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RISING THROUGH THE RANKS: FROM ASSOCIATE TO PARTNER

by Dawn "D.A." Goodwin



Rangeley Bailey

Have you ever discovered where a person is from and was immediately drawn to his or her much-respected story because you, too, are from the same city, and you know that everyone from there does not share similar levels of success? Well, that is exactly what transpired once I discovered that I would have the honor of interviewing and composing the cover story on Rangeley C. Bailey, a fellow Dillon native who is now a partner at Jebaily Law Firm in Florence.

According to the U.S. Census Bureau, in 2017 Dillon County's population was almost 31,000 people. If you are familiar with Dillon, then you probably know the small town close to North Carolina is home of the once very popular South of the Border tourist site. Today Dillon is better known for its many high school football success stories. But to have an individual from such a small town who lacks the stereotypical "small town mentality" and defeats past stereotypes against females in leadership roles is not only encouraging but also praiseworthy. Therefore, Rangeley C. Bailey is one to be acknowledged and celebrated for her perseverance and for paving a path in which other young girls from small towns with big dreams can follow.

Throughout her career Bailey has been accomplishing what many little girls from small towns dream about one day doing as well, especially fighting on the behalf of those in need. In fact, Bailey does just that. At Jebaily Law Firm, she works mainly on Social Security Disability cases as the lead attorney and is also on the Personal Injury Team of attorneys. All in all, Bailey strives to gain clients the resources they need--resources that can help ease their fears and frustrations as she is able to offer them representation by a trustworthy, highly ethical attorney who has their and their family's best interest in mind.

In any position at any organization, diversity and inclusion practices are vital. The manner in which Jebaily Law operates supports this ideal. As a result, Bailey (along with the other attorneys at Jebaily) equally fights for all clients and ensures they receive just treatment.

She added, "While we are a relatively small firm with no defined practice, we are certainly an inclusive and diverse group. We also continue to strive to be more inclusive and understanding. We recently brought in a consultant to help us be our best selves both internally as we serve each other and externally as we serve our clients and the community."



American Heart Association Torch

Specifically, the first person who taught Bailey the importance of diversity and inclusion was a woman by the name of Joyce Alexander. "Joyce never hesitated to tell me her opinion- even when she was baby-sitting me as a child. She opened my eyes to what white privilege really meant, but also how I could be of service to others. Second would be Octavia Williams Blake. We were at Columbia College together, and she never hesitated to challenge me to be a better person and to see things

through a different lens. Both of these women have the ability to speak frankly and help open minds--even the minds of those of us that consider ourselves to be open minded. I think that dialogue is refreshing and necessary."

Bailey's definition of success is ever changing, she says, as her own life changes. "It is important to be able to prioritize and focus on different areas. I've learned a lot and reached what I feel is a successful point in my career, which means people trust me enough to refer their friends and family to me. There is no greater degree of trust than when someone says 'I trust you enough to represent my family member in this life-changing matter.' That is professional success for me right now, and I am so grateful for it."

When asked what advice Bailey would give a person who wants to accomplish success but does not think it is possible, her responses were quite moving: "Don't over think it. You really do have to take things in baby steps. One day, one week, one month... The stairs to success may be slow, but keep climbing, and the top is rewarding. If you slip down a step or two, pick yourself up and start climbing again."

And climbing through the ranks with integrity is exactly what Bailey did. She began working at Jebaily Law Firm in 2003 as an associate and worked her way up to later become partner. Yet, she did not stop there.

"Being appointed as a city judge was an enormous honor. To be nominated and confirmed by City Council was an acknowledgement that my professional success as well as my strict ethical guidelines are working...I was raised by parents who never once acted as if there was anything out of my reach. I went to an all women's college. I work for some very enlightened men who want the best for me, so I have been very fortunate to never feel that there were any barriers."

In fact, Bailey states that her mother was her greatest inspiration. "She was constantly seeking ways to be in service to others--whether it was finding housing for someone or teaching children to read--she was passionate about reaching out to those less fortunate. She believed that to those whom much has been given, much is expected, and she lived that."



Pee Dee Heart Walk

Something about Bailey that might surprise others is that she loves to write. "I wish I had the patience to sit down and write something longer than a short story. I wrote a blog for many years. It's a great outlet for me when emotions are high."

While Bailey's writing might surprise you, I must say that based on her rich history of excelling in the legal field, I am not surprised. I just hope that one day we have the pleasure of reading her work, which is bound to be as inspirational and successful as her career as an attorney.

Today Rangeley C. Bailey volunteers for the American Heart Association, especially participating in their Heart Walk to help raise awareness about stroke and heart disease. Her tireless dedication to the organization has earned her several awards. Bailey is also an active member of Central United Methodist Church and the Florence County Bar Association. In addition, she is excited about the opening of Jebaily Law Firm's new branch in North Myrtle Beach that will serve their existing clients as well as bring on new clients in the area.

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COMMUNITY GARDENS ENRICH LEARNING

Submitted by Jennie Williamson Pez , Local of Foods Initiative Project Coordinator



North Vista Elementary garden



Southside Middle School garden



North Vista Elementary garden

One neighborhood park, three schools, one pre-school and two churches are growing fresh vegetables and herbs this summer in brand new gardens. Seven new community gardens were installed in the City of Florence this spring, five of them established through a collaboration between the City of Florence and the local chapter of Eat Smart Move More (ESMM), and two raised-bed gardens were relocated by the City for new garden endeavors.

The goal of the community gardens is to add to the richness of community life by providing a place for learning and a new source for fresh food. Each of the selected sites has its own niche:

Carver and North Vista gardens will be used to teach elementary school children about science, growing their own food, eating fresh fruits and vegetables, and about sharing their bounty. Central

Methodist Church will focus on teaching preschoolers all about where their peas and carrots (and other fresh goodies) come from, and Southside Middle will get teenagers into the nitty gritty of growing and cooking their own food, learning about nutrition and sharing garden harvests and recipes at school family nights.

Garden manager and longtime employee at North Vista Geneva Brown said, "I was so excited about this project I decided to delay my retirement another year."

John Calvin Presbyterian Church Mission Outreach Committee is overseeing a garden at the church for community members and congregation to have access to gardening space. A percentage of the items grown will be given to a local nonprofit to help feed the hungry.

Inspired by the opportunities to teach nutrition and to engage younger members of the community, Cumberland United Methodist Church will bring new life to its spring youth project with a community garden as well. Community members also tend new garden boxes in Lucas Park, an addition to complement the park's recent renovation.

ESMM coalition members banded together to provide different parts of the grant: The City of Florence Public Works Department built the raised garden beds; ESMM coalition member Natalie Robinson offered seeds for the first season. The Florence County Master Gardeners and SC DHEC's Community Systems provide technical expertise about gardening and about funding and running community gardens; Briggs Elementary School Farm to School coordinator offers advice from Briggs' very successful school garden.

Further interest in community gardens in the City of Florence or about the ESMM coalition may be directed Jennie Pez  at jpeze@cityofflorence.com/ 843-665-2047 who coordinates the local ESMM coalition.

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ESMMS SC WORKS TO MAKE FLORENCE A HEALTHIER COMMUNITY

Submitted by Amanda Pope, CMO Administrator



Boardwalk



Rail Trail

Community wellness is an essential component in the pursuit to elevate the quality of life in Florence and the surrounding area. In South Carolina, 32.3 percent of adults and 32.9 percent of children are overweight or obese. Unfortunately, obesity often leads to chronic disease, which can potentially be prevented with reasonable access to healthy foods and places to be active. Our region is greatly impacted by chronic diseases such as heart disease and diabetes. The City is working diligently to create cultural change that will positively improve overall health and wellness for residents. There are many who share this common interest and a diversity of organizations and resources available, so what better than a coalition that promotes collaboration and brings these partners together?

Eat Smart Move More South Carolina (ESMMS SC) has been working with community partners to help implement evidence-based strategies that make communities healthier since 2007. ESMMS SC is able to reinvest funding from state and national sources into communities as mini-grants, technical assistance and training opportunities to implement strategies and provide tools and expertise for implementation.

In December 2016, with the support of the City of Florence, an ESMM Chapter was established in Florence. Since its inception, the local chapter has accomplished the following:

- Created and circulated a directory of organizations and businesses with active living and/or food access programs.
- Established and completed a first cycle of community garden design/build applications.
- Established (November 2017) and growing a social media presence to help circulate information about activities in Florence related to active living and/or food access.
- Hosted a summer-food-access-for-kids roundtable.



Lucas Park



Timrod park

At the chapter's June meeting, plans for a Community Wellness Event for spring, 2019 was discussed. While the event is in its early planning stages, members of the chapter demonstrated energy and interest in an event that will promote community wellness offering free health screenings, cooking demonstrations and nutritional information as well as resources and options for fitness and physical activity. The event will provide local and accessible resources to equip ALL residents with the necessary tools to achieve a healthier lifestyle. We are hopeful that these efforts will encourage community interest and Florence will experience cultural change reducing the likelihood of chronic disease for residents in our area.

Projects such as the Florence Trail System, the newly constructed Florence Soccer Complex and Pearl Moore Gymnasium, City Center Farmers Market and soon to be developed Food Corridor Project demonstrate the City's interest in wellness and the desire to offer healthier options for the community.

Don't want to spend money on a gym membership to stay active? No Problem! Check out one of the following locations:

- Florence Trail System (22 miles of trail across Florence)—map available at www.cityofflorence.com
- Florence Soccer Complex includes a two-mile walking trail around the complex
- Pearl Moore Basketball Center Open Gym Time- call ahead to check

times and dates for open play (843-665-3126)

- Workout Equipment and Weights Available for use @ Barnes Street Activity Center – contact 843-665-3253 to inquire about open times to use equipment
- Iola Jones Park – walking trail around perimeter of park
- Playgrounds available at City Parks and All Inclusive Park nearing completion on the Barnes Street Campus
- Tennis Courts available for play at Lucas Park, Timrod Park and the Dr. Eddie Floyd Tennis Center

If you share an interest in health and wellness or provide a resource that would be beneficial in the effort to make Florence a healthier community, join us at local ESMM Florence Chapter meeting. For more information, contact Jennie Peze, ESMM Florence Coordinator, at jpeze@cityofflorence.com or 843-665-2047.

GIRLS UNIVERSITY SUMMER CAMPS

Submitted by Ashli Smart, National Director of Programs and Brand



Girls University (GU) established its brand in June, 2016. Dedicated to connecting as many girls as possible to STEM career pathways, Girls University provides after school programming, tutoring, camps, and college and industry tours. Understanding the shortage of females in STEM careers, Girls University decided to focus its attention to motivating and inspiring girls in grades 5K through six.

Girls University also provides outreach activities; free STEM Fridays once a month, STEM Festivals and community college tours for middle school girls.

Regardless of the activity or event, Girls University is committed to having a positive impact on all girls participating in GU programs. By fostering exploration, discovery, and curiosity in science, technology, engineering, math, and the arts, Girls University encourages all girls to learn what makes them unique and strong in all aspects of life.

This year GU is proudly offering camps in Florence, Hartsville, and Darlington in 2018. This summer GU even has a "Keep the Lights On" sleepover planned at the Robinson Nuclear Plant in Hartsville in addition to its Father's Day: Dad & Me Cooking Night, College is Possible: Summer College Tour, Junior & Master Chef and more.

ABOUT SUMMER CAMPS

Florence Summer Camps takes place at 1249 Celebration Blvd, Florence. Camps started on June 4 and run Monday through Friday all summer long except for July 2-6. Because Girls University promotes individuality and empowerment, our Summer Camps all have different themes each week. Some examples are Cool Candy Chemistry, Sassy Science, Introduction to Robotics, and I AM an Artist!



The Hartsville Girls University Camps takes place at Coker College with another option happening through the YMCA as well. Camps are available on full or half-day options in Hartsville, as they are elsewhere. Some camp themes happening in Hartsville are Super Slimy Science, Creative Art Fun, and Coding and Game Design. Coker College camps run throughout the summer starting on June 11 and carrying through August 3 with the only week not offering camp as July 2-6.

Girls University Darlington Summer Camps will be for girls sixth through ninth grades and are being held at the Darlington Institute of Technology from 8 a.m.-12 p.m. July 16-19 and July 23-26. Camp themes for Darlington include Diva Coding and Video Game Design and 3D Design/Engineering.

Appreciating Our Parks, Recreation & Tourism

CITY OF HARTSVILLE PARKS AND RECREATION OFFERINGS

Articles by Ta' Meeka Epps



Jessica Cohen

HARTSVILLE - Hartsville is the largest city in Darlington County nestled in the Pee Dee Region of South Carolina. Hartsville is home to major industries, charming quaint neighborhoods, Coker College and the Governor's School for Science and Math. With an ever-growing community, it is only fitting that the City of Hartsville Parks and Recreation is such a vital component and mainstay within the community.

The City of Hartsville Parks and Recreation is a collaborative effort with Hartsville Area Recreation enabling them to provide well-rounded, enjoyable opportunities for athletic as

well as non-athletic and senior citizen programs. The programs are funded by Darlington County and the City of Hartsville. The area programs offer opportunities for the community, including special events year round.

Jessica Cohen has been employed with the City of Hartsville Parks and Recreation for almost two years. She is a native of the Low country, born and raised in Charleston before relocating to Hartsville. Cohen is the Sports and Group Tourism coordinator. As the coordinator she is responsible for promoting and creating programming and tourism initiatives for all City Parks and Recreation locations.

There is an ongoing initiative of offering opportunities for each demographic of the Hartsville community through the City of Hartsville Parks and Recreation Dept. In July, for National Recreation and Parks Month, the department plans to enhance those opportunities while continuing to expand each program. The various parks and recreation amenities host an array of activities. This past year, through numerous community collaborations, the Hartsville community experienced a kayak festival; semi-pro basketball; kickball; low impact seniors classes; pickle ball; baseball and softball youth leagues and tournaments; cardio step aerobics; ZUMBA; amateur boxing; and a new Dog Park was unveiled. The City of Hartsville Parks and Recreation department takes pride in offering affordable, diverse and practical outlets to the residents.

The department has a newly secured partnership with a semi-pro football team, which brings excitement to the department and community. "We believe this opportunity will continue in our mission to connect ages, cultures and households while continuing to diversify our offerings," stated Cohen. The public that the department serves is a diverse community that includes youth, families, college students and working members of the community.



Senior bingo Bizzells

"A community's Parks and Recreation culture largely reflects a community's ability to offer mediums of expression and collaboration," states Cohen. The department makes recreation opportunities available while actively promoting the link between parks and recreation and better mental, physical and societal health. Social bonds are strengthened when families take time to play together and when seniors and

individuals with disabilities are actively engaged in recreation activities. Recreation and park facilities help promote social bonds by bringing families together, encouraging cultural sensitivity and supporting seniors and individuals with disabilities. Recreation provides the residents with family and community bonds that help to create memories which last a lifetime.

"The youth programming offered through our department allows for instruction and development in a diverse setting as we strive to prepare them for an ever evolving America," Cohen added. A recreation program directed to target one issue young people face in their daily lives, such as obesity, has the ability to impact self esteem, decision making and strengthen family bonds. The combined values gained by being exposed to various diverse activities and programming offered through the City of Hartsville Parks and Recreation are immeasurable.

For more information about the activities and programming offered through the City of Hartsville Parks and Recreation visit the website at www.hartsville.gov.

MEET THE DIRECTOR OF DARLINGTON PARKS AND RECREATION



Lee Andrews

DARLINGTON - Darlington is known to many for the Darlington Raceway where scores of NASCAR fans assemble to watch their beloved spectator sport. However, it is also home to a lively and robust parks and recreation program. Lee Andrews serves as its director and oversees all recreational activities within Darlington County. In addition, he supervises six full-time employees and two part-time employees. Overall, Darlington County Parks, Recreation and Tourism's goal is to provide quality recreational activities for every walk of life, and Andrews is there to ensure it is accomplished.

Andrews has been an employee of Darlington County Parks and Recreations for 14 years, and he has seen the program grow and shift to meet the needs of the residents and the community. Diversity impacts programming for the Parks and Recreation Department, just as it does local businesses. "Diversity is important for us because everyone is different. Some people are athletic and like to play sports, some like nature and enjoy being outdoors, and some even prefer to learn and be educated. We have to provide programming that touches everyone, positioning us to have the biggest impact within the community," explained Andrews.

The department has numerous activities planned for the residents. There will be multiple athletic camps for people of all ages as well as educational opportunities such as cursive writing and reading club. "Whether

it's the people we serve or the programming we provide, we have to be conscious of the fact that everyone is different and everyone has different preferences, and if we want to reach a majority of the community we have to offer programming which speaks to all living within the reach of Darlington County Parks and Recreation."

Andrews is a native of Darlington, and he enjoys working with people from all different walks of life his ties to the Darlington community runs deep. "I have always wanted to come home and provide better opportunities such as facilities and programming which would raise the quality of life in our area so when given the opportunity to serve in the community which helped raised me it was my privilege," he stated.

Parks are such a vital component of a livable, sustainable, community that it is difficult to imagine a community without parks, trails, and other recreational resources and the positive changes such parks and recreation centers create for the entire neighborhood. Darlington County Parks and Recreation is grateful to all the participants taking advantage of all they have to offer and welcome the ones who may desire to be involved and hope to draw you in to creating a lifetime of discoveries.

Lee Andrews is married to Keisha Andrews, and they are the proud parents of Madie (15) and Bo (10). In Lee Andrews' spare time he enjoys spending time with his family, creating a lifetime of memories and coaching softball.

For more information about programming and events offered through the Darlington County Parks and Recreation Department please visit www.darosc.com.

MULTICULTURAL FLORENCE COUNTY

Submitted by FCVB



Sankofa Festival

Florence County brings adventure with discovery around every corner, as it's overflowing with opportunities to engage the area's rich African-American history and culture, major events that draw people from around the world, and a bustling nightlife that taps into the area's vitality and creative energy.

Underpinning current life is the history that came before it, and Florence County offers history essential to South Carolina's and the nation's evolution. This July 27-29 the public is invited to attend the annual Jamestown Foundation's Educational Reunion at the old settlement of former slave Ervin James. James, in 1870 near the Mars Bluff community in Florence County, bought more than 200 acres of land, which served as not only life-supporting farmland but also as the basis for a small community that thrived until the tail end of the Great Depression in the 1940s. But the land is still owned by James' descendants, who use the Jamestown Foundation to preserve the settlement's history, heritage and culture. This yearly celebration includes historical interpreters, hands-on activities, artisans, dramatic plays and much more.

The annual Sankofa Festival, this year July 7 from 2-8 p.m. at Timrod Park in the City of Florence, is a celebration of African and African American history and culture through the arts of dance, drumming, drama, song, poetry, and storytelling---as well as food. Reggae, jazz, gospel and R&B mix with acrobats and assorted vendors. The name for the cultural festival came from the mythical Sankofa bird of Africa that flies forward while looking backwards over its shoulder, forming the basis for the African saying "as you move forward, you cannot forget your past."

Part of the promise for Florence's future resides in its downtown, which has flourished in recent years as part of a concentrated resurgence effort from the community. New restaurants and businesses now line its streets. To highlight that success and bring people downtown, the Florence Downtown Development Corporation and the City of



Florence After Five

Florence hosts Florence After 5 the last Friday of each month from April to October, with the event starting at 5:30 p.m. and live bands taking the stage at 6 p.m. The popular and free event, which inspires spontaneous dancing on S. Dargan Street, has already booked bands for this year including The Classic Rock Experience, the Band of Oz, the Blackwater Rhythm and Blues Band, and more.

And major Florence events this summer draw from America's (and the world's) eclectic backgrounds, as is the case with the 2018 National Horseshoe Pitchers Association World Tournament July 9-21 at the Florence Center. The best horseshoe pitchers from around the world will compete in the international sporting event for athletes of all ages sponsored by the National Horseshoe Pitchers Association (NHPA).

Dating to 1909, the tournament currently hosts about 1,100 athletes annually. Horseshoe pitchers compete in multiple divisions and classes that pair athletes based on skill, age, and gender. Come see world champions in each division crowned! And it's not all games, as tournament participants and spectators also are treated to banquets, social events, festival-like activities, and more.

These summer events reveal just a thin slice of what's remaining to be discovered in Florence County, this summer and year-round.

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CHECK OUT WHAT FLORENCE HAS TO OFFER

by Tu'Meeka Epps



Nathan Dawsey

There are certain aspects of a community that are essential to establishing and maintaining a certain quality of life while helping to ensure families and youth have access to healthy alternatives in play and recreation while contributing to the advancement of economic and environmental well being of the entire community and the region in which it belongs. Parks and recreation are, in essence, an essential public service--the same as water and sewer, the court system and the education system.

Public service simply means there are certain services that should be available to all, regardless of income, age, physical ability or mental acuity. The civil servants entrusted with helping others with a specific need or want or entrusted to carry out the mission of the institution in which they are employed while servicing the community. The one who chooses a career of service more often than not wish to give something to the wider public or community through their enduring work.

July is National Parks and Recreation Month, and this year's theme is "A Life Time of Discovery." Communities boast about their quality of life while promoting themselves as the ideal destination for new businesses to locate, they champion for their citizens to get active and stay healthy and maintain they are environmental stewards none of the aforementioned would be possible if the communities did not have a vigorous system of parks and recreation facilities for the public use and enjoyment.

During Park and Recreation Month the local as well as the national organizations will spotlight the "undiscovered" roles of parks and recreation and they challenge all members of the communities to come out and get involved. Science, technology, engineering and math (STEM) programming; senior programs; innovative health and wellness opportunities; community celebrations; outdoor education; flood mitigation; maintenance; and more programs are available through many local parks and recreation facilities. They are challenging you to redefine how you think about your local parks and recreation, and uncover a lifetime of discovery in the process.



Jennifer Majors

Florence County Parks and Recreation and Nathan Dawsey of the Athletics Department, who serves in the capacity of recreation superintendent, are excited about the continual efforts made daily to ensure the best service is given to the citizens of the community in which they serve. As superintendent, Dawsey's main responsibility is to oversee the athletic department and its participants. He has been an employee of the department for two years where one of his main initiatives has been outreach. Through outreach he seeks out innovative ways to implement creative avenues to get the word out to all members of the community about what the Florence County Parks and Recreation department has to offer while making it a priority to make sure everyone feels welcome and included.

"Florence County is a diverse community of many different races, cultures, religions, and socioeconomic groups. Even in a time where these differences can sometimes divide people, Parks and Recreation is a place where everyone is welcome and can come together in fellowship and friendship," stated Dawsey when asked how diversity plays a role during his outreach.

During Parks and Recreation Month, the athletic department is cognizant of the relationship between science, technology, engineering



and math within the world of sports and is dedicated to helping the community they are surrounded by discover all the possibilities awaiting them through the department.

Dawsey is a native of Lexington. He has been married for five years to Anna Dawsey, a Lake City native, and they have one daughter, Clara Dawsey.

In their free time they enjoy watching movies, watching baseball and football games, and they await the day their daughter is old enough that they are able to enjoy all the wonders of Florence County's beautiful parks and recreation facilities as a family.

The park superintendent at Lynches River County Park is Jennifer Majors. Majors was raised in Western, North Carolina, and now resides in Coward. Her parents instilled a love of nature and wildlife for her at an early age, and she grew up hiking and camping all around the country. She feels like it has been a natural progression to work in an environmental-related career, and she has for more than 20 years now. She has been an employee of the Florence County Parks and Recreation for a little over eight years.

As the park superintendent at Lynches River County Park, she has many duties. However, she is responsible for planning, organizing and directing overall operations, management, leadership, preservation, interpretation, maintenance and safety of Lynches River County Park, which provides multi-use recreation and overnight accommodation services and facilities.

Lynches River County Park has the advantage or disadvantage (depending on the perspective) of being a rural park, and being situated on the Lynches River, the staff has a unique opportunity to expose the visitors to wildlife and ecosystems that they wouldn't necessarily see inside the City limits. Parks and Recreation strive to teach or at the minimum relay to visitors the importance of each element of the environment, and why it is our responsibility to respect the role that each animal or plant plays in the ecosystem. Hopefully, we can take that a step further, and get people to the point of not only respecting, but protecting the world around them as well.

Expanding on those ideals, Parks and Recreation plays an important role in creating diversity by offering programs and events, which appeal to people from all walks of life. By offering these diverse programs, they bring together many types of people who can, hopefully, find common ground and respect for one another, which, in turn, can help to strengthen the community.

"The park is definitely a gem for Florence County, and we want everyone to be able to benefit from all we have to offer, so it's our responsibility to develop programs that will appeal to everyone and offer a positive experience to our guests. For example, we have recently implemented a guided canoe trip open to the public. And, while anyone can take advantage of this program, it is ideal for someone who hasn't had a lot of experience paddling, and wants to have someone there to help," explained Majors.

The Environmental Discovery Center will host Hiking Yoga on July 7 beginning at 9 a.m. as well as continuing the Wild Weekends program, which is an animal presentation/public meet 'n greet held most Saturdays at 11:30 a.m. and 3 p.m. and on Sundays at 2 p.m.

There are many activities and events happening at the Lynches River County Park offering a lifetime of discovery. Come out and see what you can discover.



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SUMMER IN DARLINGTON

Submitted by Lisa Chalian-Rock, Planning Director



DARLINGTON - The kids are out of school, and the question becomes, "What to do?" In the City of Darlington, there are a variety of activities and events for young and old, alike, to enjoy.

Explore the outdoors. Take a hike and bird watch through Williamson Park, a 70-acre woodland preserve just a few blocks from downtown. Home to

more than 300 species of flora and fauna, Williamson Park serves as home sweet home to Barred Owls, Red Shouldered Hawks and Pileated woodpeckers along with many others and is an ideal bird watching venue. Abundant seed- and nectar-producing plants provide a great refueling station for birds passing through the area. The trails are a mix of natural paths and wooden boardwalks crossing Swift Creek. For more information, visit www.williamsonpark.org.

Go swimming. What's summer without at least one afternoon by the pool? The Darlington City Pool is open to the public Wednesday through Saturday from 11 a.m. to 7 p.m. for just \$1 per day. Members at the Darlington Family YMCA and Darlington Country Club also have poolside options. Darlington Area Recreation offers swimming lessons by appointment for those looking to learn.

Curl up with a good book. Head to the Darlington Library at 204 N. Main St. to catch up on your summer reading. You'll find the usual books, magazines, and newspapers, but you also can register to download e-Books at home if you prefer tech to paperbacks. Summer programs for kids are held at 10 a.m. Tuesdays with teen programs on Monday evenings.

Go to the Movies. Check out a free film at 1 p.m. every Friday at Harmon Baldwin Recreation Center. Family movies play at 4 p.m. every Thursday at the Darlington Library too.

Practice your favorite sports. Darlington Area Recreation has a host of camps, including basketball and football as well as a summer basketball league, ongoing at both of the City's gyms. You can check into karate, boxing, Double Dutch, and traditional or hip hop dance classes too. Call 843-398-4030 for details.

Hunt for treasures! Darlington offers several antiques outlets for those who love to search for buried treasures. Dig through more than 20,000 square feet of furniture, handmade rugs and other collectibles at Scarlett's Antiques at 500 E. Broad St., housed inside an old tobacco warehouse where the crop was once dried, packed and sold. Then, stop by the historic downtown and see an extensive collection of custom, handmade fine jewelry, silverware and silver plates as well as many other antique items including furniture and artwork at The Jewelers Bench at 60 Public Square. Come explore the rich history of the region at the Darlington County Historical Commission, housed in the old county jail. Head to B&B Variety & Antiques at 703 Pearl St. to search two buildings full of antique and modern collectibles. In the shadow of the Track Too Tough To Tame, the Darlington Raceway Stock Car Museum houses a large collection of stock cars, including those driven to victory by Richard Petty, Bill Elliott, David Pearson and others. Admission is \$5 for adults and free for children ages 12 and younger.

Day-trip. Ride with Darlington Area Recreation on a variety of day-trips to make new friends, eat at iconic restaurants and visit attractions around the Pee Dee Region, Midlands and Charleston area. Call 843-398-4030 for registration and details.

Visit www.darlingtonSConline.com for the latest Calendar of Events, or follow the City of Darlington on Facebook at www.facebook.com/DarlingtonSC.

DAY-TRIP RECCOMENDATIONS FROM SCAAHC

Submitted by Dawn Dawson-House, Director of Corporate Communications, SC Department of Parks, Recreation & Tourism



COLUMBIA - Vacations in South Carolina are always thrilling and exciting, and the South Carolina African American Heritage Commission has come up with

some recommendations to make them enriching as well.

The SCAAHC pulled together eight suggested *day-trips that visitors can take from just about any region in South Carolina, to see history and heritage attractions that tell compelling stories about the African American experience. The sites are listed in the Commission's award-winning website www.GreenBookofSC.com, a travel guide of more than 300 African American sites in South Carolina. The guide pays homage to the original Negro Motorist's Green Books that were published during the Jim Crow era and outlined safe places for African Americans to visit when they traveled. Published from 1936 to 1966, the original Green Book is considered the first travel guide in the nation for African Americans.

The day trips developed by the SCAAHC span the breadth of African American heritage — from Sullivans Island and Gadsden's Wharf in Charleston where West Africans were brought and sold into slavery, to Springfield Baptist Church in Greenville, an iconic place of worship and an important Civil Rights meeting site.

The itineraries are suitable for groups of two to ten people. Travelers can get the most out of their experience if they follow standard practices for trip planning:

- Call each attraction on an itinerary, where applicable, before finalizing plans. This helps manage details such as parking for large groups, changes in operating hours for an attraction, admission fees and other visitation requirements. This is especially important for churches and universities that might be hosting special events.
- Take note of the sites denoted with *MARKER*. These sites are not staffed buildings. They are roadside markers that narrate a defining moment at that site. They are usually great photo opportunities for tourists.
- Each day-trip idea ends with a link to a route mapped out in Mapquest.com.
- Use a local tour guide or company if available. Local guides know how to navigate traffic and know the nuances of their communities.
- Allow plenty of time for members of the party who are impaired.
- If you take photos of your trip and post them on social media, use the hashtag #GreenBookofSC.
- Itineraries are suggestions only. It's always best to build your own itinerary that meet your specific interests and pace. Visit GreenBookofSC.com to see additional sites.

If you need more information about a trip, contact the SCAAHC at scaaheritagefound@gmail.com. Please have happy and safe travels!

*These trips are suggestions. Travelers will tour at their own risk. The SCAAHC does not assume responsibility for injuries or damages that incur on the trip.

- Historic Charleston Region
- Hilton Head Island and Historic Downtown Beaufort
- The Rice Culture of Historic Georgetown
- Civil Rights Tour Through Orangeburg and Clarendon Counties
- Capital City Tour — Columbia
- The Piedmont (including Rock Hill and York County)
- The Savannah Valley Region
- Mountain Country

25 for 25

Support the South Carolina African American Heritage Commission!

For its 25th anniversary, the SCAAHC launched an effort to raise \$25,000 by Black History Month 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.

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



SC REVOLUTIONARY RIVERS EXCURSION EMBARKS AFTER RIBBON CUTTING

Submitted by Florence Convention & Visitors Bureau



SC Revolutionary Rivers

The Friends of Revolutionary Rivers (FOREVR) hosted a SC Revolutionary Rivers Excursion in June after the much-anticipated ribbon cutting for Venters Landing in Johnsonville.

The Venters Landing ribbon cutting completed a \$450,000 project that includes a new ramp and floating dock. They later enjoyed a paddle trip from

Venters Landing that lasted from about 11 a.m. to 3 p.m., with equipment, snacks and refreshments included.

The paddling excursion will follow the SC Revolutionary Rivers Trail on the beautiful Lynches Scenic River. Spend the morning kayaking through history as you spot the cypress swamplands where General Francis Marion and his militia cleverly hid from the British, earning the general the Swamp Fox nickname. This guided excursion offers paddlers a striking experience on the historic National Recreation Trail.

All proceeds from the excursion will go toward the construction of platform camping by FOREVR along the river.

FOREVR is coordinated with help from the National Park Service through the Rivers, Trails, and Conservation Assistance Program. It is a special account of the Eastern Carolina Community Foundation. As a National Recreation Trail, the SC Revolutionary Rivers Trail is a component of the National Park Service. FOREVR includes the



Venters Landing

Florence Convention and Visitors Bureau (CVB), Florence County, Town of Johnsonville, Department of Natural Resources, SC Forestry Commission, Pee Dee Land Trust, Eastern SC Heritage Region, SC National Heritage Corridor, local outfitters and landowners.

About Florence Convention &

Visitors Bureau

The Florence Convention & Visitors Bureau is the official destination marketing organization for the city and county of Florence whose primary mission is to market and promote the Florence area as the optimal site for conventions, sports and leisure travel. More information may be found at www.visitflo.com.



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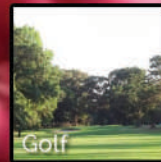
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Appreciating Our Artists

THE ARTS COMMUNITY CELEBRATES THE 2018 ARTS AWARDS

Submitted by Sandra Cook, Executive Director

The Florence Regional Arts Alliance hosted a reception during which several community members received recognition for their contributions to the arts community. The backdrop for the evening was Austin Sheppard's Solo Exhibition, in Absentia, in the Waters Gallery. Sheppard was commissioned by the Florence Regional Arts Alliance's Awards committee to create the 2018 Arts Awards. The exhibit is open for viewing through July 13. Gallery hours are Monday through Friday 10 a.m. to 5 p.m.

The following individuals were recognized through these awards:



Dr. Sherry Woods and Michele Pridgen

Dr. Sherry Woods was awarded the John W. Baker Distinguished Service Award. This Award recognizes an individual from Florence County who has significantly impacted the quality of life in our community through his/her activities, contributions, and/or accomplishments in the arts. Woods has poured her life into hundreds of string players over the past 30 years as a teacher, musician, composer and as a general supporter of the Arts. She is known throughout the state and has held positions in national organizations. Nominees included Dr. Sharon Askins, Paula Efrid, Tonya Morman Jackson and Reveley Thomy.



Award Winners

The Business & Art Partnership Award Recipient went to TThomas Arts Studio. The Business and Arts Partnership Award recognizes a vital commitment to the arts as evidence by operational and/or project support provided on a substantial and ongoing basis. Thomas, owner, artist, and operator of TThomas Arts Studio accepted the award. Thomas supports the business and arts community from hosting local playwrights to FMU's student exhibitions to "mini-monsters" a dual exhibit featuring artwork of local kindergarten and high school students.

Soule' Café, Farmers Telephone Cooperative, Olio Studio, and the City of Florence were also nominated for the Business & Art Partnership Award.



Pictured from Left to Right: Kelly Jokisch, Murriel Calcutt, Laura McFadden

The Gregory Fry Arts Educator Award Recipient went to Laura McFadden. McFadden goes beyond to help, inform, educate and provide useful resources to the Arts teachers as the Visual Arts Coordinator for Florence School District One. McFadden is an active member of the SCAEA- South Carolina Arts Education Association. Nominations for this award included Shawn Thompson, Sandra Howard, and Charles Jeffcoat.



Members of Lake City Community Theatre and Michele Pridgen

The Outstanding Arts Organization Recipient was awarded to the Lake City Community Theatre. This award is presented annually to the Florence County arts organization that has a tremendous impact on the community. This may be through programming, projects, resource development, advocacy or other innovation. For 29 years The Lake City Community

Theater has provided the community with a musical complete with costumes, orchestra, sets and great actors. For the past four years a children's musical has been performed. This year there are 60 children in production of The Wizard of Oz.

The young adults are now being cast in the adult plays because of the ongoing efforts of the theater. LCCT continues to offer amazing opportunities to the young people, children and adults in Lake City, Florence, Effingham, Coward, Scranton and Kingstree.



Sandy Cook and Diana Murphy

Diana Murphy was the Frank H. Crow Award Recipient. This award is presented annually to a Florence Regional Arts Alliance board member, staff member of volunteer who has had a tremendous impact on the organization's growth and success. Murphy has served on Board of Directors of the Florence Regional Arts Alliance as the chair of the Grants Panel. This panel is in charge of the Quarterly Grants Program of the FRAA and recommends awards to the FRAA Board.

In addition to these awards, the Florence Regional Arts Alliance introduced the 2018 recipients of the Betty Ann Darby

Scholarship Merit Awards



Pictured Left to Right: Murriel Calcutt, Betty Ann Darby Scholarship Winners Meranda Vinson, Jordan Taylor, Cathryn Ackerman along with Michele Pridgen

•Cathryn Ackerman:

Cathryn is graduating from Lake City High School. She will be attending Francis Marion University. She plans to study theatre arts. Ackerman said that she has been acting since the sixth grade when the Lake City Community

Theatre needed a children's chorus for Camelot and has been performing since that production. During high school, she has been a member of National Beta Club, National Honors Society, Lake City High School Ensemble and South Carolina Cooperative Youth Summit. She has performed with Lake City Community Theatre and it's Youth Productions, and Florence Little Theatre. Ackerman's ultimate career goal is to teach theatre at a local school.

•Jordan Taylor:

In the fall, Taylor plans to attend Coastal Carolina University as part of the Musical Theatre BFA program. This will allow Taylor to pursue her lifelong dream of performing the art of acting and storytelling. She began voice lessons at the age of ten and then on to performing with Florence Little Theatre. Taylor continues to perform with Florence Little Theatre, FLT Workshop High School Actors, and Masterworks Choir. She performed as a soloist in the 2016 Holiday Pops Concert with the Florence Symphony Orchestra, was awarded the South Carolina United Methodist Youth Choir Festival Director's Choice Award, and has performed with South Florence Choraliers for the past three years. Taylor will graduate with honors from South Florence High School.

•Meranda Vinson:

Among other high school activities, Vinson is a member of the National Art Honors Society, participated with Luke Jerram's global art project, "Play Me... I'm Yours" Florence, and was accepted into ArtFields® Jr. 2018 Competition. She will graduate from South Florence High School and plans to major in Art Education at Francis Marion University. Vinson hopes to continue her passion for visual art and reach her goal to teach Art to elementary aged students.

THE ARTS COMMUNITY CELEBRATES THE 2018 ARTS AWARDS CONT'D

The Florence Regional Arts Alliance would like to thank the administration, staff, and faculty of Florence County Public High Schools for helping us recognize and support the young artists in our community by presenting to them the Excellence in Arts Education Awards. These Awards are presented in conjunction with Honda Of South Carolina.

Students were nominated on the basis of their superior achievement as well as for their participation in school and community arts activities. It is our hope that such awards will encourage recipients to make their artistic pursuits a life-long endeavor.

Honda of South Carolina and the Florence Regional Arts Alliance, we were pleased to present the awards to the following recipients in their respective disciplines during each high school's awards ceremonies:

Hannah-Pamplico High School

Jordan Fennell - Chorus
Tristan Shird - Drama
Katelyn Rodgers - Dance

Johnsonville High School

Tristan Blanton – Visual Art

Lake City High School

Cathryn Ackerman – Chorus and Drama
Zachery Fulmore – Band
South Florence High School
Ada Smolen-Morton - Visual Art
Sapphire Murphy - Dance
Jordan Taylor – Chorus
Kayla Kemmerlin – Drama

Timmons High School

Michelle Stuckey – Visual Art

West Florence High School

Chris Jacobs – Band
Danielle Zlotnicki – Band
Cameryn Gardner – Chorus
Chandler O'Neal – Orchestra

Wilson High School

Elizabeth Hanan Taylor – Visual Art
Za'Cuan T. McNeil – Chorus
Jacob McFadyen – Orchestra
Hannah Griffin - Dance

For more information about the Alliance's awards and scholarship program, please visit the Florence Regional Arts Alliance's website at www.florenceartsalliance.org or contact the director, Sandy Cook, at 843-407-3092 or by email at director@florenceartsalliance.org.

A PASSION TO PROMOTE THE ARTS

by Les Echols



Tonya Morman

Tonya Morman, affectionately known as “Ms. Tonya” to many, has forged a reputation for quality art, eloquent dialogue and community involvement. As a locally bred artist, her presence is felt throughout the Florence community and beyond. We caught up with Tonya and asked a few questions about three of her favorite things: art, culture and community. **DW:** Tell us about yourself (education, family, etc.)

TM: The nation's capital, Washington, D.C., is where I was born. My mother's travels and decision to return to her roots brought me to Florence. I grew up in a southern, working-class family that worked very hard. In the late 70s, we moved from East Florence to North Florence into Spaulding Heights, which was the first black home division in Florence where black people could buy brick homes. That was in 1962, just 56 years ago, and that was a big deal and a proud legacy to be a part of. Florence was also just a good place to grow up where we could be kids, play outside, ride our bikes and roller skate. I'm grateful for my childhood.

Education is important in my family, as my family members were educated and many were educators. I went to Florence District One Schools. I am a proud graduate of Wilson High School, another keystone in my life as Wilson is a historically black high school founded in 1866 in Florence. Today Wilson is still educating young people in this community from many diverse backgrounds and cultures. I'm proud to be linked to that type of history.

I grew up with a pride for education. It was okay to be smart, gifted and talented. What I can say I learned was that education is confidence. That's why mis-education or “missed” education is so dangerous. When one is educated, you do more, seek more and learn more confidently.

DW: Tell us about your art and how you got started in the arts.

TM: The second thing I know about myself is that I'm an artist. God is the greatest artist I personally know, and then I know myself to be an artist too. I identify as poet, and I approach my works in a poetic type of way in my writing, spoken word, indie film and television projects. At the end of the day as an artist, I'd like to connect with you, and I'd like you to feel something.

Where I started as an artist? I've been an artist since crayons. Then I started drawing, painting, and I got into graffiti. Because I was growing up in the dawn of the hip hop era and listening to the music, I was inspired to write my own raps, poems and tell my own stories. I then took a natural progression from storytelling on paper to telling stories through the art of filmmaking. Now, there's a lot of life, education, success and failures in between those stages, but that's the shortest version of how I became the artist that I am today. And really, I'm learning more now so that I can keep growing. I'm not done yet.

DW: Tell us about the culture of your brand.

TM: As far as the culture of my brand, it's simple: arts and community. It centers around the core values that I have, which are, family, education, arts and community. I'm not Hollywood and not trying to be. I'm an artist doing what I can immediately do in my community for young artists and people who see me and know who I am and what I do. Many youth have passed through one of my community after-school youth projects and camps. With so many of the arts being taken out of schools, promoting arts throughout the community has been a passion and mission of mine.

DW: Why is art an important part of culture?

TM: Promoting arts and culture are always going to be important to building any thriving community. Artists are the pulse of the heartbeat for what's going on in society at any given time, expressed through various mediums from visual to music, spoken word, to film and television. Art allows us to come together in appreciation and learn more of each other through sharing of our cultures, our truths...our stories. That's especially important to me for African Americans as our stories are not in textbooks, so we must share it, and many must seek the knowledge. Read some books. They've got audio books now. You may not know something, but there's no excuse for not seeking the information. I encourage young people and people in general to pay attention to what you're looking up online.

DW: What does art mean to you? Has it always been a part of your life?

TM: Art is everything thing to me. Art is life. The very existence of life is artistic. When's the last time you really took time to look at a tree in appreciation of both its natural scientific value to our existence and its true beauty in form and stature? That's real appreciation for art.

Appreciating Our Artists

DCSD ANNOUNCES 2018 ART IN BUSINESS GRAND PRIZE WINNERS

Articles submitted by Christopher McKagen, DCSD Communications Specialist



by Autumn Kind



by Jakayla Johnson



by Lila Douglas

HARTSVILLE – Twenty-two outstanding student-artists from the Darlington County School District earned recognition during the 2018 Art in Business ceremony and gallery at Hartsville Middle School.

Artwork created by four of the students also earned recognition as the grand prize winners in each respective grade categories. Those winners are Lila Douglas from Carolina Elementary School (Grades K-2), Autumn Kind from Thornwell School for the Arts (Grades 3-5), Jakayla Johnson from Darlington Middle School (Grades 6-8), and Sarah Fender from Mayo High School for Math, Science and Technology (Grades 9-12). Their art teachers are, respectively, Rita Szigeti, Stacey Johnson, Michelle McCall and Lyn O'Donnell.

Art teachers from across the district displayed hundreds of pieces of student artwork in a gallery at the school. Parents, family and friends attended and browsed the artwork, which represented every school in the district.

A panel of judges selected a winner from each of the 22 schools that participated in the competition. The panel consisted of sponsor representatives, art educators from other South Carolina school districts, and professional artists from across the country. Each winner received a \$50 cash prize and a ribbon. The grand prize winners earned a ribbon, and their art teachers each received \$200 for art supplies.

The four grand prize pieces will hang permanently on display at the Darlington County School District's Administrative Office. The 18 other school winners will be displayed for one year inside the generous local businesses that sponsor Art in Business before hanging permanently in the district.



by Sarah Fender

The individual school winners are:

- Brockington Elementary Magnet School – Aidyn Price
- Brunson-Dargan Elementary School – Hanah Suggs
- Cain Elementary School – Ayken Weaver
- Carolina Elementary School – Lila Douglas
- Darlington County Institute of Technology – Zachory Farmer
- Darlington High School – Kaitlyn Gandy
- Darlington Middle School – David Matteson
- Hartsville High School – Maggie Wensink
- Hartsville Middle School – Jakayla Johnson
- Lamar Elementary School – Shontay Dials
- Lamar High School – Nancy Alejos
- Mayo High School for Math, Science and Technology – Sarah Fender
- North Hartsville Elementary School – Tristan Steen
- Pate Elementary School – Nathaly Quiahua
- Rosenwald Elementary/Middle School – Cloe McMillan
- Southside Early Childhood Center – Bryceson McElveen
- Spaulding Elementary School – Starr Williams
- Spaulding Middle School – Jazmyne Parnell
- St. John's Elementary School – Gissell Jett
- Thornwell School for the Arts – Autumn Kind
- Washington Street Elementary School – Cornell Hickman
- West Hartsville Elementary School – Cole Mullis

The sponsors that make Art in Business possible are Carolina Pines Regional Medical Center, Darlington Raceway, Dedicated Community Bank, Duke Energy, Halligan Mahoney & Williams, Heritage Community Bank, North Industrial Machine, Orthodontic Specialists, Raceway Ford and Chevrolet, Better Homes and Gardens Real Estate Segars Realty, Sonoco, Sound Solutions Hearing Care, SPC Credit Union, Subway, Advanced Wellness Center, Burry Bookstore, Eads Chiropractic Wellness Center and NOVOLEX.

JORDAN AND JEWEL WIN KEEP DARLINGTON COUNTY BEAUTIFUL



Maggie Jordan of Hartsville High School won first place in Keep Darlington County Beautiful's annual art contest. Her winning artwork will be printed on official t-shirts. Pictured (from left) are HHS Art Teacher Jaron Sanders, Jordan, Renee Howle and Gary White.



Hannah Jewel of Hartsville Middle School earned second place in Keep Darlington County Beautiful's annual art contest. Her painting will be printed on t-shirts like the one she is holding. Pictured (from left) are Gary White, Jewel, HMS Art Teacher Michelle McCall and Renee Howle.

DARLINGTON– Keep Darlington County Beautiful announced recently the two winners of its annual art contest. Maggie Jordan of Hartsville High School earned first place in the event, and Hannah Jewel of Hartsville Middle School earned second place. Students who choose to participate in the contest must create works of art using Palmetto Pride's colors of blue and green as well as the organization's slogan of "Keep Darlington County clean in 2018." The contest aims to promote the importance of not littering. This year's contest generated hundreds of entries from 4K through 12th grade.

The organization printed the artwork of Jordan and Jewel on official t-shirts. Both students also received gift cards, hand-delivered by Gary White and Renee Howle from Keep Darlington County Beautiful. Each year, Palmetto Pride funds the cost of gloves, vests, trash grabbers and trash bags when Keep Darlington County Beautiful participates in the Great American Cleanup throughout April, May and June.

For more information about Keep Darlington County Beautiful or to volunteer, please call 843-398-4800.

THORNWELL CROWNS MISS AND LITTLE MISS HEART OF TSA



Thornwell School for the Arts fourth-grader Zyrianna Cranford and her mother, Courtney O'Neal, recently won the school's annual Miss and Little Miss Heart of TSA. Pictured are (from left) TSA Principal Dr. Lilkenya Jenkins, O'Neal and Cranford

DARLINGTON–Thornwell School for the Arts (TSA) recently crowned fourth-grader Zyrianna Cranford and her mother, Courtney O'Neal, as the winners of the school's annual Miss and Little Miss Heart of TSA.

The school hosted the mother-daughter pageant at Hartsville Middle School to raise money for the American Cancer Society's Relay for Life. All proceeds from admission and advertisements will be donated, as well as with funds raised from another of the school's recent Relay for Life fundraiser.

"This pageant was an uplifting, heart-warming event that allowed us to celebrate the beautiful relationship and bond between mother and daughter as well as raise funds for such a great cause," said Dr. Lilkenya Jenkins, TSA principal.

Performances by the TSA choir, TSA Dance Company, and Saviah Miller, the current Miss Darlington Teen, helped to make the event an exciting evening.

The pageant consisted of a talent, a formal wear and a casual wear portion, as well as a question-and-answer portion. Parent Cachet McCall and second-grader Tia McCall were named first runners-up. Parent Brittney Kronz and third-grader Olive Kronz were named second runner-ups.

MEET THE REAL MITCH JONES

Articles by Les Echols



Reginald Stigger

When people think of branding, they often think of products and services and how they taste, look or function. Reginald Stigger has started and developed a brand that he describes as the embodiment of the motivation that led him from being a high school dropout to a serial entrepreneur with a strong local following.

Even his pseudonym, Mitch Jones, is a brand of sorts, as many people think “Mitch Jones” is his name. “Mitch Jones is actually a brand identity I created when I was in the world of music,” said Stigger. Originally from Chicago, he moved to Florence 15 years ago.

“My business didn’t start in the traditional way, and after having some issues at my place of employment at the time, I promised myself I would strive never to work for anyone again,” explained Stigger.

Therefore, after going back to school and quickly earning his GED, he immediately started trying different businesses. Stigger stresses that he never developed a business plan but just started out with the resources and knowledge that he had and moved forward. His first business was running a recording studio where he created and edited music. Later, he picked up a camera and started doing photography. After realizing he had a knack for the two, he started first legitimate business called Drama Musik Entertainment in 2008, which combined the studio and photography business aspects under one umbrella.

As business began to decline, Stigger started to entertain other business opportunities. “I was coming off another business venture when one of my lifelong friends approached me about starting a clothing brand. Before I committed to partnering in this new venture, I wanted to make sure I was serious about it and that it was something I could turn into a livelihood. In 2013 we founded a printing company, and



Models of the brand in which Reginald owns the rights

we took off with our new brand ‘Da Only Pure Elevation’ (DOPE was the acronym). Sales of the DOPE brand began to decline in 2015, and I realized it was time to cut out the middleman to expand my brand. From then, I ended up getting the equipment and started a printing company where we specialized in custom printed apparel for other people. That’s how Anything Customs was born. As I moved forward I started Just Trap. brand in 2017, and it really took off,” continued Stigger.

The Just Trap brand is a metaphor for hard work. According to their website, “Just Trap is a lifestyle brand built on hard work, faith, and consistency. We believe that if you work hard consistently you will see results, and Ultimately you will Win. To ‘Trap’ is to Work. Whatever you’re doing just work hard, anything’s possible.”

Stigger adds that the word “trap” has received a negative connotation and is often affiliated with negative aspects of street culture due to its

use in music and pop culture. He also stresses that many children have been positively impacted by the Just Trap brand. “I feel like my brand is the unifying force on a local level. It has inspired others to take the leap of faith to start their own brand. Anyone out there working on the brand or business, don’t quit. Keep going. You never know how close you are to a breakthrough, so develop a system and work hard,” concluded Stigger.

Reginald Stigger graduated from Florence-Darlington Technical College with an associate degree in business management and marketing with a certificate in retail merchandising. His store, Anything Customs, is located at 202 3rd Loop Road Suite J. His websites are justtrapbrand.com and anythingcustoms.com.

ART THAT STIRS THE SOUL & EASES THE MIND



Kiira Dixon-Printup

Kiira Dixon-Printup is a professional artist based in Florence. Dixon-Printup has a unique style of dynamic and colorful art that she creates under the umbrella of her brand, EclecticSoul. Dixon-Printup is a wife and a mother to a beautiful nine-year-old daughter. She attended the Art Institute of Atlanta, where she majored in video production. Dixon-Printup started the concept of EclecticSoul with the help of her mother, who came up with the name.

“I had a lot of failed ventures with the brand, but I did not stop. When I became sick and really started expressing myself and opening-up was when it started to flourish. I basically created an abstract mystical wonderland that I developed in my own style. I wanted to show the true beauty of my soul and the wonderful spiritual beings that surrounded it,” Dixon-Printup stated.

When asked how she started in art, Dixon-Printup elaborated that as a child, she would draw with her brothers, but she never really took art seriously because she was more into writing short stories and poetry. Later, when Dixon-Printup went off to college, she started to take art classes and be exposed to other art and artists. When she began suffering from mental health issues in 2012, the first thing she picked up was a paint brush. “Art was the only thing to really calm me down and ease my mind. It was very therapeutic,” she stated.

“Art is an important part of culture which teaches people to express themselves and to think outside of the box. I feel that everyone needs some type of outlet, and art allows us all to tell a story and helps to give visuals to a concept,” continued Dixon-Printup.

For Dixon-Printup, art helped her to grow and develop her own creativity as well as cultivate rapport with like-minded individuals and customers. “Art means the world to me, and although it has not always played a vital role in my life, it came right on time. If you would have told me years ago that I would be an artist and selling my pieces to such beautiful souls, I would not believe you. It’s very funny to think about sometimes, but art really did save my life. With my art I want to inspire others and to tell my story through it. This is becoming a wonderful journey in my life, and I can’t wait to see where it takes me next,” Dixon-Printup concluded.



Kiira Dixon-Printup

WHEN CHILDHOOD CANCER IS A FAMILY JOURNEY

by Kim Williams



Owen Plasman

Owen Plasman was eight years old in October of 2012. One day he was sparring in Taekwondo, and the next he was playing soccer at school. However, soon he was limping from the pain he found himself in. Owen's parents rushed him from one doctor to another with his three-year-old sister Layla in tow. Owen originally thought that maybe his sore knee was a bruise from getting kicked or hit with a ball although he heard his parents worriedly whispering about a "C" word. Jan.

23, 2013, was the day that metastatic high-grade osteosarcoma was diagnosed in Owen (cancer had already spread to his lung).

With that diagnosis, his family was forever changed. Immediately, he began a very aggressive chemotherapy regimen of 30 treatments. Each treatment was an inpatient hospital stay at Palmetto Children's Hospital in Columbia. That continued through October 2013. There was a 16.5 cm x 6.5 cm tumor in his right femur that needed to be removed. In the midst of his chemo treatments, on April 24, 2013, Owen also had limb salvage surgery to remove the tumor as well as any bone or muscle that had been affected. The bone was replaced with a prosthetic, expandable implant. It took Owen more than a year, of five days a week of physical therapy to regain strength and movement of his leg.

Now he must travel to Medical University of South Carolina (MUSC), every four to six weeks to have his leg lengthened until he reaches full growth. This procedure uses a magnet placed around his leg that makes the gears inside of his prosthetic implant turn one millimeter every four minutes. To prevent soft tissue damage around the implant, they are only able to lengthen his leg four millimeters each time. The implant brings limitations into his daily life such as no running, jumping, sliding, or activities that would cause him to fall on his leg. An accident like that could result in further surgery/replacement of the implant.

Owen also has scans every three months to check for recurrence of cancer cells. Unfortunately, he has relapsed twice. Once was in 2014, during his 12-month scans. The Plasmans learned that his cancer had spread to his lung again. Then, just nine months after the nodule was removed, it returned again in 2015, requiring another surgery to remove the lower lobe of his right lung. Most recently, Owen developed a STAPH infection in the fluid around what remains of his right lung. He was quickly admitted to MUSC for 13 days. It required three chest tubes, two surgeries and a scraping of his lung.



Owen 2015

seems to suffer from post traumatic stress disorder in some way, shape or form. There is often an overwhelming fear of the cancer returning,



Plasman family

In all, Owen has now endured ten surgeries in three years. The Plasmans' lives have been forever changed by this terrible disease--physically, financially, emotionally and spiritually. Owen's mother, Gillian, shared, "We will never be the same again. Our day to day everything has been changed by cancer. The trauma we've experienced can make even the simplest of tasks seem overwhelming." Each of the Plasmans



Owen standing

especially around Owen's quarterly scans. Even his precious sister Layla, who is now nine years old, continues to pray every night for God to help him with his cancer.

Owen's family has learned that their greatest needs are prayer and spending quality time together. The hope and peace that God gives has been and continues to be the only way they have braved this war on cancer.

Gillian told of how she now knows what it is like to have a child with cancer. She thought she knew what cancer was like as she watched Owen endure so much. She witnessed his bravery through every stick, poke, blood draw, surgery, chemotherapy treatment, chemo side effect, and missing out on the life he knew before. However, on May 11, 2017, she herself was diagnosed with stage 4 esophageal cancer. The family was shocked and stunned at the news. After a feeding tube, 28 rounds of radiation, six chemotherapy treatments, removal of her tumor, two distant lymph nodes, and portions of her esophagus and stomach, she can truly relate to the suffering Owen has faced with cancer.

"Owen has been so strong for me and so understanding. He's my hero and inspiration."

"One of the greatest needs for those affected by childhood cancer is awareness and funding. Cancer is the leading cause of death from disease among children and adolescents in the US. Many survivors of childhood cancer can experience long-term adverse effects from the disease or it's treatment. Childhood cancer research consistently remains underfunded. Only 4% of federal government cancer research funding goes to study pediatric cancer," stated Gillian Plasman.

Here is a poem Owen wrote for a school project. He continues to amaze and inspire others as he perseveres through life!

"My Life"

**I was diagnosed when I was eight,
It started small
But turned to something great,
It took patience and made me wait**

**I've been through lots of pain
It's put stress on me,
And my brain
Through it all, oh how much love I gained!**

**I consider myself a pretty cool guy,
But still have always wondered why?
Why me that was chosen?
Oh why, oh my?**

(March 8, 2004-Narrative Poem)



Childhood Cancer Awareness Month

SHE FOUGHT CANCER AND WITH SUPPORT SHE WON

by Kim Williams



Kayla and her Dad William

Kayla will soon be celebrating her sixteenth birthday. How sweet it will be, as she and her family remembers her past few years and how fortunate they are to all be together. It was about four years ago, that Kayla began having swollen lymph nodes, as well as issues with a lot of pain in her bones. At times, she was unable to walk. Her family sought medical attention, yet was unable to receive any answers as to why she was suffering in this way. Finally, in December 2014, Kayla went to the cancer center for a biopsy in order to find out what

was going on. The doctors checked her bone marrow and her lymph nodes. Due to the time it takes for insurance to be approved and test results to return, Kayla's family did not hear anything for four long months. In April 2015, they were told Kayla had Hodgkin's Lymphoma, a cancer that affects bones and lymph nodes. After her diagnosis, she spent about a month in the hospital to begin treatment.

Things were looking better for Kayla as her body seemed to be responding well to the treatments, and she was finally able to go home. However, a few weeks later, things got so bad that she had to be readmitted to the hospital. At first, doctors implanted a temporary port in her arm so that they could administer chemo to her. Soon, they put a second port in her chest to aid in making her treatments a little easier. Unfortunately, chemotherapy is a very harsh treatment and affects the whole body while trying to fight the cancer cells. Kayla endured a six-month stay at the

Maria Fareri Children's Hospital in New York. During that time, she began to lose hope in her future. She even spent three weeks in the ICU as doctors worked tirelessly to make her better. Unfortunately, over time, the chemo began to break down her body and her will.

William, Kayla's father, recalls how he worked for the Department of Agriculture at the time and almost lost everything while dealing with the stresses of his baby girl fighting for her life, as well as trying to hold things together for the family. Just like Kayla, her family continued to



Stukes William and Kayla

fight the good fight and strive to make it through.

Each time Kayla would get discharged from the hospital, she showed a different fighting spirit. She was determined to complete the school work she had missed. Her strong academic focus was rewarded as she was able to finish the school year with her friends, even earning many awards.

Kayla's father was elated, as he shared that she has now been in remission for about two years and is able to live a wonderful life with her family. She is currently anticipating her sophomore year in high school.

If you would like to come alongside and help support families like Kayla's, William Stukes highly stresses the importance of donations to the American Cancer Society or choosing to volunteer. The emotional support that was given to Kayla, as well as her caregivers, was highly beneficial to their well-being as they walked this unfamiliar path.

Prostate Cancer Awareness Month

MCWHITE ENCOURAGES OTHERS TO BE PROACTIVE

by Anna Bowman



Barry McWhite

A routine physical examination—a simple requirement to join a health club—alerted Barry McWhite to the cancer that had seized his body. "I was SHOCKED," McWhite recalled the moment his lab results revealed that he had aggressive stage four prostate cancer. "My life changed instantly! I immediately thought about death!"

Today, ten years later, McWhite is a prostate cancer survivor. As a survivor, McWhite's life changed for the best. Every wonderful and positive thing that he

possessed in his life prior to his diagnoses, is now magnified a hundred times over. His beautiful family, his great friends and his amazing relationship with God saw him through one of the most difficult times of his life. "I'm thankful for another chance to live, rejoicing in life, taking ownership of the diagnosis of cancer and now free by the Grace of God, I'm able to continue on," he stated. "My strength and faith were always very strong in my Lord once diagnosed with prostate cancer my faith grew even stronger in God!" he acknowledged.

McWhite's journey with prostate cancer allowed him to be a beacon of hope for two of his friends who were later diagnosed with prostate cancer. "I supported them by being with them after treatments, listening to their problems and giving encouraging words," McWhite fondly recalled.

According to statistics from the American Cancer Society, about one

in nine men will be diagnosed with prostate cancer during his lifetime. Prostate cancer develops mainly in older men and in African-American men. About six cases in ten are diagnosed in men aged 65 or older, and it is rare before age 40. The average age at the time of diagnosis is about 66. Even though McWhite understands these statistics all too well, he also understands the great news that is associated with the disease, which is that it's often treated successfully. After all, he's living promise of an individual going from diagnosis to treatment to survivor.

McWhite encourages all men who have been diagnosed with prostate cancer to trust in God, follow your doctor's instructions to the letter, attend "ALL" scheduled appointments/treatments, exercise when possible and, most importantly, seek support.

September is National Prostate Cancer Awareness Month, and like breast cancer, a blue symbolic color ribbon to help promote prostate cancer awareness. During the month, the campaign focuses on opportunities to put a spotlight on the disease, give men hope, make a difference and save lives. Prostate cancer in its beginning stages, is a potentially serious form of cancer in men that can be treated successfully when detected early.

McWhite, who is grateful for his recovery, has lent his support to a cause that is near and dear to his heart, the "Now We No Movement" Foundation (www.nowweno.net), which is an awareness campaign to educate women and young girls about the harmful effects presented by the most popular sanitary napkin and tampon brands on the market today. Also, "The Right To Fight For Life" is to educate men about prostate and overall health issues. He expressed the need for both men and women to be more proactive about their health and have an annual checkup.



WHEN EARLY NEWS BECAME GOOD NEWS

by Anna Bowman



Jeff Jordan and his wife Yvette

CONWAY - "I'm so blessed to have found this early!" A powerful statement from a man who has successfully beat the odds and survived prostate cancer. Even though prostate cancer is one of the few cancerous tumors that have a greater survival rate than most cancers, there still is that one moment when the only thing a person thinks about upon hearing the diagnosis is death.

In October 2017 Jeff Jordan became one of the one in nine men who would be diagnosed with prostate cancer in the United States. And like Jordan, most men will find out about the diagnosis during a routine examination because most prostate cancers grow slowly and don't cause any health problems in men who have them, unfortunately.

But what Jordan learned during his ordeal is the "good" news that comes with being diagnosed early. "I've learned from all of this that prostate cancer will generally not kill you if detected early. So, please men, get checked!" he pleads. Not being aware of the symptoms, he was caught off-guard, but today he's telling everyone that he knows to get tested. "I didn't know anyone who had prostate cancer," he said, "so no one told me to get tested, but as a survivor, it gives new meaning to my testimony for the Lord to offer my experience as a 'teachable' moment to be proactive about your overall health and to make, and keep, your annual check-ups."

According to the American Cancer Society, the following are warning signs of prostate cancer:

- Weak or interrupted flow of urine
- Frequent urination (especially at night)
- Trouble urinating
- Pain or burning during urination
- Blood in the urine or semen
- A pain in the back, hips or pelvis that doesn't go away



Jeff and his dog Maggie

The statewide South Carolina Cancer Alliance (SCCA) Prostate Cancer Work Group is dedicated to improving the understanding of how to diagnose and treat prostate cancer and to help men participate in all aspects of prostate cancer research, education and treatment. For more information about the SCCA Prostate Cancer Work Group, please visit the website at: www.sccancer.org.

As a survivor, Jordan, a Conway native, is truly enjoying all the people and things that he loves; his family, friends, his church family and riding Harley motorcycles. He gives special praise to his beloved wife for being his "soft place to land" during his tensed moments, and his faith and belief in God for bringing him through a very trying and unexpected ordeal. "I'm very content and happy at this point in my life," he proudly stated before adding with enthusiasm, "I'm so blessed to have found this early!"

Prostate Cancer Facts & Figures

Source: American Cancer Society

	2017	2018
Estimated New Cases	161,360	164,690
Estimated Deaths	26,730	29,430
A man will be diagnosed every...	3.3 minutes	3.2 minutes
A man will die from the disease every...	20 minutes	18 minutes

We believe no man should face prostate cancer alone. Visit zerocancer.org to learn about risk factors, early detection, and treatment options.



BLANKS DISCUSSES BRUCE HALL SERVICES

by Jennifer Robinson



Pamela Blanks

Pamela Blanks is a Detroit native and is the new Behavioral Health Director for Carolinas Hospital System's alcohol and drug rehabilitation facility, Bruce Hall. She took some time recently to talk about Bruce Hall services.

Blanks is new to the Pee Dee area. She went to school in Michigan and has 20 years of experience in clinical social work, case management, and counseling. Most of her career has been spent in North and South Carolina.

Since 1985, Bruce Hall has been treating addiction in the Pee Dee

area. Bruce Hall is a drug and alcohol detox unit that is the first step in the therapy process for adult patients, led by Dr. John Booth. Therapy service lasts five to seven days on average and is not long term.

"The length of service depends upon a doctor's ongoing assessment," Blanks said. "Patients receive medications to help with acute withdrawal symptoms. We assist patients with a plan to implement upon discharge so they can be responsible for their own outcomes. The goal is to give each patient a new beginning and encourage them along the way."

Bruce Hall counselors provide individual and group therapy and case management. They provide resources including Narcotics

Anonymous (NA) and Alcoholic Anonymous (AA) support groups. Family Education Day is held every Sunday at 2 p.m. and is an opportunity for family members to better understand addiction and learn the importance of supporting the therapy journey. Family Education Day is not limited to family members and is open to the public. No registration is required.

Blanks said Recovery Month, recognized nationally in September, is an opportunity to connect with the community about substance abuse through events and increase resource partnerships.

Blanks also said she wants readers to know that substance addiction is a disease. "There are many myths about drug addiction and people in recovery. The road to recovery is complicated and lifelong. There is no cure for substance addiction and recovering individuals need support and resources. We should treat addiction the same as any other disease, on a continuing basis just like any other mental or physical health problem. If a person is diagnosed with diabetes or any other disease, they don't have much trouble seeking care. Drug addiction warrants the same action towards care. There is no prejudice in drug addiction. Addiction can happen to anyone with any background. It affects no specific age, gender, or socioeconomic status."

According to SAMHSA.gov (Substance Abuse and Mental Health Services Administration) in 2014, there was an increase in alcohol, marijuana and other opiate usage by those 12 and older. The team at Bruce Hall works diligently to better aid those who come to the alcohol and drug rehabilitation facility, to begin their journey toward better health and better lives.

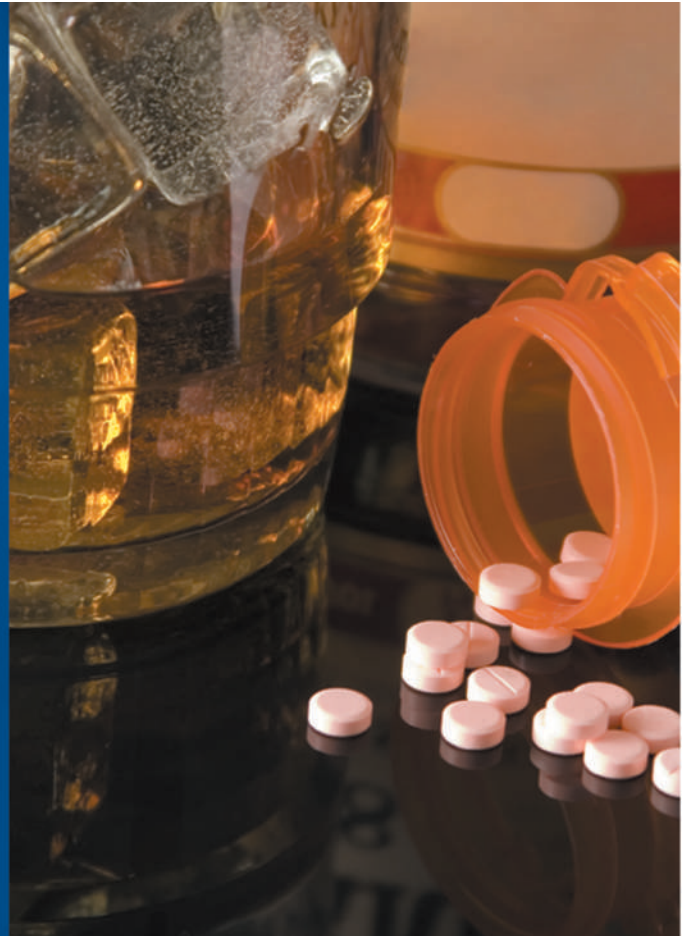
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RUBICON CELEBRATES RECOVERY

by Les Echols



Denise Cooper

HARTSVILLE - Recovery month is a national observance held every September to educate Americans that substance abuse treatment and mental health services can enable those with a mental and/or substance abuse disorder to live a healthy and rewarding life. It is very important for individuals in recovery to celebrate their lives and accomplishments. One agency that is active and engaging is Rubicon Family Counseling Services. We

spoke to Denise Cooper about Rubicon and the services it offers. Since 2016, Denise Cooper has served as the executive director of Rubicon Family Counseling Services. As executive director, Cooper is responsible for the day-to-day operations at the agency. She has many years of experience in the field of addictions and mental health counseling. In fact, she began her career in 1986 with the Marlboro County Commission on Alcohol and Drugs, which is now Trinity Behavioral Health in Marlboro.

Cooper is the third executive director of Rubicon Family Counseling Services and the first African American in that role. She was a certified substance abuse counselor in North Carolina and has been dedicated to the field of substance abuse and behavioral health. She has held administrative roles for more than 15 years and worked in positions as clinical supervisor and inpatient director in the Charlotte area. She returned home from Charlotte to accept her current position. "I am now a Darlington County resident and I am committed to dealing with



Rubicon Group

the challenges we face, especially in substance abuse in our county. Opioid addiction and overdoses are very real problems in this county. I am very proud of our Medicated Assisted Therapy program that we conduct in partnership with CaresouthCarolina. Rubicon, which provides the clinical treatment, and clients receive the actual medication such as suboxone from Caresouth. This treatment is monitored by a Caresouth physician trained to work with clients who are opioid addicted," continued Cooper.

Cooper thinks that everyone can play a role in educating people on substance abuse and mental health issues. "We can all increase our awareness of substance abuse and mental health disorders by reading, asking questions and mostly through a willingness to learn more about the disease of addiction. With so many issues on the rise such as addiction, suicide and other social ills, I think people are becoming more and more curious about such things. People want a clearer comprehension so that they can stop chasing symptoms and get to the root of problems experienced by co-workers, family members and friends."



Rubicon Family Counseling Service

Cooper is a graduate of Winthrop College, where she earned a bachelor of arts degree, and Webster University, where she earned her master of arts degree. "I think I realized this was my calling many years ago when I knew at some point in my career I would be an executive director of an agency like this and when I came full circle two years ago with the state agency DAODAS I had started out with back in 1986. I knew God had me on the right path," concluded Cooper.

CIRCLE PARK RECOGNIZES RECOVERY MONTH

by Jennifer Robinson



Holly Morrison and Matthew Jeffords

September is nationally recognized as Recovery Month. During this month, Circle Park, a name synonymous with care for those who seek help with addictions, uses the opportunity to increase awareness and understanding of substance use disorders. Matthew Jeffords and Holly Morrison of Circle Park shared they are glad that recovery has an opportunity to be recognized. As an organization, it makes every effort to collaborate with other organizations in the community to assist with patients' addiction recovery process. One example is partnering with a local nonprofit called Faces and Voices of Recovery (FAVOR) to create special events in September.

The services Circle Park offers are vast, especially during a time when alcohol and other drugs are abused more than ever as a coping mechanism for trauma and societal ills. The mission of Circle Park Behavioral Health Services is to reduce the impact of alcohol, tobacco, and other drug abuse on the citizens of Florence County by providing high-quality and cost-effective behavioral health services. It is the

CIRCLE PARK CONT'D

primary drug and alcohol abuse services authority in Florence County. According to DAODAS.gov (Department of Alcohol and other Drug Abuse Services), "Recovery from a substance use disorder (i.e., alcohol and other drug addiction) is a complex process that can range from intensive behavioral changes through specific addictions treatment to engagement in community-based support. Benefits from recovery are linked to improved physical, mental, and social health."

Circle Park offers several programs that address the stages of recovery. Matthew Jeffords, peer support specialist, discussed the Peer Support program and its design to help patients to engage in services offered by Circle Park. With peer support, the goal is to eliminate reoccurrences with drug use. Patients are encouraged to attend small peer groups so that they can communicate and understand the struggles that accompany addiction recovery. As one who is a recovering addict, Matthew's work as a Peer Support specialist provides insight into the world of addiction for those who may not understand recovery and for those who are in the recovery process. The new on-site Medication Assisted Treatment (MAT), is a research-based program for patients who need medication to reduce cravings and avoid withdrawals. Holly Morrison, Supervisor of Treatment Services, reports, "We have had 49 people enter the MAT program since January 2018 when we started. This is 49 people who otherwise might have overdosed in Florence County."

The patients who are being weaned from drugs are simultaneously learning skills for post treatment. They have an on-site nurse practitioner who assesses and prescribes treatment for patients. The medications prescribed are very specific to symptoms in order to help patients with the recovery process. It should be noted that Circle Park is not a methadone clinic, and there are no medications on site.

Families and friends can also play an important part in recovery. By offering a Family Education Support service, it engages family members to support patients on the path to recovery. Family members are trained to recognize signs of drug and alcohol addiction and how to appropriately help loved ones in recovery.

Holly Morrison has been employed with Circle Park for more than 15 years. Her work has afforded her the opportunity to engage patients through programs that supports their recovery process. She stated that it has been wonderful to be a part of the growth of Circle Park. Her earliest memory of being a part of the organization is having a small desk in a corner of a small office. Today, Morrison and the rest of the staff work in a state-of-the-art building located at 238 South Coit Street. She said that since they moved from their Gregg Avenue location, growth has continued to occur, and every office in their new location is filled.

Morrison discussed that grant funding helped to finance many of their programs that were not available a few years ago such as MAT and peer support. Drug addiction is not a simple problem with a simple solution and often results from a variety of personal traumas. The scientific research behind drug addiction has created a need for funding for new approaches and effective approaches, in conjunction with traditionally proven ones that better serves the patients on their road to recovery. The community appreciates the services that Circle Park has made available to them and to the state of SC.

To contact Circle Park for addiction treatment, visit their site at www.circlepark.com or Facebook page.

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Funded in part by the Substance Abuse Prevention and Treatment Block Grant of the U.S. Substance Abuse and Mental Health Services Administration

JOIN THE VOICES FOR RECOVERY
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National Recovery Month
Prevention - Wellness - Treatment - Support - Recovery
september 2018

STOP. LISTEN. PREVENT SUICIDE.

Submitted by Carey Mazzaroni



Carey Mazzaroni

I was sitting in a psychiatrist office, in an inpatient psychiatric facility. I was listening to the doctor basically tell me after a week of tests and observation that I wasn't clinical. In shock, I glanced over to see if his diploma was on the wall. It was there. So I thought he either graduated at the bottom of his class, which is better than a fake ID, or he himself was crazy because I had to be. I was fifteen. I had lost three father figures, including my dad, and there was no relationship with my dad's family. I had a lot of grown up feelings as far as I can remember but, not

remembering my dad, was cold. I still wonder what his voice sounds like, how him picking me up felt, even how he smelled. I would scream inside and outside myself. What did I sew at 17 months old to have reaped not having him? I was angry and disappointed God let my daddy die, and I questioned God. So basically, I didn't feel like I fit in anywhere. I was screaming at God. I couldn't get along with my family. I had just downed a bunch of pills to kill myself, and he was telling me mentally that I'm good. To me, I thought I was a case straight out the textbook. I just knew I'd be diagnosed with something. I had all the symptoms and then some and honestly, I was scared to know.

I found myself where I didn't think would be part of my five-year-plan, but there I was sitting in that same office, in the same facility, listening to the same thing my teenage self was told. Only this time, I was in my early twenties and had taken a bottle of stronger pills than the last attempt. I failed again. Then, I realized, I didn't fail. God didn't let me fall. I felt like I was in a constant state of trying not to drown, fighting for every breath. I was trying to understand the un-understandable. I was overwhelmed by life and all those feelings, and that's just what it was--doubt about everything in my life, and the man who I had been screaming at and questioning on a daily was the same man who didn't let me drown. As much nerve as it took to down a bottle of pills--believe me it takes guts and lots of them--I was as much, if not more of a coward. I wasn't brave. I was running from life.

I felt I was misunderstood and an emotional wreck because it's hard identifying and placing the right emotions to how I feel. I find drawing people I don't know, but I recognize feelings associated to the looks on their faces, which helps me appropriately label anger, hurt and sadness just as it helps me to explain physical pain with noises. I know...I know. As an orthopedist once told my mama, I am strange.

I see it as there are five different ways to learn and five different senses. So, there has to be different ways to achieve communication. I'm able to draw scenes from my personal life and personal feelings in my own artistic code and no one can break the code unless they ask and if I decide to share. It's a lot cheaper than a therapist, and the only thing that gets tired are my hands and not someone's ears. The best is, I don't have to make appointments nor sit in waiting rooms.

If you have a child who is good at verbally communicating, stop and listen. If you have a child who has a problem communicating or is reclusive, and you just wish you knew what was wrong and how they're feeling, watch them play. Heck, play with them and feed their creative minds. You'll be amazed of everything they have to say but just can't seem to get out.

Understanding your child's form of communication whether it's auditory, by means of activity and/or visual attentiveness, lays your start to understanding. If you have a hard time understanding yourself, immerse yourself in art, and you'll find who you are without everyone else.

Life is a journey. So is suicide. It's a walk I wish upon no one. It is walking around lonely in circles carrying the heaviest of load through



Carey ready to ride

quicksand as you habitually people please and you are indecisive because you have no faith in yourself. If you see someone shuffling their feet through life, share some of your time and story, encourage them, and by all means, really listen. Don't just hear them, but listen. There's a big difference.

If you are holding anger or a grudge against God or against someone you love who killed him or herself, let it go. They didn't mean to hurt you. They gave up their fight. And when someone is suicidal, they don't think they're thought of enough for their absence to make a difference. Not only have I tried, but I've also been on the other side of it too. It's giving them forgiveness when they couldn't forgive themselves.

Drawings by Carey



Strength



Disappointed



Silence



Self Portrait



Gathering my Thoughts



God's Protection



Feeling Ugly



Lost Soul



Reason for Living



Feeling Upside Down



Feeling Free

LESLIE'S HOPE RAISES AWARENESS ABOUT MENTAL ILLNESS

by Kim Williams



Ginny and Leslie

HARTSVILLE - Leslie's Hope is a non-profit charitable foundation that is the result of one mother's dream. Ginny Edwards was on a trip to Texas with some of her fellow breast cancer survivors. While celebrating life with those friends, Edwards yearned with a desire to honor the life of her daughter, Leslie Duke. While on that fateful trip, Edwards about organizing a group that could raise awareness for mental illnesses and suicide prevention as well as offer hope to other families that may find themselves in the same kind of

situation she had shared with her daughter. Once the idea took root in Edwards' heart, it began to quickly grow into what we now know as Leslie's Hope.

Duke had been a hard working young lady since the age of 16. Although things seemed normal from the outside, Duke battled internally with mental illness. Mental illness, although it cannot be seen, is very real. It has been defined as various disorders that affect an individual's thoughts, emotions, or social functions. During her adolescent years, Duke began showing signs of Obsessive Compulsive Disorder (OCD). Her struggles intensified over time and she grew to suffer between 60/70 panic attacks a week. When it became too much to handle, she ended her life in January of 2016. Her family was shocked and began questioning what they could have perhaps done differently. That same year was when the Leslie's Hope Foundation began.

With mental illness, you just don't know what is going on inside someone's head. It requires in-depth counseling and individualized treatment plans. What works for one person with one mental illness may not work for another person with the same condition. Therefore, in-house counseling could be a more successful treatment approach for those suffering with this condition. It can also be a lengthy process that comes at a high cost. Unfortunately, there is not a large pool of assistance for those needing it most in our area.



Ginny visiting Leslie's gravesite

Duke's mother is determined to be a support and resource to families who are dealing with these illnesses and the situations that come along with it. She knows that it is God has left her here on this earth for this very reason. She trusts in him to give her the strength to get her through each and every day. At times her feelings are bittersweet as she offers her support to others, as it is too late for her own daughter, yet it doesn't take her joy away from knowing that she is making a difference in someone else's life and family.

She is not alone on this journey and thanks local people who have come alongside her in raising funds and awareness. Leslie's Hope has set up and maintains a fund with a local therapist who will treat people who do not have insurance or the means for a minimal fee. Currently, its biggest goal is to get a charity bed at a regional therapy service that offers help for someone in the greatest need.

One way the foundation raises money is through the sale of t-shirts. It is simple to place an order for them by reaching out to Ginny Edwards, whose contact information is below.



Leslie's Hope is proud to have partnered with the Hartsville Community Organization (HCO) and several fundraisers. One such fundraiser is Fret's Fest. This festival offers a craft fair, great live music, family activities, food vendors and lots of attention on mental health and suicide prevention. Individuals and families can get support and learn of more options available to them. A mini clinic will even be offered by mental health care

professionals in a private setting. So go ahead and mark your calendars, and invite your friends and loved ones to come on out on Oct. 13 from 11 a.m. - 8 p.m. Fret's Fest is not leaving out our furry friends either. There is a dog contest planned with small prizes and medals. It is sure to be a great day of fun for all.

The more people who are informed about mental illnesses and suicide prevention, is the best way to bring about change.

Another hands-on way of helping raise awareness and helping Leslie's Hope is by considering donating to it, or volunteering to help with fundraisers. There is a rummage sale that is currently being planned for Aug. 11 at 7 a.m. in downtown Hartsville. They will be in need of donations and willing people to help. Be sure to arrive early for the best selection of treasures on West Carolina Avenue. Supporting local people is a great way for each of us to help local people.



POSITIVE REFLECTIONS ON RACE AND SKIN COLOR

by Jennifer Robinson



Myriam and Augusto Ruiz de Castilla

It's time to celebrate! Happy National Hispanic Heritage Month! National Hispanic Heritage Month is the period from Sept. 15 to Oct. 15 in the United States, when people recognize the contributions of Hispanic and Latino Americans to the group heritage and culture. Hispanic heritage ranges in culture from Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Guatemala,

Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Puerto Rico, Spain, Uruguay and Venezuela. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period, starting on Sept. 15 and ending on Oct. 15. It was enacted into law on Aug. 17, 1988, on the approval of Public Law 100-402. (www.hispanicheritagemoth.org/)

Almost a fifth of the total U.S. population is Hispanic, according to the Pew Research Center. They are the second-fastest growing racial or ethnic group behind Asians with a population of about 57 million. This is tremendous growth considering that Hispanics made up just 5 percent of the population back in 1970. Of that population of 57 million, around two-thirds are people of Mexican origin. Those of Puerto Rican heritage are next at 5.3 million, and around one million each of Salvadorans, Cubans, Dominicans, Guatemalans, Colombians and other of Hispanic background live in the United States.

In Florence there is a small culture of Hispanics who gather to celebrate their connection. A local man, Augusto Ruiz de Castilla talked about how he and a small group of people from his homeland maintain their responsibility to preserving their culture. Ruiz de Castilla's face lit up as he talked about his beloved homeland, Peru, and how his ancestors transitioned there from Spain. There he received formal education in agricultural engineering and began a cattle business. Ruiz de Castilla has been in the United States since 1990. He and his wife Myriam moved here along with their three daughters. The girls eventually married and gave the couple six grandchildren, and they are all proud citizens of this country. His career has moved him several

places within the U.S., but he stated that he has never lost his love for Peru.

Ruiz de Castilla now resides in Florence. He was hired by Roche Carolina Inc. in 2012 to become a member of the Quality Assurance group, a part of the company that oversees the compliance aspects of all site production activities, which is a relevant role in the highly regulated environment in which the pharma industry develops activities. The Roche site was acquired by Patheon API in January of 2017 and is now owned by Thermo Fisher Scientific.

Ruiz de Castilla said that the working environment at Patheon is one of mutual respect and cooperation. Inclusion and diversity are principles the company applies as a way to ensure people are valued for their skills--not for reasons of ethnicity, sex, age or any other consideration. He enjoys working there and says the staff integration is much like his Peruvian background. He has high praises for the mutual respect that he and the other employees share along with the acceptance of values and the lack of stress. Ruiz de Castilla joyfully talks about how life in Peru is free from discrimination and though life may not be economically sound there, the people celebrate being together and their relationships. Peruvians, after the colonial days, became a mix of many races: white Europeans, native Peruvian Indians, African blacks, and Asians immigrated from China. They learned to live together and to acknowledge each other as Peruvians, regardless of their skin color. Nicknames related to their physical appearance are common and not taken as an insult. Ruiz de Castilla mentions how his classmates in high school and in college could be called "gringo" for being blond, "chino" for Asian appearance, "negro" for being black or "cholo" for being native Indian/white mix, without offending each other. They were just a diverse group of great friends.

The New York Times writes, "Latinos, who make up close to 20 percent of the American population, generally hold a fundamentally different view of race. Many Latinos say they are too racially mixed to settle on one of the government-sanctioned standard races — white, black, American Indian, Alaska native, native Hawaiian, and a collection of Asian and Pacific Island backgrounds."

"With all the negative things that are happening in the world, celebrating life is very important and a way of life in Peru," Ruiz de Castilla shared. "You cannot take life too seriously. Have fun!"

MARTINEZ SHARES EXCITEMENT ABOUT NATIONAL HISPANIC HERITAGE MONTH

by Anna Bowman



Kristal Martinez, loving the flowers

LAKE CITY - Kristal Martinez loves everything about her Hispanic culture: "As a Latina, my family and I live our culture daily and celebrating Sept. 15-Oct. 15, during National Hispanic Heritage Month has been a treasured way for my family, and I feel like our culture is a relevant part of what make up the diverse culture within the United States. Hispanic families live their culture year-round, and the Hispanic Heritage Month is an opportunity to share our culture with

other cultures."

The United States has the largest population of Latinos and Hispanics outside of Latin America. More generally, it includes all persons in the United States who self-identify as Hispanic or Latino,

according to the 2010 census.

Now in its 30th year, the National Hispanic Heritage Month allows Hispanic families the wonderful opportunity to share their rich and proud heritage with other cultures in America. Martinez, a Spanish teacher at Lake City High School, looks forward to sharing her heritage with her students. "I try to take opportunities to education my students about different cultures and how they impact the culture of the United States," she said.

This year, Martinez is looking forward to attending the upcoming Viva Pee Dee Hispanic Heritage Festival on Sept. 22 in Lake City. "This is a rare opportunity because few communities take the steps to recognize the Hispanics culture in their community," she said. "It will be an excellent opportunity to get together with family of all ages and appreciate our rich heritage," she proudly stated.

The beauty of the Hispanic culture embraces food, music, dance and even an acknowledgment of deceased relatives. During the celebratory month event, Martinez partakes in all of the festivities.

MARTINEZ SHARES EXCITEMENT CONT'D



Coffee time

“I enjoy eating many of the regular dishes, like pastelillos, tostones, rice and beans. I also like to take part in various celebrations from other Hispanic cultures such as the food and traditions of The Day of the Dead. These are foods like pan muerto and tamales and traditions such as creating altars in the memory of loved ones.”

She is extremely excited about the future of the Hispanics culture in the United Stand. “I believe the youth are the bright future of Latinos in the

United States. They are a growing and influential population. Many have a strong mindset about the value of education and success.”

Martinez, a Pennsylvania native, received a bachelor in education and liberal arts from Bloomsburg University with a major in secondary education English and Spanish. “I joined Teach for America and relocated to South Carolina to teach Spanish at Lake City High School. I’m now the head of the Foreign Language Department and Spanish 2/3 teachers, Girls Varsity Soccer coach, assistant Cross Country coach, advisor of the College Cohort, and the Latino community liaison for The Lake City Creative Alliance.”

ALICEA ON DIVERSITY AND MULTI-CULTURALISM AT HONDA

by Ta’Meeka Epps



Oscar Alicea

TIMMONSVILLE - Being bilingual has proven to be a boon to the career of Oscar Alicea. An assistant manager in Honda of South Carolina’s Quality Division, he knows the ability to speak both English and Spanish is a priceless tool when meeting with foreign suppliers. Being bilingual and a certified Honda instructor for Five Principles of Problem Solving helps further the company’s principle of

maintaining a global viewpoint and dedication to “supplying the highest quality products at a reasonable price for worldwide customer satisfaction.”

Born to Puerto Rican parents and raised in the community of Corktown or Southwest Detroit, Alicea’s first language was Spanish, though his mother insisted he also learn English. Her persistence, along with regular exposure to English-language television shows like “Captain Kangaroo,” helped ensure he developed a good working knowledge of the language at an early age.

Alicea joined the US Air Force as his first career choice. After completing his time in the military, he found his way to Honda of South Carolina (HSC) in Timmonsville, where he worked in the Quality Parts Department for 18 years. As a member of the Quality Division, he has spent the last two years in the Market Quality Department.

“Ensuring the highest quality products are built for our customer’s satisfaction is what challenges me,” said Alicea. “We, as a department, strive daily to maintain the Honda brand reputation for making and selling products of the highest quality. Our team does not experience

stagnant daily tasks; each day offers new challenges to not only maintain, but to improve quality for the Honda brand.”

HSC understands the importance of recruiting talent from different backgrounds, races and creeds to work together for common goals. Because communities across America are melting pots, it is the company’s intent to reflect that diversity in its workforce, thereby fostering connections and understanding. Affording associates like Alicea the opportunity to broaden their perspectives and share their cultures in the course of their HSC careers encourages growth, both personally and professionally.

“During my time with Honda, I have had the opportunity to travel to seven different countries,” said Alicea. “I have also visited Mexico on six or seven occasions throughout the years. When communicating, it is not only important to be heard, but also to be understood. Having a Spanish-speaking translator while conducting business assures the current and prospective external providers that HSC understands the points they are communicating as well as their values. This puts the providers at ease.”

But you don’t always have to leave home to find cultural encounters and enlightenment. Case in point: Alicea cites the positive influences of his HSC mentor, Kaoru Hakamata, a former senior staff engineer in the Quality department. Alicia’s long-time supervisor, a native of Japan whose dedication and insistence on upholding the quality of Honda products, left an everlasting impression on him. He credits Hakamata with teaching him how to distinguish between a “symptom problem” and the true root cause of a problem. This inspired Alicea to work more efficiently and changed his way of thinking, ultimately driving him to become a certified instructor for the Five Principles of Problem Solving, a widely applied tool that keeps Honda operations running smoothly.

“I have the utmost respect and admiration for Kaoru Hakamata and am extremely appreciative of all he has taught me,” he said. “He has since retired from Honda and is back in Japan enjoying his family. I feel both obligated and honored to carry on his quality insistence legacy to the next generation of Honda Associates.”

The heritage of a culture strengthens with each generation as its members stitch their business acumen, creativity and entrepreneurial aesthetic into the fabric of society. In that spirit, Alicea is not only promoting HSC’s philosophy of diversity through his work ethic, but he is honoring the important role of multi-culturalism in creating a better world.

“I cannot imagine this world if all people were alike,” he said. “We must all learn to appreciate the different cultures and traditions of all people and live in peace.”

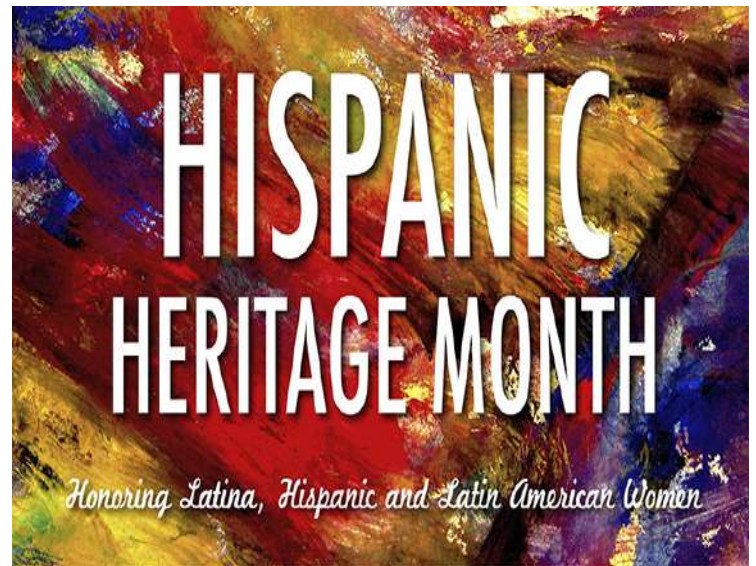


ABB BRANCHES CONTINUE LEGACY CHARACTERIZED BY CONSUMER NEEDS

by Angela Crosland



Left to Right: Neal Anderson, Tommy Anderson and David Anderson of Anderson Brothers Bank on the same corner as their grandfather years prior.

MULLINS-
We've all heard the adage that the apple doesn't fall far from the tree. The phrase is often used to assert the continuity of family characteristics. In the case of David Anderson who serves as president and CEO of Anderson

Brothers Bank (ABB), it is apparent that he and his brothers are extensions of the branch that began with their grandfather, Ernest Anderson and his brother Bishop Bonar Anderson. David's brother Neal serves as chairman of the board, while his brother Tommy holds the title of vice president. Rooted and grounded in the belief that it was their duty to provide financial assistance to tobacco warehousemen fraught with the perils of the Great Depression in Mullins in 1933, their grandfather established Anderson Brothers Bank, oddly enough, in the back of Anderson Tobacco Warehouse.

Life was particularly hard throughout the Pee Dee region during the Depression. The agricultural system in Mullins collapsed when banks failed and cash became almost obsolete. The situation was exacerbated by low prices resulting from overproduction and unstable markets. Owners and tenants, alike, suffered. Anderson Brothers bank was the solution then and remains so today to thousands of residents throughout the state of South Carolina, said David Anderson.

"There were two banks in Mullins and both of them went under during the depression so in 1933 my granddaddy and his brother – saw an opportunity and stepped in when the town needed them," said David Anderson.

The two operated a tobacco warehouse and other businesses, including a finance company. It was a foregone conclusion that they could be an answer to the economic woes in their community.

"Agriculture and tobacco was the main industry back at that time and they needed a bank to fund that operation," he said.



ABB Mullins Main Branch

Two years after the brothers opened the doors of ABB, another bank formed in town. "We were the only two banks here for a lot of years," he added.

Mullins remains the headquarters for the 23-branch operation, which now specializes in commercial lending. ABB services the following seven South Carolina counties: Dillon, Dorchester, Florence, Georgetown, Horry, Marion and Williamsburg. Over the 85 years of its existence, ABB has realized such milestones as the opening of the Home Mortgage Center in Mullins in 1997 and the merging of ABB with Anderson State Bank in 2000. Neither trumps the opening of the Consumer Banking Center on Main Street in Mullins in 1996, according to David Anderson.

"It is surprising to me and it may be to you that 30 percent of our loans are consumer loans. Our peers only had three percent in consumer loans, which makes us an outlier. We didn't realize it until seven to eight years ago. It makes us a different type of organization," he said.



E.L. Anderson

That difference is seen on a daily basis by those who seek out ABB for their financial needs. It is not just a place where they go to deposit and make withdrawals, but there is also a holistic quality of service, which includes larger loans for the purchase of homes and cars and smaller ones for something as simple as a household appliance.

According to US News & World Report, South Carolina ranks 41st among the 50 states in household income, so again, David Anderson and his brothers are certain that ABB continues to exist to fulfill the needs of its residents through its consumer lending program. "I can't think of anything more attractive than our consumer lending (program). That really sets us apart," he said. "Our target is 550-680 credit scores, which is lower than a bank typically will go. That's the business that we're in."

He added that ABB's targets are those who produce and, in most cases, have no choice but consume most or all of their paycheck. "They live paycheck to paycheck. They need a bank that understands them. They might have an unforeseen expense or a hiccup in their income and they need a bank to help them through that."

ABB finds itself in position to do so with nearly \$700 million in assets. David Anderson touts ABB as a small bank that suits the needs of those it serves. For now, it will keep its focus on those within the state of South Carolina. "Our strategic plan is to grow to a billion dollars over the next roughly five years, and our main growth focus is in Horry County," he said.

In fact, ABB is about to break ground on a new branch there.

"We've had a lot of success there in Horry County in large part because of all the turmoil that it went through. We had five banks that either failed or got bought out. So, we benefited from that – just being a survivor."

The bank has survived and in some areas thrived.

"Another thing that is different about us...we partner with about 150 to 200 car dealers throughout South Carolina and they refer deals to us to get cars financed for their customers. That's unusual."

ABB will always grow to meet the unusual needs of its constituents, and just as it began, ABB will remain a bank of its people, never going to far from the tree where it first established its roots, David Anderson added. Family owned and operated, consumer friendly and dedicated – that's the root that is Anderson Brothers Bank.

Branches in order of establishment:

1. Mullins – 1933
2. Hemingway – 1949
3. Aynor – 1962
4. Mullins (second branch) – 1962
5. Hemingway (second branch) – 1970
6. Johnsonville – 1979
7. North Myrtle Beach – 1989
8. Kingstree – 1997
9. Loris – 1998
10. Marion – 1998
11. Florence – 2003
12. Conway – 2003
13. Marion (second branch) – 2005
14. Conway (second branch) – 2006
15. Georgetown – 2006
16. Florence (second branch) – 2007
17. Loris (second branch) – 2007
18. Longs – 2009
19. Oleander – 2013
20. Latta – 2016
21. Market Common – 2017
22. Summerville – 2017
23. Dillon – 2018

ABB ANNOUNCES PLANS TO CONSTRUCT NEW BRANCH

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



Design of new building

MYRTLE BEACH—Representatives of Anderson Brothers Bank recently announced they have received all state and Federal Deposit Insurance Corporation (FDIC) regulatory approvals to begin construction on their newest branch in the Myrtle Beach community of Horry County.

The new 3,723 square foot full-service branch will be located on the corner of Robert M Grissom Parkway and London Street across from the First Presbyterian Church. Bryan Lenertz, VP Horry County Executive of Anderson Brothers Bank will be working with contractors to begin breaking ground. The branch will feature spacious lobby and offices, an ATM, drive-thru and onsite lending officers. Harrington Construction will begin construction with the branch's projected opening slated for Fall in 2019.

Anderson Brothers Bank has a 29-year presence in the strand area with its first branch located at 1799 Hwy 17 North in North Myrtle

Beach. This newest location is indicative of the bank's continued expansion and rapid growth in Horry County and will facilitate its mission to provide quality products and convenient services for its customers.

"I am excited to be a part of Anderson Brothers Bank's expansion with this innovative state of the art facility," said Bryan Lenertz, Vice President Horry County Executive for Anderson Brothers Bank. "The newest office will feature a lot of the customer comforts offered at our Market Common location along with a concierge feel. Myrtle Beach is a growing community and we anticipate on becoming a prominent fixture in Horry County as we continue to grow here. This location will allow us to provide premium service to our existing customers currently using our office on Oleander and to develop new relationships with the families and businesses."



**ANDERSON
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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.

With this addition, Anderson Brothers Bank will offer 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. For additional information about Anderson Brothers Bank, call 843-464-6271 or visit ABBANK.com.

For More Information, Contact Susan Grant of Anderson Brothers Bank by phone at 843-464-3551 or via email at susang@abbank.com

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If you have employees, you know firsthand that the loss of a key employee can have a profound impact on business operations. When an employee leaves, customers who dealt directly with that person may worry about receiving their goods or services in a timely manner; suppliers may be concerned about getting paid for their deliveries; and staff morale can also take a dip as remaining employees worry about assuming a heavier workload.

That's why it's important to make sure that your business is prepared to deal with the unexpected departure of a key employee which usually happens for one of three reasons: the employee chooses to resign, the employee becomes disabled or they pass away.

While life insurance cannot protect against employees choosing to leave, it is often used as a tool to help incentivize them to stay; deferred compensation plans are powerful vehicles for doing just this. Deferred compensation arrangements allow you to provide retirement income to select employees. The way it works is that you and the selected employee enter a contract that specifies the compensation you will pay out to him or her in the future. Since you may not set up a specific reserve fund in which a participant has a vested right, a life insurance policy is uniquely suited to informally finance a deferred compensation plan. The future of your business depends on attracting and retaining the right talent with the right tools.

It's also important to protect your business against the economic losses it may face as the result of a top employee's death with the use

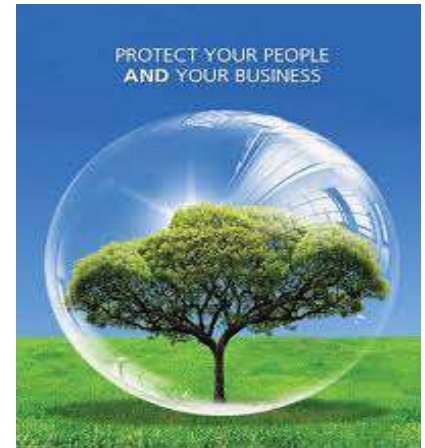
of key person insurance. The way it works is that the business applies for and becomes the owner and beneficiary of a life insurance policy covering the key employee. If the insured employee dies, the business receives the policy proceeds.

Deferred compensation and key employee insurance are benefits that are related exclusively to your top employees, but New York Life also has options that you can offer your entire team to help cultivate a rewarding work environment, such as life and disability insurance. These benefits can provide employees and their families peace of mind and added financial security, which can go a long way toward attracting and retaining valuable employees.

As a business owner, you've worked hard to get where you are today. Having a contingency in place will allow you to focus on making the best possible decisions for the future your business.

Neither New York Life Insurance Company nor its Agents or affiliates provide tax or legal advice. Consult your legal or tax advisor to find out whether the concepts in this essay apply to your personal circumstances.

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 jacord@ft.newyorklife.com or 317-289-3010.



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GROUNDBREAKING NEWS FOR SPC

Submitted by SPC Credit Union



SPC Board Members and Leadership Team break ground on new Florence branch. Left to right: Michael Bryan, Cathy Privette, Elaine Hungerpiller, Derek Jenner, Jon Zeigler, Sylvester Wilson, Richard Cook, Brandon Beasley, Travis Walters, Linda Weatherford, Helen Sherrill and Jimmy Shelley.

in Florence, across from Assurant Specialty Property.

On this project, SPC is working with Level 5 of Atlanta, Ga. as the general contractor, and the architect firm Novus.

“SPC has served the Florence area since 2007 in our current location on McIver Road. The new location and branch will provide a greater opportunity for us to engage the local community and provide better access to existing and future members,” said Linda Weatherford, President/CEO of SPC. “We are excited to be a part of the growth and development of the Florence market and look forward to our continued partnerships with the Florence community.”

This “Branch of the Future” will represent the latest advancements in the financial branch model. The branch will have no traditional teller line and will incorporate an open concept layout with off-site video conferencing and hospitality space.

“As technology and consumer needs change, so must our business model,” says Weatherford. “Our mission is built upon compassion, connection and community. The goal for the new branch is to create a welcoming space where everyone can discover products and services that will improve their financial well-being.”

Founded in 1941, SPC currently employs 67 individuals across five branches, serving anyone who lives, works or attends school in Darlington, Marlboro and Florence Counties. For more information, please visit spcu.org.

HARTSVILLE - SPC Credit Union broke ground May 30 on a new Florence branch that will open by the end of 2018. The ground breaking was held at the site of the new branch, 1312 Celebration Boulevard

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SECRETS TO LIVING TO 100

Submitted by Emmanuel Quaye, MD, Medical Director



Emmanuel Quaye, MD

So you want to live to be a hundred? I have good news for you. According to the Census Bureau, the population of people aged 100 and over has grown more than 65 percent nationwide over the past 30 years. As the population has aged in general, more people live to be 100 than used to. There is also increasing research on how to live to be 100. One area of research is into “blue zones,” places in the world with high numbers of centenarians.

Findings from blue zones indicate that exercise in the form of constant movement, a purposeful life, clean air, clean water, multi-generational living and the consumption of fermented foods are all factors that help people live long.

At the individual level, aging can be considered a chronic disease, and the disease process can be fast or slow, depending on how it is managed. People who can slow down the aging process will live long, while those who cannot will have a shorter life. Scientists have even developed ways in which it is possible to tell who is aging fast and who is not. Chemicals called advanced glycation end-products (or AGE products) can determine how fast one is aging. Once such chemical is glycated hemoglobin or hemoglobin A1c. People with A1c of 5 are likely to live longer and healthier than those who have A1c levels of 15 for example.



A healthy body is one that can perform its functions of life, to heal, repair and grow. These functions include immune function – to heal and repair; transportation – a healthy heart, blood vessels and lymph system to carry hormones and nutrients around the body and to help remove poisons; hormones to allow one

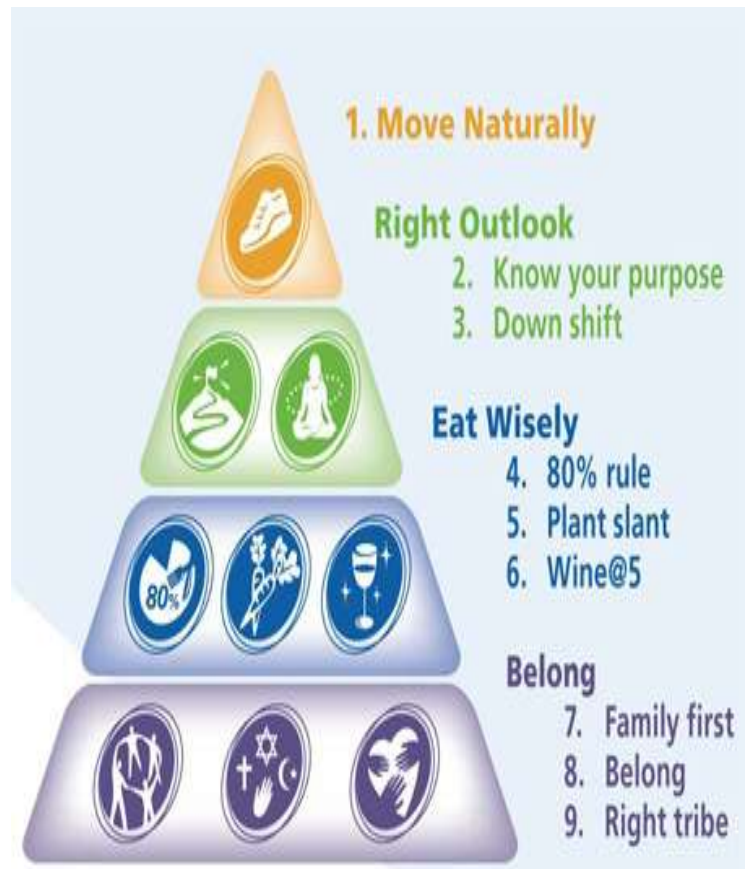
part of the body to communicate with another; a healthy physical plant to provide structure and barrier function to keep bad things out; detoxification – to remove toxins and provide a healthy environment; digestion and absorption to provide the nutrients the body needs; and the ability to turn the food we eat into energy to power all these processes. Looking at the aging process in terms of these body functions allows us to devise plans and protocols to help make these functions more efficient and, thereby, make people healthier and live longer.

To live to be 100, make sure that all these core functions are working well and efficiently. It starts with a program to get rid of things harmful to the body (toxins, etc.), and then replace those health factors that improve the core functions of the body (nutrients). Removing toxins means eating a healthy diet, eating fresh and avoiding processed foods. It also means limiting drugs (prescription and nonprescription) that you put into your body to reduce the stress on your liver. Managing your medical problems with diet and lifestyle rather than medicines is more likely to help you live to be 100. It is not just toxins and detoxification. Chronic inflammation has been implicated as a mediator

of premature aging and is involved in most chronic diseases. Infections and allergens put pressure on your immune system and can lead to chronic inflammation. Stress is another factor that leads to chronic inflammation, so avoiding allergens, treating infections and reducing stress are some of the strategies to improve your chances of living to a hundred.

Replacing health factors that improve function starts with a healthy diet full of nutrients and devoid of toxins--a digestive system that is able to digest the food properly and to absorb the nutrients. That means avoiding lifestyle practices or drugs that limit digestive function. It takes stomach acid and digestive enzymes to properly digest your food. The presence of acid is also needed to absorb certain nutrients such as B12 and vitamin D. Anything that inhibits digestion or absorption will ultimately interfere with your ability to get all the nutrients you need in the proper amounts for a healthy functioning of your body, thus hindering your march to 100. In the process of normal living, even healthy living, toxins are produced that must be removed. Even the healthiest foods produce toxins that must be detoxified. We take drugs and inhale substances that must be removed. Different phases of detoxification occur in different organs, and require different nutrients for optimal detoxification. It is easy to see how good nutrition supports detoxification. Between digestion/absorption and detoxification, are the other core body functions which all have to function efficiently to slow the aging process and allow you to live a long healthy life.

So, if you want to live to 100, then between you and your doctor, you need to devise an evaluation of the functional systems to see where they are malfunctioning and supporting function by removing offending agents and replacing lost or needed nutrients. If food alone can do that, food is our medicine. If further support with supplements is needed, then that should be provided to supplement a healthy diet.





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CAROLINA PINES WELCOMES NEW SURGEONS

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



Carolina Pines Regional Medical Center is pleased to welcome two new surgeons the Pee Dee area – Gil Freeman, MD (orthopedic surgeon) and Patrick “Ed” Sizemore, MD (general surgeon).

Gil Freeman, MD joins the practice of Terence Hassler, MD (orthopedic surgeon) and Siddharth Badve, MD (spine surgeon) at Hartsville Orthopedics and Sports Medicine, located adjacent to the hospital at 700 Medical Park Drive in Hartsville. Freeman specializes in the following surgeries:

- shoulder injuries and arthritis
- shoulder arthroscopy
- rotator cuff repair
- total shoulder and stemless total shoulder replacement
- orthopedic trauma and fracture care
- knee arthroscopy

Freeman studied at the following institutions:

- Harvard Combined Shoulder Fellowship, Massachusetts General and Brigham and Women’s Hospital, Boston, Mass.
- Orthopedic Trauma Fellowship, Regions Hospital/University of Minnesota, Saint Paul, Minn.
- Residency: Orthopedic Surgery, Monmouth Medical Center, Long

Branch, N.J.

• Medical school: Robert Wood Johnson Medical School, New Brunswick, N.J.

• Rutgers School of Engineering, Piscataway, N.J.

Patrick “Ed” Sizemore, MD joins the practice of Thomas Mincheff, MD, and Jason Dameron, MD, at Hartsville Surgical Associates located at 704 Medical Park Drive, Hartsville. Sizemore has been practicing in Lancaster for over 15 years, and specializes in all types of general surgery. In addition to his surgical practice, Sizemore has worked the last five years an assistant professor/clinical preceptor at Edward Via College of Osteopathic Medicine in Spartanburg and the Physician Assistant Program Clinical Preceptor at the Medical University of South Carolina, Lancaster, since 2003. His is certified by the American Board of Surgery and studied at the following institutions:

- Residency Medical College of Georgia Augusta, Ga., General Surgery
- Internship Medical College of Georgia Augusta, Ga., General Surgery
- MD Medical College of Georgia Augusta, Ga.
- BS Chemistry Georgia Institute of Technology Atlanta, Ga.
- In addition, Sizemore earned additional training, including:
- Transoral Incisionless Fundoplication – Endogastric Solutions, Baton Rouge
- Laparoscopic colectomy - Ethicon Endosurgery, Cincinnati
- Laparoscopic colectomy - CMC, Charlotte
- Procedure for Prolapsed Hemorrhoids (PPH) - CMC, Charlotte
- ACS Clinical Congress Sessions - New Orleans
- Image-Guided Breast Biopsy
- Ultrasound for Surgeons
- Stereotactic Breast Biopsy
- Ethicon Laparoscopic Training Course - Cincinnati, Ohio

MCLEOD HEALTH PHYSICIANS & HOSPITALS RECOGNIZED FOR EXCELLENCE

Submitted by McLeod Health



Aundrea Loftley

McLeod Health physicians and hospitals were recently recognized for providing excellence in healthcare by national healthcare research leader Professional Research Consultants, Inc. (PRC). The awards were presented during PRC's 2018 Excellence in Healthcare Conference in May.

Dr. Aundrea Loftley, a McLeod endocrinologist, and **Dr. Timothy Spurling**, a McLeod gastroenterologist, were recognized as Top Performers for Overall Doctor Rating. They are ranked at or above the 100th percentile, which equates to the highest scoring physicians in the nation. The following 15 McLeod physicians were also honored for being ranked in the top ten percent in the nation as 5-Star recipients: **Dr. C. Richard Alexander, Dr. Gary Barrett, Dr. Paul Chandler, Dr. James Garner, IV, Dr. Keith Harkins, Dr. Eric Heimberger, Dr. William Jackson, Dr. Patrick Jebaily, Dr. Marie LiVigni,**



Dr. Timothy Spurling

Dr. Ansel McFaddin, Dr. Alex Newsom, Dr. Gilliam Skinner, Dr. Christopher Stanley, Dr. Neil Trask and Dr. Weave Whitehead.

The honors received by hospital include:

- **McLeod Health Cheraw**
- Silver Achievement Award: Emergency Care, McLeod Cheraw VSA/SE Re-evaluated
- **McLeod Health Clarendon**
- Top Performer Award for Inpatient Services - Communication About Medications
- **McLeod Health Dillon**
- Top Performer Award for Inpatient Services - Communication with Doctors

- 5-Star Award for Inpatient Services - Communication About Medications
- 5-Star Award for Inpatient Services - Communication with Nurses
- 5-Star Award for Inpatient Services - Responsiveness of Staff
- Platinum Achievement Award for Effective Care Transition - HCAHPS
- Gold Achievement Award for Emergency Care, McLeod Dillon VSA Re-evaluated
- **McLeod Health Loris**
- 5-Star Award for Inpatient OB/GYN Services - Overall Quality of Care
- 5-Star Award for Inpatient Services - Overall Hospital Rating
- Platinum Achievement Award for The No Pass Zone (HCAHPS)
- **McLeod Health Seacoast**
- 5-Star Award for Inpatient Orthopedic Services - Overall Quality of Care
- 4-Star Award for Inpatient Services - Overall Quality of Care
- 4-Star Award for Emergency Department Services - Overall Quality of Care
- Platinum Achievement Award for The No Pass Zone (HCAHPS)
- Gold Achievement Award for Time to Care (Emergency Care)
- **McLeod Regional Medical Center**
- 5-Star Award for Inpatient Medical Services - Overall Hospital Rating
- 5-Star Award for Inpatient Surgical Services - Overall Hospital Rating

"It is an honor to recognize the hospitals and physicians of McLeod Health with these Excellence in Healthcare Awards for their deserving work," said Joe M. Inguanzo, Ph.D., president and CEO of PRC. "It takes true dedication and determination to achieve this level of excellence in healthcare and McLeod Health has shown their commitment to making their hospitals a better place to work, a better place to practice medicine and a better place for patients to be treated."

"It is exciting that our patient satisfaction survey results have earned our hospitals and physicians such prestigious recognition," said Cathy Lee, vice president of Service Excellence for McLeod Health. "However, scores are not the true reason we celebrate."

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CELEBRATING HEALTH CENTERS: HOME OF AMERICA'S HEALTH CARE HEROES

Submitted by Donna Tracy Communications Coordinator, HopeHealth



One in every 15 people living in the United States depends on community health center services. These centers deliver high quality, cost effective, accessible care while serving as critical economic engines helping to power local economies.

In addition to their long history as health care homes to millions, health centers are also proud to celebrate more

than 50 years of service. They continue to be ranked among the highest quality and cost effective care providers in the nation and provide services to all people, regardless of their ability to pay or insurance status.

Each August we celebrate the work and services health centers provide within their communities during National Health Center Week. This year is no different as HopeHealth hosts several awareness events to celebrate community health centers and their importance as "Homes of America's Health Care Heroes."

• **Zumba Class and Wellness Check**- Aug. 13, 9 a.m., 5:30 p.m., and 7 p.m. – Kingstree Recreation Center, Kingstree. These sessions are free, open to the community and include health screenings. They highlight the importance of daily activity and regular wellness visits to maintain our health.

• **Partnership Recognition**- Aug. 14 – Meditation Garden, HopeHealth Medical Plaza, Florence. Focusing on one of our long-standing partners and supporters, Long's Drugs, this event recognizes the importance of community support and local partnerships that enhance the mission of health centers.

• **Advocacy Wednesday**- Aug. 15, 9 a.m.-5 p.m. – All HopeHealth community health center sites. Activities at each of our sites in Florence, Clarendon and Williamsburg counties provide opportunities for patients and community members to sign up as health center advocates, discover more about what we do, and enjoy a little fun with our staff. Join us on social media and use #NHCW18; #CHCSuperPower.

• **Kingstree Grand Opening and Legislative Reception**- Aug. 16, 5:30-7:30 p.m. – HopeHealth in Kingstree. HopeHealth continuously strives to expand access to care across our service areas and celebrates with the grand opening of our renovated Kingstree facilities and a legislative reception. This \$1 million investment more than doubles clinical and administrative spaces in the office and allows for the expansion of dental, behavioral health, and women's health services, as well as the addition of a second full-time physician and new services such as teen health. Join us for a reception to tour the new space and learn more about the importance of community health centers.

At the core of the week's activities is the need for more community health center advocates – people from all walks of life who are willing to be Health Care Heroes, speak up on behalf of centers, and commit to advocating for policy issues impacting health centers and their patients. This March, HopeHealth earned distinction as a leader in community health center-advocacy when the National Association of Community Health Centers (NACHC) named HopeHealth a Gold Level Advocacy Center of Excellence (ACE). Becoming an ACE demonstrates a commitment to advocate for policy issues impacting health centers and their patients.

More than 400 HopeHealth advocates are already Health Care

Heroes. Our goal is to grow this support during National Health Center Week. This can be as simple as signing up as a CHC advocate at any of our locations during Advocacy Wednesday on Aug. 15 or visiting headvocacy.org and listing HopeHealth as your community health center. Be a Health Care Hero and sign up to be a health center advocate today at headvocacy.org or any HopeHealth location.

Why be a Health Care Hero?

By providing affordable, quality care, community health centers are an essential element in efforts to address the physical, mental, and financial health of communities throughout the nation. Centers help people establish long-term relationships with health care providers, address the health needs of the entire person, and provide people an individualized pathway to achieving their health goals. Additionally, the presence of a health center creates a multitude of direct and indirect jobs in the community.

The 23 South Carolina health centers and their service sites also contribute directly to state and national health systems by alleviating emergency departments and other health care systems in each locations community. In the Pee Dee alone, the 2015 average per-visit cost to an emergency department was between \$4,000 and \$5,000. The average cost per patient per year for quality preventive care at community health centers like HopeHealth is only \$1,200. If just 1,500 people visit their primary care provider for non-emergency health needs instead of one visit to the emergency department it saves taxpayers an estimated \$5 million or more.

For more on the benefits of community health centers, visit the National Association of Community Health Centers at nachc.org or the SC Primary Health Care Association at scphca.org.



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CHS - FLORENCE NAMES NEW CEO

Articles submitted by Carolinas Hospital System



Vance Reynolds

Carolinas Hospital System named Vance Reynolds as the new chief executive officer, effective April 30. Reynolds joins the hospital from Aiken Regional Medical Center, a 259-bed hospital in Aiken.

“Carolinas Hospital System has a strong tradition of providing patients with compassionate, quality care,” said Reynolds. “I am excited to work with and support the medical staff, employees, volunteers and community to continue building upon and

strengthening the quality care we provide patients.”

In Aiken since 2015, Reynolds oversaw the operations of the hospital and a multi-specialty group employing over 20 providers. His strategic leadership has led to the success of the organization, both clinically and financially, while meeting the needs of patients and the community.

He earned his bachelor’s degree in accounting from University of North Texas and master’s degree in business administration from University of Texas in Dallas.

Reynolds and his wife, Paula, have been married for 27 years and have six children, two of whom still live at home. They look forward to being a part of the community and calling Florence their home.

CAROLINAS MEDICAL ALLIANCE WELCOMES BROOKE CHAMBERLAIN, NP AND PAIGE KIGHT, NP



Brooke Chamberlain

Carolinas Hospital System is pleased to announce two new additions to the medical staff, Brooke Chamberlain and Paige Kight.

Brooke Chamberlain, ACNPC-AG, has joined Carolinas Pulmonology.

She received her Bachelor of Science in Nursing degree from Francis Marion University, and a Master of Science degree in Nursing as an Acute Care nurse practitioner from Walden University. She comes to Carolinas Medical Alliance with nine years of experience in the intensive care unit, pulmonary clinic and acute care setting at Carolinas Hospital System. In addition, Chamberlain is a board certified Acute Care nurse practitioner.

Paige Kight, APRN, has joined Carolinas Medical Alliance – Primary care.

She received her Bachelor of Science degree in Nursing from Lander University and a Master of Science Nursing degree as an Adult-Gerontology nurse practitioner from the Medical University of South Carolina. She

comes to Carolinas Medical Alliance specializing in adult and gerontologic health. In addition she has more than five years of experience at Carolinas Hospital System in the Medical Intensive Care Unit and Progressive Care Unit.

For more information call 843-661-DOCS, or go to CarolinasMedicalAlliance.com

CHS HONORS VOLUNTEERS



From left: Volunteer of the Year, Randy Boatwright; Carolinas Hospital System Volunteer Coordinator, Sheree Meadows; and Volunteer of the Year, Louise Balotti.

Carolinas Hospital System honored more than 50 volunteers at the annual Volunteer Awards Luncheon at the Floyd Conference Center on the campus of Carolinas Hospital System. The event was part of National Volunteer Week and celebrated the numerous contributions made by volunteers at the hospital.

In 2017, the volunteers donated 9,000 hours of service.

Six volunteers donated over 300 hours during the year. Volunteers dedicate their time to many projects, such as greeting and escorting patients and visitors, assisting with discharges, serving as resources at information desks, assisting staff with clerical duties, volunteering at the Senior Life Expo and much more.

“Today we have a wonderful opportunity to celebrate our everyday heroes who give your time and talents to Carolinas Hospital System,” said Carolinas Hospital System Assistant Chief Executive Officer Spencer Twigg. “The special touch that our volunteers bring to all who interact with them is priceless.”

This year’s recipients of the Service Excellence Award are Kay Halliburton, Irene Brown and Dee Dixon. The Service Excellence Award is presented to a volunteer who consistently demonstrates a passion of volunteering with a positive and compassionate manner.

The Service Excellence and Most Hours of Service Award is presented to Pinkney Speights.

The Volunteer of the Year Awards were presented to Louise Balotti and Randy Boatwright. The Volunteer of the Year Award is presented to a volunteer who demonstrates extraordinary efforts in his/her performance, attitude and commitment to the mission of Carolinas Hospital System. Balotti and Boatwright were nominated for this honor by their fellow volunteers and Carolinas Hospital staff members.

We are extremely proud of our volunteers and appreciate their dedication and time to the day-to-day operations of the hospital.



KEEPING CHILDHOOD VACCINATIONS CURRENT

Submitted by Donna Tracy Communications Coordinator, HopeHealth



As we plan our summer days, it is important to also plan for the coming school year. Before you know it, it will be time to register for the fall semester once more. Take a moment to check

your children's immunization records and schedule appointments early with your pediatrician.

Immunization requirements for school entry generally follow the Centers for Disease Control and Prevention Advisory Committee on Immunization Practices guidelines. In South Carolina, that means rising seventh graders are required to have received one dose of Tdap which provides protection from bacterial infections such as tetanus, diphtheria, and pertussis (whooping cough). Always check with your pediatrician before having your child vaccinated as it may have already been given at an earlier Well Child Visit.

Along with the Tdap vaccine, all 11 and 12-year-olds should also be vaccinated with a meningococcal conjugate vaccine. A booster dose is recommended at age 16. The HPV vaccination is also recommended beginning at age 11, with a booster dose in six to 12 months to protect against HPV infections that can cause cancer.

Teens and young adults (16-23 years) also may be vaccinated with a serogroup B meningococcal vaccine.

Get a jump on the school year and schedule a Well Child Visit with your pediatrician to ensure your children's vaccinations are up-to-date.



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70%

OF JUVENILE DELINQUENTS HAVE AN UNDETECTED VISION PROBLEM.

80%

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6 foods for healthy eyes



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Tuna, salmon, mackerel and trout are rich in omega-3 fatty acids, which aid eye development and can prevent dry eyes.



Leafy Greens

They are packed with lutein and zeaxanthin - antioxidants that lower the risk of developing macular degeneration and cataracts.



Carrots

Orange-coloured fruits and vegetables, like carrots, promote eye health and protect vision. Beta-carotene, a type of Vitamin A that gives these foods their orange hue, helps the retina and other parts of the eye to function smoothly.



Oranges

These are powerhouses of Vitamin C, which has been shown to reduce the risk of eye diseases including cataracts.



Berries

Dark berries are rich in anthocyanins, which reduce the risk of developing eye disorders including glaucoma.



Almonds

Almonds are filled with Vitamin E, which may slow the damage caused by UV exposure.

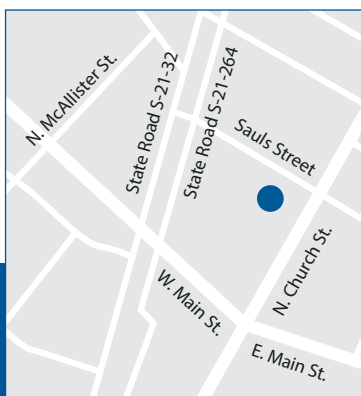
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CAROLINAS
HOSPITAL SYSTEM

REVERSE TOTAL SHOULDER REPLACEMENT

Submitted by Gregory Palutis, M.D., CMA Orthopedics



Gregory Palutis, M.D.,
CMA Orthopedics

When an older patient comes to the office complaining of shoulder pain, two problems come to mind: arthritis and rotator cuff issues.

Think of your shoulder as a machine consisting of the rotator cuff muscles, or motor, and the shoulder blade and humerus, or the gears also known as the ball and socket. For the machine to work, the motor and gears have to work together. The rotator cuff (motor) is a group of muscles that help move the shoulder.

The older we get, the more prone it is to tear. The joint, or shoulder blade and humerus, is covered by articular cartilage. It is a smooth, white tissue covering the ends of the bones reducing friction. When articular cartilage wears away, it causes arthritis.

The good news is rotator cuff tears and arthritis can be dealt with surgically, either with rotator cuff repair or a joint replacement. The challenge arises when both happen at the same time. Usually, the rotator cuff can't be repaired when you have arthritis too. A shoulder replacement would help relieve some pain but would not restore function. Until recently, this was a difficult problem to solve.

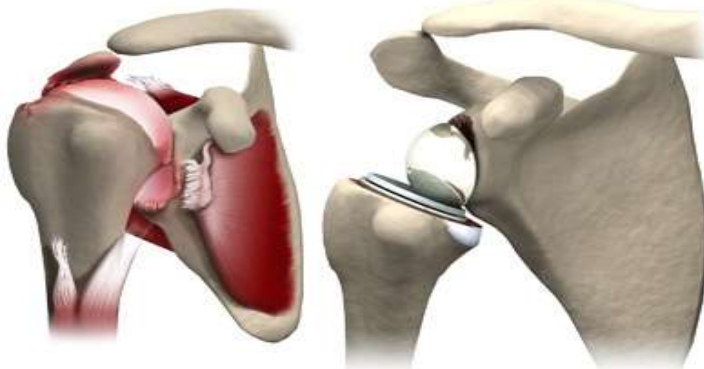
A Reverse Total Shoulder Replacement (RTSR) is the solution to this problem. This procedure reverses the joint and places the ball where the shoulder socket was and the socket where the ball was. It is especially beneficial to patients with large rotator cuff tears and/or shoulder arthritis, called rotator cuff arthropathy. The RTSR is a better solution than standard shoulder replacement because it uses a different set of muscles, the rotator cuff, to move the arm. This reverse shoulder replacement uses the deltoid muscle instead of the rotator cuff for movement.

From the patient's standpoint, a RTSR looks the same as a standard replacement. The incision is in the same place, and the length of surgery and rehabilitation is about the same. With any surgery there are potential complications but in general results are very good with a RTSR.

For those suffering from a torn rotator cuff and severe shoulder arthritis, the Reverse Total Shoulder Replacement is a good treatment option. In the experienced shoulder surgeon's hands, this operation can be a game changer.

Dr. Gregory Palutis is a board certified Orthopaedic Surgeon and specializes in orthopaedic sports medicine. He is associated with Carolinas Medical Alliance – Orthopedics, an affiliate of Carolinas Medical Alliance, and is a member of the medical staff at Carolinas Hospital System. He is accepting new patients. Please call 843-413-6835, to schedule an appointment or visit CarolinasMedicalAlliance.com.

Shoulder Reverse Replacement



BREATHE EASY IN THE HEAT THIS SUMMER

Submitted by Brooke Chamberlain, ACNPC-AG



Brooke Chamberlain, ACNPC-AG

Summer is definitely here, and the heat can be a challenge for those with respiratory issues, especially if you are at risk for asthma and chronic obstructive pulmonary disease (COPD).

Increased shortness of breath and wheezing are signs you should definitely be aware of. The heat causes the body to work extra hard to keep you cool. This means you need more oxygen, which means you have to breathe more than normal. You know your body's limits and know what is normal and not normal. If

you feel like you are not normal make sure you call your healthcare provider. I always tell our patients, if you feel like something is not right, make a phone call. Don't wait. Once you tell us what your symptoms are, we can usually get you in to see us that day. We can also advise you to go to your nearest emergency department for further care if that's needed.

Your age and overall health is a factor in how well your body deals with the summer heat. With age come more health issues. Diabetes, high blood pressure and being overweight make it much harder for you to deal with the heat.

Every drop of sweat that evaporates from your skin whisks away heat. But evaporation also strains the cardiovascular system. Sweat pulls more than heat from the body – it also pulls out sodium, potassium and other critical minerals. To counter those losses, the body begins secreting hormones that help the body hold onto water and minimize mineral loss.

Most healthy people can tolerate these occurrences with little difficulty and minor discomfort. But people with damaged or weakened hearts, the elderly, and those who are overweight can have a much harder time coping physically, and need to take precautions against heat stroke or even cardiac arrest.

I always advise patients to avoid things they know will trigger a flare up, or exacerbation. A flare up is when you might have increased shortness of breath, cough with mucous production, wheezing or tiredness. Many people have allergies and know pollen is very prevalent in the spring, but it's in the air virtually year-round. People with asthma and COPD tend to have flare ups in extreme cold or extreme hot in addition to the environmental triggers such as cigarette smoke, air pollution and allergies.

4 Tips to avoid flare ups in the heat:

Buddy System – This is by far the most important thing. Make sure your family is checking on you at least twice a day. If you do have to go outside, it helps to have someone else with you in case of an emergency.

Hydrate – Drink as much water as possible. Water helps regulate body temperature.

Exercise/Activities – Try to avoid strenuous activity during the hottest part of the day, between 11 a.m. and about 4 p.m. Try exercising indoors instead if that's what it takes to be active. If you must go out in the heat, take frequent rest breaks.

Dress for heat – Wear light, non-restrictive clothing.

In all, I recommend eating more small meals than eating fewer bigger meals during the day. It's also good if you can find alternate ways of exercising indoors away from the heat. The important thing is to keep exercising and stay healthy.

Brooke Chamberlain is a nurse practitioner associated with Carolinas Pulmonology, an affiliate of Carolinas Medical Alliance, and is a member of the medical staff at Carolinas Hospital System. She is accepting new patients. Please call 843-673-7529, to schedule an appointment, or go to CarolinasMedicalAlliance.com.

MIGRAINES: IS EXERCISE MORE EFFECTIVE

Submitted by Rebecca Haskill-Strowd, M.D., Carolinas Medical Alliance



Rebecca Haskill-Strowd, M.D.

The excruciating experience of migraine pain drives many patients to seek prevention at any cost. Physicians usually prescribe relaxation exercises or drugs with topiramate for migraine prevention, but evidence shows that a regular workout routine can be just as effective.

At the Swedish University of Gothenburg, researchers invited more than 90 patients who suffered from migraines to test different methods of prevention. The patients split into three groups: the first doing relaxation exercises, the second taking topiramate, and the final group practicing supervised exercise in 40 minute-sessions three days per week.

During the three-month study, researchers regularly checked the effects of the different treatments and checked in again immediately after the study, with further checkups three and six months later. They hoped to prove that the frequent suggestion of exercise as a preventive measure had grounds in science.

Equally Effective

In the past, researchers learned exercise does not significantly increase the risk of migraine attacks. Rather, increased fitness allows individuals prone to migraines to absorb more oxygen and maintain normal, migraine-free states. This new study shows that exercise provides the same effect as traditional treatments. Each group in the study experienced an equally reduced number of migraines across the board. Now that physicians have the evidence to recommend exercise, they may start doing so often, as some patients are not candidates for preventive drugs.

Headache or Migraine?

Migraines come in many forms. They may strike to the bone or moderately throb for days, could come with a sensory aura or with no warning at all. So how can you tell if the pulsing in your head is a migraine or another type of headache?

A typical tension headache may disturb normal activities, but it seldom disables the way a migraine does. Although both types can result in a steady ache, migraines are more likely to throb intensely and may be restricted to one side of the head. The clearest sign of a migraine, though, is nausea or vomiting unconnected with any other conditions.

Some people mistake sinus headaches for migraines, due to the similarity of direct pressure. Sinus headaches, however, are almost always connected with sinus infections and lack the symptomatic nausea of migraines.

Dr. Rebecca Haskill-Strowd is board certified in family medicine. She is associated with Pee Dee Family Physicians, an affiliate of Carolinas Medical Alliance and a member of the medical staff at Carolinas Hospital System. To schedule an appointment call 843-664-9696, or visit CarolinasMedicalAlliance.com.

Sources: nih.gov, sca-aware.org, heart.org



Exercise For Migraines

ECCF STRENGTHENS THE PEE DEE WITH \$8,000 IN SCHOLARSHIPS

Submitted by Sarah Shelley, Executive Director



It is scholarship season at community foundations across the United States. Millions of dollars will be awarded to deserving students who hold the

future of our nation and world in their hands.

Eastern Carolina Community Foundation (ECCF) is equally busy helping donors who believe in the importance and future of the next generation by investing in education. When donors turn their passion for helping mankind into scholarship funding which is professionally administered by ECCF, the entire Pee Dee region benefits. Scholarship funds are endowed for perpetuity, which means they will remain available to support students far into the future, and ECCF's administration of the funds is carried out on a nondiscriminatory basis after careful review of eligible applications. Scholarship awards are paid directly to the educational institution where the successful candidate is enrolled.

ECCF currently manages the endowments for seven scholarship funds. We are pleased to announce the results for three of those funds.

FBI Construction Scholarship Fund



FBI Scholarship Winners

Since 1982, people in the Carolinas and beyond have put their trust in FBI Construction as they continuously provide a full range of construction services to municipal, retail, industrial, educational, medical and faith-based institutions. In the spirit of partnership, FBI Construction created a scholarship fund at ECCF to encourage people to enter the construction industry. Their desire to fund scholarships stems not only from a strong belief in education but also from a commitment to improve the quality of life where they do business.

Four students were chosen to receive a \$1,000 scholarship award. They were Wendy Bueno of Mullins, Morgan Dale Grant of Andrews, Charles Alexander Godwin III of Florence, and Maxwell Wheeler of Darlington. All of the recipients will be attending Florence Darlington Technical College next year with the exception of Grant, who will attend Clemson.

The students and their families were invited to a reception at FBI Construction on May 17 to receive their awards and get a close-up view of the construction industry.

Wilson High School Class of 1945 Scholarship



Class of 1945 Officers

The officers of Wilson High School Class of 1945 transferred their scholarship fund to ECCF in 2014 to last as an enduring source of financial aid to a graduating Wilson student who is not likely to receive scholarship aid and has financial need. The Class

of 1945 had been awarding scholarships since the 1970s and by moving their fund to ECCF where it will now last in perpetuity. There are only 4 living graduates from the class, three of whom are active in helping ECCF choose the scholarship recipients each year. ECCF is so grateful to carry out their legacy.

The Class of 45 Scholarship concentrates on students who receive average grades but are seeking a higher education in the state of South Carolina. The recipients must exemplify strong moral and civic character and be trustworthy, responsible, reliable, punctual and attend class regularly.

Two awards were given at Wilson's annual Awards Night by class members Janice Hawkins, Willie Mae Sanders and Mary Singletary. The recipients were Kiara Arnold, who will attend Francis Marion University, and Jacob Quillen, who will attend South Carolina State University.

Justin O'Connor Memorial Fund Scholarship



Justin O'Connor

Justin O'Connor was a loving son and caring brother. Only 17 years old, he was a generous friend and gifted athlete whose joy and love for life were contagious. Justin was entering his senior year of high school with a dream of playing college baseball. That dream ended on an early morning in July 2017 because of distracted driving.

O'Connor's family and their friends started the Justin O'Connor Memorial Fund at ECCF to honor his memory and share

his dreams.

The inaugural Justin O'Connor Memorial Fund Scholarship made two awards of \$1,000 each.

An academic award was made for achievement based on the qualities of O'Connor. Eleanor Rose Vereen, a graduating senior at Marlboro Academy in Bennettsville, received the academic award and will attend Winthrop University.

An athletic award was given to a student athlete who has been accepted to a 4-year college or university to play a specific sport. Will Hardee, a graduating senior at South Florence High school, received the athletic award. He will play baseball for Coastal Carolina's Chanticleers.

Scholarships Improve the Pee Dee's Quality of Life

Scholarships play a significant role in helping ECCF achieve its mission to improve the quality of life for citizens of the Pee Dee. Donors invest in education through scholarship funds because they believe in the importance and future of the next generation. Scholarships are an important building block of ECCF's creation of a cohesive support system that touches health and human services, education, and houses of worship across our community. For more information, call 843-667-1131 to see how we can help you carry out your philanthropic dreams.



ENSURE THE INNOVATIONS OF TOMORROW ARE BUILT ON THE ENTIRETY OF TODAY'S HUMAN POTENTIAL

JAMESTOWN: AN AMERICAN FAMILY STORY

by Anna Bowman



The late Sarah Belle James Little

MARS BLUFF - The late Sarah Belle James Little had heard the incredible story about how her great-great-great grandfather Ervin James born in the 1800s as a slave but later became a landowner who envisioned a better life for his offspring. His foresight was legendary for his time.

As a visionary, Ervin James was an astute man who knew he was taking chances that could have resulted in his death, but nothing deterred him. His vision was too clear to be clouded by “what might

happen to him,” and as a true pioneer, he was more focused on “what would happen if he didn’t create a better life for his family.” Becoming a land owner in 1870 for a former slave was basically unheard of five years after the Civil War during the Reconstruction Era, but owning 200 acres and developing his very own family subdivision as well as harvesting his own food, in order to become self-sufficient was just an extraordinary accomplishment.

There is an old saying, “It’s not where you come from that matters, but where you’re going.” Apparently, Ervin James understood this saying when he made bold moves to ensure that future generations of the James family would flourish in a land that had once held his very own freedom hostage.



“During her youth, Sarah Belle James Littles lived in Jamestown with her aunt during the farming season. Her father, Jackson James Sr., known as ‘Shine or Bo’ by family members, was a tobacco farmer and logger in Jamestown. Sarah had a loving passion for Jamestown

and would visit her relatives there often,” said her husband Charles E. Littles. “Sarah was told the story about her ancestor Ervin James by her father, stating that he was a free slave who had the opportunity to purchase land from a white family. He was said to be strong and very brave in his efforts to establish what is now known as Jamestown.”

In 1988, after years of hearing about the remarkable accomplishments of her great-great-great grandfather, Sarah Belle James Littles established the first Jamestown Family Reunion in Tabor City, N.C., to ensure that the legacy of Ervin James and other relatives could be remembered. She wanted the James family to have a family reunion where they could share treasured family stories.

Dianne Littles, the daughter of Sarah and Charles E. Littles, reflects on her mother’s accomplishment: “We are extremely proud of her and how she was able to bring so many family members together. By putting GOD first, she was able to organized and established a wonderful family tradition that is now being shared with everyone in the community.”



Dianne Littles is amazed at how her relative Terry James has taken the annual event to the next level. “It’s a very educational and interesting experience for all ages, young and old. Each year it gets better and better. From Civil War re-enactments to a Harriet Tubman re-enactor, family members and guests are transported back



to Mars Bluffs in 1800s when Ervin James and his family walked the land. I’m absolutely honored to be a descendant of Ervin James. It is very important for us to continue to celebrate our great heritage and history,” she said.

Charles E. Littles said that his wife, Sarah (who transitioned December 15, 1997) was an amazing wife and mother. “She would be delighted to know that the family reunion is still standing strong 30 years later. Sarah had a wonderful heart and she loved her family, and we will always be grateful for her initial efforts of bringing the descendants of Jamestown together,” he said.

The annual Jamestown Reunion will take place on the Jamestown property in Mars Bluff during July 27-29. The event will feature a variety of vendors, food and presentations.

Terry James, of Florence, descendant of Ervin James and cousin of Sarah Belle James Littles, has taken his cousin’s Sarah’s vision of family unity for the James clan to it’s greatest level. In 2013, Terry James established the Jamestown Foundation, a non-profit organization, to ensure that the legacy of Ervin James is shared, not only with future generations of the James’ family, but also with the entire world.

Friday July 27, 2018
8:30 am - 1:00 pm
Prayer Breakfast/Health Fair
City Grill - 260 W. Palmetto St.
Florence, SC 29501
(Behind Long Grain Cafe)

Friday Night 7:00 pm
Jamestown Play - “For the Love of the Land
Chapman Auditorium at
Francis Marion University

Saturday Morning July 28, 2018
9:30am - 3:30pm
Celebration of Jamestown Educational Event
6301 Jamestown Rd.
Florence, SC 29506

Saturday Night 6:00pm - 7:00pm
Banquet at
Francis Marion University Cafe

Sunday July 29, 2018
Church Service
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ESSENTIAL PLANNING TIPS TO MAKE YOUR OUTDOOR WEDDING PERFECT



(BPT) - There's so much to love about an outdoor wedding. Whether it's set on the beach, at a winery or even in the backyard of a family member, pledging your eternal commitment to your partner in beautiful natural surroundings makes the day extra memorable.

If you're thinking of holding the big day in the great outdoors, you're in good company. Over the past decade, outdoor ceremonies are on the rise: 52 percent of couples tied the knot in an outdoor ceremony in 2017, compared to 29 percent in 2009. Couples are also shying away from churches, hotels and banquet halls as settings for the ceremony receptions and opting instead for less conventional sites, such as rooftop event spaces, historic homes, wineries and parks.

Unlike the traditional venues, an outdoor ceremony and reception has its own set of considerations when it comes to planning. These practical tips will get you started in building the outdoor wedding of your dreams.

***Sketch out the itinerary early:** Before you sign the contract with your chosen venue, discuss in detail your vision with the coordinator, and before you leave, be perfectly clear on what's permissible and what's off-limits. If you're envisioning dancing the night away under the stars, you don't want to find out three weeks before the big day that the venue has restrictions on equipment and noise. Before you sign any contract, have your itinerary ready, and discuss it from start to finish.

*** Plan your equipment needs:** One thing to know about holding a wedding in a less conventional spot is venues can vary wildly on what they can provide for you in terms of supplies and equipment.

Take time to walk through the entire event so you're clear on what you may need to supply yourself. Even if a venue lacks essentials like power outlets and bathroom stalls, don't give up. There are affordable solutions out there to help you upgrade the space to a fully functional venue.



*** Always have a Plan B:** It's impossible to predict what the weather will bring for an outdoor wedding, which can add uncertainty. But you can reduce the stress by planning for the worst conditions. Is hot and humid weather a

possibility? How about a thunderstorm?

*** Set up a kids' station:** Many outdoor reception spaces have a built-in advantage for hosting pint-sized guests. There's more space for them to stretch their legs and be kids without disrupting other guests. Create a kid-friendly corner featuring games, activities or even a rented inflatable bounce house that lets kids be active and let off some steam. They'll be thrilled (and so will their parents).

*** Encourage exploration:** If the big event is held in a public place, help your guests fully appreciate the experience. Are you getting married in a beautiful garden at a historic mansion? Ask the venue if you can take extra brochures to offer the guests, or set aside time for special guided tours. This is a sure way to show consideration for your guests and make the day memorable.

When the pieces fall into place, planning and hosting an outdoor wedding is a beautiful way to begin your lives together.

EDWARDS SHARES HIS TESTIMONIAL

by Ta' Meeka Epps



Attorney Linward C. Edwards II

There are very few guarantees in life. One known fact is with life comes death. We would hope death comes after a long and prosperous life. Even so, the ones left behind will feel the effects of the transition for years beyond the physical departure.

A life insurance policy is a contract between an insurance company and the purchaser. In exchange for premium payments, the company provides a lump-sum payment or death benefit to beneficiaries upon the insured's death.

Most if not all policies come with a caveat that if the insured dies within two years of purchasing the policy, then upon death the company has the right to contest payment of policy to ensure no material breach at the time of securing the policy. Having an experienced and knowledgeable agent is imperative when researching and purchasing a policy.

The agent who represents the insurance company or the agency has a twofold job to sell insurance policies with the long-term assurance and security. In addition, they must service the purchaser if needs should arise during the lifetime of the policy.

Quentin Williams Insurance and Financial Group was created on the premises of "helping people make better financial decisions." Through education he informs his clients of the benefits of investing in life insurance helping to break lifelong behaviors and generational misconceptions.

The test of whether or not a company is hitting the mark lies in the testimonial of the customers. Attorney Linward C. Edwards II is a customer who believes Quentin Williams Insurance and Financial

Group is hitting the mark. Attorney Edwards has had the privilege of knowing Quentin Williams for well over 20 years, and in the last four years, he has been a client of Quentin Williams Insurance and Financial Group.

In 2015 when Edwards purchased a life insurance policy on his aging mother he knew the importance of the decision. What he did not know was less than two years later she would transition from this earthly home. The transition occurred during the first two years of the policy and the insurance company exercised their right to contest pay out of the premium. The investigation to determine if there was a material breach at the time of purchase of the policy lasted four months. Patient files, pharmacy records and personal information had to be made available and dissected for any information which would render the policy void.

"Education was the key to understanding the need for life insurance, the benefits of purchasing a policy and enduring the arduous process of the investigation," recalls Edwards. Williams assisted Edwards during the investigation, updating him on the progress of the case. Upon conclusion of the investigation, Williams updated Edwards of the positive outcome days before he received confirmation from the insurance company they would honor the policy.

Purchasing a life insurance policy should be viewed as a vehicle in which a family can start the culture of transferring wealth to the next generation. Life insurance is not for the deceased. It is for those left behind, dependent upon the income of the deceased or who will be responsible for settling the estate of the deceased.

Quentin Williams and his Insurance and Financial Group are here to serve, educate and empower while helping to secure a stronger financial future.

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TIPS FOR TALKING ABOUT ALZHEIMER'S WITH A FAMILY MEMBER



(BPT) - It's a conversation no family wants to have but one that can be vitally important - talking to a loved one about memory loss or cognitive decline.

Talking about memory or cognition problems with a family member can be daunting for many families. Denial, fear and difficulty

initiating conversations about this sensitive subject are common barriers.

Alzheimer's disease is challenging, but talking about it doesn't have to be. Family members are typically the first to notice when something is not quite right, and it's important to discuss these concerns and follow up with your doctor.

During Alzheimer's & Brain Awareness Month the Alzheimer's Association is offering these six tips to help families facilitate conversations about Alzheimer's and other dementias:

1. Have the conversation as early as possible - Addressing memory or cognition problems early offers an opportunity to identify the cause and take action before a crisis situation occurs.

2. Think about who's best suited to initiate the conversation - If there is a family member, close friend or trusted adviser who holds sway, include them in the conversation.

3. Practice conversation starters - Be thoughtful in your approach. For example, consider an open-ended question such as, "I've noticed a few changes in your behavior lately, and I wanted to see if you've noticed these changes as well?"

4. Offer your support and companionship - Let your family member or friend know that you're willing to accompany them to the doctor and offer your continuous support throughout the diagnosis process.

5. Anticipate gaps in self-awareness - Someone experiencing cognitive decline may be unaware of problems. Be prepared to navigate confusion, denial and withdrawal, as people may not want to acknowledge their mental functioning is declining.

6. Recognize the conversation may not go as planned - A family member may not be open to discussion. They may get angry, upset or simply refuse to engage. Unless it's a crisis situation, don't force the conversation. Take a step back, regroup and revisit the subject in a week or two.

While receiving the diagnosis was difficult, Mary Foss said it also provided a path forward.

"As difficult as it was to receive Darrell's diagnosis, it provided an answer to what we're facing," Foss said. "We took a few days to grieve, but then we focused our attention on getting educated about the disease and what we can do to fight it. We are staying active and focusing on the things that are most important to us."



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GROUP SPRINKLES MAGIC THROUGHOUT THE PEE DEE

by Anna Bowman



Rashadah Jordan (Photo by Glennie Photography (Glennie Tanner))

The phrase, “Black Girl Magic,” has become a term of endearment for black women worldwide who have embraced the powerful message of self-love and empowerment. From a concept, to a hash tag, to an efficacious and innovative movement, women from across the country have begun to actively engage in celebrating the beauty, power, and resilience of black women.

Across the country, like-minded women were networking and organizing their own version of Black Girl Magic groups. In 2016, a powerful photo of a group of friends sparked “magic” in the Pee Dee, and the results have been amazing.

Black Girl Magic of The Pee Dee was started in July 2016, in Florence, by President and founder, Rashadah Jordan, and founding members Monet Williams, Ashley McDowell and Aleasha Rush. Jordan describes the organization as “an organization dedicated to finding volunteers to help those in need overcome challenges, while developing meaningful relationships, encouraging our youth, and uplifting our sisters.”

Since its inception, the organization has doubled in size, and its members are a group of educated, well-rounded, thought-provoking, and down-to-earth, fun loving individuals ranging in age from 22-60. The group includes teachers, students, moms, managers, ministers and a customer service specialist. The non-profit organization has five core values: Sisterhood, Mentorship, Service, Empowerment, and Culture.

As the organization approaches its second anniversary, the ladies are proud of the work and service they have achieved in their community. Jordan is excited about sharing knowledge, and one of the group’s signature event, “Have A Seat at the Table of Change,” has allowed



Black Girl Magic Group (Photo by Walter Preece)

for the group to interact with other individuals in the community with similar ideas and goals. “The goal behind our signature event, ‘Have a Seat at the Table of Change,’ is to invite others in the community to fellowship with us while they learn more about the organization and enjoy food, drinks and a speaker,” said Jordan. Even though the

name and phrase focuses on black women, Jordan wants the public to know that all women of color are welcome to have a “seat at the table.”

Jordan is excited about the future for Black Girl Magic: “I see us in the schools doing an after school program encouraging young girls to follow their dreams, love each other, and be strong enough to be themselves,” she said. But the vision doesn’t stop there. “I see Black Girl Magic – Pee Dee holding Women Brunches for empowerment sessions; giving to the homeless in a major way; donating to other charities that fall in line with our core values; and having more women join us who are dependable and serious about the cause and creating unity in our community.”

Black Girl Magic- Pee Dee’s current members are Sonyetta Cooper (vice president) along with Debra Law, Kahdijah Busbee, India Brown, Carolyn Hyman, Kaity Washington and Ashley McDowell. The organization is also looking for new members that are dependable, can bring creativity to the group, personality and a big heart for a better world. Applications are available on the website until August 2018 via www.blackgirlmagic-peedee.com. You can call them at 843-638-1873, email them at bgm.organization@gmail.com, or follow them on Twitter



Black Girl Magic Group (Photo by Walter Preece)

and Instagram at [blackgirlmagic7616](https://www.instagram.com/blackgirlmagic7616) and on Facebook at Black Girl Magic – Pee Dee.

Rashadah Jordan, 23, is a native Newark, NJ. She is currently in her last year in medical school, as a physician assistant candidate at Francis Marion University. She is in the process of publishing a book, “Unfold My Ashes: Silent Tears that became my Rebirth,” in hopes of encouraging young women to overcome their obstacles by rising above them. The book is set for release at the end of this year.



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JEFFERSON AWARD FOUNDATION MEDAL OF EXCELLENCE WINNER

by Tory White



Kim Snyder

DILLON- Kim Snyder was diagnosed with Fetal Alcohol Syndrome at the age of one, and doctors later added diagnoses of asthma and anxiety disorder. She was often bullied by other children due to her disability. She had few friends, but a number of the football players always watched out for her. Later, as an adult she had a double mastectomy preformed after being diagnosed with progressive breast cancer. Through it all, Snyder maintained her joy for life and her passion for helping others.

In 1989 Snyder completed high school but refused to accept a certificate of completion. She partitioned the local district to allow her to return so she could earn a diploma. Math was her trouble subject, so she received tutoring from a family member and passed the exit exam, earning her high school diploma.

In 1991 Snyder became a resident of the Special Needs and Disability of Marion County. There, she again encountered bullying and teasing, this time by the staff. She would often stand up for the lower-functioning residents. She attended the workshop daily but wanted more. As a result, she secretly started creating jewelry and selling it with the assistance of her mother. Unfortunately, she was soon discharged because they felt that working on her own was a sign of self rehabilitation.

Snyder was close to her father. A Marine Corp veteran of ten years, hospice and fireman volunteer, he passed in 2015 due to complications from congestive heart failure. It was her love for him that caused her to become a volunteer at her local veterans affairs office. He is the inspiration behind Kim's Flag Bracelet Project.

Kim's Flag Bracelet Project is a creation Snyder started in November of 2007. She creates red, white, and blue beaded bracelets and gives

them to active duty servicemen, veterans and their family members, free of charge. The bracelets are made from her own resources with minimal financial donations. In recognition of her labor of love Snyder has been awarded the Jefferson Award Foundation medal of excellence.

Her work has afforded her the opportunity to walk in great circles. She has made friends and keeps a large collection of correspondences from some of the world's greatest figures and celebrities. The Vatican,



Medal of Honor

Windsor Castle, NASA, the Harlem Globetrotters, Linda Carter and Toby Keith are just some of the names that fill her memories. Lee Greenwood and Trace Atkins have purchased gift cards to Best Buy so that she can purchase all the military music her heart desires.

Snyder states that her mother and son are her biggest supporters, and she loves life on the big farm. Like her father, she believes in God, country and family. She has a go-get-it spirit and says just tell her she can't, and she will prove you wrong.

Her disability is not a crutch but a step ladder to success. If you would like to support Snyder or purchase bracelets, you can contact her at 843-506-0912.





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BRICK*ABILITIES MAKES PEOPLE SMILE

Submitted by Tammie Melton, Administrative Assistant



Florence County Disabilities Foundation kicked off their newest project, Brick*Abilities, on April 21 at ArtFields in Lake City. It was a beautiful day to paint a brick and change a life.

The idea came from Prague, where a meandering brick wall stands tall on the sidewalks. It began as an idea to provide assistance for people with disabilities and special needs. It

has raised money for housing and daily needs for those special people.

The Florence County Disabilities Foundation provides dental and vision care, wheelchairs, handicap ramps and many other resources for over 1,400 consumers throughout Florence County. Lake City, which is part of Florence County, is also home to ArtFields, a major art competition that draws many visitors to the area. What a perfect place to have budding artist design a brick to be sent on its journey to a statue, wall, park bench or who knows where. Over 100 bricks were painted by adults and youth, which helped to raise money and create some masterpieces that may be spotted around town in the future.

Brick*Abilities will continue at various events throughout the year. Look for upcoming opportunities on our website at FCDFoundation.org.

KIWANIS PARTNERS WITH ALL 4 AUTISM

Submitted by Jessica Brown, Executive Director



Left to Right: Joey McMillan, president of Kiwanis; Amy Pennington, All 4 Autism outreach coordinator; Jessica Brown, All 4 Autism executive director; and Lee Carter, president of All 4 Autism Board

Kiwanis Club of Florence awarded All 4 Autism with a \$6000 grant for Camp Saint John, an inclusion camp for the local ASD Community. Camp Saint John offers fun and fellowship for children and teens ages four to 18. Campers enjoy various activities, crafts and life lessons that build self-esteem and friendships. This inclusion-based program is designed for both ASD kids and their typically developing peers. Camp Saint John is named after John the

Apostle, Patron Saint of Friendship, with the main purpose of providing a summer camp that promotes friendship, inclusion and acceptance.

“It is great to see the Kiwanis Club of Florence partner with All 4 Autism to provide an inclusion camp for the Pee Dee Region. This camp continues to grow, and with the financial support of the Kiwanis Club more kids will get to experience Camp Saint John and create memories that otherwise may not have been available,” Lee Carter, president, All 4 Autism Board of Directors

This year’s camp will be held at Trinity Presbyterian Church, July 16-19 and July 23-26 at Trinity Presbyterian Church in Florence.

“Thanks to funding from Kiwanis Club of Florence, we were able to continue and grow our summer camp. This partnership is another way that All 4 Autism is working with others in the community to make the Pee Dee more ‘autism friendly’ by providing resources and support needed for those with ASD to meet their full potential and improve the quality of life for the entire family,” says Jessica Brown, executive director of All 4 Autism.

Camp details and registration can be found at the All 4 Autism website at www.all4autism.org.



"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future" - Jeremiah 29:11

The Swamp Fox Highland Games and Celtic Festival is a family friendly event that will be held on November 17th 2018 from 9a-5p at the Columns Plantation. Vendors, athletes, and spectators from all over South Carolina will be coming together for a full immersion into the Celtic culture. This is a charity event benefiting Heaven's Hope Inc. Join us in the adventure to pioneer the first medically fragile children's home in our state. We have opportunities through advertisements and sponsorship's for companies and individuals who are looking for exposure to a wide variety of families in the Pee Dee area.

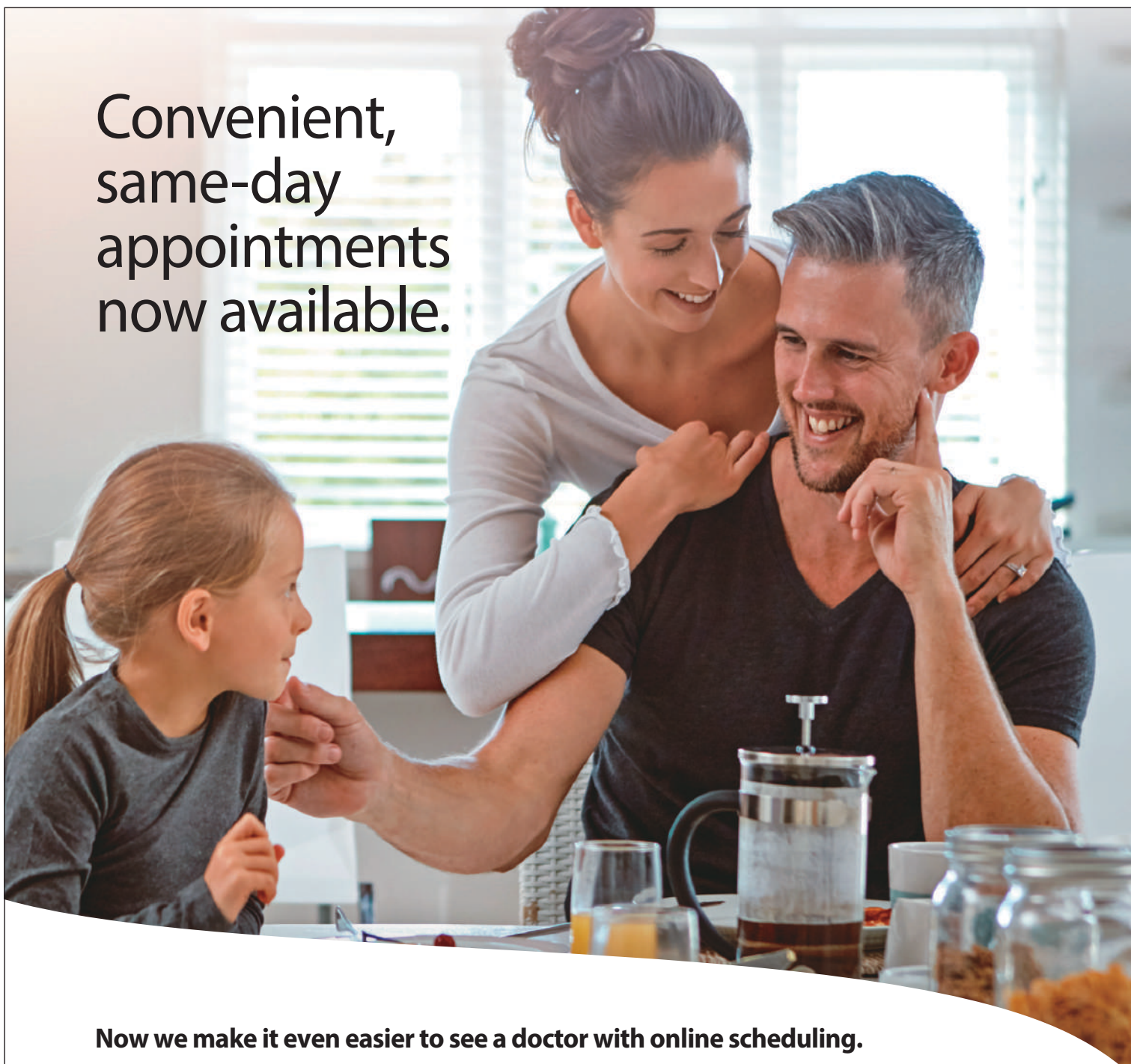


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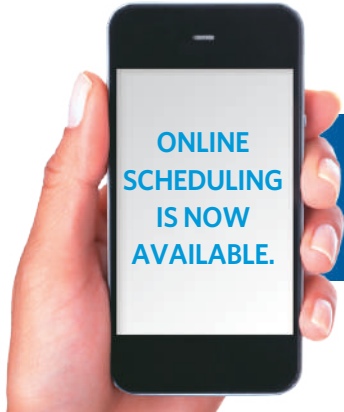
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